

THE SIGNS
AND 69489
CONCOMITANT DERANGEMENTS
OF
PREGNANCY:

THEIR PATHOLOGY AND TREATMENT.

TO WHICH IS ADDED

A CHAPTER ON DELIVERY; THE SELECTION
OF A NURSE; AND THE MANAGEMENT OF
THE LYING-IN CHAMBER.

BY

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Dedication.

TO THE
MOTHERS OF ENGLAND:
WHOSE EXEMPLARY CONDUCT IN
EVERY PHASE OF
DOMESTIC LIFE IS PROVERBIAL;
WHOSE UNWEARYING MATERNAL SOLICITUDE,
IN THE DISCHARGE OF THEIR CONSTANT
DUTIES TO THEIR OFFSPRING,
HAS SECURED FOR THEM THE ADMIRATION OF
THE WHOLE WORLD:

THIS UNPRETENDING LITTLE VOLUME
Is most Respectfully Dedicated,
IN THE HOPE THAT THE INFORMATION CONTAINED IN ITS
PAGES MAY BE THE MEANS OF
LIGHTENING THE LABOUR OF LOVE,
AND REMOVING THE WEIGHT OF CARE
WHICH MUST SURROUND

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HOMŒOPATHIC MEDICINES,
THEIR MODE OF PREPARATION; THEIR
CURATIVE SELECTION; THE DOSE OR
POTENCY, AND THE MANNER OF THEIR
ADMINISTRATION, BRIEFLY EXPLAINED.

Homœopathic Medicines.

The Homœopathic "Materia Medica" contains at the present time from 260 to 270 medicinal preparations; the greater number of these have been faithfully proved on man, woman, and child, while in a state of health, in order to ascertain the pathogenetic and specific properties of each drug; others have been but partially proved, and hold a place in its pages on empirical grounds.

Homœopathic medicines are prepared and kept in the form of Tinctures, Triturations, Pilules, and Globules; a few in ether and glycerine, such as the snake poisons.

The tinctures are chiefly derived from the vegetable and animal kingdoms; known as expressed juice, mother tincture, or matrix tincture, the symbol of which is the Greek ϕ .

From these tinctures the various dilutions or potencies are prepared ; and the higher we ascend in the scale of dilution the further we depart from the crude substance, which accounts for the non-poisonous, and consequently non-injurious properties of Homœopathically prepared medicines ; but they nevertheless retain medicinal properties of marvellous efficacy, which are potent against the disease ; and inert against the constitution, when Homœopathically or specifically selected. Triturations, on the contrary, are chiefly prepared from substances derived from the mineral kingdom. Among these may be enumerated sulphur, mercury, arsenic, zinc, tin, baryta, gold, silver, iron, lime, copper, alum, tellurium, and many more. The mode of preparing the various potencies from the matrix triturations is similar to those prepared from the tinctures ; for the manipulation of which the reader is referred to the pages of the Homœopathic Pharmacopœia, recently published under the auspices of the British Homœopathic Society.

Pilules and Globules.

These little pellets, which have afforded our

Allopathic brethren no scanty field for amusement and ridicule, are not in reality Homœopathic medicines at all: they are simply elegant and ingenious little *vehicles* for the administration of the various remedies when reduced to the liquid form (tincture), and used on the same principle as Doctor Dosewell selects honey, syrup, jam, or jelly for his nauseous compound of grey powder, rhubarb, senna, or Dover's powder:—*inquovis vehiculo crasso*—in some convenient vehicle: or as once facetiously translated by a candidate for the licence of the Apothecaries' Company—in some stout hackney coach.

On the Selection of Remedies.

The fundamental principle of Homœopathic practice—the law of cure—as discovered, demonstrated, and promulgated by Hahnemann, is simply and forcibly expressed in the following maxim:—*Similia similibus curantur*; which simply means that diseases are cured most quickly, safely, and effectually, by medicines which are capable of producing symptoms SIMILAR to those existing in the patient, and which characterise his disease; for in accordance with the therapeutic law of simi-

larity, medicines cure affections similar, or like unto those they produce. The immortal bard of Avon has well expressed this law in the following lines :—

“ Tut, man ! one fire burns out another’s burning ;
One pain is lessened by another’s anguish.
Turn giddy, and be help by backward turning ;
One desperate grief cures with another’s languish :
Take thou some new infection to the eye,
And the rank poison of the old will die.”

Homœopathy, then, proceeds upon the great incontrovertible truth, that as the phenomena of chemistry depend upon positive laws—as the movements and instincts of the brute creation are regulated in the most orderly manner—as the physiological functions of the human organism constitute an harmonious play of beautifully co-ordinate forces,—so nature has ordained a definite relation between *remedial* agents and *diseases*. In the discoveries of such relationship, extending over a field co-extensive with nature herself, ever fresh, ever increasing in interest, consists the study of Homœopathy in its application as well as its practice. The treatment of disease henceforth must rest on

positive and unerring laws ; it cannot possibly depend on chance, but must be regulated in a manner commensurate with the unchanging principles of nature and philosophy.

While the difference of sexes in all living beings beneficently binds them together in prolific union, the crude matters of inorganic nature are impelled by like instincts. Even in the darkness of chaos, matter was accumulated or separated accordingly, as affinity or antagonistic matter attracted or repelled its various parts. The celestial fire follows the metals ; the magnet, the iron ; amber when rubbed attracts light bodies ; earth blends with earth ; salt separates from the waters of the sea and joins its like. Everything in inanimate nature hastens to associate itself with its like.

The beautiful aspect of the world, the order of the celestial bodies, the revolution of the sun, the moon, and all the stars, indicate sufficiently, at one glance, that all this is not the work of chance.

Potencies.

Homœopathic medicines have been used by physicians at various dilutions :—from the

mother tinctures to the two-thousandth attenuation. For ordinary purposes, however, I would advise my readers to confine their selections from the mother tincture ϕ to the 3rdrd, or 6th dilution, as being the most useful and efficacious, and is moreover in accordance with the views of the majority and more advanced sections of Homœopathic practitioners in this country and America. They constitute the ordinary potencies prescribed by the writer for many years, and have proved eminently successful in his hands.

Mode of Administration.

We have observed that there are four modes of preparing the medicines:—viz., Tinctures, Triturations, medicated Pilules and Globules; there is also more than one mode of administering these remedies.

1. TINCTURES.—The dose of these preparations is, as a rule, one drop administered at stated intervals.

In acute diseases, and in those severe and dangerous complaints which rapidly run their headlong course to a fatal termination—as, for instance, croup, cholera, acute atrophy of the liver, &c.—it may be necessary, at the com-

mencement of the treatment, to repeat the dose at intervals of every ten, twenty, or thirty minutes, until a favourable impression is made on the symptoms, when the interval between the doses should be lengthened as the patient improves. For this purpose it were well to mix thoroughly twelve drops of the selected tincture in twelve table-spoonfuls of water, and administered accordingly.

In chronic diseases, there should be an interval between the repetition of the dose of from twelve to twenty-four hours; and according to the strict rules of Hahnemann, to as many days or weeks. This prolonged action of one dose of a medicine has been much doubted. I have but little faith in it myself, and generally advise that the medicine should be repeated once a day, or night and morning.

TRITURATIONS.—These preparations may be taken dry on the tongue, or in solution; one grain, or as much as will stand on the point of a pen-knife, is about equal to one drop of the tincture: one pilule, or six globules.

If the solution be preferred, twelve grains should be dissolved in twelve table-spoonfuls of water, well stirred, and taken according to the circumstances of the case.

PILULES AND GLOBULES.—These elegant and Liliputian medicaments may also be taken either dry on the tongue or in solution. If the former, one pilule or six globules may be considered a fair adult dose: if the latter, one pilule or six globules dissolved in a table-spoonful of water, may be considered equivalent to one drop of the tincture in the same quantity of water.

Medicines, as a rule, should be taken on an empty stomach, or about two hours after a meal.

The water used for mixing the medicine should be distilled, filtered, or cold-boiled.

The solution should be made in a clean tumbler, closely covered with half a sheet of note-paper; or in a bottle well corked and kept from dust and light.

Diet.

All articles of diet and drinks which contain medicinal properties should be strictly avoided whilst taking Homœopathic medicines; such as coffee, green tea, and herb teas of every description; ginger, pepper, vinegar, mustard, allspice, cinnamon, and spices of all kinds; and every variety of vege-

table food of an aromatic or medicinal character, as onions, garlic, radishes, celery, or parsnips; and every variety of animal food strong-scented or difficult of digestion, as old smoked meat, rooſ beef, bacon, fat pork, sausages, rancid butter, strong cheese, &c.

In acute diseases the diet should consist of the most light and nutritious kinds of food; such as toast-water, barley-water, rice-water; panada, arrowroot gruel, and mutton broth. When the more violent symptoms of the disease have subsided, and the patient is fairly convalescent, more substantial food may be allowed in moderate quantities; such as beef-tea or chicken-tea thickened with pearl barley, arrowroot or sago, boiled rice, boiled chicken, or a sweetbread; toast, rice, and bread-pudding; and if there exists no derangement of the stomach or bowels, a few grapes, strawberries, or peaches may be taken. In chronic diseases, almost every variety of wholesome, nutritious, and easily digested food may be allowed, providing it does not answer the description of such kinds of aliments as are above prohibited.

As an ordinary beverage, pure water should be allowed in all cases, toast-water, apple-

water, barley-water, or rice-water, with an occasional glass of sound Burgundy, Carlowitz, or Somlau.

If the bowels become obstinately costive, and will not respond to the ordinary medicines prescribed in another part of this little work, a recourse may be had with safety to the occasional use of saline waters—the Apollinaris, Freidrichshall, or the Hunyadi Janos of Hungary.

LIST OF MEDICINES:

THEIR NUMBER, OFFICIAL NAMES, ABBREVIATIONS, ENGLISH NAMES,
AND THE POTENCIES USUALLY PRESCRIBED BY THE AUTHOR.

No.	Official Name.	Abbreviation.	English Name.	Potencies.
1	Aconitum Napellus	Acon.	Monkshood	φ 1, 2, 3.
2	Acidum Nitricum	Acid. N.	Nitric Acid	3.
3	Acidum Hydrochloricum	Ac. Hyd.	Hydrochloric Acid	3.
4	Alumina	Alum.	Pure Clay	6 or 12.
5	Antimonium Crudum	Ant. Cru.	Crude Antimony	6, 12.
6	Arnica Montana	Arn. M.	Leopard's Bane	φ 3 or 6.
7	Arsenicum Album	Ar. A.	White Arsenic	3, 6, 12.
8	Belladonna	Bell.	Deadly Nightshade	3.
9	Berberis Vulgaris	Berb. V.	Barberry	3.
10	Bryonia Alba	Bry.	White Bryony	3.
11	Calcaria Carbonica	Calc. C.	Carbonate of Lime	6, 12.
12	Cantharis Vesicatoria	Canth.	Spanish Fly	6.
13	Carbo Vegetabilis	Carb. V.	Vegetable Charcoal	3, 6.
14	Causticum	Caust.	Caustic Potash	6, 12.
15	Chamomilla	Cham.	Wild Chamomile	3.
16	Chelidonium Majus	Chel. M.	Great Calendine	3.
17	China Officialis	Chin.	Cinchona Bark	φ 1, 2, 3
18	Cicuta Virosa	Cicut. V.	Water Hemlock	6.



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INTRODUCTION.

WHEN writing a book which I premeditate shall find its way into the centre of many families, I have been careful to avoid inditing anything which might alarm the susceptibilities of those whom it more immediately will interest.

It is written in the spirit of the Homœopathic doctrine, which has now stood the test of more than eighty years, and which appears to gather new converts as it becomes more generally known. It is peculiarly adapted for that condition, towards relieving which, the generality of practitioners will attempt *nothing*. It has, moreover, one recommendation which no other medical doctrine can boast of. It has won its practitioners upon the score of CONVICTION only; they are, "with scarcely an exception," all men of education; men who have undergone the same curriculum of study, the same test of proficiency, and who hold similar diplomas to the highest physician or surgeon in the Allopathic ranks. In fact, they are converts from the Allo-

pathic theory; and though this BENIGN SYSTEM of medicine is designated by some people "Quackery," there is, nevertheless, among its many professors but few practitioners who have not studied medicine in a regular school.

Regarded in this point of view, how far does it contrast with *Allopathy*. On every side that system is invaded by impostors, quacks, and secret medicine vendors; neither by-laws, registration, medical directories, nor acts of parliament, can shield the legitimate profession from non-qualified intrusion.

Homœopathy, on the other hand, has no protection. It desires none. The difficulties which surround its studies are its best shelter from such invasion. Yet this doctrine, which upholds itself, being open on every side, and having no right to question any person designating himself its disciple, is free from taint, and altogether unpolluted by empiricism.

Much laughter, however, has been expended upon the Homœopathic practice; witticisms out of number have been levelled, not at the principle which forms the basis of the doctrine, but at the mode and amount

of medicine administered in accordance with its law, concerning which the generality of the profession are too idle to inquire, or too ignorant to comprehend.

The *globule*, for instance, forms no essential part of *Hahnemann's* theory, which simply implies that "like cures like." The Homœopathist may be true to his belief, and nevertheless deal with larger doses than are now customary with many general practitioners of the old or so-called orthodox school of medicine.

The medicines employed by the Homœopathists are those used in common with all professors of medicine, only with this difference—that Homœopathists have adopted nothing which time had not made a common property, but have introduced to the *Materia Medica* much which was previously unknown. Their opponents have testified to the worth of their discoveries. The Allopathists have accepted many of the medicines which the disciples of the great German physician first employed. Among these new remedies may be enumerated as drugs of general recognition, *Aconite*, *Arnica*, *Belladonna*, *Nux Vomica*, *Rhus Toxicodendron*, *Arsenicum*,

Ipecacuanha, Gelseminum, Podophyllum,
and many more.

The Homœopathist uses his medicines as a means towards an end. His design is to cure his patient ; and if he does not cure, at all events he desires not to kill. He consequently behaves according to a rule of conduct very generally adopted throughout society. Man does not fire off Armstrong guns to kill a gnat ; nor does he carry twigs to the saw-pit when he wishes sticks to be divided. No ! Universally mankind employ no more force than is required for the occasion. Why should the Homœopathist violate so recognised a law ? He surely is not to blame because he forces on his patient no unnecessary quantity of medicine ; he gives that amount which will produce a desired effect, and avoids all unnecessary, large, or dangerous quantities.

Most patients complain that they have to swallow such huge draughts of nauseous mixtures. These potions are not always free from danger, neither are they always taken. Many stories are told of expensive medicines having been poured down the sink ; and many cases are related of invalids who could have

got well if the doctors would have allowed them.

The Homœopathist avoids both of these evils ; his medicines are not unpleasant, and never dangerous. He does not add to the risk necessarily attendant upon sickness ; neither does he invariably excite the disgust of his patient, in whom such a revulsion may be very far from beneficial.

The Allopathist conscientiously does no more than he is instructed it is lawful to perform. When a lady is by him recognised as in what such gentlemen term "a delicate condition," prudence then enjoins that the majority of these practitioners withhold all medicine. The fear of doing harm suppresses the promptings of interest and the dictates of activity ; though the sufferer's health, being "delicate," or "poised," as it were, between robustness and disease, naturally pleads for assistance. The sufferer may endure agonies ; but the doctor calls to see her, and leaves her unrelieved. He dare not. Experience convinces him of the peril should he send the medicine-boy with the customary draughts, to be taken every four hours. Thus a lady approaches the season

of "travail," when her life is necessarily imperilled ; weakened by a long succession of sleepless nights, and debilitated by months of torturing agony.

Now, for such a state the Homœopathic theory holds forth the best hope of aid. The individual, when undergoing treatment, may not believe in its power to assist ; but the action of Homœopathic medicines, no more than of drastic purgatives, is entirely dependant upon personal credence. Both are governed by the results of experience ; and he or she who has not been submitted to the trial of their efficacy, can possess no just right to laugh or sneer at the doctrine which embraces them. Homœopathy does not, however, disregard such advantages as are to be gained by exercise, diet, residence, &c. Every practitioner knows the benefit which results from these ; and before I enter more deeply into the subject, I intend briefly to touch upon each.

The *uterus*, when impregnated, necessarily drags at the back, and forces down the anterior walls of the abdomen. Ladies conscious of this effect, often imagine themselves incapacitated from walking, and inca-

pable to discharge the lightest of household duties. Females of this class generally pass the day wrapped closely up in shawls, and seated by the fire, either pondering over the distress of their condition, or feeding a morbid sensibility by perusing the latest novel. Would the person who by such means adds to the danger inseparable from her state, change her position, it is possible that by so doing, her sensations might be amended. The recumbent position removes the strain upon the abdominal muscles; it likewise relieves the parts which have been previously fatigued, and a sense of ease and comfort pervades the whole system.

