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AFFECTIONS OF WOMEN.

N° I. THE MONTHLY PERIOD.

By JOHN EPPS, M.D.

LECTURER ON MATERIA MEDICA AT THE (LATE) HUNTERIAN SCHOOL OF MEDICINE; MEDICAL DIRECTOR OF THE ROYAL JENNERIAN AND LONDON VACCINE INSTITUTION; CONSULTING PHYSICIAN TO HARRISON'S SPINAL INSTITUTION; AND CORRESPONDING MEMBER OF THE ACADEMY OF MEDICINE AND SURGERY OF BARCELONA.

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PREFACE.

GENERAL REMARKS.

Every medical man of experience has the conviction that women, compared with men, have a far greater amount of bodily sufferings to endure.

The sufferings referred to are essentially theirs, being identified with the peculiarities of their organization.

Of these, those considered in the present treatise, are connected with the *periodical discharge*, commonly called

THE MONTHLY PERIOD.

Under the old system of medicine, but little could be done to relieve the sufferings, which

females experience at the *monthly period*. It is true, that there were many medicines prescribed, in the composition of which aloes, myrrh, and iron, constituted the principal ingredients.

Relief was sometimes afforded, but, generally, other diseases, caused in many cases by the *medicines prescribed*, manifested themselves; which, by directing *diseased* action into *other channels*, led the patient to imagine that the *original malady* was cured, and also deceived the practitioner as to the efficacy of the curative means.

Impressed by these facts, and believing, at the same time, that every disease has its remedy: believing that an all-wise and all-benevolent Creator has intended that man should be happy: knowing that human misery can be traced, either to the violation of the laws of the Creator, or to an ignorance of those laws, and consequent inability to apply them: and convinced, that, in medicine, there are laws as fixed as in the other departments of science (which, when a lecturer on the old system Materia Medica, I have taught to my medical pupils, in my public lectures, during a period of thirteen years), benevolence combined

with duty as a medical man impelled me to seek means to relieve the sufferings which the female sex endùre at the monthly period.

In connexion with these sufferings, it is worthy of remark, that few medical men know the sufferings which are endured by women at the period referred to: or if knowing, pass them by as matters that must be.

Several reasons exist for this unacquaintance and this neglect.

The first is, that the *unwise delicacy* of a female prevents her communicating to her medical attendant all the minutiæ of her sufferings. It is an unwise delicacy, because with a medical attendant there should be, in reference to the bodily condition, no secrets. Disease is manifested by the whole *amount of the deviation from health*, and unless the particulars constituting the exterior view of this amount of deviation are known, it is extremely difficult if not impossible to judge of the amount of disease; and, consequently, the cure cannot be satisfactorily commenced or carried through.

The second is, that medical men did *not seek*

the minuteness of information referred to: for they knew no remedy for the various symptoms which would have been detailed.* It was enough, and is enough now with the majority of medical practitioners, to know that the patient is irregular, that she has pain when she is unwell, that the discharge is profuse; whereas the reader, by glancing over the symptoms at pages 21, 22, and 24, will perceive what various distressing symptoms the medical man has passed over. He knew no remedy for such symptoms, and what to him was the use to enquire respecting them?

HOMŒOPATHY HAS MEANS TO RELIEVE THESE SYMPTOMS: and, therefore, homœopathy takes high ground; and, by the advice of the homœopathist, I have no hesitation in asserting, that hundreds, whose days are made miserable by the sufferings referred to, can be freed from those sufferings. The cases published at the end of the treatise abundantly demonstrate this.

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* It is acknowledged by the best writers on the powers of medicines, i. e. on Materia Medica, that there is no medicine that acts immediately on the womb.

To realize this freedom from suffering was one object in writing and publishing the following treatise.

Another reason consists in the fact, that, in consultations with patients in the country, so little have patients been in the habit of stating the symptoms to any extent greater than that referred to, that often I am obliged to write a second time to gain the particulars. This tract will save the trouble, because, by the patient looking over the symptoms, she can write the symptoms (see pages 24, 25, and 26) she has, as numbered, referring to them; and thus at once a complete picture of her case will be obtained, and the cure be proceeded with.

An additional reason exists why the irregularities in the menstrual period should be attended to. Every experienced practitioner knows that persons, who are afflicted with painful menstruation, have a liability to diseased womb, and, frequently if the diseased state, indicated by the painful menstruation, is not removed, ovarian disease is often developed at the cessation of the

monthly period. From ovarian disease proceeds abdominal dropsy; and, from dropsy, in numerous cases, death.

It may be asked, why I have not inserted the *remedies appropriate to each class of symptoms.* For this simple reason, that I do not believe, that, at the outset, any one is justified in acting without *medical advice* in the choice of the appropriate remedy or remedies: and, as there is for the states referred to in this treatise, a strong tendency to attempt so to do, I have thought it best, so far as I am concerned, to prevent such attempt.

To the medical man, if he remarks, that, *for the sake of the profession, the remedies should have been published,* I answer, there is no secret in these remedies; the sources of information are within his reach; they are in the various medical treatises on homœopathy; primarily in Hahnemann's Materia Medica Pura, a book which every one, wishing to practice homœopathy with success, must constantly study.

Before concluding it may be useful, in guiding

the medical practitioner, to state, that the remedies, principally used, are—

Aconite,

Pulsatilla,

Baryta Carbonica,

Sulphur,

Platinum,

Veratrum,

Nux Vomica,

Secale,

Coffæa,

Natrum Muriaticum,

Calc. c.,

Chamomilla,

Cocculus,

Cuprum,

Sabina.

These medicines should by him, in relation to the monthly period and generally in relation to uterine affections, be very frequently under review.

JOHN EPPS.

89, GREAT RUSSELL STREET,
January 1, 1851.

[NOTE TO THE READER.—As soon as possible* it is proposed to publish a second tract on the leucorrhœal discharge, commonly designated "the weakness," or "whites;" then a third on the afflicting condition, commonly called "bearing down of the womb;" and subsequently on other affections of the uterine system.]

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* This treatise has been out of print for a long time, and nothing but the frequent demand for it has counteracted the unwillingness to add the fatigue of writing a second edition to the fatigues of an incessantly occupied professional life.

INTRODUCTION.

REMARKS ADDRESSED TO FEMALES, SUFFERING AT THE MONTHLY PERIOD.

I will suppose that a sufferer wishes to be relieved from the painful conditions sometimes associated with the monthly period, and, with this view, she determines to have recourse to a consultation.

To render that consultation effectual, it will be proper that she state her age; whether married or single; whether or not she has had children; whether or not she has had any miscarriages; whether she has any enlargements at the sides or side of the lower part of the belly; whether she has, or has had, any eruptions; whether these eruptions were removed by external applications; whether the uterine system

became affected after the removal of these eruptions. She must then read attentively the various modifications of the monthly condition, and describe the modification, and also the group, together with any additional symptoms, which are not noticed in the group. If she records the numbers (see pages 24, 25, 26) it will be sufficient.

In addition to such points, it will be well to detail any diseases to which she has been subject, and, as far as she knows, the *remedies* that she has used.

To aid still further in the description of the cases, a table is drawn up, at the end of this tract, of the symptoms that sometimes *precede*, occur *at*, and exist *during* and *after* the monthly period, and any of these, existing with the sufferer, it will be necessary also to notice.

With particulars such as I have stated, with adherence to the regulations laid down, and with the use of the medicines to be prescribed, an extensive experience enables me to state that relief, in the majority of cases, can be obtained.

CHAPTER I.

THE MONTHLY DISCHARGE AND ITS MODIFICATIONS.

SECTION I.—*The Appearance, the Nature, and the Cessation of the Monthly Discharge.*

1. About the age of fifteen, young persons of the female sex very frequently experience an unpleasant degree of fulness, attended with a sense of heaviness in the head and in the chest, of tightness and pain in the loins, and weariness or lassitude in the limbs.

