

BULLETIN No. 5

ISSUED MONTHLY

A JOURNAL
— OF —
**THERAPEUTIC
FACTS**
FOR THE
BUSY DOCTOR

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Burlington, N. J.

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1525 Franklin Ave., St. Louis, Mo.

St. Louis, Mo., March 1, 1913

Our Association

is a Grand Brotherhood, composed of the best, the brainy men of all schools of medicine; men who want the best there is in medicine; men who are doing things in their profession, whose heart and soul are in the work of saving human life.

This is a call for every man

who loves his fellow-man and his profession, and who wants to do his whole duty by his patient.

We want you with us!

Will you come and will you do it now.
Membership Fee, only \$2.00

AM I MY BROTHER'S KEEPER?

It is a sad fact that in 60 per cent of the diseases common to this country the mortality is increasing. Is it not about time that the physicians of all schools should get together and learn how to heal the sick? Am I my brother's keeper? If I am my brother's keeper, then it is my duty to help him when he needs help; to help him to do more for the sick than he is doing; to help him to be a better physician. This is the sole object of our Association.

At our next convention we shall discuss the treatment of several of the diseases called incurable, and show what we are doing to cure them.

For the first time in the history of this country, a Commission on Cancer has been appointed by Our President to report at our next convention. They are to investigate the whole subject of Cancer, and show to the world what has been accomplished in the medical treatment of Cancer. Members of the Commission are as follows:

W. G. JEFFERSON, M_D., Chairman, Portland, Me.

O. A. JOHNSON, M.D., Kansas City, Mo.

GEO. C. YOUNG, M.D., Washington, N. J.

CHARLES WOODWARD, M.D., Chicago, Ill.

A. S. TUCHLER, M.D., San Francisco, Ca.

G. S. FARQUHAR, M.D., Zanesville, O.

ARTHUR VOS, M.D., Cincinnati, O.

OSCAR JONES, M.D., Indianapolis, Ind,

COMMISSION ON CONSUMPTION.

To test the Bacillinum (Burnett) in the treatment of Consumption:

GUSTAF F. HEINEN, M.D., Chairman, Toledo, O.

W.G. JEFFERSON, M.D., Portland, Me.

A.J. JOHNSON, M.D., Muscogee, Fla.



TREATMENT OF ARTICULAR RHEUMATISM
Discussion opened by S. H. Starbuck, M.D., Seattle, Wash.

TREATMENT OF LA GRIPPE
Discussion opened by W. W. Osgood, M.D., Muskogee, Okla.

TREATMENT OF SYPHILIS
Discussion opened by J. L. Slaughter, MD., Hot Springs, Ark.

TREATMENT OF UROLOGY (Genito-Urinary Diseases)
Discussion opened by Frank A. Greedy, M.D., Denver, Colo.

TREATMENT OF PNEUMONIA
Discussion opened by Fred Carter, M.D., Plainfield, Vt.

TREATMENT OF CANCER OF THE BREAST
Discussion opened by O. A. Johnson, M.D., Kansas City, Mo.

TREATMENT OF PULMONARY TUBERCULOSIS
Discussion opened by W. C. Goodwin, M.D., Philadelphia, Pa.

TREATMENT OF TYPHOID FEVER
Discussion opened by W. G. Jefferson, M.D., Portland, Ore.

TREATMENT OF WHOOPING COUGH
Discussion opened by Gustaf Heinen, M.D., Toledo, O.

TREATMENT OF EPITHELIOMA
Discussion opened by Horace R. Powell, M.D., Poughkeepsie, N.Y.

TREATMENT OF DIABETES
Discussion opened by Arthur Vos, M.D., Cincinnati, O.

TREATMENT OF DIPHTHERIA
Discussion opened by N. G. Vassar, M.D., Ridgeway, O.

TREATMENT OF ACUTE AND GENERAL PERITONITIS
Discussion opened by T. J. Kendrew, M.D., Indianapolis, Ind.

TREATMENT OF APOPLEXY
Discussion opened by Brose Horn, M.D., Gas City, Ind.

TREATMENT OF GALLSTONES
Discussion opened by G. S. Farquhar, M.D., Zanesville, O.

TREATMENT OF PUERPERAL CONVULSIONS
Discussion opened by H. N. Waite, M.D., Johnson, Vt.

TREATMENT OF SEPTICAEMIA
Discussion opened by W. E. Bremser, M.D., St. Louis, Mo.

TREATMENT OF ENLARGEMENT OF SPLEEN

Discussion opened by A. J. Johnson, M.D., Muscogee, Fla.

