KIDD (J.)

DIRECTIONS

FOR THE

HOMŒOPATHIC TREATMENT

OF

CHOLERA.

BY JOSEPH KIDD, M.D.

SURGEON GEN'L'S OFFICE
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LONDON:
EDWARD GOULD & SON, 32, MOORGATE STREET.

1866.

Price Threepence.

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Homœopathic medicines for cholera, as herein recommended, are best obtained from Edward Gould & Son, 32, Moorgate Street, or Mr. Uebll, 82, Grosvenor Street.

The Medicines required are:—

1. Strong Tincture of Camphor, prepared specially according to the formula of Dr. Rubini (1 oz. of pure Camphor dissolved in 1 oz. of strong Spirits of Wine).
2. Veratrum album, 1st decimal dilution.
3. Mercurius Corrosivus, 1st centesimal solution.
4. Ipecacuanha mother tincture.

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DIRECTIONS FOR THE HOMŒOPATHIC TREATMENT OF CHOLERA.

In almost every instance cholera is preceded by diarrhœa, with or without sickness. It is of the utmost importance that this should be instantly attended to, as the earlier it is treated the more amenable it is, and the less danger is there to life.

When diarrhœa sets in suddenly, without apparent cause, except the general influence of the season (*i. e.* when it is epidemic), camphor is the best remedy. The symptoms especially indicating it are sudden coldness of the extremities or of the stomach, with watery purging, the evacuations of a pale colour; giddiness, great prostration of strength, with cramps in the limbs or stomach. Four drops of Dr. Rubini's strong tincture should be given in a tablespoonful of cold water, and repeated every half hour till relieved.

When diarrhœa is of a *bilious* character, with yellow, or dark-coloured motions, especially if the tongue is covered with a yellow or brown fur, and a bitter taste exists, give *Mercurius corrosivus*, first dilution, two or three drops in one dose, in half a wineglass of water, to be repeated every hour or two, according to the severity of the attack.

If diarrhœa sets in after the use of indigestible food, with

nausea and griping pains, five drops of *ipecacuanha* should be given in a wineglass of warm water, and repeated every half-hour till the stomach is freely emptied. Injections of warm water, or a dessertspoonful of castor-oil, should be also used to aid in the expulsion of the offending matter.

During the prevalence of the cholera-epidemic, every person *affected with diarrhœa* of any severity should, whilst taking the proper medicine, *lie down if possible, in bed*, as the horizontal posture and rest are very important adjuncts.

The diet should be light and concentrated, as beef-tea thickened with isinglass, arrowroot with brandy, boiled rice or sago, dry toast. For drink, cold water in small quantities is found the most grateful to the patient, and least injurious.

Persons of feeble constitutions or torpid lymphatic temperament will require brandy and water, or port wine; but it is notorious that cholera numbers most victims amongst those accustomed to the excessive use of intoxicating drinks.

In the treatment of diarrhœa a warm hip-bath is most useful; the temperature should be about 98 to 100 degrees, and the duration of the bath twenty to thirty minutes. After the bath, foment the stomach with flannels wrung out of hot water, laid all over the abdomen, and quickly covered with a dry, hot blanket.

Much care is necessary to guard against the tendency to *relapse* of autumnal or epidemic diarrhœa. For some days after recovery caution is required in diet, which should then consist of, at breakfast, old bread or dry toast, with fresh butter, pure cocoa, or weak black tea, broiled mutton or fowl, new-laid eggs lightly boiled; at dinner, a single course of fresh roast beef, mutton, lamb, or fowl, with old bread, and a *little* fresh vegetables (potato, brocoli, French beans, etc.); a moderate allowance of spices to those accustomed to their use; no pickles, pork, nor veal. The evening meal, somewhat like the breakfast. All unripe and all sour

fruit should be avoided; as also mushrooms, pickles, pastry, cheese, heavy puddings, and uncooked vegetables.

At dinner two or three glasses of good port wine (or dry claret) may be taken, and at bedtime a tablespoonful of pale brandy in half a tumbler of water, or in a cup of water-arrow-root.

CHOLERA is a disease of such an acute or urgent nature that it requires to be grappled with vigorously and at once, as the delay of even a few hours may prove of the greatest consequence. During the prevalence of cholera every person affected with looseness of the bowels should at once go home and go to bed, so as to avoid any delay in procuring suitable treatment. Hahnemann, clearly seeing the necessity for immediate and vigorous treatment of cholera, recommended strong tincture of *camphor*, frequently repeated. The same rule is absolutely necessary with regard to the other remedies, as *nux vomica*, *veratrum*, etc. The rapidity and intensity of the disease requires the medicinal influence to be promptly and effectually instituted, *but directly an amelioration is produced, the medicine should be discontinued for a time.* The doses prescribed are the proper ones for adults of moderate sensibility. Those highly susceptible to medicine should commence with half doses. For young children (under two years) one-fourth; under ten, one-half; and under sixteen, two-thirds of the doses for adults.