2. In addition to these symptoms, palpitation of the heart, occasional flushes of heat and of redness in the face, pains in the hips and thighs, and a frequent desire to urinate, present themselves.

3. With these conditions bleedings from the nose or from the chest are often associated.

4. After these conditions have existed for a time, a discharge of a reddish fluid, *like* blood, but *not* blood, takes place from the genital organs.

5. This fluid seems to be separated in the womb from the blood circulating in the arteries, connected with that important organ.

6. This fluid is distinguished from blood by *not* passing into a clotted or coagulated state, into which state healthy blood *does* pass. This is its peculiar property.

7. This fluid has a peculiar odour.

8. This fluid flows about *six* days.

9. This discharge takes place once every four weeks; hence the term *menstrual* (mensis, a month) is applied to the discharge; and the fluid itself is called the *menses*.

10. The quantity discharged equals, in a healthy woman, five to eight ounces.

11. Immediately before, and during each menstrual period, the neck of the womb becomes swollen, and its red colour darker.

12. This discharge generally ceases during *pregnancy* and during *suckling.*

13. This discharge ceases finally after continuing for a period of *thirty* years.

14. As most women begin to menstruate at fifteen to seventeen years of age, the cessation of this discharge happens generally at the age of *forty-five* to *forty-seven.*

15. As certain conditions frequently precede the appearance of this discharge, so certain symptoms oftentimes attend the cessation of this discharge.

16. These symptoms affect the *head*, if the person has experienced, during the previous period, much mental excitement.

17. They affect the *chest*, if the parts, contained therein, have been subject to violent or diseased action during the previous period.

18. They affect the *stomach* and the *bowels*, if causes, operating morbidly thereon, have existed in strong intensity during the previous period.

19. And so, in reference to the other organs of the body.

Section II.—*On the Menstrual Discharge, and its Modifications.*

20. When the menstrual discharge takes place in a natural way, it is unattended with pain, and its occurrence is attended with benefit to the health of the party menstruating.

21. It is as much a natural discharge as is the discharge of water from the bladder, or of fœces from the intestines, or of perspiration from the skin; the difference is that it is monthly, the others occur daily.

22. And as there is no pain, but rather comfort, in the formation and in the passage of the water, or in the formation and the expulsion of the fœces, or in the formation and the diffusion of the perspiration, so there cannot be any reason to believe, that pain was intended to attend the formation and the escape of the menstrual discharge, but rather that health and comfort were fixed as its attendants.

23. Still many do suffer pain, and that so severely, as even to cause them to look forward with dread to the menstrual period.

24. The circumstances, under which pain and suffering are connected with the menstrual discharge, are therefore worthy of notice.

25. They are associated with impeded menstruation, with deficient menstruation, with suppressed menstruation, with excessive menstruation.

Section III.—*On Impeded or Delayed Menstruation.*

26. Though the menses do not appear at the age of puberty, the wise physician will not attempt to hurry their appearance by medicine, provided the symptoms already detailed (1, 2.) do not increase in severity, and the *corporeal development is incomplete.**

27. But when the corporeal development *is* complete, and the symptoms detailed continue to manifest themselves, the physician is justified in aiding nature.

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* By this is to be understood that the breasts are not much enlarged, and the genital organs are but slightly covered with hair.

28. Even then it is very improper to use what are called *forcing medicines*, such as aloetic purges, turpentine baths, or bleedings by leeches or by the arm, or strong and violent exercises.

29. There *are* homœopathic medicines, which will afford relief in these cases. The choice must be left to the physician, and this choice being dependent *upon the symptoms* in each individual case, individual medicines need not be specified.*

Section IV.—*On Deficient Menstruation.*

30. It often happens, that, when the menstrual discharge takes place after the full corporeal development, the *quantity* is very small, and the *duration* of the discharge is *very short.*

31. In these cases the health generally suffers,

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* The discharge of the menstrual fluid is sometimes delayed by a physical condition of the genital organs. This requires the removal of the physical impediment, which is easily effected. Such cases are very rare.

and a disease called *chlorosis*, or the green-sickness, is produced.

32. When the discharge is deficient, pain generally attends the discharge.

33. The *nature* of the discharge is particularly worthy of attention. It is very frequently very *pale*.

34. Sometimes it is very *slimy* and *adhesive*.

Section V.—*On Suppressed Menstruation.*

35. Often from causes, affecting either the mind or the body, or both, the natural discharge does *not continue* to occur. It ceases. Health suffers much under such a circumstance; and many diseases, hitherto dormant in the constitution, develop themselves: consumption, phrenitis, (brain fever), inflammatory fever, inflammations of the lungs, dropsy in the chest, &c.

36. In these cases, the treatment must have reference to the *cause* of the suppression.

37. If the cause be *mental*, such as grief, fright, distress, vexation, rage, joy, the remedy must be selected according to its power of reliev-

ing the effects of each individual mental emotion: and, fortunately for the sufferer, homœopathy presents remedies* suited to each of these mental conditions.

38. The necessity of the physician enquiring into the *mental* causes of disease thus becomes apparent: as also the equal necessity of a candid statement of all her symptoms on the part of the patient.

39. If the cause be *bodily*, such as a cold caught, any unusual exertion, a suppressed eruption, the remedy must be chosen accordingly, and homœopathy presents remedies, suited to these various causes.†

40. The periodical change in the system precursory to the development of the discharge, occurring with or without the discharge taking place, is attended with a distension of the vessels (11) engaged in secreting the menstrual fluid; an action takes place without, (when the monthly discharge does not occur,) the natural result of that action;

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* Domestic Homœopathy, by John Epps, M. D., chapter "Mental Emotions."

† See work already cited.

the vessels are consequently not relieved; a condition arising from this non-relief is produced in the nerves connected with the womb and its appendages, which, being unnatural, is painful.

41. If, however, the menstrual discharge has been suppressed *some time*, a new train of symptoms will be developed; and, to these, in selecting the remedy, reference must be made.

42. To enumerate some of these symptoms.

43. CLASS 1. At the period of menstruation instead of the natural discharge, (*a*) cramps in the belly occur, having combined with them, (*b*) constriction of the chest, (*c*) anxiety, (*d*) sighing, (*e*) groaning, (*f*) an inability from weakness to speak aloud, (*g*) paralytic weakness, the limbs relaxed, and (*h*) sometimes convulsively moved, (*i*) with a pulse scarcely perceptible.

44. CLASS 2. Sometimes the following symptoms occur: (*j*) most intolerable cramps in the belly, extending into the breast, producing (*k*) nausea, (*l*) retching, and (*m*) vomiting; (*n*) the limbs affected with spasms, and attended often with convulsions, similar to the epileptic; (*o*) pains causing the sufferer to cry.

45. CLASS 3. Sometimes the symptoms indicate affections of the head, and the prominent feature, beside (*p*) the great heaviness in the head, is the occurrence of (*q*) *bleeding from the nose.*

46. Homœopathy provides remedies for all these conditions, the aggregate of which are designated *menstrual colic.*

SECTION VI.—*On Excessive and too Frequent Menstruation.*

47. The menstrual discharge may take place in quantities too *large*, or at periods too *frequent* in their recurrence.

48. Very generally these conditions are concomitant.

49. When these two conditions are concomitant, either the discharge is only partially *menstrual*, that is, the menstrual fluid and a flow of blood take place together, or the discharge is altogether of a blood character, called *metrorrhagic.*

50. This discharge of blood without the menses,

or this combination of a discharge of blood with the menses, is known by the clotted or lumpy character of the discharge: the menstrual fluid not clotting or coagulating, (6.)

51. In such conditions, the discharge is often more profuse, and occurs at shorter intervals, namely, every two weeks or oftener.