TREATMENT OF SCARLET FEVER

Discussion opened by John A. Donner, M.D., Holyoke, Mass.

The following papers will be read:

"The Philosophy of Healing," by J. C. Bateson, M.D., Scranton, Pa.

"My Experience with Definite Medication," by Howard Simmons, M.D., Blackfoot, Ida.

"My Experience in an Epidemic of Small Pox," by E. T. Robinson, M.D., Carbondale, Pa.

"A Year's Practice with Definite Medication," by Allston I. Fogg, M.D., Underhill Center, Vt.

RAPID FIRE CURES.

When we know the true indications of remedies, prescribing for the sick becomes a science, not an art. It enables the busy physician to prescribe intelligently, rapidly and successfully. Let me give you a few examples of what I call "rapid-fire cures":

Lady came from Pennsylvania with symptoms of LaGrippe-high fever, severe headache, nausea, vomiting, pain and soreness in limbs. For the vomiting. Tr. Nux Vomica 2 drops in half glass of water, teaspoonful once in half an hour. Pulse full, bounding with tension, Tr. Veratrum Vir, Ix dil. two doses 5 drops each one hour apart. For the headache, Tr. Belladonna Ix dil. 15 drops in glass of water, teaspoonful once an hour. For soreness in limbs, bathe three times a day with liniment. (See page 165, second paragraph, Definite Medication.) I began the treatment at noon. Next morning, no fever, no vomiting; no headache, and she took the train for New York City.

NEURALGIA-Man with severe cold, fever, cough, left-sided neuralgia in head over left eye, and down left arm. Pulse full and soft, calls for Ferri. Phos. 3x five grains in a cup hot water; for the cough add 5 grains Kali Mur. 3x to the above mixture, one teaspoonful once in half an hour.. Left-sided neuralgia calls for Tr. Spigelia gtts. 15 in glass of water, teaspoonful once an hour. Began treatment in forenoon, at suppertime, no fever, no pain and scarcely any cough; and resumed his work.

WARNING SYMPTOMS OF PARALYSIS-Lady past menopause, says when she wakes up in the morning her hands and arms feel heavy, asleep, numb, like blocks of wood; Kali Phos. 3x is the remedy, three tablets once in three hours. Next morning no symptoms of the trouble. and none since then.

TWITCHING AND JERKING OF THE BODY -Lady had severe fright, causing jerking of one side of her body. Pulse showed spasmodic tension. Magnesia Phos. 3x is the remedy needed; three tablets once in two hours; better in twenty-four hours in a week nearly all gone.

B 91 ENLARGED UTERUS.

Enlarged uterus, somewhat soft and elongated cervix; pressure on the rectum and neck of the bladder, with frequent desire to urinate; woman usually appears as if about six months pregnant. Give Sp. Fraxinus, 20 minims four times a day.

B 92 CEREBRO-SPINAL MENINGITIS.

I would first give a hypodermic of H.M.C. NO. 1 (Abbott) followed by 30 to 40 gtt. of Subculoyd Lobelia. I would follow up the Lobelia every six to twelve hours until the case was under control. If there are spasms in the meantime, add a dose of the H.M.C. as needed.

B 93 CHRONIC CONSTIPATION IN CHILDREN.

Give a teaspoonful of milk of Magnesia, preferably in milk, at bedtime; and inject a tablespoon of warm olive oil into the rectum. This is particularly efficacious where the rectum is dilated, and where the fecal matter is hard and dry. Gentle massage assists the above treatment. Do not forget to correct dietetic errors.

B 94 TORTICOLLIS.

In treatment of Torticollis (stiff neck) use Macrotys and Bryonia. Two drops of each every hour, or as often as necessary. Some good laxative should be used at the beginning of the treatment.

B 95 POST PARTUM MEDICATION.

Arnica is a splendid remedy after parturition to relieve the sore, strained and lacerated feeling; and to ward off puerperal fever, and post-partum hemorrhage; it is second to no remedy in this condition. Use Sp. Arnica one dram to four ounces of water, give teaspoonful every hour or two. It deserves a more general use, as it is splendid in muscular soreness, aggravated by motion, with soreness in the back.

B 96 INSOMNIA.

Insomnia and delirium of typhoid fever, give half teaspoonful doses every hour or two, of fluid extract of Passion Flower, made from the green vine.

B 97 HICCOUGH.

The surest and quickest relief is obtained by snuffing up the nostril a pinch or two of tobacco snuff. Presto, change!

B 98 TAKING THE TEMPERATURE.

