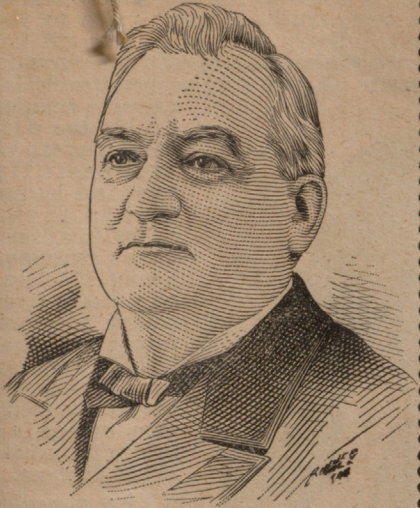


ELEVENTH EDITION OF

THE ILLS OF LIFE,



S. B. HARTMAN, M. D.

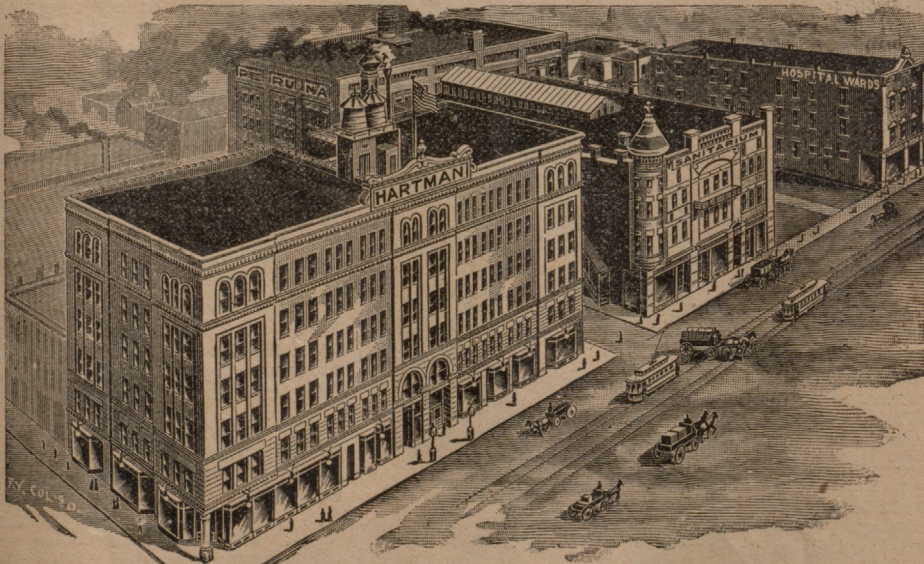
—AND—

HOW TO CURE THEM;

—OR—

Everybody His Own Physician.

BY S. B. HARTMAN, M. D.



Present Laboratories of Peruna.

—PUBLISHED BY—

THE PERUNA DRUG MANUFACTURING CO., COLUMBUS, OHIO.

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The Nervous System.

DEDICATION.

This little book is dedicated to my private patients in all parts of the United States and to afflicted humanity generally. It contains not only true theories, but many truths of great value to the family. Every word of it is worth the closest study and frequent reference in sickness. It is a concise, practicable, invaluable treatise on all the diseases that can be successfully treated by patients themselves. The directions contained herein, if followed, will save time, money and suffering. The *Ills of Life* is intended as a general work on family medicine, covering briefly the whole list of diseases.

The remedies *Pe-ru-na*, *Man-a-lin* and *La-cu-pi-a* were originally private prescriptions used by me in my regular practice, compounded at the various drug-stores for each patient personally; but the frequency in which these valuable compounds were made by druggists without the proper facilities for their preparation, as well as the extensive demand that has sprung up for the medicines outside my private patients, finally led to the formation of The *Pe-ru-na* Drug Manufacturing Company, who have the exclusive right to their manufacture and sale.

SCIATIC NERVE

The object of this book is to teach the people in the plainest language possible exactly how to use *Pe-ru-na*, *Man-a-lin* and *La-cu-pi-a* in the various diseases for which they are recommended. Should the book, however, fail to give any one the needed advice, a letter directed to me, containing the particulars of the case, will be answered by me free.