52. As this discharge of blood is not natural, pain is likely to attend it.

53. Some of the symptoms, connected with this excessive and too frequent discharge, may be noticed, as being useful in enabling the sufferer to determine, to which class her sufferings may belong; as thus the remedy for her case can be found out.

54. In order that the subject may be fully understood, and the reader be able to recognize the symptoms, peculiar to any particular case, all the symptoms occurring under deficient, excessive, and frequent menstruation, will be detailed first, and then the GROUPS, in which these symptoms* occur.

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* Some of these symptoms occur in the other modifications of the monthly discharge.

SYMPTOMS.

1. *Heaviness, like that of a stone in the belly;*

2. *Violent pressure at the extremity of the back-bone.**

3. *Violent pressure at the small of the back;*

4. *Drawing downwards in the thighs;*

5. *Thighs benumbed in sitting;*

6. *Painful pressing in the rectum as of an urging to stool;*

7. *Pains in the back;*

8. *Bearing down pain as if every thing would fall out of the womb;*

9. *Blood discharged bright red;*

10. *Dark blood discharged:* 10*a*. *Clotted:* 10*b*. *Fluid;*

11. *Pale discharge;* 11*a*. *Discharge like as if flesh had been washed in water.*

12. *Bearing down pains, like labour or after-pains, in the lower part of the belly;*

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* The part of the back-bone, descending below and between the hips, is called the *sacrum*.

13. *Pains at the extremity of the back-bone;*

14. *Pains shooting from the back into the thighs;*

15. *Periods too frequent, every fortnight;*

16. *Pains drawing, griping, from the small of the back to the region of the womb;*

17. *Large black clots discharged;*

18. *Thirst;*

19. *Fainting;*

20. *Coldness of the limbs;*

21. *Black fetid blood;*

22. *Black fetid blood with black clots, or discharge of a fluid like bloody water;*

23. *Discharge attended with a sensation of motion as of something alive in the region about the navel;*

24. *Discharges as* 21, 22, *following over-exertion in dancing, and the use of stimulating liquors during menstruation;*

25. *Twisting about pains in the belly;*

26. *At intervals, a pressing and a drawing sensation;*

27. *A feeling in the belly as if it would swell and burst;*

28. *Stinging pains and spasms in the womb;*

29. *Pains in the bones above the passage into the womb, as if they had been beaten;*
30. *Nausea;*
31. *Working in the stomach and bowels;*
32. *Spasms, beginning with jerking of the limbs;*
33. *Anxious bending together;*
34. *Crying out;*
35. *Cold sweat with anxiety;*
36. *Prostration on the ground;*
37. *Belly distended and hard;*
38. *Pains searching, winding with pressing and drawing;*
39. *General coldness, and*
40. *Paleness of face;*
41. *Eyes failing or too sensible to light;*
42. *Aversion to noise;*
43. *Violent spasms extending to the breast;*
44. *Pains as if the intestines were cut in pieces;*
45. *Patient beside herself;*
46. *Throws herself about;*
47. *Gnashes with her teeth;*
48. *Stretches herself out; at last*
49. *Becomes stiff and motionless, with groaning;*
50. *The breath becoming shorter;*

51. *Toothache;*

52. *Headache;*

53. *Pains in the limbs;*

54. *Coldness of the feet.*

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55. Such are the symptoms which attend this discharge when excessive, or when too frequent: some patients suffering with some, and others with other symptoms.

56. The symptoms generally go in groups.

57. It may be useful to detail these groups.

Group, No. I, consists of

1. *Heaviness, like that of a stone in the belly;*

2. *Violent pressure at the extremity of the back-bone;*

3. *Violent pressure at the small of the back;*

4. *Drawing down in the thighs;*

5. *Thighs benumbed in sitting ;*
6. *Painful pressing in the rectum, as of an urging to stool;*
7. *Pains in the back.*

Group, No. II, consists of the seven preceding symptoms, combined with

8. *Bearing down pain as if every thing would fall out of the womb;*

Also sometimes with

9. *Blood discharged bright red ;*
10. *Red blood, discharged after lifting heavy weights ;*
11. *Pulse full and hard.*

Group, No. III, consists of

12. *Bearing down pains, like labour or after-pains, in the lower part of the belly ;*

13. *Pains at the extremity of the back-bone;*

14. *Pains shooting from the back into the thighs;*

15. *Periods too frequent, every fortnight.*

Group, No. IV. consists of

16. *Pains drawing, griping, from the small of the back to the region of the womb;*

17. *Large black clots discharged;*

18. *Thirst;*

19. *Fainting;*

20. *Coldness of the limbs.*

Group, No. V, consists of

21. *Black fetid blood;*

22. *Black fetid blood with black coagula, and discharge of a fluid like bloody water;*

23. *Discharge attended with a sensation of motion, as of something alive in the region about the navel;*

23a. *Excessive hemorrhage: patient exsanguine, fainting on being moved;*

24. *Discharges, as* 21, 22, *following over-exertion in dancing, and the use of stimulating liquors during menstruation.*

Group, No. VI, consists of

25. *Twisting about pains in the belly, with working pains as from an over straining;*

26. *At intervals, a pressing and a drawing sensation;*

27. *A feeling in the belly as if it would swell and burst;*

27a. *Squeezing in the bladder;*

28. *Stinging pains and spasms in the womb;*

29. *Pains in the bones above the passage into the womb, as if they had been beaten;*

30. *Nausea;*

31. *Working in the stomach and bowels.*

Group, No. VII, consists of

32. *Spasms, beginning with jerking of the limbs;*
33. *Anxious bending together;*
34. *Crying out;*
35. *Cold sweat with anxiety;*
36. *Prostration on the ground.*

Group, No. VIII, consists of

37. *Belly distended and hard;*
38. *Pains searching, winding with pressing and drawing;*
39. *General coldness, and*
40. *Paleness of face;*
41. *Eyes failing or too sensible to light;*
42. *Aversion to noise.*

Group, No. IX, consists of

26. *At intervals, a pressing and a drawing sensation;*

27. *A feeling in the belly as if it would swell and burst;*

43. *Violent spasms extending to the breast;*

44. *Pains, as if the intestines were cut in pieces;*

33. *Anxious bending together;*

45. *Patient beside herself;*

46. *Throws herself about;*

47. *Gnashes with her teeth;*

34. *Crying out;*

39. *General coldness, and*

48. *Stretches herself out;*

49. *Becomes stiff and motionless, with groaning;*

50. *The breath becoming shorter.*

58. The remaining four symptoms, 51, 52, 53, 54, go with one or the other; sometimes with all of these groups.

Section VII.—*On Irregular Menstruation and Early-arrested Menstruation.*

59. In addition to these various manifestations,

connected with excessive menstruation, there are other modifications very common, and, therefore, worthy of peculiar notice.

60. One consists when the menstrual discharge is considerable, when it returns before the twenty-eighth day, continuing more than four days, *then ceasing*, and *again commencing*.* Another consists when the monthly discharge occurs at times too frequently, and then at other times at too long intervals.

61. It " dodges," as the expression runs.

62. It is at the time that the discharge re-commences, that the homœopathic medicine, suited to the case, must be administered.

Such are the principal modifications, connect-

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* It is astonishing what a slight circumstance will, in some persons, arrest the monthly discharge. I have a patient, who has the monthly discharge, but it is by the slightest cause stopped, even by wearing any thing at the time. Such suspension of a natural action by causes, trifling in their nature, indicates a state of constitution requiring remedial means.

ed with diseased menstruation; modifications, appealing by their excessively painful indications, to the sympathy which females ought to have on the part of the medical attendant, and imperatively urging him to discover the means, which the Creator has appointed, for the removal of such sufferings, and also to prevent, by proper hygienic agencies, the development of such diseased states.

CHAPTER II.

GENERAL RULES TO BE ATTENDED TO BY FEMALES, IN CONNEXION WITH THE MONTHLY PERIOD.