I learned long ago that the temperature under the tongue, when the mouth is dry, is unreliable. Have frequently found the temperature under the tongue normal or subnormal, and Under the arm 103 or more. When the mouth is dry, take the temperature under the arm. This will often surprise you. Take the temperature of all sick babies-don't walk in with an air of infallibility and prescribe for the little one, without taking the temperature, for you will not get the reputation of being a good baby doctor, nor will you know the exact condition of your little patient.

B 99 BURNS.

After cleansing the part, dust with Bismuth Subnitrate, and apply on gauze equal parts of Sp. Echinacea and Aqua Dist. and redress once or twice a day. Echinacea internally to prevent suppuration.

B 100 ACTION OF DIURETICS.

All diuretics except perhaps Nitrates are elaborated in the liver. If they are not working as desired, look to the liver. It is at fault.

C 1 CHRONICITY OF DISEASE.

The meeting of a symptom with the indicated drug is essential to a cure, especially in chronic disease. If not met by the proper medicament, the disease is prone to return, because its chronicity is due to the inability of the vital centers to adapt itself to ordinary stimuli; and it is necessary to give the proper drug stimulation, to change this condition from disease to ease.

C 2 MELILOTUS.

Pain in the Transverse Colon passing from right to left, throbbing and not relieved by pressure nor heat, will be relieved by Tr. Melilotus 10 gtts. in four ounces of water, teaspoonful every 15 minutes.

C 3 NOCTURNAL EMISSIONS.

In young men who have quit masturbating, and are having an excess of nocturnal emissions; use Sp. Pulsatilla 20 minims, Atropine Sulph. gr. one-fifth, water to four ounces, give teaspoonful every two hours for one day, then every four to eight hours.

C 4 SEASICKNESS.

Abbott's granules Strych, Sulph. gr. 1-134, Hyoscyamin'e Amorph. gr. 1-500, Caffeine gr. 1-32, give one every 15 minutes to effect; it will control sea-sickness.

C 5 CHRONIC NEPHRITIS.

Fluid Extract Digitalis gtt. 1 and Fluid Extract Apocynum gtts. 2, every three hours will always act favorably in chronic Nephritis.

C 6 EARACHE.

Sharp pains in ear with inflammation impending, pain somewhat relieved by horizontal position. Ferrum Phos. 6x every two hours will relieve.

C 7 WHOOPING COUGH.

For whooping cough I saturate the system with Naphthalene (Merck). Use a saturated alcoholic solution of the drug. and moisten No.7 disks with it, and give to saturation every half to four hours, depending on the severity of the disease,

C 8 CROUP.

For Croup, catarrhal or spasmodic, add 10 to 20 grains Iodide of Lime to half glass of water, depending on the age and severity of the symptoms, give a teaspoonful of the clear fluid every 15 minutes. In cases of membranous, croup, the above in alternation with Kali Bichromate to slight nausea will be found very efficient.

C 9 PUNCTURED WOUNDS.

In all punctured wounds cleanse to bottom of wound with Hydrogen Peroxide, and then apply Tr. Iodine to the bottom of the wound. Insert gauze into wound and if the opening is not large enough, make it so with the knife, and keep it well drained. Cover with Carbolized Epsom gauze under cover of rubber tissue. If you do this you need have no fear of Tetanus.

C 10 DIAPHORETICS.

In pulmonic inflammation and chronic rheumatism. diaphoresis is needed to clear the system of morbid products, A combination of diaphoretics is always better than a single drug, and the following has proved the best combination after long experimentation:

Sp. Asclepias, 1 ounce
Sp. Eupatorium, 1 ounce
Sp. Sanguinaria, 1 dram
Sodium Phos., 1/2 ounce
Kali Acetate, 1 ounce
Water, q. s. add 6 ounces.

Give one to two teaspoonsful three or four times a day.

C 11 POST PARTUM MEDICATION.

After exhausting confinements your patient will need a reconstructive, and you will meet the conditions best with the following: Add Sp. Ignatia, 10 minims, Sp. Macrotys 30 minims, Sp Cinchona 30 minims and dilute Phosphoric Acid 30 minims to four ounces of water; give teaspoonful every three hours.

C 12 LA GRIPPE.

For the fever in the first stage of the disease give Ferrum Phos. 6x, and follow with Nat. Sulph. 3x for the cough and the depression that follows. If tongue is coated white, with marked catarrhal symptoms of nose and ear, Kali Mur 3x is the remedy, given every two hours.

C 13 PREDISPOSITION TO COLDS.