The invasion of true cholera is marked by a sudden prostration of strength, with icy coldness of the extremities—a state aptly called collapse, purging and vomiting of liquid matter in appearance like rice-water. To these symptoms are added great thirst for cold water, cramps, oppression of the chest, with anxiety and restlessness.

As the rice-water evacuations continue, so much liquid exudes along the intestinal tract that the blood becomes thick

and dark-coloured, its circulation is impeded in the blood-vessels, and the functions of the brain, heart, lungs, and kidneys become deranged; a stupor ensues, in which the patient lies as it were cold and pulseless; the secretion of urine ceases, and a cold clammy sweat breaks out upon the skin.

If reaction comes on, the rice-water evacuations cease, and a gradual warmth returns, when the patient slowly returns to health, with the intervention occasionally of a dangerous consecutive fever.

In case of the coming on of cholera symptoms such as above described, the best thing to be done, until a medical man arrives is to give *camphor*, four drops of the tincture made according to Dr. Rubini's formula on a piece of sugar, or in a tablespoonful of cold water, or if preferred drop the camphor on a little soft sugar and add a teaspoonful of water: let this be repeated every five to ten minutes.* Let the patient be moved to a warm bed, in a cool well-ventilated room with the windows open and doors also and let the limbs and spine be well rubbed with ice. The use of ice and ice-cold water given internally has proved very beneficial in the practice of medical practitioners of all classes, allopathic and homœopathic. Few or none complain of ill effects in cholera from cold water, whilst all, or nearly all, concur in deprecating the use of heat externally, and of heating stimulants internally. What an illustration of Nature's law of cure, "*Similia similibus curantur*"!—cold in the cold stage.

If ice cannot be had, the next best external treatment is to rub the spine, stomach, and limbs with mustard in *cold* water. Four ounces of good mustard, blended with a quart

* Dr. Rubini, of Naples (the most distinguished Homœopathic Physician in Italy), asserts that he treated 592 cases of cholera by camphor alone, and that all recovered. Probably these were chiefly cases of choleraic diarrhœa; but even so, it speaks well for the efficacy of camphor.

of cold water, and rubbed vigorously all over back, shoulders, loins, stomach, and legs. The rubbing with ice, or with mustard and *cold* water, should be continued for half an hour, then omitted for ten or fifteen minutes, and then again resumed.

If decided improvement as to the purging and sickness does not result after the use of Rubini's camphor for two hours, it is best then to give one full dose of castor oil (to an adult a dessert-spoonful, to a child a teaspoonful) in half a wine glassful of sherry, or of brandy and water (equal parts),* then to discontinue medicine for half an hour, and afterwards to recommence the camphor in an increased dose (seven to ten drops) *in alternation* with *veratrum album*, first decimal dilution in doses of five drops—giving a dose of one or the other, alternately every ten minutes.

The most suitable nourishment in cholera is strong beef-tea in small quantities, frequently repeated; occasional sips of iced champagne prove most grateful. In some cases iced milk in small quantities suits best.

Cholera is known to be propagated chiefly by the evacuations and the clothes from the patient, hence the urgent need for throwing at least one tablespoonful of chloride of lime or carbolic acid on each evacuation before throwing it down the water-closet. For the sake of those living in the house it would be well if the evacuations were buried in the earth, not thrown down the water-closet. All the soiled linen should be steeped for twelve hours in chloride of lime or carbolic acid dissolved in water, in the proportion of a tablespoonful of chloride of lime or carbolic acid to a quart of water.

Medical men of all shades of opinion concur in avoiding the use of stimulants in Cholera, except before the occurrence of collapse; even when brandy was given in PINT DRAUGHTS,

* Should the castor oil be rejected by vomiting, a second dose should be given in a dessert-spoonful of lemon juice.

it seemed only to add to the exhaustion and anxiety, and hurry on the collapse to a fatal termination. The same may be said of the use of vapour-baths, or hot-air baths, or hot applications, which experience shows *to be injurious in collapse, but beneficial in the early stage of diarrhœa.*

In certain symptoms of rather rare occurrence in cholera, homœopathic practitioners have used with advantage some other medicines (besides those above stated), as *phosphoric acid, secale cornutum, arsenicum, cantharides, carbo vegetabilis, cuprum,* etc.; but to introduce them here would only serve to perplex the minds of those requiring accurate and plain directions for the treatment of cholera, *until the arrival of a medical man.*

PREVENTION.

During the prevalence of the cholera-epidemic much care is required by all persons, even those in perfect health, but more so by those of weak constitutions, and those living in low or unhealthy situations. The chief points requiring attention are—

First. Free ablution of the entire body every morning with tepid or cold water.