After an hour spent reclining on a sofa, the lady possibly might, to her surprise, feel inclined for a short and gentle walk. From this she probably would acquire a habit, and as time increases her burden, be able to endure more violent motion as the crisis approaches. This might enable her to strengthen herself by brisk exercise taken in the open air. There is not a more dangerous fallacy than that which induces ladies to imagine themselves necessarily invalids at a season when their safety depends

upon the utmost exertion of a healthy body.

The poor being by circumstances unable to gratify the fancies inseparable from an altered condition of body, generally pass through the hour of trial more safely than do the majority of the higher classes; as wealth increases, so does danger threaten. The household duties and the family attendants, not to mention the work which many poor women up to the latest hour have to perform, keep the muscles in a state of healthy vigour.

Pregnancy having commenced, the whole economy of nature undergoes a sudden and somewhat startling change. To bring this home to the reader, it is only necessary to imagine, that if other parts of the frame increased proportionately with the impregnated uterus, a lady would be surprised to find herself, after so brief a period as *nine months*, many times taller than St. Paul's; yet the uterus, in this brief interval, doubles its dimensions no less than FIVE HUNDRED and FIFTEEN TIMES.

Now, while such an alteration is occurring in one part of the body, it will scarcely be astonishing that other portions of the system

should be doomed to suffer ; so much has to be diverted from its natural and lawful channels ; so much that was before appropriated to nourish and sustain the frame, has now to find fresh and new organisation, that it cannot be expected but the system should feel the deprivation of that nutriment which, previously, was entirely appropriated to itself.

SYMPTOMS OF PREGNANCY.

NAUSEA AND VOMITING—MORNING SICK-
NESS.

THE stomach of course sympathises generally and acutely with the functions of gestation. In every accident, and in every disease, the appetite is affected; and during so mighty a change, we can hardly anticipate the digestive organs would remain unaltered. It is common, during the earlier periods, or until the arrival of the FIFTH MONTH, for *nausea* and *vomiting* to be endured every morning.

I have separated the two words, because in some instances, a sensation of nausea or qualmishness is alone present; and this sensation generally departs with breakfast, the appetite for which meal it does not destroy. On the other hand, VOMITION is sometimes violent and distressing, and, so far from its being arrested by feeding, it positively prevents the patient taking any food whatever.

In the generality of cases, however, vo-

mition ceases with the "quickenings" of the child; but well-authenticated cases are on record of ladies who have been starved by the continued irritability of the stomach; they have sunk from want of nutriment, the spasm not having ceased by day or by night. Nay, in extraordinary instances, delivery, when the patient has lived to undergo that process, has not terminated the suffering, but vomiting is reported to have continued for two months subsequently.

The earliest case of nausea on record, is that of a lady who was led to the hymenial altar on a Monday, and on the first Saturday of the "honeymoon" she began to sicken. Any earlier notice than this I am unacquainted with; but there can be no reason why the sensation should be even so long delayed.

During these retchings, very frequently nothing is voided; occasionally, a small quantity of water, or mucus, only more or less discoloured is thrown up; and the patient may, or may not, be relieved by the act.

For these symptoms bleeding is a favourite practice with the Allopathists, notwithstanding that this operation is one of the best-

known means of producing abortion; leeches, purgatives, counter-irritants, enemata of assafœtida and turpentine, salines, narcotics, and almost every known process or drug recognised in medicine, is sometimes adopted by the advocates of the general or so-called orthodox doctrine. For my own part, I should hesitate to recommend the mildest of the foregoing measures.

In Homœopathy, VOMITION is successfully allayed by apparently insignificant doses of either *Arsenicum*, *Ipecacuanha*,* *Kreasote*, *Nux Vomica*, or *Pulsatilla*.

Dr. Simpson, of Edinburgh, was heard to relate a case of chronic vomiting, which had defied every known remedy in the British Pharmacopœia, until he took the advice of Dr. Arnth, a Homœopathic physician, and gave half-grain doses of *Ipecacuanha*, which very soon stopped the sickness. As an act of gratitude for this "kind hint," the great obstetrician of the North undertook the laborious task of compiling the "largest mass"

* *Ipecacuanha*, in scruple doses, is a well-known emetic. The daily experience of Homœopaths, however, proves, that in small doses it will allay vomiting.

of nonsense ever published against Homœopathy.

Some of the more enlightened and advanced Allopathists of the present day, have at last deemed it WISE to investigate the leading principles of Homœopathy, and have embodied in their works numerous and valuable illustrations of the benign efficacy of that mode of practice. Amongst the most prominent of these is Dr. Ringer, Professor of Therapeutics in University College, and one of the physicians to University College Hospital, London. Few remedies says that author, are so efficacious in checking some kinds of vomiting as IPECACUANHA. The author in numerous instances has witnessed the efficacy of the wine administered in one-drop doses every hour, or three times a day, according to the urgency of the case, in checking the following kinds of sickness:—

FIRSTLY.—It will check the vomiting of pregnancy. This vomiting is not always of the same kind. It occurs only in the morning in some cases, and is excited by the first waking movements. In most instances this form will yield to IPECACUANHA, taken in the way just described. Should it fail, how-

ever, relief in many cases follows the administration of the medicine to the patient on WAKING, and some time before any movement is allowed. In other instances, the vomiting occurs not only in the morning, but frequently during the day; recurring whenever food is taken; and may be so severe that no food is retained; while, during the intervals of meals, there may be constant NAUSEA, and great LOATHING of all kinds of food. Ipecacuanha may check the nausea and vomiting, with the exception of the attack recurring on the first moving in the morning, when, on taking a dose IMMEDIATELY on waking, this will also generally cease; but in some very obstinate cases, this early-morning nausea and vomiting continues in spite of the treatment.

SECONDLY.—In other instances the early-morning vomiting may be absent, and the attack may occur only on taking food, increasing in severity as the day advances, and becoming most severe in the evening. Should Ipecacuanha, however, as is sometimes the case, fail to check this kind of sickness, then Nux Vomica may be substituted, or taken in alternation, often with marked relief.

In some pregnancies, besides the nausea, sickness, and vomiting, there is much heartburn (Pyrosis), and often considerable flatulence—symptoms which in many cases yield kindly and quickly to Ipecacuanha. But here again, should this remedy fall short of our expectations, Nux Vom. will generally afford relief; and when both are taken, the symptoms yield more surely. It is singular that, while Ipecacuanha will remove, in pregnant patients, even excessive flatulence, co-existing with sickness; yet, if the flatulence occurs without sickness, this medicine is generally inoperative; and recourse must, in such cases, be had to Nux Vomica, Pulsatilla, the Carbo Vegetabilis, or the sulpho-carbolate of soda, in five-grain doses, administered immediately after a meal.

We have just observed that, in some instances, Nux Vomica succeeds when Ipecacuanha fails to afford the expected relief; and this is notably the case when the tongue is coated with a creamy fur; when there is flatulence; when there is much acidity; heartburn; when, in fact, the stomach is generally out of order. In these cases, we shall not be very far wrong in prescribing both the Nux Vomica

and Ipecacuanha conjointly, or in alternation.

It must be observed, however, that, in certain instances, Ipecacuanha fails to afford the anticipated relief. In these, it may be, the nausea and vomiting is kept up by a displacement of the womb, or by a chronic inflammation of this organ, its cervix, or its os, as long since pointed out by Dr. Henry Bennett. Under these conditions, a line of treatment directed to the removal of these affections should be carried out. Some ladies who, during pregnancy, were untroubled with nausea and vomiting, yet suffer with both these symptoms during the whole or part of the time of suckling. These symptoms usually begin after the first few weeks of suckling, and continue till the child is weaned; and may be so severe, and produce so much exhaustion, as to compel the mother to wean her child prematurely. The nausea and vomiting may be accompanied by great flatulence and other stomach derangements. All these symptoms, also, will invariably yield to the administration of drop-doses of Ipecacuanha; or Nux Vomica; and sometimes to Belladonna.

Similar troubles to those already pointed out afflict some women at each "menstrual epoch," occurring immediately before, during, or directly after the period. These cases, likewise, will generally yield to Ipecacuanha : if before the period, to Kreasote ; if during the period, to Arsenicum Album ; and if after the period, to Sepia.

Thus the patient simply has the annoyance removed without the health being destroyed ; and she is left all the strength nature has endowed her with, to encounter the season of *peril*.

WALKING EXERCISE.

While recommending medicine, however, I should be consciously wrong did I advise a patient so circumstanced to rely alone upon such efficacy. Doctors can do much ; but patients can do more. Everybody must have heard gentlemen, previous to dinner, speak of taking an appetising walk. Nothing strengthens the digestive organs so much as frequent exercise in the open air. All the best efforts of science are wasted, if the patient, having strength to perambulate, will remain a prisoner within the house.

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Moreover, there is not a greater beautifier in the world than fresh air and exercise. A lady who lives half her time in the open air—in God's sunshine—and who takes plenty of walking exercise, has generally a clear and beautiful complexion—

“She looks as clear
As morning roses newly washed with dew.”

Many wives, I am sure, owe their good health to their good legs, and to their good use of them; and woe betide those ladies who will not exercise their legs as they ought to! Ill-health, general languor, and a jaded frame, is sure to be their allotted portion for life.

So important is this essential to the welfare of pregnancy, that ladies are entreated to combat their own inclinations, and even to do violence to their feelings, rather than forego the benefits which result from frequent exercise.

In order that the slightest promptings for such an amusement may not be thwarted, the patient should be careful how far she gratifies herself by indulgence at the table. A full meal is always followed by disinclination for

motion. I know that frequently, during pregnancy, the appetite is apt to become both unnatural and voracious: for such a condition Homœopathy is prepared to render the best possible assistance.

The sister science pretends not to deal with sensations, the greater portion of the misery of this world; she esteems it not her province to alleviate. She grossly administers only to the body, and regards all that which is essentially existence, and makes the very essence of life, as beyond her duty or her power.

Homœopathy, on the other hand, looks with a sympathetic and pitying eye upon the mental affliction of her patients: these she studies, and feels convinced she can alleviate.

It is her pride, that where the Allopathist leaves the patient to the tender mercies of CHANCE, declaring himself to be incapable of rendering further assistance, Homœopathy steps in, takes the sufferer by the hand, and by her discoveries is happy to say she can soothe the anguish of the complaint.

Modern science may at length boast that

the well-known appeal of the immortal bard is not made to her in vain :—

“ Canst thou not minister to a mind diseased ;
Pluck from the memory a rooted sorrow ;
Rake out the written troubles of the brain ;
And with some sweet oblivious antidote,
Cleanse the stuff bosom of that perilous stuff
Which weighs upon the heart ? ”

SELECTION OF RESIDENCE.

Connected with this subject is that of residence. A valetudinarian evidently cannot walk much on a thick clay, saturated by repeated rains ; a dry soil is, where circumstances permit, a choice to be exercised of the highest importance. Nor is it alone sufficient that a lady, at such a period, be taken miles from London. She may be free from the smoke of the metropolis ; but if she become the inhabitant of a waste and a solitude, her situation is rather rendered worse than better.

A woman, at such times, requires to live in a cheerful spot, and is benefited by having too many than too few companions ; because a person doomed to solitary confinement is always oppressed by **DESPONDENCY**. The noise of frequent visitors is certainly not to

be commended; but there is a happy medium equally removed from ricket and from dullness, which the good sense of my readers will readily realise.

SELECTION OF DIET.

I have mentioned diet; and it is well in this place to say, that the lightest and most nutritious substances, taken in small but frequent quantities, should at this season be selected as articles of food. All meats, hardened or dried by the methods common in England, of ROASTING or BOILING, should be avoided. Cookery, to preserve the nutriment in the "viand," should occupy at least DOUBLE the time generally allowed in this country. By such means—that is, by SLOW ROASTING or BOILING—the fibres are softened, and the juices preserved; whereas excessive heat may hasten, but will render HARD and INDIGESTIBLE, the food submitted to such process.

Servants may not like to see cooking long about; but few articles can be properly prepared for the table under THREE OR FOUR hours. Mutton roasted at a distance from the fire, or exposed to heat for the time mentioned, is altogether different from the burnt

and dried-up joints served at the majority of English tables. Nor can I do better, while on this subject, than refer the reader to the excellent article on slow roasting and slow boiling, in Miss Acton's "Modern Cookery Book."

Every person who has been upon the continent can appreciate the difference between English and French method of stewing meat. There is not, for a lady out of health, a more wholesome and digestible little dish than a mutton-chop, deprived of all its fat, and placed in a small saucepan with a table-spoonful of water. No more seasoning should be allowed than a little pepper and salt; and in this condition, the lid being on the saucepan, it should simmer for at least TWO HOURS AND A-HALF. At the end of that time it will be tender and surrounded with its own gravy. Or—

A lamb cutlet dressed in the same way, merely adding an additional spoonful of water, and fifteen or twenty minutes less time in stewing.

Another good and nourishing little dish, rendered by its mode of preparation suitable to the most delicate stomach, and well adapted for invalids, is to boil a nice young pullet till

three-parts done, take off the skin, and cut off the meat when cold ; then pound it to a paste in a marble mortar, adding to it a little of the liquor, if required ; season with salt ; a slice of lemon-peel, and one grate of nutmeg. Boil it gently till it gains the consistency of thick gruel, and drink it while warm.

Another important point connected with this part of the subject is the period of rest required after meal.

Raw, ripe fruits, such as grapes and strawberries, require little absolute rest.

Cooked fruits require a period of from half an hour to one hour.

Milk, and dishes prepared with milk, boiled or baked, require a period of one and a-half to two hours.

Eggs, if plainly boiled—namely, about two minutes and a-half—require a period of about an hour.

Dishes prepared with eggs, such as rice, vermicelli pudding or custard, require a period of about an hour and a-half's rest.

Animal Food.—Broiled meat requires a period of about two hours.

Roast meat, about two hours and a-half.

Boiled meat, about three hours.

Fried fish, about an hour and a-half.

Boiled fish, about two hours.

Roasted fowl, about three hours.

Boiled fowl, about three hours.

Game, about two hours, or less.

Meat broths, about the same period.

Farinaceous articles, about an hour.

Vegetables, about an hour and a-half.

Next to the nature and quantity of the food, is the manner in which the patient partakes of her meals.

1. The appetite should be trained to return at stated periods by exact punctuality of meal hours.

2. The lady should come to meals calmly, and without being hurried or excited. She should eat slowly, without interruption, and without being irritated or excited by conversation, or the occurrence of any very pleasant or disagreeable news.

3. The food should be eaten, and the meal quite finished, before the patient partakes of any liquid. This should at all times be moderate in quantity.

PAINS, OR CRAMP OF THE STOMACH.

Other distressing symptoms are acute

pains, described either as a dragging at the back, a falling through, or giving way. These doubtless are occasioned by the sudden diversion of all the powers of vitality to one organ during gestation. That organ not only increases in size, but also enlarges its substance. Arteries, veins, absorbents, and nerves—structures which for the most part are of fixed formation, being appended to this viscus—suddenly become of much larger development. Other parts must therefore suffer, not only by the deprivation of their natural nutriment, but by the sudden growth of so large a body in the small cavity of a lady's abdomen.

For dragging pains, however, Homœopathy is prepared; and while the Allopathist stands confounded, she is fully armed for her relief.

The general practitioner listens to the tales told him about cramps in the stomach, smiles, and assures the lady she must bear, as well as she can, the pangs which are inseparable from her condition. He modestly accepts the fee for talking nonsense, and retires inflated by the consciousness of having done his duty. He believes no earthly science

can do more ; but would he only fall back on "Nature's grand law," he would find that such agonies are to be successfully encountered by such remedies as *Aconite*, *Belladonna*, *Nux Vomica*, or *Pulsatilla*, in unappreciable doses.

By **ACONITE**, when there is a feeling of congestion experienced in the womb and other abdominal organs, with a full and frequent pulse.

By **BELLADONNA**, when there is a gnawing pressure or spasmodic tension in the abdomen, obliging the patient to bend backwards to seek relief.

By **NUX VOMICA**, when the pains are aching or crampy, and worse after food, or attended with nausea, flatulency, and constipation.

And by **PULSATILLA**, when the pains are of a stitching or crampy nature, attended with nausea, and even vomiting of food.

CARDIALGIA—PYROSIS—HEARTBURN.

Another distressing sign of pregnancy is intense heartburn. Occasionally, the secretion is of comparatively a bland nature ; but in other instances it is peculiarly acrid. The

stomach being loaded with this fluid, finds relief by vomiting ; but so pungent has been the fluid, that its passage has deprived the fauces of their protecting membrane ; or, not being thrown off, has even eaten through the very walls of the stomach.