Chemically blended foods empty the capillaries and destroy the fats of the system, predisposing to colds; to overcome this condition: take a dry towel rub every morning, and apply over the entire body three parts of olive oil and one part of alcohol, and only take a soap and water sponge bath once in ten days. If this instruction is carried out for three or four months the disposition to colds will cease.

C 14 HEMORRHAGE.

Equal parts of the fluid extracts of Hamamelis, Ergot and Hydrastis is the best haemostatic, especially in uterine hemorrhage, and is still more efficient when combined with Atropine and Morphine in small doses.

C 15 ATONY OF THE NECK OF THE BLADDER.

Micturition impeded, patient is obliged to wait for urination; urine flows slowly and seems as if some urine remains in the bladder; urine drops vertically down. This is due to atony of the neck of the bladder, due to evaporation of moisture from irritable tissues in the region supplied by the pelvic plexis of nerves. The remedy is Hepar Sulph. 30x 5 grs. every other night.

C 16 CRACKED HANDS.

In cases of cracked hands, in the palm, fingers or toes as well, use Alum. Soak the hands in a strong solution for 30 to 60 minutes, three times a day. It will cure.

C 17 THROAT GARGLE.

Salicylic acid, half dram dissolved in a glassful of hot water has been my best throat gargle for years. Useful in all forms of quinsy and tonsillitis, as it helps to dissipate the rheumatic symptoms that so often follow tonsillitis.

C 18 HEMORRHOIDS.

For hemorrhoids, dram one of Hamamelis, one-half dram of Collinsonia to four ounces of water, teaspoonful every two hours. After the bowels have been thoroughly emptied, will invariably give good results.

C 19 CORYZA.

Twenty to thirty minims of Sp. Gelsemium taken at the first signs of a cold in the head, will promptly abort it; also a good dose of Salts will help greatly.

C 20 LARYNGITIS.

Pot. Bichromate 1-67th gr. every hour when the mucus comes from the throat in long strings and is very tenacious The remedy for hoarseness.

C 21 ASTHMA.

For the labored breathing, oppressed pulse and tendency towards cyanosis give Sp. Lobelia one-half dram. Repeat if necessary. These symptoms are often found in asthma and severe pneumonias

C 22 TELA ARANEA.

When there is constant chilliness of the body, or when patient is cold and has to put on heavy clothing, and yet feels cold, though others are comfortable: Tela Araneae does the work; give ten drops in warm water every three hours.

C 23 RETARDED LABOR.

When the os is slow to dilate and the vagina and perineum are rigid, apply hot grease to the parts, as hot as the hand will stand it, and watch the good effects. Use it freely.

C 24 CARMINATIVE.

In acute indigestion, weak heart action bordering on collapse; stomach full of gas, which the patient is unable to rid himself of. You get these cases at midnight and the patient must have relief quickly. The following once given will be fully appreciated:

Holland Gin, 8 ounces

Pul. Turkish Rhubarb, 1 ounce Ess. Peppermint, 1 dram

Nat. Bicarb., 2 drams

M. Sig. Tablespoonful (clear); repeat in twenty minutes.

C 25 EPITHELIOMA.

Epithelioma can be aborted almost painlessly; moisten absorbent cotton with equal parts of Sp. Thuja and Formalin 40 per cent, apply to parts treated, protecting surrounding parts by adhesive plaster, and cover application to prevent evaporation. Renew dressing in four to six days as needed. Seldom more than two applications are necessary. When scab is deep enough, apply hot flaxseed poultice to loosen scab, and use antiseptic dressing.

C 26 RETARDED LABOR.

In simple retarded labor, don't forget Atropine gr. 1-500 every thirty minutes; it is a sheet-anchor against hemorrhage.

C 27 CARBUNCLE.

A sure thing that never fails, for carbuncle or blood poison, with swelling and much pain. Take a large round clam and split it open; bind it upon the swollen part and let it remain for a few hours. Very seldom that I have to repeat. Burn the clam afterwards, as it is poisonous.

C 28 WEAK LABOR PAINS.

When labor pains are slow and weak, give Kali Phos. 3x five grains every 15 minutes. Usually after four doses business begins. The difference between Kali Phos. and Pulsatilla is, there is more exhaustion in Kali Phos.

C 29 FISSURE IN ANO.

Fissures can be cured by one thorough application of a solution of silver nitrate eight to ten grains to the ounce of distilled water. Open the fissure and freely apply the solution with a small cotton swab; after which allow sunlight to fall upon it to form the oxide of silver.

C 30 HERPES GESTATIONIS.

Libradol will relieve this troublesome condition.

C 31 NAUSEA.