SECTION I.—*On Diet.*

63. The diet, at all times, should be of a nutritive character: that is, *nutritive* in contradistinction to *stimulating*.

63*a*. Stimulating foods, such as foods which have a strong characteristic taste, or foods that are flavoured by spices, sauces, or by any peculiar mode of preparation, are to be avoided.

64. Mutton and beef, fresh game, and fish, not oily, ought to constitute the principal sources, whence the animal food taken must be derived.

65. All nutritive, unflavoured, vegetable substances can be used. Potatoes, cauliflowers, sago, rice, barley, fresh peas; greens are not so desirable, requiring to be well and slowly boiled.

66. The drink that should be avoided is publicans' beer, it being drugged, and, as they call it, *doctored*, (forgive, Æsculapius!) Home well brewed, well fermented beer, made of malt and hops, can be taken in moderation, an half pint tumbler at dinner and at supper. When the patient suffers much at the menstrual period, it will be necessary to avoid beer altogether.

67. Wine and spirits should be avoided.

68. Coffee and tea* should not be used, more particularly coffee. *This* must be excluded.

69. Cocoa and milk are the two articles most suited, being nutritive without being medicinal.

70. A tumbler of milk at dinner adds much to the enjoyment of the animal food, and will rarely disagree, though milk, taken by itself on an empty stomach, often does disagree.

71. Generally speaking, filtered rain-water is best to be drunk: if spring-water, it should be taken soon after being raised; and if river water

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* For the medicinal effects of coffee and tea, the reader is referred to Dr. Epps's Domestic Homœopathy, and to the Journal of Health and Disease and Monthly Journal of Homœopathy.

is used, it ought always to be filtered, or, at least to be boiled; and, if received into leaden cisterns, those cisterns should be cleansed out once a month.

Section II.—*On Clothing.*

72. Any thing which, in any degree, prevents the free circulation of the blood through the chest and bowels, tends, by the impediments thereby produced to the proper supply of blood to, and the ready return of blood from, the various organs of the body, to occasion an imperfect and irregular performance of the duties, attached to the organs contained therein.

73. The system of *tight lacing*,* as practised by so many young females, tending to the production of these impediments, has very much influenced, and that injuriously, the monthly period.

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* The finest made women that I have seen in this country have never worn stays.

74. Tight stays, and all applications round the body or limbs, which are tight, should be removed.

75. In this way a free circulation, or, perhaps, more correctly, an opportunity for the free circulation, will exist, and thus the womb and its appendages will be allowed to be in a condition, in which impediments will not be created to the free circulation of the blood.

76. Having removed all tightness of dress, the next point worthy of attention is, to use *clothing* of a *proper kind*.

77. The climate of this country being so changeable, it is highly important that young females should not be clothed in light clothing. The light clothing may be more pleasant in warm weather; but the clothing should be adapted to the *general character* of the weather, and that character is *variableness*. Good warm underclothes should be worn: the olden petticoats have disappeared, and their disappearance is much to be regretted.

78. When there is much coldness of the legs, drawers are to be recommended.

79. A part of dress, of the highest importance in reference to the monthly discharge, is the *shoe*.

80. How many hundreds of females have had the monthly discharge stopped in its course by *wet feet;* and how many have had fatal diseases induced by this stoppage.

81. Now wet feet arise from bad shoes: shoes unable to resist the wet. Look at ladies' shoes and boots, and the cause is apparent. The shoes are not at all properly protective. It is true that pattens would make up for the want of thickness, but women, in cities, think it vulgar to wear pattens; and clogs are so miserably made, the clasps so continually coming undone, that they are thrown aside with, "I can't bear the trouble." The thin shoe comes in contact with the wet road, and the shoe, soaked in the wet, remains on the foot, and the monthly discharge is stopped.

82. Women ought to wear thick shoes or clogs, or to carry with them a dry pair of shoes.

83. Women have more need of thick shoes than men have.

84. A horse-hair sole, placed inside the shoe in

wet and cold weather, is very useful. It keeps the foot from the wet, and, at the same time, preserves the foot warm.

85. Worsted stockings are highly useful.

86. If the skin of the sufferer does not allow her to wear worsted stockings, then thin under stockings, with silk stockings over them, are very well suited to preserve a proper warmth in the feet.

87. The best method for establishing a proper warmth of the feet will be detailed in the next section.

Section III.—*On Exercise.*

88. Essential to the proper performance of the menstrual function is the exercise of *walking*.

89. Exercise has been defined "the diet of the brain, the nerves, the blood-vessels, the muscles of the human body."*

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* Constipation, its varieties, their treatment and cure.—Second edition.

90. Among these exercises none stands so high as WALKING.

91. No exercise will supply the place of walking. Every individual should walk in the open air at least one hour or two hours every day, or to be engaged in active employment in-doors, in which the legs are called into activity.

92. If the weather forbids (although no weather should prevent walking), it will be necessary to dress for going out, and, then throwing up the windows of the room, to walk up and down the room, the usual walking period.

93. No person, who suffers at the monthly period, can expect permanent freedom from suffering at this period, unless she walks every day.

94. That which approaches most to walking is shampooeing: it is a passive walking

95. *Friction* is a modification of exercise.

96. Friction down the lower part of the back,*

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* It is worthy of notice, in connexion with the back, that irregular and painful menstruation, and many diseases of the genital organs, are connected with a deviation from the natural direction of the spine. Dr. Harrison was the first who pointed

about a week before the expected menstrual period, is very useful.

97. Another modification of friction consists in washing the whole front of the upper and middle of the body. Instead of washing the face and the neck, if females would wash the whole front of the chest, and of the belly, and the genital organs, every morning with soap and cold water and every evening with soap and hot water, and rub well with a dry towel, they would help much to diminish their sufferings at the monthly period.

98. In connexion with exercises, *gymnastic* or *callisthenic* exercises may be noticed. They are useful when scientifically practised;* and to be scientifically practised, they must be practised in

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out this fact, and the proper means of relieving such affections is by his method of correcting such deviations; and many interesting facts showing the connexion of this malady with curvature of the spine, are to be found in a work entitled "Spinal Curvature, its Theory: its Cure. By GEO. N. EPPS."

* For a knowledge of the proper method of practising gymnastic exercises, and for the representations of the various attitudes, see Monthly Journal of Homœopathy, vol. VI., published by Piper and Co. Paternoster Row, London.

an order agreeing with the muscular system; that is, exercises must not be attempted at first with muscles, which have been previously least used. A neglect of this has constituted the cause why so many young ladies have been injured by these exercises.

Section IV.—*On Mental Habits.*

99. The influence of the mind on the body is an established fact: and its influence on the uterine system is a fact, recognized by all experienced medical practitioners.

100. Early rising is a mental habit that exercises great influence on the monthly period. The lying in bed late tends very much to debilitate the mental powers, and to make the resistance to inactivity a great labour. Such mental state is almost certain to induce neglect of bodily exercise, and with such neglect the consequences associated have been already stated.

101. The wise man's axiom should ever be remembered, "A merry heart doeth good like a medicine."

CHAPTER III.

ON SOME ADDITIONAL SYMPTOMS WHICH PRECEDE, ATTEND UPON, AND FOLLOW THE MONTHLY PERIOD.

102. The symptoms, which occur generally, as connected with the menstrual discharge, have been already related; but as there are other symptoms not referred to therein, and as the necessity of perfect accuracy is so important in the description of the case, in order that a homœopathic cure may be realized, these symptoms will now be detailed.

SECTION I.—*Symptoms* BEFORE *the Monthly Period.*

1. HEAD,

a. Ache,

b. Congestion of blood,

c. Giddiness.

2. EARS,

Buzzing in the.

3. TOOTHACHE.

4. GUMS,

Swelling of the.

5. BREASTS,

a. Pain at the;

b. Swelling at the.

6. HEART,

a. Palpitations of the;

b. Blood, feeling of bubbling up of the.