S. B. HARTMAN, M. D.



CEREBRUM
CEREBELLUM
MEDULLA OBLONGATA

SPINAL CORD

CAUDA EQUINA

The Ills of Life

Has run through many editions. From this edition all testimonials have been excluded to make room for other matter. For free books on special subjects the reader is referred to my special book on Chronic Catarrh, consisting of Winter Catarrh, Summer Catarrh, Health and Beauty. Also a book of certificates, entitled Facts and Faces, both of which will be sent free.

The Confidential Physician will be sent on receipt of 25 cents.

TWELFTH EDITION OF
THE ILLS OF LIFE,
Or the Encyclopedia of Family Medicine.

A MEDICAL LECTURE.

The trend of modern medical research is toward simplicity. It is gradually becoming more and more apparent that diseases can be traced back to a common origin; that, while we have thousands of diseases in name, we have very few diseases that are really different.

Before chemistry revealed to us the nature of things it was thought that every object about us was essentially different; but chemistry taught us that, while objects appear to the senses as very different, yet they are composed of a very few common elements. Nitrogen, oxygen, hydrogen and carbon compose nearly every object with which we come into daily contact. The differences between objects are not so much differences in material of which they are composed, but differences in the arrangement of material.

MANY NAMES—FEW DISEASES.

So it is with diseases. We have thousands of diseases by name; but all of these diseases can be actually traced to one of three or four distinct causes. It is very necessary for the physician to understand this, for, to exactly comprehend the nature of a disease is indispensable, in order to be able to cure it. When he has found out the real cause and nature of the disease, no matter what the disease may happen to be called, he treats it according to its real nature.

DISEASES CLASSIFIED.

The diseases to which the human family is liable can be arranged into four classes or kinds. First, infectious diseases; second, glandular diseases; third, blood poisons or blood humors; and fourth, catarrhal diseases.

INFECTIOUS OR ACUTE DISEASES.

Infectious diseases are caused by minute organisms (bacilli), sometimes called disease germs. The disease germs find their entrance into the body through the food we eat, the air we breathe, and the water we drink. These diseases are also known as acute diseases, and include scarlet fever, diphtheria, measles, whooping-cough, mumps, malaria, la grippe, yellow fever, cholera, smallpox, typhus fever, etc. They are either epidemic, contagious, or endemic. They run a definite course, and, with the exception of acute malaria and la grippe, medicine has little or no effect to cure them. All that can be done with medicine is to palliate some of the symptoms. It is, therefore, advisable that a physician be employed in such cases.

The entrance of disease germs into the system in sufficient quantity to produce acute disease depresses the nerve centers. This is especially true of diphtheria, malaria and la grippe. About all that can be done in these cases is to sustain the nervous system by some natural nerve tonic, except in acute and distinctly intermittent malaria, when it is claimed that quinine destroys the disease germs. This is the only infectious disease in which this claim is made. That quinine does have such an effect, however, is disputed by many, who claim that its only effect is to stimulate the nervous system to resist the malarial poison.

While it is not claimed that Pe-ru-na has any specific curative effect on infectious diseases, it is claimed that no better remedy can be found to sustain the nervous system during the course of the disease. In chronic malaria Pe-ru-na defeats the disease germs by enabling the nervous system to resist them and expel them from the system.

It is to be understood, then, that neither Pe-ru-na, Man-a-lin nor La-cu-pi-a are recommended to cure acute infectious diseases; that while these remedies, especially Pe-ru-na, may be useful as palliatives during the course of these diseases, yet they are not curative of them. It is recommended, however, for those people who, for any reason, find it inconvenient to employ a physician to give Pe-ru-na in small and oft-repeated doses during the course of all infectious diseases.

As for myself, if a member of my family was sick with any of the infectious diseases, I should desire no other treatment than good care, good nursing, and frequent small doses of Pe-ru-na. It would make little or no difference to me which one of the infectious diseases it happened to be about the treatment. They simply require such nursing and such artificial strength as the case seems to demand. But, as a rule, it would probably be better for people who have no knowledge of medicine to employ a physician when a member of the family is afflicted with an infectious disease; not because he can do any more to restore the patient's health than the above treatment, but it takes a great responsibility from the minds of the attendants to have some doctor in charge of the sick when they are acutely ill. For this reason alone it is generally advisable to employ a physician.