For such a condition, Homœopathy will administer Calc. Carb., Arsenicum, Carbo Veg., Nux Vom., or Puls.

Calc. Carb. when the symptoms are—

1. A slimy, insipid taste, slimy coating on the tongue.

2. A burning sensation in the stomach, acrid eructations, sometimes sour, at other times alkaline in taste ; a feeling of pressure over the stomach, with vomiting of food and mucus.

The symptoms indicative for *Arsenicum* are characterised by a foul, bitter, or sour taste, a hot burning sensation in the œsophagus and pharynx, eructation of sour acrid fluid, nausea, retching, and vomiting of slimy or stringy mucus tinged with blood ; pain in the stomach, oppressive anxiety, trembling and coldness of the extremities ; a small, irregular, and frequent pulse, with a peculiar anxiety of countenance.

Phosphorus, Pulsatilla, Nitric and *Hydrochloric Acids*, are likewise valuable remedies in certain forms of Gastralgia: the former did good service in a case of the kind which came under my notice some months since: the two latter should be taken a brief period before meals.

CONSTIPATION.

There is not a more fatal error than that which tempts the lady to watch her bowels too attentively. A certain degree of constipation is in some patients natural to their condition, and therefore should not be too speedily interfered with; however, for the evacuation to be absent for the period of days or weeks, is essentially wrong and dangerous.

It is well known that, under the absorbing influence of gestation, a strange torpor often afflicts the lower intestines. The colon and rectum become loaded with dry and hardened fæces; and to such an extent have they been distended as to materially interfere with the process of labour, or to provoke even Peritonitis after the child has been born. Therefore, the lady in such a condition is entreated, for her own sake and that of her

offspring, to encourage the habit on which the safety of both so much depends.

There is a *moment* when nature seeks relief; this should NEVER be neglected. Should, however, nature fail in her efforts, one of the following medicines, administered in accordance with the totality of the symptoms, will invariably succeed in giving the desired relief: viz., *Alumina*, *Bryonia*, *Nux Vom.*, *Opium*, or *Podophyllum Peltatum*.

Alum.—When constipation appears to arise from an apparent absence of peristaltic action in the bowels, with hard, dry, and pale fæces.

Bryon..—When the same condition occurs in warm weather, particularly in persons prone to rheumatism, with a sensation of pressure in the stomach, bladder, or perineum; fæces hard, large, and devoid of mucus.

Nux Vom. is a sovereign remedy when the cause may be traced to a want of power in the intestine to expel its contents; a kind of paralysis, with a sensation as if more had to be expelled, as if from constriction of the rectum, the fæcal mass being pale and lumpy in consistence.

Opium claims a priority in constipation when there exists a sensation as if the anus were firmly closed; a feeling of heavy weight in the lower part of the abdomen; the fæces hard, small, and round, like balls, either blackish or deeply discoloured.

Podoph. P.—When congestion of the liver exists, with a deficiency of bile in the intestines. In obstinate cases of constipation, and when urgent symptoms demand relief, I sometimes prescribe a "Lavement," consisting of 10 or 12 ounces of warm soap and water (soap-suds); but to those who object to such an operation, a teaspoonful of castor-oil, or the same quantity of "Lenitive Electuary," prepared according to the formula of the official Pharmacopœia of this country, will frequently yield the desired result. In addition to such simple measures, a lady so circumstanced is advised to augment the proportion of vegetables and fruit, to drink a tumbler-full of cold water night and morning, and to take moderate exercise in the open air.

FASTIDIOUS TASTE—LONGINGS.

The stomach, during gestation, is capable

of influencing the imagination ; therefore we have many and strange stories of what formerly were termed "Ladies' Longings." For such caprices regular medicine has no antidote. She can drag and tear the health to tatters, but with the mind it is her belief she has no business to meddle. She therefore leaves such fancies alone ; and though unfortunate ladies have drank vinegar and brandy to excess, or have eaten coals, cinders, common salt, or chalk, until their bowels became clogged, the doctor did nothing to relieve his client. She of course perished, having no strength when the season of labour arrived.

Yet, notwithstanding such lessons, general practice pursues its old routine, and refuses to benefit from inquiry.

The mind, however, Homœopathy assays to deal with as a portion of the body ; for morbid thoughts and conditions, it proposes relief in such medicines as *Acidum Nitricum*, *Arnica Montana*, *Cicuta Virosa*, *Lachesis*, *Nux Vomica*, *Pulsatilla*, and *Sulphur*.

If the desire or "longing" be for vinegar, the patient should take *Arnica Montana*.

If for brandy, *Nux Vomica*, *Lachesis*, *Pulsatilla*, or *Sulphur*.

If for coal or cinders, *Cocculus*, or *Cicuta Virosa*.

If for salt, *Carbo Vegetabilis*.

If for chalk or plaster, *Acidum Nitricum*, or *Nux Vomica*.

Yet it is better to render unnecessary the best of remedies; and therefore the lady is particularly advised to pay strict attention to the health of her body. At this period she should not be too much in the house, or be left too much alone. A companion of her own sex should reside with her, so that cheerful conversation, and the aspiration natural to a healthy associate, may tempt her sometimes abroad.

Something, moreover, might be done by the husband occasionally exerting his mind to find out trivial and easy employments for his *helpmate*. It is one of the curses of modern society, that business claims the heads of most families during the day-time. A woman thus left to herself, and compelled as it were to solitude, naturally mopes; and it is to draw her out of such a humour during the most critical and delicate portion of her existence, that the above proposal is suggested.

DIARRHŒA.

A contrary state is not unusual ; diarrhœa being a frequent complaint with pregnant women. These attacks may come on at any time, but are most frequently witnessed during the early months. Ladies, however, should not in every case be alarmed, or in all instances seek to check such defluxions.

As the most ignorant of my readers must be aware, that during impregnation, certain reliefs are suppressed, a looseness of the bowels not unseeldom supplying the same outlet to peculiar humours. It should consequently be always noted whether the visitations of diarrhœa are periodic ; as, in case of their being so, checking such evacuations may not be altogether free from danger.

For such a condition the Allopathic physician drugs his patients with ponderous doses of Hyd. C., Creta, Dover's powder, Ipecac., Rhubarb, the Tincture of Camphor, carbonates, and the old and well-known chalk mixtures.

The Homœopathic physician, on the contrary, administers his remedies in a mild and

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gentle form; and by adopting the beautiful formula which forms the groundwork of Homœopathy, is enabled, with a single remedy, to restore the system to its normal condition. Thus—

Ant. Crud. he administers if the diarrhœa follows some sudden emotion, such as fright, joy, &c.

Dulcamara—If from exposure to cold, and the evacuations are watery, slimy, greenish, or yellow.

Hyoscyamus—When the evacuations are painless and involuntary.

Chamomilla or *Colocynth*—If following anger or chagrin, with bilious secretions, and spasmodic, colicky pains; and

Calc. Carb. or *Sulph.*—If the diarrhœa assumes a chronic form; and

Phosphorus—When the diarrhœa is watery and painless.

ICTERUS, OR JAUNDICE.

Another peculiarity attendant upon this season of existence, but more essentially attacking the patient during the latter periods of pregnancy, is *Jaundice*. Some females think this symptom warrants a resort to most

violent remedies; they therefore do themselves no little injury by indulging their propensities. However, to such as may be inclined to listen to reason, the writer intimates that *Faundice* is no more than a reasonable effect produced by the enlarged *uterus* pressing against the biliary duct. A better and a safer cure, which will often prove effective after all medicine has failed, is to lie for several hours in the day upon a sofa, invariably reclining upon the left side.

The reason for giving this last injunction is the situation of the "biliary duct," which, being upon the right side of the body, of course, must be relieved from all pressure when gravitation inclines to the left. Should, however, this artifice not succeed, it is then time to have recourse to medicine; but instead of *blue pill*, *Colocynth*, *Falap*, *Scamony*, and the various drastic medicines now, unfortunately, too common in this country, the sufferer is entreated to take nothing more potent than either *Merc. Sol.*, *Cham.*, *Chelid. Majus*, *Nux Vom.*, *Podophyllum*, or *Sulph.*, in the third or sixth dilution.

Either of the above has, in my experience,

proved highly efficacious ; while in neither of them have I witnessed the remotest possibility of injury either to mother or offspring.

Merc. Sol. may be classed among the leading specifics for Jaundice, and will frequently perform a cure without the aid of any other medicine. The leading indications for the administration of this medicament are— moderate vascular excitement ; accelerated pulse ; yellowish tinge of the conjunctiva ; a slightly-coated tongue ; constipation ; a pale and dry consistence of the fæces ; urine of a deep yellow colour, with but slightly impaired appetite.

Cham. ranks high as a remedial agent in Jaundice when caused by a fit of anger, or any undue excitement, attended with subacute congestion of the liver, loss of appetite, nausea, a foul, slimy taste in the mouth, with spasmodic pinching and twisting pains in the abdomen.

Chelidonium Majus, though little known as a Homœopathic remedy, is, nevertheless, a very useful one in certain forms of hepatic derangement. The provings of this drug, as collected by Hahnemann, repeated by the Imperial Prover's Society of Vienna, and

confirmed in the writings of Hempel and Frank's Magazine, confirm the views taken of it by the ancient physicians, of its exercising a marked influence over the gastro-hepatic viscera. In Jaundice it is indicated for slight yellowness of the conjunctiva; sallow complexion; bitter taste; a deep-red colour of the tongue; fulness in the left hepatic region, with tenderness on pressure; brown-red urine, and light clay-coloured stools.

Nux Vom. is likewise a useful medicine in Jaundice when there is combined dyspeptic symptoms; aversion to food; debility, and short fainting fits; throbbing pains in the region of the liver; a foul, musty, or bitter taste, with tendency to piles and constipation. In such a condition, *Sulph.*, administered in alternation, acts very efficaciously.

I have been particular in first treating of these the more generally recognised symptoms of pregnancy, because in practice I have most often been consulted to afford relief to the feelings of the patient. How far such emotions, trivial as they may appear to the judgment of the medical man, can unsettle and derange a home, especially of a newly married couple, the capable reader can easily imagine.

Nevertheless, most persons do not understand how easily they may themselves minister to such afflictions. I have therefore written, intending to instruct the novice, and hope I have been sufficiently plain to be readily understood.

It, however, now becomes my duty to touch upon the more serious branch of my subject. When doing so, every lady who chances to take up this essay, must not necessarily believe herself to be the victim of such afflictions. The minor annoyances are common enough, and may be rated among the evils flesh is heir to; but the major troubles are happily of rare occurrence. Of the numerous mothers in this kingdom, many are graced with large families, who happily know such things only by report. As a cheerful mind affords the best support in the hour of labour, the reader is entreated not to dwell too poignantly on the foregoing matters. Were it not to complete the present treatise, gladly would I omit the larger portion of the following details, as I well know how impressable the mind is during the period of gestation.

SALIVATION.

Among the curious and rarely witnessed signs of pregnancy is *salivation*. This, when it appears, is most often exhibited during the earlier months. It is accounted for by the salivary glands being influenced by the REFLEX-NERVOUS action which commences in the womb. A thick, a heavy, and copious flow of saliva runs from the lips. It is in vain the handkerchief is applied to arrest the fluid; that soon becomes saturated, and the patient finds herself ultimately compelled to relieve herself by expectoration.

Cases are on record of poor girls, in such a condition, having been ignorantly persecuted. It, however, requires little discrimination to detect the salivation following upon pregnancy and that morbid state which is induced by large doses of *Mercury*. The gums are not sore, the teeth are not loose, the tongue is not coated, the glands are not enlarged, neither is the breath foetid when such a condition shortly appears after impregnation; though I am not conscious that all of the above symptoms can be absent during any phase of mercurial salivation.

This unpleasant and distressing symptom quickly yields to one or other of the following medicines: viz., *Arsenicum*, *Mercurius Solubilis*, *Natrum Muriaticum*, *Pulsatilla*, *Sulphur*, or *Veratrum Album*.

"Give," says Hippocrates, "the patient a draught of a medicine in a smaller dose than will induce the disease, and he will be cured." How small he does not say. These memorable words were uttered by the sage philosopher of "Cos" nearly five hundred years before the birth of Christ. We, who have embraced Homœopathy, carry out the same principle; and to cure the salivation of pregnancy, first administer a smaller dose of *Mercurius* than would induce such a disease; how small is a matter of experience. Should, however, *Merc.* fail in covering, as it were, the totality of the symptoms, the other medicines must then be brought to bear, either separately or in alternation. Thus—

Pulsatilla—When the salivation is accompanied with nausea and repugnance for food.

Arsenicum—If the patient suffers from great debility and emaciation, indicated by a pale, sunken countenance and leaden hue, by

nausea, pyrosis, and vomiting of food, and tendency to dropsy of the extremities.

Veratrum Album—When there is great debility, coldness of the body, a tendency to faint, and sensation of paralysis of the extremities.

Natrum Muriaticum—When the symptom assumes an obstinate form, coupled with a general cachectic condition of the body, ulcers on the tongue, angles of the lips and inner walls of the mouth, with a constant and copious discharge of limpid saliva; and

Sulphur—When the saliva is tinged with blood; a smarting pain in the tongue, with a sensation as if the surface of that organ were covered with vesicles, coupled with a tendency to hæmorrhoids and constipation. Sulphur is also well adapted when we have reason to suspect the symptoms to be aggravated, if not entirely produced, by the disappearance or sudden suppression of an accustomed eruption on some part of the body

PAIN IN THE BREASTS.

The mammæ, during gestation, part with much of their natural softness: they become

hard and knotty, or have what ladies term "cores" in them. They also enlarge; the delicate shade around the nipple, which had hitherto been natural, changes in colour, becoming darker. A pricking or shooting sensation is felt, and often grows very acute; sometimes the skin is morbidly painful and red.

For these symptoms, general practitioners resort to severe, and altogether unnecessary, measures. Fomentations, narcotics, leeches, venesection, and tartar emetic are among the remedies proposed for such a state in a delicate female. My readers, however, must not be alarmed at the list I have given, since such barbarities are altogether unknown in the line of practice adopted by Homœopathic physicians.

A false delicacy, however, too often induces young mothers to endure and conceal such symptoms. They thereby debar themselves the relief which medicine can afford; and frequently convalescence, subsequent to delivery, is retarded by fearful abscesses in the breast. Such misfortunes are to be avoided, and the pains are to be greatly alleviated, if not entirely removed, by such remedies as *Aconite*, *Belladonna*, or *Bryonia Alba*, administered

in accordance with the following indications:—

Aconite—Suited for plethoric individuals, of a lively, bilio-nervous, or sanguineous temperament, with increased frequency of the pulse; distended veins; when the pains are of a shooting or pricking kind, with at times oozing of milk from the nipple of the affected breast.

Belladonna—Is more particularly indicated when the mammæ feel hard and knotty, with deep-seated, throbbing pains, or a crawling, tingling, pricking sensation, with a diffusible erysipelatous blush covering the surface.

Bryonia Alba—When the breast is hard and knotty, without the red blush which is so characteristic an indication of *Belladonna*; and when the patient is slender, and of a nervous, irritable temperament.

In some cases I have found great benefit to follow the application of a compress saturated in cold water; while in other cases warm fomentations have proved more beneficial, particularly when the pains were of a spasmodic nature, and the temperament of the patient of a nervous and hysterical kind.

PALPITATION OF THE HEART.

Another troublesome indication of pregnancy is palpitation of the heart. The attack is generally sudden, or may be preceded by digestive derangement; the arteries throb throughout the entire body; the patient suddenly starts out of her sleep, being alarmed by fearful dreams; or if walking, is obliged to stand still to recover herself. Hysteria is sometimes provoked; and it is not unusual for the head to ache, the vision to become cloudy, sounds to be heard, and a sensation of giddiness to seize the patient.

These last symptoms declare the brain to be congested; and it is not surprising that, in certain instances, sudden death and other accidents should have resulted. In particular cases, palpitation seemed to have led to permanent disease of the heart, or even to have provoked pulmonary disorders.

Such signs, therefore, merit the earliest and most earnest attention of the physician. The patient should avoid all unnecessary excitement; her mind should be kept placid; and, as far as possible, her home perfectly happy; while the physician studies to tran-

quillise and equalise the nervous and vascular system by the administration of an appropriate remedy, carefully selected from the following list: viz., *Aconite*, *Arsenicum*, *Belladonna*, *Moschus*, *Nux Vomica*, *Pulsatilla*, or *Sulphur*.

FAINTING.