7. SICKNESS.

8. BELLY,

Pains in the.

9. LOWER BELLY,

Cramps at the.

10. GENITAL ORGANS,

a. Pressure at the;

b. Contraction at the.

11. LABOUR-LIKE PAINS.

12. SACRUM,

Pain at the.

13. WHITES.

14. LEGS,

Weight at the.

15. Dry Heat.

16. Mind,

a. Chagrin, vexation;

b. Melancholy.

Section II.—*Symptoms* immediately on the appearance *of the Monthly Discharge.*

17. Cramps.

18. Gripings.

19. Sorrowfulness.

Section III.—*Symptoms* during *the Monthly Discharge.*

20. Head,

a. Ache;

b. Congestion of blood;

c. Giddiness.

21. Eyes,

Convulsed.

22. Ears,

Buzzing in the.

23. Tooth,

Ache.

24. Countenance,

Bloatedness of.

25. Breasts,

a. Cramps at;

b. Pains at.

26. Vomiting,

Of an acid matter.

27. Bowels,

a. Cramps in the;

b. Pressure in the;

c. Drawing in the;

d. Pains in the.

28. Anus,

Bleeding at the.

29. Genital Organs,

a. Pains in the;

b. Pressure at the.

30. Thighs,

a. Excoriation of the fold of the;

b. Itching between the;

c. Eruption between the;

d. Pains in the.

31. LEGS,

a. Weariness in the

b. Pressure in the;

c. Bluish tint in the;

d. Pulling pains in the.

32. LIMBS,

Pains in the.

33. BACK,

Pain in the.

34. SACRUM,

Pains at the.

35. CRAMPS, IN GENERAL.

36. PAIN, IN GENERAL.

37. WEAKNESS.

38. ENLARGEMENTS OF THE VEINS, (varices.)

39. MIND,

a. Anxiety;

b. Loss of sense, like fainting.

SECTION IV.—*Symptoms* AFTER *the Monthly Period.*

40. HEADACHE.

41. WHITES.

42. WEAKNESS.

[NOTE.—If the patient has any of these symptoms, she can refer to the number of the chapter, the number of the section, and the number of the symptom. Thus, say that a patient has bloatedness of the countenance during the monthly period, has pressure at the genital organs, has weariness in the legs, and has weakness *after* the monthly period, she would put down—

Symptoms, Chapter III. Section iii. 24, 29 *b*. 31 *a*. and Section iv. 42.]

CHAPTER IV.

REMARKS ON CONSTITUTIONAL CONDITIONS, AS AFFECTING THE MONTHLY DISCHARGE.

100. It sometimes, though very rarely, happens, that notwithstanding the sufferer attends to all these regulations, and takes the medicine suited to the symptoms, constituting her sufferings, permanent relief and the wished-for regularity are not realized.

101. In these cases, it has been found, through the labours of Hahnemann, that there exists a peculiar state of the general constitution, called *constitutional condition*, which manifests itself under certain aspects.

102. This constitutional condition becomes, under such circumstances, the principal object of attention, and to it the remedial means must be directed.

103. Fortunately for the sufferer, Hahnemann has discovered various means by which these constitutional conditions, (there are *three*), may be altered.

104. The proper selection of these means will be wholly dependent upon a complete history of the sufferer from childhood to her present age, with as much information as possible respecting the diseases of her parents, and sisters, and brothers; or of her other relations, if she has not brothers and sisters.

105. As constitutional diseases are a long time in forming themselves, so, in their removal, considerable time is required.

106. Perseverance is therefore necessary: and this perseverance will be guaranteed by the patient understanding, that the non-use of means does not stop the progress of the constitutional condition, but that every now and then, the appropriate homœopathic means not being used, an acute disease will break forth, testifying to the existence of this condition, which produces a liability to be attacked by disease.

107. In other words, as a liability to disease

exists from the presence of this constitutional condition, is it not advisable, although no violent disease be present, to adopt means for the alteration of this constitutional condition, rather than to sit down doing nothing, living in expectation of acute seizures, which will force the doing of something, and that something perhaps injurious, and never removing the constitutional condition?

108. In cases, where the constitutional condition is connected with suffering at the monthly periods, it is essential to get rid of the condition, because, if not removed, it ends in manifesting itself by diseases of the womb and its appendages.

109. Cancer, cauliflower-like growths, ulcerations, and discharges of various kinds in and from the genital organs, are the progenies of these constitutional conditions.

110. These products of constitutional disease are, in general, treated by the mere surgeon as local affections: caustics, mercurial and astringent lotions, and injections are employed, and the growths disappear.

111. No sooner, however, has the surgeon done his part, than the physician is obliged to be sent

for, for the cured person is seized with some internal inflammation, perhaps with an affection of the brain.*

112. This general affection is sometimes cured, sometimes the disease assumes another form: it puts on *chronic* character, and torments the patient during the remainder of her life.

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* This week, Jan. 1851, I have had two ladies consult me: both have been under two physicians, celebrated for the treatment, not the cure, of uterine diseases. One lady, aged thirty-six, has had three hundred leeches applied to the neck of her womb, and two hundred externally, and has been caustickéd numerous times. The second lady has had her womb caustickéd every week for nine months: the former is worse than ever and has come to be cured homœopathically. The other has discharge of purulent matters from her bowels, which appeared directly the surgeon, who burned her, declared her womb was well.

For a case where blindness followed the cure of disease of womb by caustic, see volume fifth of the Monthly Journal of Homœopathy and Journal of Health and Disease.

These men of caustic are the bane of women.

CHAPTER V.

CASES ILLUSTRATING THE TREATMENT OF THE DIFFERENT VARIETIES OF MENSTRUATION.

The efficacy of homœopathic treatment in the varieties of affections connected with the menstrual period is undoubted. Every homœopathic practitioner meets daily with instances of its efficacy. The following cases of *public* patients, taken as first presenting themselves, may be useful in demonstrating this efficacy.

SECTION I.—CASES OF SUPPRESSED MENSTRUATION.

Case 1.—Of two months standing.

..... 2.—Of three months standing.

..... 3.—Of four months.

..... 4.—Of four months duration.

..... 5.—Of five months standing.

..... 6.—Of five months, with mental affection.

Case 7.—Of six months duration.

..... 8.—Of six months duration.

..... 9.—Of seven months duration.

..... 10.—Of eight months duration.

..... 11.—Of nine months duration.

..... 12.—Of twelve months duration.

..... 13.—Of fifteen months duration.

Case 1.—*Suppressed Menstruation of two months continuance, cured.*

Mary Owen, (page 1304, case book 1845,) aged 26. About three weeks since she vomited blood; the blood discharged at the first vomiting was bright red; at the two subsequent vomitings, dark. Her appetite is good: the food lay heavy before the vomiting, but has been easier since. She has no thirst: her bowels are regular: water is clear. The monthly period has not appeared the last two months: it has never been very regular, and its colour is pale when it has appeared. Her spirits are low: her hair comes out: she has no eruptions: she has been under the care of an eminent physician accoucheur but without benefit.

Ordered *pulsatilla*, 4/12.

Feb. 25.—No more blood or vomiting: the food

produces no inconvenience: the monthly period came on yesterday, and it was less pale than on previous occasions: her spirits are better. As her hair still comes out, and her breath is offensive, she was ordered

Mercurius, 4/12, and she obtained recovery.

Case 2.—*Suppressed Menstruation of three months continuance, cured.*

Susan Smith, (page 1599, case book 1845,) aged 20, single. She complained, Feb. 27, 1845, of violent pain at left temple, which has now continued for three days: she has been subject to it three or four years, principally towards night: she has it when she is still, but it is worse when bustling about: the part painful is hot. The bowels are rather confined, acting every other day: water is clear: the monthly period has not appeared for three months, although previously it has been always regular: her spirits are low.

Ordered *pulsatilla*, 4/12.