Pe-ru-na strengthens the nerves, invigorates the circulation of the blood, and quickens the functions of the body. If this be true, nothing better can be done for the person

afflicted with an infectious disease than small doses of this remedy, although it has no especial curative effect in such cases.

GLANDULAR DISEASES.

Glandular diseases result from disturbances of the functions of the various glands of the body. These glands are known as the liver, glands of the bowels, pancreas, spleen, lacteal glands, etc. When the functions of these glands are disturbed they are apt to become sluggish in their action. They need a temporary stimulus to restore them to their functional activity.

Diseases of the glands produce biliousness, constipation, some forms of dyspepsia, and many other functional diseases. Man-a-lin should be used in sufficient doses to stimulate the glands to their proper function. (See Man-a-lin.)

BLOOD POISONS OR HUMORS.

This class of diseases includes such diseases as erysipelas, salt rheum, scrofula, syphilis, rheumatism, etc. They are the result of some alteration in the constituents of the blood which leads to very grave physical disturbances.

The remedy La-cu-pi-a is adapted to these cases, and a persistent use of it will result in the restoration of the blood to its normal state. (See La-cu-pi-a.)

CATARRHAL DISEASES.

It is sufficient to say here that the nervous system controls all the functions of the human body. Every minute blood vessel which permeates the human body contracts and expands under the influence of the nervous system.

The portion of the nervous system which presides especially over the circulation of the blood in the mucous membranes of the body is known as the vaso-motor system of nerves. When these nerves become weakened and allow more blood than normal to pass into the capillary vessels, the condition of the mucous membranes is known as catarrh.

When this congestion continues for some time it is known as chronic catarrh. The congestion may occur in the mucous linings of the nose, throat, bronchial tubes, lungs, stomach, bowels, kidneys or pelvic organs. Wherever it occurs it produces the same condition—chronic catarrh.

ACUTE CATARRH.

When the mucous membranes are exposed to cold the blood vessels lose their power to contract; they become flabby and bulged out with blood, which causes a watery fluid to exude (mucus). This is called "catching cold;" but usually the vessels soon regain their elasticity, and one gets over his cold. This is a case of acute catarrh, and is commonly known as "a cold." "Catching cold" is the ordinary phrase for an attack of acute catarrh.

When acute catarrh is confined to the respiratory organs it may begin with a slight cough, or hawking and spitting mucous from the throat, or running at the nose, or watery eyes; but these symptoms, in a large per cent. of cases, continue to grow worse until grave or fatal disease sets in. Of course some cases recover without any treatment, but it is extremely dangerous and foolish to run such risks. If no attention is paid to the acute stage it either sets up diphtheria, pneumonia, consumption, or some other disease, or develops chronic catarrh, or at least leaves the mucous surfaces especially liable to another attack at the slightest exposure.

CHRONIC CATARRH.

Yet, in many cases, these vessels have been so severely or frequently stretched that they remain so, and show no tendency to become elastic again. This is called chronic catarrh, and is simply a chronic cold. It is a common and dangerous condition, as it will soon destroy the mucous membrane, producing in the mouth canker sores; in the throat enlarged and uneven tonsils (sometimes causing deafness); in the larynx hoarseness and weakness of the voice; in the bronchia, cough and soreness of the chest; in the lungs, consumption; in the stomach, dyspepsia; in the duodenum and intestines, diarrhoea, dysentery, flatulency and piles; in the kidneys, Bright's disease; in the bladder, cystitis; (catarrh of the bladder) in the reproductive and urinary organs, functional derangement.

There is no disease more common, more neglected, and often more difficult to cure. It is common, because all alike are exposed to sudden changes in temperature; neglected, because it is rarely severe enough at first to interfere with business; and difficult to cure, because usually it is allowed to become chronic before treatment is begun.

CATARRH AS A CAUSE OF OTHER DISEASES.