Second. All drinking-water to be purified, if possible, by filtering through a charcoal filter. Boiling the water and then passing it through an ordinary filter is the next best plan.

Third. As cholera seeks the lowest situations, and is there the most deadly (especially near the banks of rivers, and where sewers empty themselves, or where filth of any sort accumulates) before its actual outbreak, all cesspools should be emptied; but if cholera has come into a neighbourhood, then the emptying of cesspools becomes dangerous, and requires great care. The free use of chloride of lime or carbolic acid will in a slight degree counteract the continuance of the nuisance.

Fourth. Great care should be exercised in the selection of

food; to avoid all vegetables and fruit that have the slightest trace of decay; also meat and fish that are not perfectly fresh.

Fifth. The diet should be generous but simple; not to avoid fruit and vegetables (those who do so generally suffer most), but to use both in moderation every day. Of animal food—beef, mutton, fowl, game, lamb, fish (whiting, soles, cod), are the best; and veal, ham, pork, sausages, the worst. Of vegetables, potatoes, and French beans may be safely used. Farinaceous food answers well, especially rice, sago, vermicelli, arrow-root, bread, biscuits. Yorkshire and suet puddings, hard dumplings, pancakes, and pastry, ought to be avoided, as also cucumbers, pickles, and raw vegetables of all sorts, except lettuce. Clothing should be sufficiently warm to obviate chills, and frequently changed, especially after visiting an infected district or house.

In a disease of such severity and of a character so well marked as cholera, every one naturally asks what mode of treatment has been found most effectual. When the old or allopathic system is questioned most unsatisfactory replies come. We find all the highest authorities on this system at variance in their treatment: one party advocating mercury in large doses, another in small; another reprobating both as pernicious in their results, and recommending the injection of salts and water into the blood; another insisting upon stimulants in large doses, which another denounces as worse than useless.

Dr. George Johnson, at King's College Hospital, recommends castor oil, a remedy which acts homœopathically in this disease—in fact, which purges out the purging. Dr. John Chapman advocates another homœopathic remedy, viz., ice to the spine. Thus what the old system has especially to recommend comes from the law of "*similia similibus curantur.*"

Some years ago the highest allopathic authorities in England —the London College of Physicians—appointed a committee

of inquiry, which interrogated the greater part of the medical profession, and after two years of labour in investigating all published allopathic modes of treatment, arrived at the sad conclusion expressed in the words of Dr. Ayres, commenting upon the Report—"That no remedy has hitherto been found for cholera;" and in those of Dr. Gull, that "The section on treatment contains little that is positive, its value, if any, lying in its removing the obstructions which prevent a simpler view of the subject." When we examine the experience of hundreds of homœopathic practitioners, all without exception are found bearing witness to the efficacy of *camphor*, *veratrum*, and *arsenicum* in this disease.

When the statistics of cholera are examined, the superiority of homœopathic treatment becomes most striking.

The following tables * illustrate all phases of the allopathic treatment of cholera and the homœopathic:—

	Cases.	Deaths.
Dr. Ayres', of Hull, Calomel treatment, as carried out at Hull, under his own superintendence	725	365
Drummond Street Cholera Hospital, Edinburgh	461	291
Cholera Hospital, Berlin.....	97	64
In Kruckenbergh's Wards, at Halle	104	53
Hamburgh Hospitals, in 1831.....	283	178
Cholera Hospital, St. Petersburgh	636	317
In the Hospital, Raab.....	284	122
In the Hospital, Bordeaux	104	72
	2694	1462 = 54¼ per cent

An average of 54¼ per cent. deaths under allopathic treatment.

* Extracted from Dr. Russell's able work on "Epidemic Cholera," Dr. Dudgeon on the "Homœopathic Treatment and Prevention of Asiatic Cholera," and from the Royal College of Physicians' Reports on Epidemic Cholera, by Drs. Baly and Gull.

TREATED HOMŒOPATHICALLY.

	Cases.	Deaths.
By Dr. Fleischmann, in Hospital at Vienna.....	732	244
By Drs. Haynel and Stuler, at Berlin	32	6
By Dr. Mabit, at Bordeaux.....	31	6
	795	256

An average mortality of $32\frac{1}{4}$ per cent. under homœopathic treatment in hospitals.

	Cases.	Deaths.
Cases treated homœopathically at the houses of the patients by the six physicians of the Edinburgh Homœopathic Dispensary, in 1848	236	57

An average mortality of $24\frac{1}{8}$ per cent. under homœopathic treatment.

	Cases.	Deaths.
Total number of cases treated allopathically in Edinburgh, at the same time, as reported by the General Board of Health.....	640	435

An average mortality in Edinburgh of 68 per cent. under allopathic treatment.