March 8.—The temple pain is better: the heat at the part painful is better: she has pain under the left breast: bowels are still confined: her spirits are better: the monthly period has again come on.

Bryonia, 4/12, removed the pain in the breast and the confined bowels.

Case 3.—*Suppressed Menstruation of four months continuance.*

Martha Rycroft, (page 1233, case book 1843,) came under treatment for *lepra*, and has derived much benefit.

During the treatment the monthly period was suspended for four months.

Pulsatilla, 4/12, caused its return.

Case 4.—*Suppressed Menstruation of five months duration.*

Isabella Smith, (page 1578, case book 1845,) aged 21, has been in a very harassing situation for five months, and has not seen any monthly period since: she has a dreadful pain in the head. Her appetite is not good: her bowels act each day: her water is very thick. She has pain at the right side: she swells in her body in the evening.

Ordered *pulsatilla*, 4/12.

Jan. 29.—Her monthly period *has recurred*.

Case 5.—*Suppressed Menstruation of five months standing.*

Sarah Harris, (page 805, case book 1846,) aged 16, very delicate and pale, came under treatment for nebulous cornea and its consequence, dim sight. She has pain at the left side: her bowels are costive, the actions hurt: her monthly period, which came on at 13, has been absent *five* months. She has much white discharge: the labia are much swollen.

Ordered *pulsatilla* on April 24.

May 1, 1846.—The pain at the left side is better, and the monthly period has come on.

The monthly period became, under treatment, more regular, recurring at two months interval.

Case 6.—*Suppressed Menstruation of five months standing with Mental Affection.*

Ruth M. Everett, (page 601, case book 1848,) aged 27. She has been affected since her birth with diseased heart, arising from a fright which her mother had when in the seventh month of her pregnancy. She has worked eleven years at the book-binder's trade: her belly is enlarged, and there is a hardness at the right side of the belly:

she complains of her back. The monthly period has stopped upwards of five months, and she has been out of her mind partially three times since the stoppage. She has an excessive timidity of fire. She has been at Middlesex hospital: at that hospital they wished her mother to send her daughter to Hanwell, but she brought her to me: she was not in a perfectly sane state when she was brought.

Ordered *pulsatilla*, and I ordered her bowels to be rubbed with the hand.

Feb. 15.—Her courses have come on: she has "come to her senses nicely:" her back is better. She has done the last week a little book-binding, which she has not done for the previous twelve months.

Ordered *pulsatilla* in less doses.

She has gained her monthly period.

Case 7.—*Suppressed Menstruation of six months duration.*

Jane Hodgson, (page 838, case book 1844,) aged 27, married, mother of two children. She has lost her uvula. She has a dreadful cough and sore throat, and tickling in fauces into the ears: much expectoration, but very difficult to expectorate: the cough catches her in the windpipe

every now and then: makes her retch and chokes her if not drinking immediately: *she has had no monthly period for six months:* she came under treatment in Sept. 1844. The hoarseness was excessive.

Belladonna relieved the soreness of the throat; *causticum* relieved the hoarseness and enabled her to expectorate the phlegm, and caused her to swallow better than for some months. The cough continuing to make her hoarse, and being decidedly a windpipe cough, *spongia* was prescribed with great benefit. In November, pains having come on in the head, and a feeling of being strained in the region of the breasts when coughing and great chilliness being present, *bryonia* was prescribed with marked benefit. The pains still continuing in the head and the legs swelling, and a feeling of giddiness as if she should fall being still present, and the monthly period not having as yet recurred, *pulsatilla* was ordered, and, on Jan. 24, 1845, when she called on me for a return of the sore throat, she stated that she became regular after taking the *pulsatilla, and the monthly period had recurred at the regular time.*

Case 8.—*Suppressed Menstruation of six months duration, cured.*

Mary Poulton, (page 1427, case book 1845,) aged 21, single, Dec. 6, 1845. She has severe pains across forehead, is feverish, burns, is thirsty and her bowels are confined: she has severe pain in the back: she has had no monthly period for six months: has white discharge with irritation.

Ordered *aconite* and *pulsatilla*, in alternation.

Dec. 10.—Symptoms still continue, and her breath is short.

Ordered *aconite*, a globule every eight hours.

Dec. 12.—Still pain in forehead: has shooting pains in the temple: she feels great tenderness at the side of the belly, where there exists a swelling.

Ordered *pulsatilla*, and the *pulsatilla* poultice.*

Dec. 13.—Pains still in forehead and in temple, but the pain in side is better.

Ordered *pulsatilla*, 4/12.

Dec. 16.—Pain in forehead and shooting pain in temple are better: pain in side is a little better, but she sweats at night all over.

Ordered *calcarea*, 4/12.

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* By *pulsatilla poultice* is meant a bread poultice, (made as directed in Domestic Homœopathy, p. 222,) on which are dropped, before applying to the part, twenty drops of tincture of *pulsatilla* of the first dilution.

Dec. 22.—Pains in head better: the side pain is still bad, and she feels excessive tenderness at the side, at which part there is a swelling.

Ordered *belladonna*.

Dec. 26.—The pains in head lessened: the pain in side is better, but the tenderness is still excessive, and the feeling to touch is as if there was a collection of pus between the investing integuments of the contents of the belly.

Ordered *hepar sulphuris* and *belladonna*, in alternation.

Jan. 2, 1846.—Pains in head, temple and side are much better: the tenderness is much lessened, though it becomes worse towards night: the softness, like matter between the integuments, is still to be felt.

The monthly period, which had been absent for six months, now recurred and lasted four days.

Ordered *hepar sulphuris*, one globule, and *belladonna*, half a globule, in alternation for a week, then half a globule of *hepar sulphuris*, and quarter of a globule of *belladonna* for three weeks. She became cured of the pains in her forehead, temple, side, also of the tenderness and of the swelling, and the monthly period continued regular.

This patient was seriously ill: she had ovarian enlargement and there was considerable inflammation, and, at one time, I feared suppuration.

Case 9.—*Suppressed Menstruation of seven months duration.*

Elizabeth Glen, (page 699, case book 1847,) aged 47, a widow. She cannot hold her water, and every two months something gathers internally, and she has a discharge of blood and matter, and she has a bearing down of womb; the monthly discharge had been stopped in this patient seven months. She has a bloody purulent discharge.

On October 13, 1847, the symptoms of her complaint induced me to order *sepia* 1/12, and the monthly discharge re-appeared, and the purulent bloody discharge ceased and was converted into a white discharge.

Case 10.—*Suppressed Menstruation of eight months continuance, cured.*

Bridget James, (page 919, case book 1847.) aged 37, married, two children.

This patient has thrown off her food with green and yellow vomiting ever since she was a child: she has pain at pit of the stomach, also headache at top of head: bowels are confined: her water is thick: the monthly discharge has been absent eight months.

Ordered *pulsatilla.*

April 19.—She has not thrown off her food:* has not vomited any green and yellow matter: she has no pain at pit of stomach: the headache is better: she has an aching pain in back: *the monthly discharge has come on.*

Case 11.—*Suppressed Menstruation of nine months, cured.*

Susan Matthews, (page 1121, case book 1851,) aged 25, single, consulted me Jan. 3, 1847. She was seized on Monday morning with pain at pit of stomach: the pain returned this morning: she has pain all over her, especially at the forehead: her appetite is bad: the water passes very little at a time, and scalds her: the monthly discharge has been absent nine months: she has white discharge.

Ordered *pulsatilla.*

June 8.—The pain at the pit of the stomach has ceased: the general pain is very much better, and the forehead pain also: the appetite is improved: the water does not scald.

Ordered *pulsatilla.*

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* She stated that this was the first medicine that had stayed on her stomach of all that had been given her by the many medical men, she had sought assistance from.

June 15.—She feels ill all over her. The monthly discharge came on yesterday.