Ipecac Ix. for nausea, three grains every hour. If the nausea is accompanied by looseness of the bowels the therapeutic indication is almost infallible. Where there is constipation for the same nausea, I would prescribe Calomel in the same dosage.

C 32 SUPPURATING SURFACES.

For ulcerating, suppurating surfaces, fresh' wounds and unhealthy granulations, Ferrum Phos. 2x is a superior dressing, and will produce results not equaled by any other dressing I have ever seen. Its effects are almost marvelous.

C 33 EUONYMIN.

Try this remedy in torpid liver, dull headache across the forehead, tongue coated yellow, dark spots before the eyes, constipation: Give Euonymin Ix, three tablets night and morning. Your patients will like the effects better than Calomel or Podophylin.

C 34 COLD SWEAT ON FOREHEAD.

Remember that cold sweat on the forehead (no matter what the disease may be called) indicates Veratrum Album 3x, 15 drops in half glass of water; give teaspoonful once an hour.

C 35 PAINFUL BREASTS.

In painful breasts before the menses, give Conium 3x dil. 5 drops every two hours.

C 36 CHRONIC DIARRHEA.

When there is burning in the abdomen, great prostration after each discharge from the bowels; Arsenicum 3x is the remedy, three tablets once in four hours,

C 37 TACHYCARDIA (RAPID HEART).

Pale face, pulse feeble, irregular, small, sometimes cannot be counted; is anywhere from 150 to 300 per minute: Iberis Amara 2x dil. is the remedy; give 10 drops every two hours.

C 37 BRIGHT'S DISEASE.

In all cases of Bright's disease remember that albuminuria means lack of internal heat to burn up the excess in the blood; also it means blood poor in hemaglobin and red corpuscles. Try to administer internal heat and at the same time make new red blood. The albuminuria will then take care of itself.

C 38 OBSTINATE HEADACHE.

For an obstinate headache that recurs frequently, which may be due to eye: strain by poor light and confinement to poorly ventilated room, especially when occurring in persons between 30 and 40 aet. Give Calcarea Carb. 12x, nine grains in 4 .ounces of water, teaspoonful every two hours.

C 39 ACUTE INDIGESTION.

Pain in stomach as if it were squeezed by a hand; cold hands and feet, cold sweat on forehead, pulse weak, irregular and scarcely perceptible, give Veratrum Album 3x, 15 drops in half glass of water, one teaspoonful every 15 minutes. Many patients die of this disease, and every doctor should know how to treat such cases successfully.

C 40 HEMORRHOIDS.

In bleeding piles use Tr. Achillea Millefolium, give teaspoonful every two hours.

C 41 IRRITABLE BLADDER.

Intolerable itching or biting deep in the urethra, in children; desire to urinate comes on suddenly, they jump up and down with pain, and if not relieved, the urine escapes on the floor; give Petroselinum (Parsley) 3x dil. five drops once in three hours.

C 42 CARBUNCLE.

Apply soap and lead plaster according to formula of U.S.P., dressing twice per day, after sponging out with green soap in warm water; then give Echinacea in q. s. to meet the indications in every case. Don't be afraid to use enough of Echinacea.

C 43 TIRED HEADACHE,

The brain feels tired from much study, shopping, worrying; head feels dull and can't think clearly. Kali Phos. 3x is the remedy; give three grains once in an hour. Kali Phos, is one of the chemical constituents of the grey matter of the brain, It is well to remember this

C 44 ELONGATED UVULA,

Always look in the mouth of the patient that complains of a cough. There may be an elongated uvula at the bottom of the trouble.

C 45 HEARTBURN.

This trouble is quickly relieved by Calc. Phos. Gx. five grains upon the tongue. Seldom needs a repetition of the dose.

C 45 CYSTITIS,

Hyoscyamine Cryst. one-thousandth gr. every two hours will relieve the constant desire to urinate.

C 47 ACUTE NEPHRITIS.

In congestion of the kidney, use hot Epsom Salt solution to the back, and give internally Sp. Tritica Repens 10 minims every three hours, and Sp. Veratrum one-half drop in water four times a day.

C 48 MENOPAUSE,

In the hot flashes of the menopause, Sepia 6x, three grains every three hours is the indicated remedy.

C 49 ENLARGEMENT OF LIVER,

In enlargement of the liver with constant pain under right scapula, ghastly yellowish gray skin, small hard stool; urine loaded with bile: Give Tr. Chelidonium ten minims three times a day.

C 50 RING WORMS.

Where ring worms come in crops, appear and reappear, resisting all local treatment, Nat. Mur 200, one dose, follow in one week with the same, will overcome this troublesome condition.