If I were asked to name the disease which most rarely destroys life I would name catarrh; but were I asked to name the disease which sets up in the system oftenest diseases which do destroy life, I would again name catarrh. Catarrh, while it remains simply catarrh, very rarely destroys life, although it makes life miserable; but catarrh surely leads to a host of conditions, many of which are fatal to life. The following list of diseases, too well known in this country, are each and all simply catarrh affecting different organs of the body:

Rhinitis.—Catarrh of the mucous membrane lining the nose and frontal sinuses.

Ozena.—Atrophic or ulcerated, catarrh of the mucous membrane lining the nose.

Conjunctivitis.—Catarrh of the mucous membrane covering the eye and lining the lid, causing red watery eyes.

Otitis.—Catarrh of the mucous membrane lining the middle ear.

Tonsillitis.—Catarrh of the mucous membrane covering the tonsils.

Pharyngitis.—Catarrh of the mucous membrane lining the pharynx.

Laryngitis.—Catarrh of the mucous membrane lining the larynx.

Bronchitis.—Catarrh of the mucous membrane lining the bronchial tubes.

Capillary Bronchitis.—Catarrh of the mucous membrane lining the capillary bronchial tubes.

Pulmonitis.—Acute catarrhal inflammation of the mucous membrane lining the air cells of the lungs.

Pneumonitis (Pneumonia.)—Acute Catarrh of the mucous lining of the lungs.

Consumption.—Catarrh of the mucous membrane lining the lungs.

Stomatitis.—Catarrhal inflammation of the mucous membrane lining the mouth.

Œsophagitis.—Catarrhal inflammation of mucous membrane lining the Œsophagus or meat-pipe.

Gastritis.—Catarrh of the mucous membrane lining the stomach.

Duodenitis.—Catarrhal inflammation of the mucous membrane lining the duodenum.

Hepatitis.—Catarrh of the mucous membrane lining the liver.

Pancreatitis.—Catarrhal inflammation of the mucous membrane lining the pancreas.

Enteritis.—Catarrh of the mucous membrane lining the small intestines.

Appendicitis.—Catarrhal inflammation of the mucous membrane lining the vermiform appendix.

Colitis.—Catarrh of the mucous lining of the large intestine or colon.

Proctitis.—Catarrhal inflammation of the mucous membrane lining the rectum.

Endocarditis.—Catarrh of the mucous membrane lining the heart.

Nephritis.—Catarrh of the mucous membrane lining the kidneys, or "Bright's Disease."

Ureteritis.—Catarrh of the mucous membrane lining the ureters (two small tubes which convey the urine from the kidneys to the bladder.)

Cystitis.—Catarrh of the mucous membrane lining the bladder.

Prostatitis.—Catarrh of the mucous membrane of the prostatic urethra, causing prostaticorrhœa.

Epididymitis.—Catarrh of the mucous membrane lining the epididymus, generally involving the mucous membrane lining the seminal vesicles and the ejaculatory ducts, causing loss of sexual power, spermatorrhœa and nocturnal emissions.

Urethritis.—Catarrh of the mucous membrane lining the urethra, making micturition more or less difficult.

Salpingitis.—Catarrhal inflammation of the mucous membrane lining the Fallopian tubes.

Endometritis.—Catarrh of the mucous lining of the womb.

Vaginitis.—Catarrh of the mucous membrane lining the vagina.

A COMMON MISTAKE.

It is almost universally believed that this list of diseases, just enumerated, are each essentially different. It is thought that when one person has bronchitis, and another Bright's disease, and another dyspepsia, that each one has a disease entirely different and unlike the others. It is a revelation to most people to learn that all these diseases are precisely the same; that is to say, catarrh of the lining mucous membranes of the various organs of the human body as will be seen in the following pages. Each one of the foregoing names for catarrh will be treated sufficiently fully to enable the reader to thoroughly understand these various catarrhal diseases, and enable him to cure himself. These facts have long been known to the advanced physicians, but the masses of the people, as well as many members of the medical profession, do not seem to understand this very important fact.

If consumption were universally regarded as catarrh of the lungs and treated as catarrh should be treated, located anywhere else, it would not only lead to a greater number of cures, but remove a great deal of confusion from the minds of the majority of people. The mucous membranes of the body are essentially alike everywhere, hence catarrh of one mucous membrane is the same as catarrh of any other, and the remedy that will cure one will cure all the rest.