Case 12.—*Monthly Period absent twelve months, brought on.*

Fanny Cockman, (page 467, case book 1844,) aged 18, single. She complained of pain at the centre of chest, beginning at the top of the breast-bone extending to the lowest part of the belly: she has been very ill with pain for three months, and is still very ill: her head is painful across the forehead, hurting her to stoop: her tongue is coated, yet she feels hungry and wants to eat: food lies very heavy at the chest, she feeling as if she must be sick, and is often so: her bowels are confined: she has had the monthly period but once, and that was twelve months since: she feels so distended from food, that she is obliged to unloosen her garments after she has taken food.

Ordered *veratrum.*

Dec. 26—The chest pain is better: the tongue is cleaner: bowels are less confined: vomited only twice: cannot bear the stays on.

Ordered *pulsatilla.*

Jan. 2, 1845.—The pain is much better: head is better: she can stoop better: the tongue is

cleaner: the hungry feeling is lessened: the bowels act better: the food lies lighter: can bear the stays better: the monthly period has come on.

Ordered *pulsatilla*, in less doses.

Jan. 10.—All her gastric symptoms are better. *Pulsatilla* in less doses.

Jan. 24.—Pains all gone.

Section 2.—Excessive Menstruation.

Case 1.—*Excessive Menstruation and Hæmorrhage.*

Clara Chilton, (page 430, case book 1846,) aged 45, married, mother of one child, and has had two miscarriages. When she gave birth to the child, she was very long in labour and has not had a child since.

Sept. 26, 1846.—She stated that two months since she had an attack of a kind of cholera and she had felt poorly ever since. She is weak throughout her whole frame: her appetite was good till lately: her food lies heavy: bowels are confined: water clear: her monthly period is profuse, almost always discharging, which has been the case for three months. The discharge is clotted.

She has *taken much wine to strengthen* her, but with no benefit.

Ordered *sabina*, 4/12.

Oct. 5.—*She feels much better in herself* the last two days: the food lies less heavy: bowels less confined: the discharge is less profuse.

Ordered *sabina*, 4/12, in less doses.

Oct. 17.—Still much better: the monthly period has come on; she has left a pain across the bowels.

Ordered *cocculus* then *sabina*.

She feels much better.

Dec. 26.—She is quite well in every respect.

Case 2.—*Excessive Menstruation.*

M—— S——, (page 1457, case book 1846,) aged 25, married. Had a child a year since, but it did not live. She thinks she has had a slight miscarriage. She has had excessive monthly period, continuing for a fortnight: the discharge is profuse: the least flurry brings on the discharge: she has great pain in the back, and violent pain in the breasts and in the belly.

Ordered *sabina*, 4/12.

Aug. 10.—The monthly discharge left her on Wednesday: she feels much better, but is very weak.

Ordered *sabina*, 4/12, but in less doses.

Aug. 24.—No monthly period for three weeks: pains still in belly: she has shooting pains like a knife cutting through her: she has pain about her head, and swells about the body.

Ordered *pulsatilla*, 4/12.

Aug. 31.—The monthly period has recurred but continued only three days: *she has not been so well for twelve months*; the pain in back and breasts is better: she feels sleepy all day, and feels sick.

Ordered *bryonia*.

Sept. 8.—No return of discharge: pains are better: has headache, and is sleepy, and has shooting pains from belly to breasts.

Ordered *clematis*, 4/12, and directed that the back should be rubbed.

Sept. 16.—Breasts are much better; the sickness has ceased: headache better: back is better: sourness at stomach, which had been troublesome, is better: the monthly period yesterday was profuse but *without pain*: pain in the womb for three or four hours before it came on: hands sweat and legs ache, and she feels weak.

Gave *china* two globules for weakness, and directed *pulsatilla* to be taken. She repeats that she feels better than she has for a twelvemonth.

Oct. 6.—Hands still sweat: she has pain at heart: has low spirits and cries: is heavy for sleep. Maritus ejus coitum minus frequenter exercet. She has been injured by excess.

Ordered *calcarea.*

Nov. 6.—Hands better: pain in head and between shoulders: feels tired: bowels confined: pain in bosom.

Ordered *nux vomica*, 4/12.

She was cured.

Case 3.—*Excessive Menstruation.*

Harriet Storey, (page 1584, case book 1845,) aged 17, she has pain at right side, her appetite is bad: has much phlegm in the windpipe, and has a bad cough for six months: feels obliged to lie down. Her monthly period recurs every fortnight, and lasts too long, the discharge is dark and fluid.

Ordered *pulsatilla.*

July 1845.—The pain in head is very much lessened: her appetite is good: she still coughs at night and morning after lying down, and feels troubled by the phlegm in the windpipe.

Ordered *pulsatilla.*

July 13.—Head has been painful to-day, and is made worse by noise: cough is better: bowels rather confined: the monthly period has remained during the month.

Ordered *nux vomica*, 4/12.

July 13.—Head is better: cough still bad: bowels free.

Ordered *nux vomica*, 4/12, in less doses.

The monthly period became right.

Case 4.—*Excessive Menstruation.*

Ann Downton, (page 465, case book 1851.) This patient had been six years ill with uterine disease. She had been under the care of Dr. Reid, but with no benefit. Her system was altogether bad: she has an aphthous mouth: she has monthly floodings: discharge clotted, continuing a fortnight at a time: her tongue skins day by day, and shines: the blood often comes in gushes: the complexion is very sallow.

Ordered *china*, on May 1, 1847. On May 7, she stated that she had a better time this time, than ever she had before: she used only eight napkins, whereas she generally uses double, sometimes treble that number.

Case 5.—*Excessive Menstruation, and Painful and Irregular.*

Eliza Lymington, (page 1206, case book 1844,) aged 26, married, has had one child eight years

since, and has since that time never been pregnant. She has suffered for thirteen years from white discharge, and she suffers much in coitu: she has had an allopathist attending upon her continually for the last six weeks, but, getting worse, she sought homœopathic aid. She has pain at the bottom of back-bone, and at the hips: pain on lying down: her appetite is bad: her monthly period continues upon her a fortnight, is clotted and dark, and she feels very ill, the pains being dreadful, and the discharge being lumpy, and the pain in the belly and thighs being agonizing: her spirits are bad.

Ordered *pulsatilla*.

This was at the beginning of July.

The *pulsatilla* was followed by *calcarea*, because she sweated at night.

The monthly period did not now recur for a month: an interval which she had not enjoyed for a long time: her weakness was excessive.

Pulsatilla, followed by *calcarea* and *china*, restored to her a state of health, which she had not enjoyed for a long time.

Case 6:—*Excessive Menstruation.*

Margaret Stedman, (page 1518, case book 1844,) married, aged 34, came under treatment

for an ulcerated leg, which has continued five years. The monthly period lasts three weeks: she has gastric symptoms: the food lies heavy at the stomach: the bowels are confined.

Pulsatilla reduced the monthly discharge to a week in duration.

Section 3.—Painful, Irregular, and Deficient Monthly Discharge.

Case 1.—*Painful Menstruation.*

M. D., (page 349, case book 1843,) aged 18, single. She has suffered from deep cracks in her fingers for seven years. She has been under the treatment of Mr Rees and Dr. C. Finding the medicine ordered to be very expensive, and very ineffectual, she sought homœopathic advice; she had used by the direction of these gentlemen a lotion, in which twenty grains of nitrate of silver were dissolved in an ounce of water. The cracks extend all round the fingers: the nails peel off, and eat away: on one finger the nail is so abraded, as to show the flesh beneath: the sores bleed: her hands are dry: her hair comes out: she has white discharge, with itching and irritation.

Petroleum, persevered in for a month to six weeks, produced the most beneficial results.

In March gastric symptoms presented themselves; she experienced a sensation as if all her food laid at the root of the throat: also a feeling as of a weight at the pit of the stomach; but what troubled her most, was a severe pain in the breasts at the monthly period, with great pain at the back, great bearing down feeling at the womb, and passing great clots of blood.