Faintings are not general until the fifth month; but then they are often alarming, from their rapid succession and prolonged continuance. Ladies have remained in this state for hours; and their recurrence is frequently annoying at the period of labour. However, the fits, though sometimes sudden, do not generally appear without those premonitory symptoms which every patient is enabled to recognise. There is, nevertheless, during pregnancy, a disposition in ladies to conceal their symptoms, under a notion that it is indelicate in females to speak of such matters. From this mistake, those attacks, which if early encountered are easily subdued, become confirmed by neglect, and the life of the patient, in particular cases, is, in spite of the best efforts of science, lamentably sacrificed. These symptoms, though distressing and

alarming, are successfully encountered by a properly selected remedy, which may be chosen in accordance with the following indications :—

Fainting, following palpitation of the heart, requires *Aconite* or *Petroleum*.

„ if from riding in a carriage, *Berberis Vulgaris*.

„ if from heat, *Spigelia*.

„ if from mechanical injuries, *Arnica Montana*.

„ if from debility, caused by previous disease, privation, or hæmorrhages, *China*.

„ if from bleeding from the nose, *Crocus*.

„ if after food, with nausea and dyspepsia, *Nux Vomica* or *Pulsatilla*.

„ if on lying down, *Lycopodium*.

„ if on getting up, *Aconite*.

„ if the patient is melancholy and disposed to weep, *Ignatia*.

„ if lively, gay, and even passionate, *Chamomilla*.

DYSPNŒA—SHORTNESS OF BREATH. 47

Fainting, if disposed to hysteria, *Moschus*.

„ if coupled with a tendency to constipation and hæmorrhoids, an occasional dose of *Nux Vomica* and *Sulphur*.

DYSPNŒA—SHORTNESS OF BREATH.

A shortness of breath is by no means unusual. This, when it occurs, is occasionally very distressing while it lasts; and the patient is too apt to aggravate the symptoms heedlessly, by foregoing all exercise. In fact, ladies, when pregnant, are too much disposed to nurse themselves, and to believe themselves unfit to face the breath of heaven. Nothing tends more to the health of the body, or is more likely to check a morbid disposition to dyspnœa, than a brisk walk—that is, as brisk as the state of the patient permits; and though excessive fatigue is to be avoided, yet so much exercise as shall render rest pleasant is never attended by harm.

Towards the latter end of pregnancy the lungs are necessarily compressed; and if the lady is not fortified to bear up against such

an extraordinary change, nature naturally gives way: hence it is not unusual for disease of the lungs, or even consumption, to develop themselves during the period of gestation.

The larynx likewise partakes of the irritability of the entire system; and cough of an aggravated character, and attended with displeasing peculiarities, is by no means unusual. When the period of labour arrives, these things, if only combated by such remedies as every patient may have at her own command, will entirely cease; and after months of distress, a season of repose will be enjoyed. But there are occasions when such symptoms become obstinate, and appeal for special relief; and without resorting to the coarse and dangerous practice of the Allopathic practitioner, Homœopathy affords a safe and sure amelioration by simply taking either *Aconite*, *Arsenicum*, *Bryonia*, *Ipecacuanha*, *Moschus*, *Nux Vomica*, or *Phosphorus*, selected according to the foregoing indications: viz., for the former, *Nux Vomica*, *Moschus*, and *Ipecacuanha*. For the latter, *Aconite*, *Arsenicum*, *Bryonia*, and *Phosphorus*.

It should, however, be observed, that dyspnoea, or shortness of breath, may be of a purely nervous and sympathetic nature: or it may occur in full and robust ladies, connected more or less with pulmonary congestion. These distinctions must be borne in mind when selecting our remedy, which of course must be done in strict accordance with the Hœmœopathic theory.

TUSSIS—COUGH.

The cough of gestation is most prevalent during the earlier and later months, and is frequently not unattended by other symptoms. Occasionally, it shakes the body to that degree which will provoke *abortion*, and is sometimes accompanied by spitting of blood.

The spitting of blood originates in two sources. *First*, a small artery may give way in the fauces; or, *secondly*, the discharge may be effused through the mucous membrane of the windpipe.

Of these two sources, the first is easily distinguished by the colour and equal stream not being prompted by any spasm. It is also to be distinguished by its scarlet hue;

whereas, when blood is expectorated from the lungs, it is more or less frothy, mingled with mucus, and of a Modena or port-wine tinge.

For cough and spitting of blood, the Allopathist runs the round of his customary treatment ; in fact, to such a degree does he do this for various disorders, that it really appears the medical schools and colleges imagine there must be some charm attending BLEEDING, LEECHES, BLISTERS, SALIVATION, NARCOTICS, PURGATIVES, and ANTI-SPASMODICS.

The Homœopathist, however, regulates his treatment by the symptoms, numerous as may be the remedies at his command. Each separate case possesses some peculiarity which demands a different medicament for its cure. In the choice of remedies resides the special skill of the Homœopathist. The poor patient pays the Allopathist for the quantity of medicine with which he or she is drugged. The Homœopathist, on the other hand, generally administers medicines of an amount which has no money value whatever. He meets his client, relying solely upon ability, and on no other ground can he accept of remuneration.

For the above complaints, he successfully administers such remedies as *Aconite*, *Arsenicum*, *Belladonna*, *Bryonia*, *Ipecacuanha*, and *China*.

CEPHALALGIA—HEADACHE.

When present with the foregoing disorders, and frequently rendered more severe by them, is *Headache*, to which pregnant women are much disposed.

The headache may be continuous, or it may be only present during paroxysms. I knew a lady who invariably had headache whenever she retired to bed, but was comparatively easy during the day. This symptom was more or less attended with confusion of mind and morbid fancies. I gave the patient a few doses of *Belladonna*, third decimal dilution; and from the third dose she became an altered woman. Such a symptom of headache, however, may be caused by an overloaded stomach, or by a confined state of the bowels. In such a case, *Nux Vomica* or *Pulsatilla* would be the most suitable remedy.

Ladies, when their condition requires the greatest attention, too commonly are neglect-

ful in the last important particular ; and I have to entreat such, never to overlook the absolute necessity of periodical evacuations. A neglect of this essential will not only produce headache, but it will also give rise to the majority of those symptoms which many practitioners are pleased to regard as nervous affections.

I have, however, already spoken on this subject ; and to that part of the present essay the reader must refer.

Headache being no more than the sympathy of the brain, may spring from various causes ; and although the Allopathist deems it necessary to recommend anti-spasmodics, diffusible stimulants, blisters behind the ears, or on the nape of the neck, brisk purgatives, bleeding from the arm, and leeches to the temples ; nevertheless, the Homœopathic physician is enabled to remove so painful and distressing an affection by a particle far less than the one-millionth part of a grain of a properly-selected medicine.

For Congestive headache, he administers *Aconite*, *Belladonna*, or *Opium*.

For Bilio-Congestive headache, *Mercurius Solubilis*, or *Podophyllum*, in alternation with an occasional dose of *Aconite*

For Rheumatic headache, *Bryonia Alba*.

For "Gastric" headache, *Ipecacuanha*,
Nux Vomica, *Pulsatilla*, or *Sulphur*.

For Catarrhal headache, *Aconite*, *Dulcamara*, *Ignatia*, or *Mercurius Solubilis*.

For "Hysteric" headache, *Aconite*, *Coffea*,
Ignatia, or *Valerian*.

For "Intermittent" headache, *China*, or
its active principle, *Quinine*.

INSOMNIA, OR SLEEPLESSNESS.

I know of no better method of producing that state which the physician intends to remove—at all events, I should not be surprised if obstinate sleeplessness followed upon so barbarous a course of treatment as that generally adopted by the old-school practitioner. Weakness may generate any disorder; and most people who have been weak or sick, can inform us how, for nights together, they have watched the flickering of a rush-light.

The want of sleep, however, is frequently very distressing during the period of gestation. Ladies have lain, for nights, weeks—nay, for

months, without the lids once covering the eyes; and

“Tired Nature’s sweet restorer, balmy sleep,”

refused to alight upon their drooping eyelids.

The body, in such cases, has become emaciated, and the approaching crisis much endangered by such continued wakefulness; which is, by the majority of practitioners in this country, sought to be removed by a warm foot-bath at bed-time, by laxatives, tonics, opiates, and even bleedings.

But ladies who are troubled with this symptom, should, as much as possible, remain in the open air. A certain degree of tire does no harm, but rather good, during such a season; and a walk, or employment on the grounds attached to the house, is, in this instance, highly advantageous.

The bedroom of a pregnant lady should, as far as practicable, be large, airy, and well-ventilated. The bed should consist of an iron or brass frame, a well-made spring mattress; a horse-hair or white wool mattress. The bed must not be loaded with heavy blankets, or thick, closely-woven counterpanes. If the weather be cold, let an extra blanket be put

on the bed, as the perspiration can permeate through a blanket when it cannot through a thick coverlet. As a rule, a knitted one is best suited for the summer months, and the eider-down for the winter months. The bedroom, at night, should be dark. The chamber, too, should be as far removed from noise as possible. Noise is the great enemy to sleep. The bed-chamber then, should, as the poet beautifully expresses it, be "deaf to noise," and "blind to light."

Another process which I have found beneficial under these circumstances, is sponging the body freely with something between tepid and cold salt and water, the properties being about two ounces of bay-salt to two gallons of water; the body afterwards should be well rubbed with a roughish towel or flesh-brush.

A lady having thus stimulated the skin immediately before retiring for the night, will frequently be enabled to enjoy a good night's rest.

But there are cases when sleeplessness depends upon a certain morbid condition of the brain. These cases may be governed by such a multitude of causes, that they are among

the most difficult which even the Homœopathic practitioner encounters. However, the majority will frequently yield to either of the following remedies : namely—

To *Aconite*, if caused by fright, fear, or anxiety, with congestion and determination of blood to the head.

To *Belladonna*, when the patient feels sleepy, and yet cannot sleep, accompanied with restlessness, anguish, a dread of things, and frightful visions.

To *Coffea*, if caused by prolonged watching, great joy, over-excitement, or by the abuse of the same drug as a beverage.

To *Hyoscyamus*, if caused by great nervous excitement, depressing effects of long illnesses, with forebodings of the coming crisis. *Hyos.* is well adapted for irritable and easily excited individuals.

To *Ignatia*, if caused by anxious thoughts, grief, sadness, or any depressing emotions.

To *Moschus*, if caused by hysteria: and

To *Pulsatilla* or *Nux Vomica*, if caused by deranged stomach.

DESPONDENCY, OR HYPOCHONDRIASIS.

More distressing than even watchfulness, is that sad and groundless despondency of which some ladies are the victims. This morbid feeling generally appears during gestation with the first child. Different people have adduced various causes to account for this fact; but will the reader pardon me if I attribute it to the lady, who has become a mother, no longer being alone, but having the pleasantest of society in her own offspring while yet in the womb, and in previous experience mitigating the fear of the approaching crisis.

It will be thus seen that not without reason did I venture to recommend a lady should, during the period of pregnancy, be kept cheerful, and not to be left entirely without society. So easily are these things provided, and so inexpensive often are they, that it is distressing to observe how much they are neglected.

Above all, no person subject to despondency should be submitted to the venesection, purgatives, derivatives, and other coarse measures of the Allopathic professors. But when a

patient is thus afflicted, the physician should minutely inquire into the case, and, according to the existing cause, administer his specific remedy.

NERVOUS AFFECTIONS OF THE EYES AND EARS.

Related to despondency is the unsettled vision and defective hearing to which ladies at this period are too liable. The sight is peculiar, especially as delivery approaches: in some cases light is painful; in others objects appear to float, to dance, or to be continually turning round; flashes of light are often complained of;—in short, every symptom which can denote excitement of the optic nerve, may, at this stage, be displayed.

The hearing also has been lost, but is more often afflicted with noises which have no external origin. Occasionally the sense becomes morbidly acute, and the smallest sound passing along the street cannot be endured.

The distressing accompaniments of the "pregnant state," the Allopathist meets with his customary round of terrible aggravations. But the Homœopathist seeks to find the seat

which generates such morbid symptoms ; and regards not only this, but also the temperament, hereditary ailments, and constitution of his patient, and administers his remedy accordingly.

SPASMS OF THE URETERS.

Accompanying the present subject, is what is generally denominated spasm of the ureters, though I am by no means certain the effect is rightly named : but the symptom is very marked and extremely painful ; a sharp agony leading towards the small of the back is endured, and almost an immediate incontinence of urine succeeds. Sometimes, however, no pain is suffered, but the patient is only annoyed by an inability of retention.

This, in either case, is peculiarly distressing to a sensitive woman : the odour from the fluid demands a repeated change of clothes, or banishes a lady from society. There is another phase of the same complaint, which is attributed to the foetus compressing the bladder : the dribbling then is incessant, and continues both by night and day.

A lady who, in May, 1875, sought my advice, was really rendered miserable by the

foregoing symptoms. I contrived for her something which I am pleased to say rendered life endurable. It consisted of a half globe of india-rubber, which was attached to the waist by four straps of elastic webbing: within the cavity was inserted a moderate-sized sponge.

Besides this, she wore a mackintosh, which was covered with flannel. By the repeated changing of this last appendage all unpleasant smell was effectually removed; and the excoriations, which commonly are present, were prevented by frequent ablutions with a solution of chloride of zinc—one grain to the ounce of water. This spasmodic condition of the ureters will frequently yield to *Cocculus*, *Causticum*, *Phosphoric Acid*, or *Nux Vomica*.

DYSURIA—RETENTION OF URINE.

The opposite state, however, or the retention of the secretion, is a frequent symptom during the latter stage of impregnation. The pain which is thus produced is frequently excessive, and poor ladies are said to have died under Peritonitis, caused by the actual rupture of the bladder, and the escape of the

fluid into the abdominal cavity. For such a lamentable state, the patients can frequently do more for themselves than the medical man can generally accomplish. By lying down with the head lower than the heels, the pressure of the gravid uterus is thus removed, and relief generally rushes forth.

Should this simple stratagem, however, fail, a warm bath, at a temperature of about 95 degrees should be resorted to. I have found this succeed in more than one instance when I have found the retention to arise from spasmodic contraction of the sphincter muscle of the urethra.

Retention of urine will, however, sometimes arise from a want of tonicity or contractile power in the proper tunics of the bladder ; or, again, from hæmorrhoids. For the former, *Cocculus*, *Phosphoric Acid*, or *Pulsatilla*, will be found the most suitable remedies ; and for the latter, *Nux Vomica* or *Sulphur*.

If none of these produce the desired effect, the employment of the catheter is the physician's only resort. When the use of so simple an instrument as a female catheter is concerned, nothing opposes its employment save the feelings of the patient.

As soon as the pain is sufficient to excite urgent cries for relief, sufficient delay has been allowed ; for there is always peril ; longer forbearance being attended with many forms of danger.

CRAMPS.

Associated with retention, and generally most poignant where this form of disorder occurs, are *cramps* in the stomach. These cramps may attack any portion of the lower part of the body, such as the hips, back, abdomen, thighs, and legs : nay, they are not uncommon even in the soles of the feet ; and when occurring in that situation, frequently induce serious falls in pregnant women. Ladies, however, should be careful to distinguish between those agonies which can legitimately be attributed to cramps, and those which arise from retention or distention. The two are very much alike in the pain they occasion ; but a moment's reflection on an obvious subject, will always enable the patient to separate or diagnose them. For these symptoms, when they occur, urgent remedies speedily exhibited are always demanded. The cramp starts up instantly, without the

smallest warning: therefore every married lady should be careful that her domestic medicine chest contains one or all of the following medicines: viz., *Coffea*, *Nux Vomica*, and *Veratrum*.

DROPSY.

Attending the latter stage of pregnancy, though not always confined to this period, is that passive effusion under the skin which medical men recognise as *Anasarca*. It simply distends the parts, creeps on gradually, and is chiefly confined to the lower limbs.

Everybody must remember to have seen poor women when in the family way, and to have heard such people severely blamed for running about with their boots unlaced; when the fact is, that had these approaching mothers attempted to fasten the laces, the size of their limbs would have rendered such an effort ridiculous.

This increased dimension of the extremities is provoked by the pressure of the gravid uterus preventing the absorbents from carrying off the fluids of the lower limbs. The best remedy in these cases, and that which

should always be tried in the first instance, is lying down with the enlarged limb rather elevated ; then to have gentle friction applied outside the stocking till some relief is gained ; after which the patient should rise and take a little gentle exercise.

When a lady is subject to this annoyance she should sit as little as possible ; but, when resting, should always recline upon the sofa. Few ladies in the upper ranks, however, like to absent themselves from the family dinner, and may suffer acutely while gracing the domestic banquet. During the latter periods, ladies of such a station should always dine alone, for it is idle to imagine good is done to the body by provoking suffering.

There can be nothing approaching to over-indulgence in prudently attending to those admonitions which Nature gives a reasonable being whenever she inflicts pain.

The weight that often affects the legs during gestation—the well known sensation of “pins and needles”—should not be submitted to, but in every instance ought to be regarded as an intimation that a change of position is required.