A SINGLE REMEDY.

Thus, it will be seen, that if there is a remedy for catarrh which can be relied upon to cure it in all stages and locations, such a remedy would cure a host of (so-called) diseases. It is claimed for Pe-ru-na that it will cure catarrh. Pe-ru-na is not claimed to be a cure-all; neither is it recommended for a variety of diseases. It is recommended only for derangements of the vaso-motor system of nerves, upon which catarrh depends, and some other varieties of nerve weakness, which will be hereinafter described.

Pe-ru-na, in its beneficial action upon the vaso-motor system of nerves, strikes at once at the cause of a multitude of catarrhal diseases, as will be readily seen by those who have read the foregoing pages. The vaso-motor system of nerves controls all the blood vessels and ducts of the body. But particularly do they control the arteries and veins and capillary vessels of the mucous membranes lining every organ of the body, from the head to the pelvis. In catarrh these vessels are abnormally dilated. Pe-ru-na increases the tone of the blood vessels and causes them to contract to their normal,

healthy condition. It is this action of the Pe-ru-na solely that cures catarrh in every part of the mucous membrane, no matter where located.

PE-RU-NA IS NOT A CURE-ALL.

It is claimed for Pe-ru-na only that it restores the efficient action of the vaso-motor system of nerves. This is all it will do. This is all that we claim it will do. But we insist that if it is taken persistently and according to directions that it will do this. But in doing this what a vast multitude of disorders is mitigated, not because Pe-ru-na is a cure-all, but because so many maladies depend upon a single cause. Pe-ru-na is single in its effect.

CHRONIC RHINITIS OR CHRONIC NASAL CATARRH.

This term is applied to a low form of inflammation of the mucous membrane of the nose, gradually spreading through the head and down the throat.

Chronic (old) Catarrh (cold), hence Chronic Catarrh is an old cold. A person takes a cold in the head, has a running of the nose, a fullness and stopped-up feeling of the head, and may have headache and fever. He is continually blowing his nose or using his handkerchief. In the course of a week or ten days the symptoms disappear and, as far as he knows, he has fully recovered, but a remnant of the cold may remain. In time he contracts another acute cold, which will increase the old trouble left from the previous attack. In the course of time he is cognizant of never being free from a cold. Hence, it is the remnants of several colds that generally constitute Chronic Catarrh, but it sometimes happens that the first cold contracted is obstinate and gradually becomes chronic.

Children take cold during an attack of Measles, Scarlet Fever, Croup, Diphtheria or Mumps, which cold has a tendency to run into a chronic form of Catarrh, and may extend up through the lachrymal ducts, leaving behind sore eyes, or it may pass through the eustachian tube into the middle ear, producing running of the ears, or partial or even total deafness, or it may attack the tonsils, permanently enlarging them, or march along the mucous membrane of the throat to the glottis and produce swelling of that organ, (when death may speedily follow, as in the case of General Washington. He said: "It is only a cold—let it go as it came, and has often done before." A doctor was, however, summoned, but too late; he died in less than twenty-four hours.) The disease may extend into the larynx and destroy the voice (aphonia) or render it husky for life. Finally, it may pass down along the mucous membrane into the bronchial tubes, producing Bronchitis or Asthma, and may even extend to the air-cells of the lungs and awaken

Consumption; for which reason the Chronic Catarrh, so often resulting from measles, Scarlet Fever, etc., should be treated immediately after the child has recovered from any of the said diseases, and thereby avoid the fearful lingering consequences which so often follow children through life. Exactly so with adults, who contract Chronic Catarrh later in life, and though their eyes and tonsils escape, the tendency of the disease to the ears or lungs is greater than in children.

Varieties.—Simple Chronic Rhinitis (Simple Chronic Catarrh of the nose), Hypertrophic Rhinitis, Suppurative Rhinitis (Hypertrophic Nasal Catarrh), Atrophic Rhinitis (Atrophic Nasal Catarrh.)