Ignatia, eight globules, removed in three weeks the gastric symptoms, and the pain at the monthly period.

Case 2.—*Painful Menstruation.*

Charlotte Adams, (page 109, case book 1843,) consulted me, March 6, 1843, for severe pain before the monthly period, to which she is subject. She has in addition, pain at and in the left breast, also she hears a noise under the left breast: the tongue is furred: the bowels are regular: she has headache when she stands.

Ordered *pulsatilla*.

March 21.—The pain is felt from the shoulder to the left breast: the headache is better: the monthly period has *recurred without pain*: she has great dryness of the lips, which *arsenicum* removed: and her monthly period caused her no incon-

venience till April, in the succeeding year, when it ceased, and remained absent till Sept. 16, 1844, when she consulted me for a severe knocking pain in her head, for which *belladonna* was administered, which restored the monthly period, which, as stated, had been absent six months.

Case 3.—*Painful Menstruation.*

Mary David, (page 459, case book 1846,) aged 21, single, is under treatment for a tumour extending from the pit of the stomach to the navel; the tumour is large and there is a painful throbbing in it. She has in the course of treatment experienced very great pain at the monthly period, and she has an unhealthy greenish discharge.

Pulsatilla was ordered for this, and she requested that she might be permitted to keep the prescription, as she felt so nicely at the last monthly period, at which she was taking the *pulsatilla* prescribed.

Case 4.—*Delayed Menstruation, three times in a Year.*

Maria Lewis, (page 900 *b.*, case book 1846,) aged 52, single. She has suffered four months from an affection of the leg, which is swollen above the knee: she has had the monthly period only three

times in the year. She took *pulsatilla*, and the monthly period became regular.

This effect is the more remarkable, because the time of life would indicate the cessation of the discharge.

Case 5.—*Delayed Menstruation and Irregular.*

Elizabeth Lloyd, (page 903 *b*., case book, 1846,) aged 36, single, consulted me Oct. 26, 1846. The monthly period recurs a week beyond the time: the discharge itself is a proper colour: the breasts and the body swell when the monthly period stops: the belly is large: the legs ache.

Pulsatilla, 4/12.

This caused the monthly discharge to come on at the proper time in proper quantity, the breasts and the body swelled less.

Case 6.—*Irregular Menstruation.*

Lucy Ratty, (page 1356, case book 1848,) aged 35, married, mother of four children, and has had two miscarriages.

She has been subject to headache, (the pain in her head is burning,) since she was sixteen: she vomits: the headache affects her spirits: the headache comes on by day in the morning, and is

attended with chilliness: bowels confined, and when relieved pain is caused.

Her monthly period has been irregular.

Ordered *belladonna*.

Dec. 19.—The head has been worse, but there has been no vomiting: her spirits are still depressed, and the morning headache, the chilliness and other symptoms, are the same, but the monthly period has become more regular: there is great restlessness at night.

Ordered *belladonna*.

Jan. 15.—The pain in head is very much better: there is no vomiting: the spirits are better: the chilliness is better: the bowels are very confined: the actions are large and occur once in two days: the water, which was clear, has become thick.

Ordered *nux* and *belladonna*, in alternation.

The monthly period became regular, and she became well in every respect; she has remained regular till Jan. 7, 1851.

Case 7.—*Deficient Menstruation.*

Anne Maria King, (page 1111, case book 1844,) aged 38, married. She complains of pain over both eyes, which has continued many years, being worst in the evening: she has great weakness, and an extreme nervous feeling: is agitated: the

food lies heavy at the chest: rises: the bowels are costive: the piles trouble her at times: the monthly period is less than it used to be.

Ordered *pulsatilla*, 4/12.

In a few days the gastric symptoms were much improved, and the monthly period had increased, and the continued use of *pulsatilla* gradually established a healthy condition of the monthly discharge.

CONCLUDING REMARKS.

It is to be hoped that the views and the facts presented in this little treatise may be useful, in establishing in the female mind, first, that clearness of statement in reference to the maladies peculiar to the sex is essential to the removal of these maladies: second, that this clearness of statement cannot, in any particular, offend the most sensitive mind, when that mind has its sensibility associated with the knowledge, that natural facts cannot be indecent or indelicate, when they are considered in relation to the removal of diseased states: and, third, that it is unjust both to the patient and to the physician to give an imperfect statement of the malady, for which medical treatment is sought.

JOHN TRAPP, PRINTER, BUDGE ROW, LONDON.

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Works in Connexion with Homœopathic Practice.

By JOHN EPPS, *M.D.*

1. HOMŒOPATHY AND ITS PRINCIPLES EXPLAINED, being Eight Lectures thereon, delivered at Exeter Hall. Second edition. Price 5*s*.

In regard to this work the first is the opinion of a gentleman who was *converted to*, and *convinced of* the truth of Homœopathy, by reading Hahnemann's *works*, and by beholding Hahnemann's *practice*, at Paris; the second that of one of the clearest thinkers of the day.

"Nov. 25, 1841.—I would have hastened to acknowledge your obliging present, but that I desired, before doing so, to be able to speak experimentally of its contents. I can now say that I am exceedingly glad to see the main points in the explanation, and the defence of Homœopathy, brought before the public in a manner so clear, so intelligent, and so forcible. I do not doubt that your work will contribute, in an important degree, to the great emancipation from the thraldrom of the medical superstition now dominant, which is so devoutedly to be wished."

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2. WHAT IS HOMŒOPATHY? PRICE 3d. Reprinted in America and in Canada.

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This work is republished in America, as the following incident recorded by the author may testify. "I was sent for in great haste to see a lady in the city. I found this lady had just arrived from America. Neither she nor her husband had ever been

in England before, and had then been in London only half an hour. She was affected with uterine hæmorrhage. I found her in bed; I prescribed for her; and she visited me two days after. On inquiry why they had sent for me, I learned that I had often been the indirect means of curing their maladies before; that at Cincinnati, Ohio, where they lived, my book was their domestic guide, having been reprinted in America, and there extensively used."

The success of this work in America is farther illustrated by the following extract of a letter from Mr. Otis Clapp, bookseller, of Boston, United States.

Boston, Feb. 26, 1845.

"JOHN EPPS, M. D. Dear Sir,—About two years since, I imported several of your works on homœopathy, and among them the work on domestic homœopathy. This work I submitted to SEVERAL PHYSICIANS, who *strongly recommended* my reprinting and publishing it. I accordingly printed *one thousand* copies, nearly all of which are sold. I have a copy of your *fourth* edition, which is more than half through the press."

"OTIS CLAPP."

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Nothing but merit in a low estate.'

"Thus sang Alexander Pope, and, in few instances have the sentiment of his lines been more fully exemplified than in 'The Life of Dr. Walker.' To the benevolence of his feelings, his universal philanthropy, and stern integrity of character on all occasions, Dr. Epps bears the most unequivocal testimony; and the instances which are adduced in favour of his amiable disposition, appear almost in every page of this volume. From these materials, taken in connection with their various episodes and ramifications, enlivened by anecdote, and illustrated by facts, the biographer has produced an intelligent and entertaining book. The talents of Dr. Walker appear in a very commanding light; and, from the incidents recorded, we cannot but infer, that he was an acute observer of men and manners, and that his philosophic eye was ever open to watch passing events. In Dr. Epps the deceased has found an able biographer whom we can strongly recommend to the reader, as an entertaining and intelligent author."—*Imperial Magazine*, May, 1831.

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Vaccine Establishment of London; and laboured daily and hourly for the public, without the wavering or failing of a thought in mind, or a second in time, for upwards of a quarter of a century."—*Spectator.*

*** A few copies of this work, Royal 15*s.*, Demy 12*s.*, are on sale at Mr. James Epps, Homœopathic Chemist, 112, Great Russell-street, Bloomsbury, London.

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