Should, however, those domestic remedies

to which I have alluded fail to afford relief, the patient is entreated to resist the adoption of punctures, purgatives, derivatives, bleedings, and tartar emetic, so heroically inflicted by the worshippers of the temple of Galen; and are recommended to submit themselves to the influence of such remedies as *Arsenicum*, *Dulcamara*, *Bryonia*, *Lycopodium*, or *Sulphur*.

It, however, becomes a serious consideration when effusion of the extremities terminates in dropsy of the body. When such a change takes place, the pulse is accelerated, feverishness is present, accompanied with more or less pain; the skin is dry, the excretions scanty, the bowels confined, the spirits dejected, the sleep generally absent; or, when present, disturbed by fearful dreams.

Auscultation, which during pregnancy affords to the practised ear the surest and most certain indications, is now difficult to be applied, and often becomes useless to attempt. In such a case, however, the mother need not despair. Instances of general dropsy have occurred when the patient has ben delivered of a healthy child, and she herself has subsequently done well.

One thing, however, I must endeavour to impress upon those interested in such a subject;—that is, the daily use of the sponge-bath; the resort to exercise, to the limit of the capability; and feeding, especially, upon the lightest and most nourishing of diet.

These measures, together with an occasional resort to some of the following medicines, generally afford relief without weakening the patient, for whose condition the books written by Allopathists seem not to have the smallest consideration.

The measures which I have before recounted are now more than ever, by these gentlemen, insisted upon, notwithstanding that the weakness of the lady claims all sympathy and support.

Arsenicum, Bryonia, Cantharis, Digitalis, China, and Sulphur, are among the chief remedies to be consulted for such a condition.

VARICOSE VEINS.

Varicose veins are frequently sad troubles when connected with gestation. They may appear either in the thigh or leg; and if allowed to progress without attempt at

remedying, the over-distended vessel may even burst. Should not the skin then give way, the blood becomes effused into the cellular tissue, and produces what is generally known as "black-leg." Should the integument yield, fearful bleeding may be the result, and this at a time when the system can ill-sustain depletion.

The symptoms of varicose veins are soft bluish tumours, attended with more or less pain, a sense of weight in the limb, and complaints of bearing-down, and a great disinclination for motion of the slightest kind.

The enlargements, however, generally disappear with convalescence; and ladies who before labour I have known to imagine themselves incapable of action, after becoming mothers have moved about with surprising alacrity.

Friction, always applied in a direction from the extremity of the limb upwards, is, in these instances, beneficial; and the patient should undergo this manipulation as frequently as possible.

No pressure, however, should be made in a contrary direction, as veins are only to be

relieved when pressed towards the centre of the circulation.

A well-adjusted bandage, or, better still, the elastic stocking, should be worn by ladies subject to this troublesome annoyance; and when taking rest they should invariably seek the reclining posture.

HÆMORRHOIDS—PILES.

Hæmorrhoids, or piles, are among the severest troubles which afflict the pregnant lady. They are far too serious to be here omitted, and therefore I must briefly touch upon them.

A sense of itching invariably precedes their appearance: this is followed by a burning or smarting pain. The inconvenience thus occasioned, often induces the patient to neglect the relief of the body, and thereby to aggravate the complaint. The parts throb, and give a conviction of heaviness; the pulse increases; red suffuses the face; the skin becomes dry; headache, thirst, coated tongue, with considerable tenesmus, accompanied with a glairy discharge, which is occasionally discoloured, are the general symptoms of these annoyances.

The Allopathic doctrine recommends free *purgatives, leeches, bleeding*, injections of warm water, and sitting over the steam of the same liquid. When reading the foregoing, a reasonable mind would conclude that a period of pregnancy was a season of extraordinary vigour and robustness of health.

The accredited doctor appears to regard his patient simply as a being whom he is duly bound to debilitate and exhaust by every means at his command. Even the colossal elephant would, after a time, give way under such perpetual drainage; and it is not to be wondered at, that so many ladies are lost at the most critical period of their existence.

Homœopathy, on the other hand, avoids all such cruel and useless measures; and in such a condition, administers, with marked success, such remedies as *Aconite* when the piles are inflamed; *Arsenicum* when there is burning shooting pain, with prostration of strength; *Belladonna* when there is profuse hæmorrhage, with violent pain in the back and loins; *Antimonium Crudum* when accompanied by a discharge of white or yellowish mucus, with burning, tingling, or

itching sensation in the anus; *Carbo Vegetabilis* when the piles are large, and present a bluish appearance, with burning pain in the loins, flatulence, constipation, and discharge of scalding mucus from the passage; *Chamomilla* when the piles bleed freely, accompanied with compressive pains in the abdomen, with frequent desire to go to stool; *Acidum Nitricum* in chronic piles of large size, with white or yellowish exudation, and attended with fissures or cracks in the mucous fold of the anus; *Nux Vomica* and *Sulphur*, in alternation, in those naturally prone to lead a sedentary life, who have indulged to excess in coffee, and highly-seasoned dishes; when the pain is shooting, with burning or itching in the anus; contusive pains in the loins; constipation, with frequent ineffectual efforts to evacuate; or, when constipation occurs in alternation with loose evacuations, with discharge of florid blood, and sensation of excoriation in the passage; dyspepsia, and frequent protrusion of hæmorrhoidal tumours; and *Podophyllum Peltatum* when congestion of the liver exists, with constipation, prolapsus ani, and pale, hard, dry fæces.

The patient should eschew sedentary habits,

a proper amount of exercise should be taken daily, and an abstemious mode of living strictly observed. The cold sitz-bath, and a "lavement," consisting of about half a pint to one pint of cold water, used daily, or every other morning, I have found a valuable auxiliary in the treatment of Hæmorrhoids.*

ODONTALGIA—TOOTHACHE.

Sometimes during the whole period of gestation, and often aggravated with its advance, is *Toothache*. The pain will frequently locate itself obstinately in one particular tooth; but occasionally it will affect the entire jaw. The symptoms, however, are known to be neuralgic by the frequent absence of decay, and the non-recognition of any possible cause. The pain may be continuous, or it may appear in paroxysms, and frequently is not altogether free from danger, because it prevents the patient from enjoying the necessary rest. On this account, and from the general distress which it produces,

* For more elaborate information on this subject, see my work on the "Homœopathic Treatment of Indigestion, Constipation, and Piles." Published by Leath & Co., St. Paul's Churchyard.

Toothache frequently becomes one of the most distressing attendants on the pregnant state. Ladies, however, should not needlessly undergo the torture of extraction, especially as this painful mode of relief is invariably useless, and has been known to produce even abortion or premature labour.

To relieve this form of malady, for which the instrument is often ruthlessly employed, and the application of such injurious agents as *Tobacco, Horseradish, Ginger, Capsicum, Kreasote, Camphor, Chloroform, Opium, Myrrh,* and *Catechu*, I give, with marked success, such harmless remedies as *Acon.*, *Bell.*, *Calc. C.*, *Staphys.*, *Spigelia*, and *Nux Vomica*, in potencies varying from the 3rd to the 12th dilution, administered in accordance with the Homœopathicity of the same.

Aconite stands foremost as a remedy in toothache of the congestive or inflammatory kind, when the cause may be traced to exposure to a current of air or keen wind; when the pain is throbbing, stinging, or pressing, as if the tooth were shattered to pieces, with redness and tenderness of the gums, and throbbing headache.

Belladonna ranks next in importance and value as a remedy in the inflammatory form of odontalgia ; is chiefly indicated when the pains are of a rheumatic, tearing, drawing, or throbbing kind, accompanied by redness, heat, and swelling of the gums.

Calcaria Carbonica is recommended for toothache with congestion of blood to the head, particularly at night ; when the pains are either beating, stitching, boring, gnawing, or digging, both in the sound and carious teeth ; swelling and sponginess of the gums, with a tendency to bleed.

Staphysagria is a valuable remedy for toothache when the following indications are present :—A painful gnawing or drawing sensation in the teeth every now and then, followed by a throbbing sensation in the gums, which are generally pale ; heat in the face ; swelling of the cheek, and headache of a stupefying or boring kind ; or if the pain comes on when eating, the teeth being loose, black, decayed, and brittle, and seem to penetrate more deeply into their sockets when pressed upon.

Spigelia I administer, with marked success, when the pain is tearing, sticking, or comes

on in sudden and painful jerks; aggravated by cold liquids, or exposure to cold air; most violent on retiring to rest, and reclining the head on the pillow (right side), and diminishing in severity on raising the head, moving about, or eating and drinking; but commencing again so soon as the head regains the pillow. The latter symptoms are peculiarly characteristic of the action of *Spigelia*; consequently "curative" when such symptoms arise from other causes, as the following case, recorded by me in the 2nd vol. of the "Monthly Homœopathic Review," p. 315, clearly defines:—

J. G., aged 25, a cook in a gentleman's family, consulted me on the 16th of June, 1857. For two months previous to this date she had been a martyr to toothache, traced to a carious condition of the last molar in the upper jaw. She was entirely free from pain during the day; but on retiring to bed, and laying the head on the pillow, the pain commenced with all those agonies so characteristic of the complaint. On raising herself into the sitting posture, the paroxysms would either leave her altogether, or become considerably diminished in force; returning, how-

ever, again so soon as the head regained the pillow: such being the nightly freaks perpetrated by this dental torment, that the poor girl had scarcely an hour's quiet repose for weeks. Her master, an amateur Homœopathist, tried his skill in this case, and administered, from time to time, such remedies as *Acon.*, *Bell.*, *Cham.*, *Nux Vom.*, and *Puls.*, with no favourable result.

The remarkable provings of *Spigelia Anthelmia*, as recorded in Hahnemann's "Materia Medica Pura," vol. iv.,* indicated to me the specific virtue of this medicament in that peculiar form of odontalgia. I selected the 12th dilution; and the second dose sufficed to perform a perfect cure.

Dr. Hempel, in his comprehensive and truly philosophic exposition of the Homœopathic law (see "Materia Medica," p. 1080),

* *Toothache*, a sort of pressing from within outwards; most violent when lying on the right side; he does not feel it while he is eating or drinking, but immediately after the toothache commences again, and he frequently wakes in the night from that pain;—*toothache* preventing his night's rest: it drives him out of his bed; he does not feel that pain in daytime, except immediately after a meal; not during a meal.

makes the following observations on the action of *Spigelia* upon the teeth:—"Toothache—especially when decayed teeth are affected with painful jerks, and the pain is aggravated by cold water, or the contact of cold air; or it may be given for a *passing pain* in the teeth from within outwards, *most violent when lying on the right side*; intermitting while eating and drinking, but commencing again immediately after, and frequently waking one at night."

Nux Vomica is a potent remedy in the toothache of pregnant ladies, when the pains are either sticking, drawing, tearing, digging, or jerking; when there is impaired digestion, and an inactive condition of the bowels: is particularly adapted for those of a sanguine or nervo-bilious temperament, and who have partaken too freely of strong tea or coffee.

HYSTERIA.

More to be feared than *toothache*, because it is far more constitutional, both in its origin and its symptoms, its demonstrations being at times so violent as even to produce abortion, is "*hysteric convulsions*."

This malady more frequently attacks the nervous and hysterical female.

These convulsions are generally preceded by a sensation of strangulation about the throat, or a feeling as if a ball were imbedded in that cavity; by involuntary sobbing, and ineffectual attempts to swallow; after that, the body may, for a time, become motionless, or may writhe about from side to side; the hands frequently clutch the throat; the face is generally pale, and does not lose its natural form; the patient retains her consciousness, though unable to articulate. Such a condition may last for an uncertain period, when all the signs are aggravated; and the attack terminates by the evacuation of a quantity of flatus upwards, a copious discharge of clear limpid urine, and frequent shrieks, sobs, and tears.

The lady's health, of course, is injured, but nevertheless may bear a healthy offspring, and subsequently do well; although sad tales are recorded as the consequences of neglect during hysterical convulsions.

EPILEPSY.

There is always danger of an hysterical

diathesis being confounded with an epileptic declaration, to which pregnant women are strongly liable. Those convulsions of epilepsy are, however, announced by certain premonitory symptoms, which every patient should be acquainted with, and be able to recognise, so as immediately to call for assistance.

A lady moving in the upper ranks of society some years ago, residing in Harley Street, Cavendish Square, had a narrow escape from inattention to this particular. She felt herself ill, and luckily at the moment rang for the servant to put some coals upon the fire. As the footman entered the room, he was surprised to behold his mistress fall from her chair, in a strong convulsion, upon the floor. I was immediately sent for, and this lady, I am happy to record, is now the mother of five fine children.

The incipient symptoms of epilepsy are pains in the head, lassitude, a sense of giddiness, confusion of mind, disturbance of the senses, consisting of sounds in the ears, loss of sight, specks floating before the eyes, unquiet sleep, palpitation of the heart, a feeling of cold, fluttering in the region of the

stomach, nausea, and even vomiting. At times the face is red, and the white of the eyeball powerfully injected. Such symptoms may be largely varied, and hardly in two ladies are they actually the same. But if these signs are remembered, the leading characteristics may be recognised, notwithstanding their declaration may be somewhat varied. It may also be mentioned, that in many cases epilepsy is developed without the slightest warning being given.

APOPLEXY.

There is, however, a more fearful malady, with which both hysteria and epilepsy are too liable to be confounded: this is, the terrible apoplectic convulsions to which women during the latter months of gestation are liable. This may attack the patient suddenly, or it may be preceded, even for a lengthened period, by the following group of premonitory symptoms, which should be carefully remembered, and not treated lightly.

There is a sense of pressure and constriction in the head; there is confusion of ideas, headache, and giddiness; there is loss of

memory, faltering of the speech, flashes of light, double vision, specks floating before the eyes ; there is partial deafness and noises in the ears ; a pallid face, drowsiness, fainting, nausea, and at times vomiting.

But when the apoplectic seizure is sudden, the premonitory indications are few and of short duration. A sharp acute headache, sickness and faintness, are all that is experienced, when the lady falls suddenly to the ground, and becomes either convulsed, rigid, or motionless, with a slow, stertorous, or puffing breathing, a flushed and livid countenance, with a prominent and motionless condition of the eye. From this state she may never recover.

The readiest method of distinguishing between these fits, especially for a non-professional person, is to note the breathing. In *Hysteria* the breathing is spasmodic ; the air is inhaled between the sobs of the patient.

In *Epilepsy* it is drawn in violently, in gasps which occasion its inhalation to be accompanied by a long hissing sound.

In *Apoplexy* the fauces become flaccid, and the breath is inspired with an audible effort, making a puffing noise, or being

what, in medical phraseology, is termed "stertorous."

I need not dilate on the cruel measures adopted by the professors of old medicine for the supposed relief of those complaints. It is sufficient that I record here my condemnation; and to convince the reader that my opinions are well grounded, I may merely state that one Allopathic physician is recorded to have extracted *two pounds and a-half* of blood from a lady on the eve of delivery; while another well-known practitioner is actually said to have withdrawn *four pounds and a-half* of the same vital fluid from a female in the like condition. Besides this, the application of leeches and cupping-glasses; the administration of the most powerful of drastic purgatives, such as "croton oil;" add to these the application of counter-irritants to the back of the neck, chest, and legs, constitute the *scientific* treatment of the so-called "orthodox" practitioner.

Were I to follow these examples, I should anticipate a lodging in the Old Bailey. Many a man has had his rest broken early in the above establishment, who far less

merited his fate than the gentleman who took advantage of his professional status, to tamper so cruelly with the life that was entrusted to his care.

A medical man must necessarily enjoy the confidence of his patients. That such confidence may be complete, it behoves him to use the power granted with manly and gentle forbearance.

But what ideas must those individuals entertain of their medical responsibilities, who could remorselessly experiment with life, when the condition they were contemplating appealed loudly to their generosity as men, and their feelings as fellow-mortals subject to the common ills of life.

I make no mention here of the profession they disgrace. I put entirely upon one side all social ties and moral obligations; and I only ask the practitioners here alluded to, how they could imagine a female, whose strength had been tottering for months, and the greater portion of whose vitality (as it were) had been directed to another channel—to vitalise and nourish the babe that lay nestling in her womb—could endure so savage a depletion, and nevertheless retain sufficient

vital energy which could alone deliver her of her burden.

In opposition to that treatment upon which I have been commenting, Homœopathy deals in no such coarse and barbarous measures. This doctrine admits of no experiments with the existence of its patients. It avoids all cruelty, and relies upon the agents within its hands, mild or insignificant as those may appear, for the relief of those ailments submitted to its treatment.

For Hysteria, it administers such remedies as *Aconite*, *Cocculus*, *Ignatia*, *Moschus*, *Nux Vomica*, *Platina*, or *Valerian*.

For Epilepsy, *Agaricus*, *Belladonna*, *Causticum*, *Cicuta V.*, *Cuprum*, or *Hyoscyamus*.