Simple Chronic Rhinitis.—(Simple Chronic Nasal Catarrh) may exist a long time without the person being conscious of it, as the secretions of the nose are slight and tenacious, consequently there is but little hawking up as in other varieties.

TREATMENT.—Treatment for simple Chronic Rhinitis; that is, for Simple Chronic Nasal Catarrh, is very simple.

Men should take a tablespoonful of Pe-ru-na before each meal and at bedtime, and continue until cured.

Women should take a teaspoonful of Pe-ru-na before each meal, between meals and at bedtime, and continue until cured.

Hypertrophic Rhinitis (Catarrh).—In Hypertrophic Nasal Catarrh the mucous membrane is thickened, of a grayish appearance, elastic to the touch. The discharge from the nose is whitish, stringy, tenacious—one nostril clogged up to-day and to-morrow the other. But the discharge may be so slight that it is not noticed except on taking a fresh cold. But again the sufferer may hawk and spit up a small quantity before or after breakfast, and nothing more all day, and never for a moment suspecting that he has chronic catarrh, and when asked whether he is so afflicted, he will sternly deny it. Sometimes the thickened mucous membrane causes so much pressure on the irritated nerves that it produces very annoying neuralgic pains or headache, which cannot be permanently relieved until the catarrh is cured.

Suppurative Catarrh.—In this form of Chronic Catarrh, the mucous membrane is in the same condition as in Hypertrophic Catarrh, except that the expectoration is greater and finally becomes profuse, yellow and tenacious. The quantity of the discharge from the nostrils, especially from the naso-pharynx, that is, from the space behind and above the soft palate, is sometimes enormous.

Hypertrophic Rhinitis (Catarrh) is the most prevalent and most productive of discomfort, and most liable to a variety of dangerous and distressing complications of all chronic diseases. Some of the ill effects that

frequently follow catarrhal affections are partial deafness, ringing in the ears, and very often if not arrested by proper treatment, total deafness. These results are caused by an extension of the disease along the Eustachian tubes into the middle ear.

When Catarrh extends to the bronchial tubes, it soon produces shortness of breath and palpitation of the heart on slight exertion.

Again, in the same manner, the disease extends down the mucous membrane of the esophagus to the stomach, causing indigestion, dyspepsia, liver complaint and sympathetic derangements of the heart. These complications may be produced by either of the varieties of Chronic Catarrh of the nasal organs.

In many cases the catarrh has followed the mucous membrane downward into the bronchial tubes through the larynx, and even into the cells of the lungs, causing coughing, shortness of breath, and fast beating of the heart. When these symptoms are present, then no local treatment for the catarrh in the nose should be used, until the coughing and shortness of breath has first been cured with the treatment given for Consumption in this book.

Hypertrophic Rhinitis, that is, Hypertrophic Chronic Catarrh, being a constitutional as well as a systemic disease, calls for both internal and local treatment.

TREATMENT.

The internal remedy for Catarrh is *Pe-ru-na*. Men should begin with a teaspoonful before each meal and at bedtime, and gradually increase the dose, so that a tablespoonful will be taken by the end of the first month. Then gradually increase the dose again so as to be taking two tablespoonfuls at each dose at the end of the second month; and after that continue this dose until complete recovery has taken place.

Women should take a half teaspoonful of *Pe-ru-na* before each meal, between meals and at bedtime. This dose should be gradually increased during the first month to one teaspoonful. Then continue to gradually increase the dose so as to be taking two teaspoonfuls by the end of the second month, and after that continue this dose until a cure is effected.

A sufficient dose of *Man-a-lin* should be taken at bedtime to insure one free motion from the bowels daily. Some will get well during the first month; others will require the two months' treatment; and bad, stubborn cases will have to continue with the two tablespoonful doses (women with two teaspoonfuls) perhaps anywhere from two to six months. I have never in my life met with a case of non-organic Chronic Catarrh that this treatment did not cure absolutely and permanently.

LOCAL TREATMENT.

But to facilitate a cure, and to lessen as much as possible the time required to effect a cure of Chronic Nasal Catarrh, the nasal cavities should be cleansed.

CLEANSING THE NOSE.