For Apoplexy, *Aconite*, *Belladonna*, *Cocculus*, *Lachesis*, *Nux Vomica*, or *Opium*.

SECOND PART.

ABORTION AND PREMATURE LABOUR.

THE above words, to the medical mind, signify different things. The first means the casting-off of the fœtus before life has quickened it. The second implies the same event subsequent to that period, or to the fifth month.

No child, however, born previous to the seventh month, has any chance of being reared; and to the majority brought into the world even thus far matured, existence is very problematical.

Abortion, however, will in this Essay serve, as it does in general language, to convey a notion of immature or premature delivery. Any one not in the profession can hardly conceive how frequent such circumstances occur in private families. The health of many ladies is positively ruined by these events;

they become debilitated, feverish, hectic, dropsical; and, in short, they are the habitats of almost every disease to which the female frame is liable.

Not a few of these evils are induced by the unjustifiable interference of medical men. These gentlemen are frequently far too officious; their remedies far too powerful; and their manipulations often unwarranted and uncalled for.

The lady subjected to them naturally *aborts*. The wonder would be, could she do otherwise; and, by the act, a disposition is promoted which renders very doubtful the full period of gestation being subsequently undergone. It is well known, and proved, that a habit of abortion is easily engendered. Nay, so readily do some women imbibe this propensity, that there are now many ladies alive who periodically relieve the uterus, and are even hardly conscious when that event occurs.

For the above reason, ladies are entreated to hold themselves sacred from all those meddlings, which, indeed, present weakness, and ultimately destroy the constitution.

It is the natural function of a healthy woman to bear children.

This ordination may entail upon her certain pangs ; but the Being who made her, framed her equal to undergo these sufferings, and ordained that the agonies of maternity should not otherwise than benefit the constitution. In proof of this, how many smiling, happy, and blooming mothers do we not encounter ; and who expects an old maid to be otherwise than debilitated and disappointed.

The premonitory symptoms of abortion are those of general derangement of the system. A certain lassitude or weakness steals over the entire frame. The lady feels desirous of retiring to bed before she is well aware of the cause, being thoroughly wearied previous to any conscious exertion ; there occurs a pain in the back ; the breasts become flaccid ; and a general uneasiness rapidly increases.

After a little time pains occur, and a liquid drains from the body : this liquid may be perfectly colourless, or may be more or less soiled ; but with its appearance the pains generally augment ; the loins, abdomen, and thighs are involved ; the agonies recur at certain periods, and each time with augmented strength. The stomach frequently rejects its contents ; the pulse is accelerated ; the skin is feverish ;

the patient cannot forbear from certain voluntary efforts, and the climax is soon attained.

The pain attending upon the above symptoms may, or may not, be fully equal to those attending actual labour.

There is no rule in cases of this kind ; but during the first three months the lady usually suffers least ; though I have attended cases in which the reverse has been exhibited.

The causes of abortion are varied and numerous. A few only of the most prominent will here be mentioned. They are, severe coughs, a blow or sudden compression of the uterine region, violent vomiting, sea-sickness, sudden fright, the extraction of a tooth, the repeated use of irritating medicines and drastic purgatives, repeated bleedings, strong mental emotions, or unusual bodily efforts. For these latter causes ladies should be careful how they exert themselves during the period of gestation. I do not mean that they should avoid everything like healthful exercise, but that they are not to encounter any of those domestic broils in which some females are too apt to engage.

I would likewise advise ladies to avoid ex-

citement ; and, for the above reasons, I would recommend those who may be about them at this time to shun every topic of irritation. While obeying this injunction, it does not follow that I am recommending a patient should be pampered in her fancies, or humoured in her whims. But I simply mean, that the feelings and passions of a lady in this critical situation, deserve, and should receive, a certain degree of respect.

Any sudden fright will frequently induce premature labour. Often, causes which in themselves would appear harmless, at this time have an injurious influence. A great deal necessarily depends upon the susceptibility of the patient ; but as the extent of this can only be learned through the symptoms by which it is declared, a certain degree of caution and forbearance is requisite in all those moving around a lady at this particular period.

It is customary with some medical men to endeavour to arrest a miscarriage. Attempts of this kind usually add much to the sufferings of the patient, weaken the constitution, and endanger the life of the lady. Too many cases are known of the abnormal reten-

tion of the foetus to render such a course either safe or expedient.

Delivery, when once announced, should be expedited by every means in the physician's power; and if this is done, none of those distressing measures will be necessary which students are taught to employ by books which treat of midwifery.

However, subsequent to abortion, copious and even dangerous flooding may ensue. This is not invariably the case. The hæmorrhage may be so slight as to hardly deserve notice; and in other, but exceptional cases, may be so great as to endanger existence.

It is customary for medical men of the Allopathic ranks to bleed from the arm, as though the patient had not been sufficiently drained by emission from another source. It is also the custom with practitioners of this doctrine, to order that the patient be kept perfectly quiet. I certainly would advise all excitement, and anything calculated to distress the mind, should be withheld after so serious a juncture; but as to that kind of quiet which approaches to a deathly silence, and depresses the individual who is forced to endure it, I assuredly must object. The

patient herself, under most circumstances, will be the best able to judge who should be admitted to her presence ;—of course, every body about the sick bed fully understanding that nothing ought to be permitted which possibly might tax the patience or fatigue the mind.

I know ladies, after a misfortune of this kind, are often so much debilitated as to require absolute rest. In this case the feelings should be respected ; but when a desire is expressed for quiet society, such a wish should not be ruthlessly opposed. The medical man is, in these circumstances, the best judge. There are times when the slightest exertion may be followed by symptoms which shall endanger the life : only when this peril has passed, too absolute a seclusion should not be enforced. When hæmorrhage occurs, it is common to endeavour to arrest it by means of a plug formed of different materials. Now, to confine a discharge is not necessarily to stop it ; therefore I object to this mode of practice ; especially as the warm fluid filling the vacant cavity is likely to promote further depletion.

Cold applications have a decided effect

over white fibre, of which the muscular coat of the uterus is composed. Could we induce the viscus to contract with the lessened dimensions, the sinuses would be obliterated, and the possibility of further flooding be rendered impracticable.

The *Gullet* has, in its composition, a certain amount of white fibre; and everybody is aware of the opposition which renders it impossible to take a long draught of very cold water.

I may here allude to another and more convincing instance. The muscular coat of the bladder is likewise composed of white fibre. Every person is aware how much fluid can be imbibed while seated in a warm room; but no sooner have they left the apartment, and entered the cold air, than a desire for relief is experienced; which last effect is occasioned by the lower temperature producing contraction of the muscular coat of that viscus.

Cold therefore should, in every form, be resorted to; as drinks, injections, baths, &c.; and it is the more to be recommended because it exists in every house, and requires little skill in its application.

Certain gentlemen of the old school like warm applications, and recommend their unscrupulous use ; but I have yet to learn upon what rational or physiological grounds such a practice is established.

It is the popular belief that abortion is attended with much more danger than natural labour.

In the early months I am sure such is not the case ; though in the after periods the peril may be almost balanced. After every process of labour, however, a certain period of rest is advisable. The patient should recline on a mattress ; never on a feather bed. The chamber should be large, cheerful, airy, and well ventilated. The bedclothes light ; all anxiety and depression of spirits should be encountered by a calm and gentle persuasion of a successful termination.

The food, under ordinary circumstances, should be light, easy of digestion, and moderate in quantity.

The beverage should be mild and cooling—such as plain barley-water, lemonade, toast-and-water, plain water, and a little light claret ; either of which may be iced, particularly if the weather be hot.

The first quitting of the bed should be to repose upon the sofa, and thence—fine weather permitting—a gentle stroll in the open air.

DURATION OF PREGNANCY.

There is nothing so unpleasant, or tends more to disarrange a household, and there is nothing more inconvenient to a medical man, than a *miscalculation* in the period of pregnancy.

Married ladies would do well to make themselves acquainted with a few simple particulars concerning this all-important subject.

Strange and curious stories do we sometimes hear of one lady having been brought to bed of a seven months' child; another of an eleven months' monster; when, if either of these ladies had only attended to the simple and well-established rules of pregnancy, neither infant would have been considered as a being born in violation of nature's laws.

An illustration applicable to this subject occurred not long since, in a village not a dozen miles from the metropolis of England.

A lady calculated, or rather *mis*-calculated, that parturition would set in at the close of the second week of a certain month. The nurse was summoned to her presence. The swiftest horse in her husband's stable was saddled and bridled, and the most trusty servant was selected to start at a moment's notice on the important mission of summoning a London doctor to the lying-in chamber. But day after day, night after night, week after week passed away, without either pain or twitch being felt by the anxious and expectant mother; and it was not till two more months had elapsed that the premonitory sufferings announced the crisis to be at hand.

How different do we find it with other ladies, who deem it neither indelicate to seek the counsel of their medical adviser, nor consider it too much trouble to note certain changes upon the private pages of their pocket-books. A lady who engaged me to attend her at the close of 1861, calculated that my services would be required on the 11th of —. My calculations were to the same effect: both our conjectures proved well founded; for on the morning of that date

I was summoned to her presence, and on the evening of the same day she was safely delivered.

I mention these little instances with no desire to draw invidious comparisons, but solely with the view to direct the attention of married ladies to the necessity of observing those changes which serve as landmarks to a correct diagnosis.

The duration of pregnancy, from the time of conception to the hour of labour, is estimated at *nine calendar months, ten lunar months, forty weeks, or two hundred and eighty days.*

If the foetus be expelled prior to the completion of four lunar months, subsequent to conception, the lady is said to "abort."

But if delivery takes place after the fourth, and before the end of the seventh month, then she is said to "miscarry." While if the labour occurs after the seventh, and before the completion of the tenth lunar month, then the birth is said to be "premature labour;" though, with care, the child may frequently be preserved at this period of its existence.

Most practitioners commence their calcula-

tions from the date of the last periodic discharge. Thus, supposing the "monthly reliefs" to cease on the 1st of January, labour may be expected about the 7th of October; or, dating from the 1st of April, confinement may be expected about the 31st of December; making 275 days, or NINE calendar months.

To make the matter still more simple, I arrange here a series of dates in a tabular form, and venture to designate it, the "Married Lady's Ready Reckoner." It consists of two columns—one for calendar months, the other for lunar months; which may be read as follows:—

A lady has ceased to menstruate on the 1st of July: her confinement may be expected about the 31st of March, the *end of nine calendar months*; or, at latest, on the 6th of April, the end of ten lunar months.

Another lady has observed the like change on the 20th of January: her confinement may be expected on the 30th of September, *plus* twenty days, the *end of nine calendar months*, at soonest; or on the 7th of October, *plus* twenty days, the end of ten lunar months, at latest.

TABLE FOR CALCULATING THE PERIOD OF
PREGNANCY.

NINE CALENDAR MONTHS.			TEN LUNAR MONTHS.	
FROM	TO	DAYS.	TO	DAYS.
January 1	September 30	273	October 7	280
February 1	October 31	273	November 7	280
March 1	November 30	275	December 5	280
April 1	December 31	275	January 5	280
May 1	January 31	276	February 4	280
June 1	February 28	273	March	280
July 1	March 31	274	April 6	280
August 1	April 30	273	May 7	280
September 1	May 31	273	June 7	280
October 1	June 30	273	July 7	280
November 1	July 31	273	August 7	280
December 1	August 31	274	September 6	280

The "quickening," or first perceptible movement of the child by the mother, is another method of estimating the duration of pregnancy.

Quickening generally takes place at, or about, the twentieth week: if we add twenty weeks more to the previous time, we obtain a probable calculation of the full period. But ladies are cautioned not to place too much reliance on such an index, as quickening is

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varied in its advent; sometimes appearing as early as the third, at other times as late as the fifth, or even sixth month of parturition: therefore no absolute dependence can be placed on this last indication; nor are either of the calculations to be regarded as more than a probable approach to truth.

Dr. Desberger, an eminent French physician, has arranged a far more elaborate table, which I here append, with a few slight alterations.

It is a calendar for "nine months," and so arranged as to enable the reader to form a tolerably correct reckoning from the commencement, or the time of IMPREGNATION, to the middle, or the time of QUICKENING, to the end or the first indications of LABOUR. It is termed DESBERGER'S LADIES' PERPETUAL CALENDAR: WITH ALTERATIONS FROM PETERS' "DISEASES OF MARRIED FEMALES."

BEGINNING.	MIDDLE.	END.
JANUARY.	MAY.	OCTOBER.
1 Harold	20 Frances	8 Ephraim
2 Abel	21 Prudence	9 Denyson
3 Enoch	22 Helena	10 Amelia
4 Titus	23 Alfred	11 Dennis
5 Simeon	24 Esther	12 Fritz
6 Laura	25 Urban	13 Edward
7 Percy	26 Augustine	14 William
8 Lucian	27 Bede	15 Edwin
9 Caspar	28 William	16 Alphonso
10 Paul	29 Maximilian	17 Etheldred
11 Amy	30 Edward	18 LUKE
12 Reynolds	31 Ellen	19 Ptolemy
	JUNE.	
13 Hilarius	1 Lilian	20 Wilkie
14 Felix	2 Florence	21 Ursula
15 Albert	3 Erasmus	22 Martha
16 Marcellus	4 Rosa	23 Severus
17 Anthony	5 Richard	24 Solomon
18 Priscilla	6 Lily	25 Louis
19 Ferdinand	7 Lucretia	26 Clara
20 Fabian	8 Mark	27 Sabina
21 Agnes	9 Benjamin	28 SIMON
22 Vincent	10 Thomas	29 Kate
23 Herbert	11 BARNABAS	30 Sarah
24 Timothy	12 Jemima	31 Joseph
		NOVEMBER.
25 Bertrand	13 Richard	1 Mary
26 Polycarp	14 Samuel	2 Thomas
27 Florence	15 Frederick	3 Augustus
28 Charles	16 Justina	4 Charlotte
29 Samuel	17 Alban	5 Eric
30 Maude Mary	18 Paulina	6 Leonard
31 Mary Eleanor	19 Gervase	7 Alexander

100 LADIES' CALENDAR.—FEBRUARY.

BEGINNING.	MIDDLE.	END.
FEBRUARY.	JUNE.	NOVEMBER.
1 Bridget	20 Edward	8 Claude
2 Julius	21 Jacobina	9 Theodore
3 Joseph	22 Ellen	10 Jonas
4 Veronica	23 Basilius	11 Martin
5 Agatha	24 JOHN BAPTIST	12 Walter
6 Dorothea	25 Duncan	13 Julian
7 Richard	26 Jeremiah	14 Lewin
8 Solomon	27 Frank	15 Machutus
9 Apollonia	28 Leo	16 Ottoman
10 Lucy	29 PETER	17 Hugh
11 Euphrosyne	30 Paul	18 Godfrey
	JULY.	
12 Helen	1 Theobald	19 Elizabeth
13 Benigna	2 Ernest	20 Edmund
14 Valentine	3 Cornelius	21 Alex
15 Formosus	4 Martin	22 Cecilia
16 Julia	5 Anselm	23 Clement
17 Constantia	6 Isaiah	24 Macbeth
18 Concordia	7 Fred	25 Catharine
19 Susanna	8 Kilian	26 Conrad
20 Jane	9 Cyril	27 Launcelot
21 Eleanor	10 Felicity	28 Gunter
22 Peter	11 Pius	29 Noah
23 Reynard	12 Henry	30 ANDREW
		DECEMBER.
24 MATTHIAS	13 Margaret	1 Arnold
25 Victor	14 Bonaventura	2 Candida
26 Nestor	15 Swithin	3 Cassian
27 Hector	16 Eustace	4 Barbara
28 Justus	17 Alexis	5 Abigail

BEGINNING.	MIDDLE.	END.
MARCH.	JULY.	DECEMBER.
1 Alban	18 Caroline	6 Nicholas
2 Louisa	19 Ruth	7 Antonia
3 Bertram	20 Elias	8 Jabez
4 Adrian	21 Daniel	9 John
5 Frederick	22 Magdalen	10 Judith
6 Everard	23 Albertina	11 Waldemar
7 Perpetua	24 Christina	12 Chas. Frederick
8 Philemon	25 JAMES	13 Lucy
9 Prudentius	26 Anne	14 Israel
10 Henrietta	27 Berthold	15 Johanna
11 Rosina	28 Innocent	16 Laura
12 Gregory	29 Martha	17 Lazarus
13 Ernest	30 Beatrice	18 Christopher
14 Zacchary	31 Germain	19 Nora
	AUGUST.	
15 Isabella	1 Peter	20 Abraham
16 Matthias	2 Gustavus	21 THOMAS
17 Patrick	3 Augustus	22 Beata
18 Edward	4 Perpetua	23 Ignatius
19 Joseph	5 Dominick	24 Adam
20 Rupert	6 Frank	25 Eliza
21 Benedict	7 Donatus	26 STEPHEN
22 Casimer	8 Samuel	27 JOHN
23 Everard	9 Romanus	28 Adaliga
24 Gabriel	10 Lawrence	29 Jonathan
25 Matthew	11 Titus	30 David
26 Emanuel	12 Clara	31 Sylvester
		JANUARY.
27 Hubert	13 Hildebrand	1 Dora
28 Gideon	14 Eusebius	2 Abel
29 Eustace	15 Charles	3 Enoch
30 Guido	16 Isaac	4 Titus
31 Philip	17 Bertram	5 Simeon

BEGINNING.	MIDDLE.	END.
APRIL.	AUGUST.	JANUARY.
1 Theodore	18 Emilia	6 Reginald
2 Theodosia	19 Sebald	7 Harry
3 Christian	20 Bernard	8 Lucian
4 Ambrose	21 Athanasius	9 Caspar
5 Maximus	22 Oswald	10 Geo. Henry
6 Sixtus	23 Zaccheus	11 Erhard
7 Celestine	24 BARTHOLOMEW	12 Raynard
8 Adelaide	25 Lewis	13 Hilarius
9 Victoria	26 Irenæus	14 Felix
10 Ezekiel	27 Gebard	15 Bayard
11 Herman	28 Augustine	16 Marcellus
12 Julius	29 John	17 Anthony
13 Justin	30 Benjamin	18 Prisca
14 Tiburtius	31 Rebecca	19 Ferdinand
	SEPTEMBER.	
15 Obadiah	1 Giles	20 Fabian
16 Leopold	2 Rachel	21 Agnes
17 Rodolph	3 Wilkie	22 Vincent
18 Florence	4 Moses	23 Frank
19 Werner	5 Nathaniel	24 Timothy
20 Sulpitius	6 Magnus	25 PAUL
21 Adolphus	7 Enurchus	26 Polycarp.
22 Lothario	8 Mary	27 Hale
23 GEORGE	9 Bruno	28 Charles
24 Albert	10 Sostheres	29 Samuel
25 MARK	11 Gerard	30 James
26 Raymar	12 Otilia	31 Valerius
		FEBRUARY.
27 Anastasius	13 Alfred John	1 Bridget
28 Theresa	14 Eustace	2 Harriet
29 Sibylla	15 Constantia	3 Phoebe
30 Joshua	16 Euphemia	4 Veronica

BEGINNING.	MIDDLE.	END.
MAY.	SEPTEMBER.	FEBRUARY.
1 PHILIP	17 Lambert	5 Agatha
2 Sigismund	18 Bessie	6 Dorothea
3 Elbert	19 Iona	7 Cicely
4 Florian	20 Frederica	8 Solomon
5 Gothard	21 MATTHEW	9 Apollonia
6 Matilda	22 Maurice	10 Renata
7 Godfrey	23 Joel	11 Euphrosya
8 John	24 John	12 Severinus
9 Job	25 Cleophas	13 Benigna
10 Gordian	26 Cyprian	14 Valentine
11 Mamertus	27 Cosmo	15 Formosus
12 Pancrattus	28 Wenzel	16 Juliana
13 Servattus	29 MICHAEL	17 Constantia
14 Christiana	30 Jerome	18 Concordia
	OCTOBER.	
15 Sophia	1 Remigius	19 Susanna
16 Betsy	2 Argyle	20 Narcissa
17 Pascal	3 Ewald	21 Eleanor
18 James	4 Francis	22 Peter
19 Dunstan	5 Charity	23 Reynard
20 Frances	6 Faith	24 MATTHIAS
21 Prudens	7 Hope	25 Victor
22 Helena	8 Ephraim	26 Nestor
23 Nina	9 Denys	27 Hector
24 Esther	10 Amelia	28 Justus
		MARCH.
25 Urban	11 Burkard	1 Albin
26 Augustine	12 Ruth	2 Louisa
27 Bede	13 Edward	3 Julia
28 William	14 William	4 Adrian
29 Maximilian	15 Campbell	5 Frederick
30 Wigan	16 Gallus	6 Everard
31 Petronella	17 Etheldreda	7 Perpetua

BEGINNING.	MIDDLE.	END.
JUNE.	OCTOBER.	MARCH.
1 Herbert	18 LUKE	8 Philemon
2 George	19 Ptolemy	9 Prudentius
3 Erasmus	20 Cumberland	10 Henrietta
4 Ulrica	21 Ursula	11 Rosina
5 Boniface	22 Corduca	12 Gregory
6 Benignus	23 Severus	13 Ernest
7 Lucretia	24 Solomon	14 Zachary
8 Medard	25 Isabella	15 Isabella
9 Lepaius	26 Amandus	16 Stella
10 Rudolph	27 Sabina	17 Patrick
11 BARNABAS	28 SIMON	18 Edward
12 Blandina	29 Sussex	19 Joseph
13 Arthur	30 Hartman	20 Rupert
14 Modestus	31 Norfolk	21 Benedict
	NOVEMBER.	
15 Vitus	1 Ethelberth	22 Casimer
16 Justina	2 Ajax	23 Everard
17 Alban	3 Rowland	24 Gabriel
18 Paulina	4 Charlotte	25 Paris
19 Gervase	5 Eric	26 Emanuel
20 Edward	6 Leonard	27 Hubert
21 Jacobina	7 Erdman	28 Gideon
22 Davie	8 Claude	29 Eustace
23 Basilius	9 Theodore	30 Guido
24 JOHN BAPTIST	10 Jonas	31 Philip
		APRIL.
25 Elogius	11 Martin	1 Theodore
26 Jeremias	12 Cuthbert	2 Theodosia
27 Royland	13 Jenny	3 Christian
28 Leo	14 Lewin	4 Ambrose
29 Anthony	15 Hector	5 Maximus
30 Lovell	16 Etheldred	6 Sixtus

BEGINNING.	MIDDLE.	END.
JULY.	NOVEMBER.	APRIL.
1 Theobald	17 Hugh	7 Celestine
2 Warwick	18 Wilton	8 Donald
3 Cornelius	19 Elizabeth	9 Tristam
4 Martin	20 Edmund	10 Ezekiel
5 Anselm	21 Roderick	11 Herman
6 Isaiah	22 Cecilia	12 Julius
7 Irene	23 Clement	13 Justin
8 Nattalia	24 Harold	14 Tiburtius
9 Cyril	25 Catharine	15 Obadiah
10 Felicity	26 Conrad	16 Blane
11 Pius	27 Hotspur	17 Rodolph
12 Henry	28 Ronald	18 Florence
13 Margaret	29 Alice	19 Werner
14 Bonaventure	30 ANDREW	20 Blanche
	DECEMBER.	
15 Swithin	1 Arnold	21 Adolphus
16 Eustace	2 Candida	22 Lothario
17 Alexis	3 Cassian	23 GEORGE
18 Caroline	4 Barbara	24 Albert
19 Ruth	5 Abigail	25 MARK
20 Elias	6 Nicholas	26 Ivanhoe
21 Daniel	7 Antonia	27 Halbert
22 Magdalen	8 Bertram	28 Theresa
23 Albertina	9 James	29 Sibylla
24 Christina	10 Judith	30 Joshua
		MAY.
25 JAMES	11 Waldemar	1 PHILIP
26 Anne	12 Charles	2 Sigismund
27 Neville	13 Lucy	3 Claude
28 Innocent	14 Israel	4 Florian
29 Martha	15 Johanna	5 Othard
30 Beatrice	16 Llewellyn	6 John
31 Germain	17 Lazarus	7 Godfrey

BEGINNING.	MIDDLE.	END.
AUGUST.	DECEMBER.	MAY
1 Peter	18 Christopher	8 Pearl
2 Gustavus	19 Margarett	9 Job
3 Augustus	20 Abraham	10 Gordian
4 Perpetua	21 THOMAS	11 Mamertus
5 Norman	22 Beata	12 Norton
6 Eterick	23 Ignatius	13 Servitius
7 Donatus	24 Eve	14 Christiania
8 Blondin	25 Eva	15 Sophia
9 Romanus	26 STEPHEN	16 Honoratus
10 Lawrence	27 JOHN	17 Pascal
11 Titus	28 Joan	18 Livorius
12 Clara	29 Jonathan	19 Dunstan
13 Hildebrand	30 David	20 Frances
14 Eusebius	31 Sylvester	21 Prudens
	JANUARY.	
15 Norma	1 Aleck	22 Helena *
16 Isaac	2 Abel	23 St. John
17 Bertram	3 Enoch	24 Esther
18 Emily	4 Titus	25 Urban
19 Sebald	5 Simeon	26 Augustine
20 Bernard	6 Priscilla	27 Bede
21 Athanasius	7 Lilly	28 William
22 Oswald	8 Lucian	29 Maximilian
23 Zaccheus	9 Caspar	30 Wigan
24 BARTHOLOMEW	10 Paul Hermit	31 Mortimer
		JUNE.
25 Lewis	11 Helen	1 Nicomede
26 Irenæus	12 Diomed	2 Harper
27 Walter	13 Nina	3 Erasmus
28 Augustine	14 Felix	4 Ulrica
29 John	15 Fortunatus	5 Douglas
30 Benjamin	16 Marcellus	6 Benignus
31 Rebecca	17 Anthony	7 Lucretia

BEGINNING.	MIDDLE.	END.
SEPTEMBER.	JANUARY.	JUNE.
1 Giles	18 Priscilla	8 Melrose
2 Rachel	19 Ferdinand	9 Barnimus
3 Ada Ann	20 Fabian	10 Bruce
4 Moses	21 Agnes	11 BARNABAS
5 Nathaniel	22 Vincent	12 Blandina
6 Magnus	23 Hilda	13 Helen
7 Howard	24 Timothy	14 Modestus
8 Mary	25 PAUL	15 Vitus
9 Bruno	26 Polycarp	16 Justina
10 Essex	27 Ernest	17 Alban
11 Gerard	28 Charles	18 Paulina
12 Otilia	29 Samuel	19 Gervase
13 Flory	30 Herbert	20 Edward
14 Clare	31 Adelaide	21 Jemima
	FEBRUARY.	
15 Constantia	1 Bridget	22 Acharius
16 Euphemia	2 Hugo	23 Basilus
17 Lambert	3 Blaise	24 Harry
18 Clara	4 Veronica	25 Elogius
19 Januarius	5 Agatha	26 Jeremias
20 Frederica	6 Dorothea	27 Mildred
21 MATTHEW	7 Richard	28 Leo
22 Maurice	8 Solomon	29 PETER
23 Joel	9 Apollonia	30 Paul
		JULY.
24 John	10 Eustace	1 Theobald
25 Palmer	11 Euphrosyne	2 Elfric
26 Cyprian	12 Severinus	3 Cornelius
27 Cosmo	13 Benigna	4 Martin
28 Selby	14 Valentine	5 Anselm
29 MICHAEL	15 Formosus	6 Isaiah
30 Jerome	16 Juliana	7 Ann Jane

108 LADIES' CALENDAR.—OCTOBER.

BEGINNING.	MIDDLE.	END.
OCTOBER.	FEBRUARY.	JULY.
1 Remigius	17 Constantia	8 Kilian
2 Volrade	18 Concordia	9 Cyril
3 Ewald	19 Susanna	10 Felicity
4 Francis	20 Eucharis	11 Pius
5 Charity	21 Eleanor	12 Henry
6 Faith	22 Peter	13 Margaret
7 Hope	23 Clara	14 Marmaduke
8 Ephraim	24 MATTHIAS	15 Swithin
9 Denys	25 Victor	16 Eustace
10 Amelia	26 Nestor	17 Alexis
11 Burkard	27 Hector	18 Caroline
12 Erenfried	28 Heber	19 Ruth
	MARCH.	
13 Edward	1 Albin	20 Elias
14 William	2 Louisa	21 Daniel
15 Marian	3 Chenill	22 Magdalen
16 Gallus	4 Adrian	23 Albertine
17 Etheldreda	5 Frederick	24 Christine
18 LUKE	6 Everhard	25 JAMES
19 Ptolemy	7 Perpe:ua	26 Anne
20 Percy	8 Philemon	27 Berthold
21 Ursula	9 Prudentius	28 Innocent
22 Corduca	10 Henrietta	29 Martha
23 Severus	11 Rosina	30 Beatrice
24 Solomon	12 Gregory	31 Germain
		AUGUST.
25 Crispin	13 Ernest	1 Peter
26 Amandus	14 Zachary	2 Gustavus
27 Sabina	15 Isabella	3 Augustus
28 SIMON and JUDE	16 Ewart	4 Perpetua
29 Russell	17 Patrick	5 Wilton
30 Hartman	18 Edward	6 Martin
31 Wolfgang	19 Joseph	7 Donatus

BEGINNING.	MIDDLE.	END.
NOVEMBER.	MARCH.	AUGUST.
1 Vaughan	20 Rupert	8 Mabalon
2 Layard	21 Benedict	9 Romanus
3 Guthrie	22 Casimer	10 Lawrence
4 Charlotte	23 Everard	11 Titus
5 Eric	24 Gabriel	12 Clara
6 Leonard	25 Robertson	13 Hildebrand
7 Erdmann	26 Emanuel	14 Eusebius
8 Claude	27 Hubert	15 Brunow
9 Theodore	28 Gideon	16 Isaac
10 Jonas	29 Eustace	17 Bertram
11 Martin	30 Guido	18 Emilia
12 Cuthbert	31 Philip	19 Sebald
	APRIL.	
13 Brutus	1 Theodore	20 Bernard
14 Lewin	2 Theodosia	21 Barrow
15 Anselm	3 Christian	22 Oswald
16 Austin	4 Ambrose	23 Zaccheus
17 Hugh	5 Maximus	24 BARTHOLOMEW
18 Wilkie	6 Murat	25 Lewis
19 Elizabeth	7 Celestine	26 Irenæus
20 Edmund	8 Martyn	27 Gebard
21 Presentation	9 Blaize	28 Augustine
22 Cecilia	10 Ezekiel	29 John
23 Clement	11 Herman	30 Benjamin
24 Lebrecht	12 Julius	31 Rebecca
		SEPTEMBER.
25 Catharine	13 Justin	1 Giles
26 Conrad	14 Katrino	2 Rachel
27 Beatrice	15 Bernard	3 Spencer
28 Anna Maria	16 Charles	4 Moses
29 Lewis	17 Rodolph	5 Nathaniel
30 ANDREW	18 Florence	6 Brian

110 LADIES' CALENDAR.—DECEMBER.

BEGINNING.	MIDDLE.	END.
DECEMBER.	APRIL.	SEPTEMBER.
1 Arnold	19 Werner	7 Tyler
2 Candida	20 Evangeline	8 Mary
3 Cassian	21 Adolphus	9 Bruno
4 Barbara	22 Lothario	10 Sosthenes
5 Abigail	23 GEORGE	11 Gerard
6 Nicholas	24 Albert	12 Bowyer
7 Antonia	25 MARK	13 Clifford
8 Andrew	26 Raymar	14 Exaltation
9 Wallace	27 Anastasius	15 Constantia
10 Judith	28 Theresa	16 Euphemia
11 Waldemar	29 Sibyll	17 Lambert
12 Elsie	30 Joshua	18 Sigfried
	MAY.	
13 Lucy	1 PHILIP	19 Isham
14 Israel	2 Sigismund	20 Frederica
15 Johanna	3 Pierre	21 MATTHEW
16 Clare	4 Florian	22 Maurice
17 Lazarus	5 Gothard	23 Joel
18 Christopher	6 John	24 John
19 Rowland	7 Godfrey	25 Cleophas
20 Abraham	8 Austin	26 Cyprian
21 THOMAS	9 Job	27 Cosmo
22 Beata	10 Gordian	28 Wenzel
23 Ignatius	11 Oswald	29 MICHAEL
24 Clara	12 Anthony	30 Jerome
		OCTOBER.
25 Blount	13 Servatius	1 Bruce
26 Bertha	14 Christiana	2 Ernest
27 Blanche	15 Sophia	3 Ewald
28 Bowley	16 Honoratus	4 Francis
29 Jonathan	17 Pascal	5 Charity
30 David	18 Sibyl	6 Eustace
31 Sylvester	19 Dunstan	7 Watkyn

DELIVERY.

I PURPOSELY do not intend to enter minutely upon this subject, as the treatment of every lady, at such a period, should be regulated by her own medical adviser. It is, however, when rationally considered, a healthful and natural process. It should, provided the previous admonitions have been attended to, be productive of no more evil than any other constitutional relief.

It is, when properly and morally considered, the natural consequence of matrimony, and should by rights create no more danger than any other of the ordinations under which humanity exists.