To cleanse the mucous membrane lining the nose and associated cavities, make a weak solution of salt in warm water (say an even teaspoonful of salt to a quart of lukewarm water,) and snuff it up from the palm of the hand through the nose, so as to come out through the mouth; also blow your nose frequently while doing so. Continue this process until you are sure that all adherent mucus and scabs from the nose and the upper part of the throat; that is, from the nasopharynx, have been removed. Do this on going to bed in order that you may sleep well during the night; and on getting up in the morning so that you may breathe through your nose freely all day. That is, resort to these cleansings twice daily.

To protect yourself against taking fresh cold while under treatment,

GARGLING

should be resorted to. To do this put four tablespoonfuls of common table salt into one quart of cold water. Then, seated on a low back chair, take a mouthful of the gargle, close the lips tightly, hold the nose shut with the thumb and finger, throw your head far back, and make the motion of swallowing, or any motion of the throat that you can make without actually swallowing. Do this as long as you can hold your breath, then spit it out. Gargle on going to bed (after having cleansed the nose), on getting up in the morning, and after each meal; that is, five times daily. When not using the bottle containing gargle, keep it in a cool place.

The ordinary way of gargling will doubtless do some good, but the right and most effective way of gargling is as above.

ADDITIONAL PROTECTION.

If possible, every morning on rising, remove the clothing from the upper part of the body and bathe or splash the face, neck, shoulders, chest and back, down as far as you can reach with the hand, with cold water. Move rapidly, dry thoroughly with a rough towel, so as to quickly get a warm glow of reaction. The nerves of the nose have their terminal ends in these parts of the skin of the body. This will accustom the skin to cold drafts of air and act as a protection against taking cold while under treatment.

ATROPHIC CHRONIC RHINITIS (Catarrh)

Ozæna, Ulcerative, Dry and Fetid Catarrh.

The most frequent cause of this form of catarrh is Hypertrophic Catarrh, which, having long continued, finally produces a scrofulous peculiarity of the system. In this con-

dition the phlegm and mucus becomes thicker and much more tenacious than in the other varieties of catarrh. It becomes dry, forming scabs or hard lumps which becomes closely moulded to the irregular interior of the nose, and pressing upon the thickened mucous membrane, produce absorption of the glands, and consequently atrophy or thinning of the membrane.

The scabs, in Atrophic Catarrh, when removed have adhering to them greenish, bloody matter on the side that was attached to the mucous surface and have a very offensive odor. This is the only positive symptom by which Atrophic Chronic Catarrh can be distinguished from Hypertrophic Catarrh.

When Atrophic Catarrh is fully developed the nose is not stopped up by thickened mucous membrane, but may be by accretions to the scabs. These scabs, confining secretion between them and the mucous membrane frequently cause ulceration and disease of the bones, producing a green or bloody discharge, and yet in the majority of cases of this variety, can breathe fairly well through the nose.

You can readily understand why the Ulcerative, Atrophic, Dry and Fetid Catarrh are grouped under one form. Atrophic, because the thickened mucous membrane and deeper tissues have become absorbed and are unnaturally thin; dry, because the secretions are not so abundant, but more tenacious so that they crust and scab; ulcerative, because the mucous membrane and bones become ulcerated from the blocked-up irritating secretions, giving rise frequently to polyp tumors in the nose; fetid, because, in many cases the breath and secretions become very offensive (*Ozæna*.)

In some cases the disease assumes the atrophic form at once. Some linger long with this loathsome, ulcerative catarrh, going on from bad to worse, able to work, and apparently enjoying life, until suddenly the lungs are attacked with Galloping Consumption, if not properly treated.

TREATMENT OF ATROPHIC CHRONIC RHINITIS (Catarrh.)

The treatment of Atrophic Rhinitis (Catarrh) like the Hypertrophic form of catarrh, requires internal and local treatment.

The internal treatment is the same as for Hypertrophic Catarrh; that is, men should begin with a teaspoonful of *Pe-ru-na* before meals and at bedtime, and gradually increase the size of the dose until they will be taking by the end of the first month a tablespoonful of *Pe-ru-na*. Then gradually increase the dose so that at the end of the second month they will be taking two tablespoonfuls at a dose; after that, continue this dose until recovery is complete.