It is, however, often made the reverse by months of pondering over an approaching and dreadful crisis, by the officious advice of well-intentioned friends, by the crowding together of busy females, who love to flock around a fellow-creature at the very time when her condition implores for silence and a sufficiency of fresh air.

I do not mean to assert that a lady, in the

hour of her agony, should be left alone and permitted to endure her pains in solitude. I am very far from recommending such a course to be pursued; but I should certainly discountenance the admission of all who are not absolutely necessary to the comfort of the patient. The feelings should, in these matters, be respected. The husband should be by her side when his presence can confer confidence on his wife; the doctor should be admitted as often as the patient may desire his presence. In these matters, the feelings of the person principally concerned alone should regulate the behaviour of those around her.

From disregarding the above maxim, too many a midwifery case has terminated fatally. Everything depends upon keeping up the spirits of the patient; anything like the enforcement of petty rules, trivial conventionalities, or supposed *specifics*, is equally wrong, and in many cases dangerous.

A lady, at such a time, is not precisely mistress of herself; but she is not in a condition to be subjected to the indulgences of whims and fancies. She is suffering under the strong wrench of animal nature, and will

desire nothing which does not appeal to her condition. Let her alone, and be content simply to humour the promptings of her will ; for in thus acting—always supposing obedience to be regulated by reason—you will secure the probable safety of both mother and child.

Above all things, let me counsel a lady not to look into anything approaching to a midwifery-book : such works necessarily treat largely of morbid cases, and consequently fill the mind with bad anticipations. The lady thus prepared meets her dangers ready to fancy all manner of contingencies. She imagines such a pain must be indicative of such or such an accident ; and thus unconsciously she fills her mind with vain and perilous conjectures at the time when an unclouded brain is so essential to her healthful relief.

Another caution I have to give to such patients is, to avoid the companionship of those very sage women who love to flock around and to alarm a lady when in what the world generally terms “ a delicate condition.” Such people generally have at their fingers’ end a ready list of nostrums, which, if not highly injurious, are never really beneficial,

and therefore do injury by taxing the resolution, or wasting the energy, of the party principally concerned.

Such persons are to be avoided; so likewise are those aged people who are too often spoken of with commendation as experienced nurses. A woman much past the prime of life, cannot be fully equal to the fatigues and anxieties attendant upon the lying-in chamber. As years advance, so do the senses become blunted. The mind rather grows reflective than acutely alive to outward objects. I have known a matron of seventy years old sleep soundly in her easy chair, while the enfeebled new mother endeavoured in vain, by such noises as her shattered strength was equal to, to disturb the snoring slumberer. This want of vigilant attendance retards recovery; since nothing is more common than for ladies to suffer under a sense of faintness, which incapacitates them from calling loudly for assistance. Hæmorrhage may then be taking place; when, if aid be not ready and energetic, life may be lost from excessive depletion. Moreover, there is such a thing at this peculiar time, when the slightest exertion is frequently

attended with danger, as the limbs becoming cramped, or the position of the body requiring to be changed. Besides these things, there are many occasions when help is necessary.

For my own part, I prefer a middle-aged and healthy woman as a nurse. I care not for her learning, so that she be blest with a quick comprehension and a feeling heart. The old stereotyped phrases of—pull at the towel, hold your breath, drink a little warm tea, &c., by diverting the attention from the real requirements of the patient, are calculated to effect serious mischief. An attendant, on such an occasion, requires to do little more than any attentive female would of herself suggest. She must, however, be quick at interpreting signs; for frequently, after parturition, there is almost an invincible disinclination to exert the voice.

Another great objection to the selection of elderly women, is the prejudice such females generally entertain in favour of brandy and other stimulants. They will allow the chamber to be wanting in every other necessary till the one which they esteem is abundantly supplied. Moreover, such people have a maxim which they insidiously inculcate to the

lady committed to their charge—that “the doctor need not know everything.” And I have, in more instances than one, had to counteract feverish symptoms which I was morally convinced had arisen from the evil and injudicious administration of spirituous liquors.

When writing the above, I do not mean to assert that the common treatment adopted in such cases is entirely free from blame. It is too generally thought imperative to advise a diet, after parturition, which cannot restore the strength, but may foster a prolonged debility. Gruel, not “porridge,” stands low in the scale of dietetics. It will not restore the strength; it will not revive an exhausted frame; but in cases where fever threatens, it may be the most appropriate form of nourishment. But I knew one case where the medical man used to quit the chamber, leaving directions for a basin of gruel and a sound sleep to be taken directly; and the lady, immediately on being left to herself, used to enjoy a glass of porter and a mutton chop. This imposition went on for years; nor was the gentleman, so far as I am aware, ever conscious that his directions were not literally fulfilled.

Experience has taught me that such violations of strict orders are by no means uncommon ; consequently I esteem it to be the better practice, in these cases, to leave the promptings of nature as much as possible to the discretion of the patient, rather than encumber a sick room with a quantity of impotent formula.

The lady is but too often surrounded by those who are too happy to violate small commands.

The doctor, however much his aid may be sought in particular moments, is never, in the long run, cheerfully submitted to ; and his mandates or commands may be respectfully listened to, only to be disobeyed on his departure.

It is usual to speak very learnedly of the *nervous shock* ; but this term implies no more than can be conveyed by a fashionable slang. It is customary, at the present day, for medical men to attribute every effect and consequence to the nervous system. Unfortunately, many ladies have died in confinement ; and the most careful dissection has been unable to discover any particular derangement, either with the nerves, their centres, or their source.

It requires no particular phrase to account for that sense of exhaustion which is consequent upon the loss of so large a portion of the living body of the mother. The child, previous to birth, is nourished by the same vital stream which sustains the parent. If one dies, the other must perish or suffer: they are so closely united, that no violent emotion can disturb the parent, without violently endangering the existence of the being which lives within her.

That the violent separation of the two should be attended with a sense of exhaustion—that an act which employs all the strength, and taxes all the endurance of the frame—that the birth, which may be protracted for hours, and even days and nights, should not leave a lady in a fit condition for an evening party—is surely no legitimate cause for wonder. Neither does it require any particular phraseology to account for so evident a sequence.

Much, however, of this natural effect may be avoided by the judicious administration of chloroform.

I do not, as a rule, approve of the production of total insensibility by means of this

anæsthetic agent. To administer its fumes to this point will require more scientific assistance than the accoucheur can generally command in the lying-in chamber. But the exhibition of chloroform to that point which shall deaden the pain and blunt the pang of labour is certainly most advisable.

The pupil of the eye then may be more dilated, but the brain assuredly is not so much affected; the breathing exhibits no difference, and the skin is more healthy. In fact, the patient allows the delivery to take place without uttering those distressing cries, and without those contortions of the body, which have as frequently delayed as they have sometimes hastened the birth. The pulse, moreover, retains more of its natural character, and is not likely to exhibit that sudden fall which generally accompanies natural delivery.

The child being born, should immediately be taken into another room, and carefully cleansed by means of warm water and mild soap. The water should not be either too warm or too cold—a temperature of about 70 to 80 degrees will be found the most suitable.

The dress should be loose, and merely sufficient for the purposes of warmth.

While this is being done, the lady should be allowed to enjoy that sense of repose which her late struggles will render acceptable. Upon her awaking, or unclosing her eyes and looking around her, the child should be placed by her side.* If it is inclined to suck, though no milk may as yet

* Lo ! at the couch where infant beauty sleeps,
Her silent watch the mournful mother keeps ;
She, while the lovely babe unconscious lies,
Smiles on her slumbering child with pensive eyes,
And weaves a song of melancholy joy—

“ Sleep, image of thy father, sleep, my boy ;
No lingering hour of sorrow shall be thine ;
No sigh that rends thy father’s heart and mine ;
Bright as his manly sire the son shall be
In form and soul : but, ah ! more blest than he !
Thy fame, thy worth, thy filial love at last,
Shall soothe his aching heart for all the past—
With many a smile my solitude repay,
And chase the world’s ungenerous scorn away.

“ And say, when summon’d from the world and
thee,
I lay my head beneath the willow tree,
Wilt thou, sweet mourner, at my stone appear,
And soothe my parted spirit lingering near ?

have appeared in the breast, the instinct should be gratified. The efforts of the infant will frequently favour the development of the secretion, and the pains and tension which generally announce the appearance of the lactiferous fluid will be materially eased.

The practice which I have just recommended is contrary to that followed by most medical obstetricians in this kingdom ; but

Oh, wilt thou come at evening hour to shed
The tears of memory o'er my narrow bed ;
With aching temples on thy hand reclined,
Muse on the last farewell I leave behind,
Breathe a deep sigh to winds that murmur low,
And think on all my love and all my woe ? ”

So speaks affection, ere the infant eye
Can look, regard, or brighten in reply.
- But when the cherub lip hath learnt to claim
A mother's ear by that endearing name ;
Soon as the playful innocent can prove
A tear of pity, or a smile of love,
Or cons his murmuring task beneath her ear ;
Or lisps with holy look his evening prayer,
Or gazing, mutely pensive, sits to hear
The mournful ballad warbled in his ear ;
Now fondly looks admiring Hope the while,
At every artless tear and every smile ;
Now glows the joyous parent to descry
A guileless bosom, true to sympathy !

it is in accordance with the precepts of *nature*, which should take precedence and priority of all schools and colleges.

There is another foolish custom too frequently observed by practitioners and midwives in this country. I allude to the habit of forbidding a lady to change her position for hours and even days subsequent to delivery. Not even the necessary offices of cleanliness are allowed to interfere with the strictness of this prohibition; but the poor sufferer is to remain motionless, till the limbs become cramped, the secretions putrid, the body sickly from a sense of filth, and all desire for movement has disappeared.

The above custom, to which I have briefly alluded, is attended with yet greater evil, both to mother and child. The nourishment for the infant becomes depraved; the appetite of the mother is destroyed; and that terrible and too frequent a visitor of the lying-in chamber, "puerperal fever," steps in, and changes the cheerful and happy home into one of grief and mourning.

To avoid these consequences the room should be kept well aired and sweet; avoid draughts of air if possible, but rather hazarding

them than provoking the certainty which follows closeness of atmosphere. The room should never have any peculiarity of smell : it should never feel warmer than the passage which leads to it, unless the weather be very cold indeed. I know from experience that nurses are too fond of fires, and will kindle them under pretence of benefiting the baby : such excuse is, however, nonsense. When a mother has perished of cold on the Alpine ranges, the infant at her breast has survived, and exhibited but little suffering.

With regard to children generally, they suffer more from coddling than neglect ; or, at all events, should the patient deem a fire imperative for the welfare of her offspring, this may be lighted in another room. For the first day or two after delivery, all forms of nourishment should be taken as cool as possible ; there is danger always of flooding, and this constitutes one of the first perils which attend the consummation of labour. But if the foregoing instructions be attended to, the position of the body is of comparatively slight importance ; but it obviously must be wrong to enforce a recumbent posture to stay hæmorrhage, and then also to quicken and

strengthen the pulse by the administration of hot fluids.

The diet of a lady just confined should, for the first two days, consist of well-made gruel, panada, arrowroot, and boiled milk, with a biscuit or thinly toasted bread; care being taken, in every instance, that the warmth has disappeared before the sustenance is offered to the patient: from the third to the fifth day, of chicken-broth, mutton-broth, beef-tea, cocoa, boiled sole or whiting, a mutton chop, or boiled mutton: after this, the more solid of the animal foods may be selected, such as roast or boiled chicken, a chop boiled or stewed, boiled mutton, or a slice of meat off a roast leg or shoulder of mutton: and a proper amount of vegetables may likewise be taken.

What are termed "after-pains," ensuing upon child-birth, are subject to variation in every respect. They generally appear about thirty or forty minutes after delivery, and seldom continue beyond the second or third day. They are caused by the contractions of the uterus, and are accompanied by a slight involuntary convulsion. These efforts, how

ever, are natural and healthful, for they serve to contract the walls of the distended womb, to check hæmorrhage, and expel the coagulum which may accumulate within the cavity of that organ:

This expulsion is much favoured by the body being propped up in bed, in a kind of half-sitting position, for a quarter of an hour, or a little longer, two or three times a day during the first week of convalescence. It, however, very often happens that after-pains occur with more than ordinary severity, and assuming in many respects a continuation of regular labour pains. In such cases there is generally tenderness on pressure over the uterine region; the pulse is quickened, the patient feels exhausted, and sleep is interfered with or totally prevented by the continued recurrence of the paroxysms: and to these the brain will frequently sympathise, particularly in nervous and excitable persons, when the lady will complain of a deadly want of sleep; the countenance becomes flushed; the eyes become red; the temples throb; a constrictive pain invades the head, accompanied with a morbid sensitiveness to the slightest noise.

For this condition the Allopathic doctor

administers his *cordials*, his *purgatives*, his *morphia*, and his ponderous doses of *laudanum*; and by lulling the brain into a state of stupor by means of the latter, believes in the eradication of the cause at the same time.

The Homœopathic physician, on the contrary, takes a more expansive and philosophic view of the nature and cause of disease; and with the aid of that beautiful law, let "like be cured by like," as revealed to the great master of that doctrine, is able to select the *specific* that shall cut short those terrible paroxysms of pain that robbed the harassed and exhausted mother of her hard-earned slumbers. Turn we to nature. On the high mountains of the south of Europe, on the plains of the north of France, and on the gentle slopes of beautiful Bohemia, grows an aromatic plant, decorated with a beautiful yellow flower, the "Arnica Montana," Leopard's bane. Administer one drop of its tincture, at the third dilution, in a dessert-spoonful of water; apply a flannel or linen compress over the lower half of the abdomen, including the region more immediately concerned in the last stage of the process of parturition—first saturated in a tepid solu-

tion of the same medicament—namely, one tea-spoonful of the tincture, in its undiluted form, to one pint of water; and ere the minute hand shall have made the circuit of the dial, the racking pains and contused sensations will, in a great measure, have subsided.

In addition to the foregoing, *Chamomilla*, *Coffea*, *Pulsatilla*, *Nux Vomica*, and *Secale Cornutum*, possess remarkable properties in subduing the after-pains of parturition.

Chamomilla, in persons of a gloomy, irritable disposition; pains of a spasmodic nature, extending to the lower limbs; discharge of black coagula, with frequent desire to urinate.

Coffea, when the pains are of an exhausting, spasmodic nature.

Pulsatilla, when the pains are pressing, cutting, or contracting: is more particularly adapted for mild, delicate, or scrofulous females, who have become exhausted by a succession of violent wearying pains.

Nux Vomica, when the pains are crampy or contractive: in females of a nervous and excitable temperament.

Secale Cornutum, when the pains are ex-

hausting and spasmodic ; with painful contraction of the womb, or by distressing bearing-down pains ; prostration of strength, and sudden gushes of blood and coagula following each pain.

My remaining instructions concern the sick-room more than remedial agents. I have to entreat ladies in this situation to forbid the intrusion of those officious people who delight in paying visits during such seasons. For the first fortnight the lady should not be left entirely alone ; but she should be visited only by such intimate acquaintances as may not necessitate her taking part in the conversation.

The presence of a friend who will come quietly, bring her work, and sit silently employed by the side of the convalescent, will cheer the spirits, assure the hope, and support the courage of the invalid. This, moreover, does good by destroying the sense of loneliness, which is too apt to take possession of a sick and solitary chamber ; it induces a sense of comfort, by informing the sufferer that she is neither neglected or forgotten. But a lady, after so violent an exertion, is neither capable of supporting a con-

versation, nor able to satisfy the questioning of inquisitiveness.

The nurse, moreover, should not be one of those well-intentioned people who are impressed with a belief that much noise is highly beneficial to infants. Those men whose intellects have most brightened the world, are not such as, in their infancy, possessed the loudest nurses.

It is doubtful if, at the very early period of existence, the infant possesses more than animal life. It is usually some weeks before any visual object attracts attention; and it is even a longer period prior to sounds being noticed.

Then the auspicious boy begins to cast about
His infant eyes, and with a smile his mother single
out.

The mother well deserves that short delight,
The nauseous qualms of ten long months and travail
to requite.

Therefore, the noise and confusion which some nurses think befit the room which should be sanctified by a confinement, ought to be by no means permitted. In fact, all that is necessary for a natural confinement,

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is such a degree of cleanliness as will uphold the health ; such nutritious diet as the system can appropriate ; such remedial agents as will soothe the brain, remove pain, and assist nature in performing her natural functions ; that degree of cheerfulness which the condition of the patient demands ; and no more riot than the convalescent can endure.

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VARICOSE VEINS: *Acon.*, *Ars.*, *Bell.*, *Ant. C.*,
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Podoph., 65.

Vomiting: *Ars.*, *Ipecac.*, *Kreasote*, *Nux V.*, *Puls.*
12.