Women should begin with one-half teaspoonful of *Pe-ru-na* before each meal, mid-

way between meals and at bedtime. This dose should be gradually increased during the first month to one teaspoonful; then continue to gradually increase the size of the dose so as to be taking two teaspoonfuls at the end of the second month; and after that continue this dose until a complete cure is affected.

Atrophic Rhinitis (Catarrh) is not only a systemic disease requiring the same internal treatment as the Hypertrophic variety, but in some cases it must also be treated as a constitutional disease. Therefore, we also give a tablespoonful of *La-cu-pi-a* immediately after each meal, and continue this dose three times a day; that is after each meal until the fetid odor has entirely disappeared. The *La-cu-pi-a* is taken in the same dose by men and women.

The bowels should during the whole course of treatment be kept in a regular and soluble condition by taking a sufficient dose of *Man-a-lin* every night at bedtime.

In my lectures on "Winter Catarrh," I do not prescribe *La-cu-pi-a* in Atrophic Catarrh. My reason for not doing so was this: There are so many cases of the Atrophic variety of Catarrh in which there is no constitutional condition that requires *La-cu-pi-a*, that I was afraid by inserting the treatment with *La-cu-pi-a*, I would frighten many cases into taking *La-cu-pi-a* when they did not require it. *La-cu-pi-a* would do no injury in any cases of catarrh, but it is unnecessary in all cases of catarrh excepting the few that are distinctly constitutional; and these few do require *La-cu-pi-a*.

Should any one afflicted with Catarrh, reading this be puzzled in any way to know whether he should take *La-cu-pi-a* or not, let him take *Pe-ru-na* at once and go on with the treatment as though he were sure he did not need *La-cu-pi-a*, and then write me describing the character of the scabs that he removes from his nose. I will take great pleasure in every such case to answer all letters immediately, and tell him whether he shall take *La-cu-pi-a* or not. I trust that this will sufficiently guard any one against the unnecessary taking of *La-cu-pi-a*. Of course any one who knows that he has a taint of Syphilis, or is greatly troubled with Rheumatism, *La-cu-pi-a* must be taken.

The reader will find a more detailed description of Catarrh in my book entitled, "Winter Catarrh," which will be sent upon application.

LOCAL TREATMENT.—The local treatment for Atrophic Catarrh should be precisely the same as in Hypertrophic Catarrh. That is snuffing up the weak, lukewarm salt water and gargling with cold water and splashing the neck, chest and back with cold water.

By this treatment, Atrophic Chronic Rhinitis (Catarrh) can be cured as surely as any

other form of catarrh, except perhaps that the treatment will have to be continued a longer time.

In Atrophic Chronic Rhinitis (Catarrh) the tendency of the disease is towards Consumption. It is well known that a strong solution of carbolic acid injected into the nostrils several times in daily succession will cure this disease completely in the course of a week or ten days. Everyone so treated that I have any knowledge of died of consumption within six months or a year after.

Fortunately, no physician of this day would prescribe this heroic treatment. But even at the present day, many doctors use by means of a spray a much weaker solution of this very same drug, and though they may not hasten death by consumption in the Hypertrophic variety of catarrh, they certainly do in the Atrophic variety of this disease.

CAUTION.

I cannot quit this subject without first putting on record my protest against all sprays, inhalants or atomized fluids, excepting only the vapor of pure coal oil. The arguments advanced by the advocates of sprays, atomizers, etc., not only for nasal catarrh, but diseases of the throat and lungs as well, are, upon a superficial view, so very plausible that one suffering from any of these diseases cannot easily resist the temptation to try them.

All vapors taken into the nose or mouth pass down the bronchial tubes to the air-cells, and a medicated vapor which is sufficiently strong to make an impression on the mucous membrane of the nose must necessarily damage the delicate membrane which lines the air-cells of the lungs. We have calls daily from persons in the advanced stage of consumption, sometimes beyond the reach of remedies, caused by the inhalation of medicated sprays. The only vapor that can be inhaled with safety is that from pure coal oil, and that only in limited quantity. We are convinced that sufferers should beware and shun the use of all vaporizers, atomizers and inhalers, with the above exception.

EXPLANATION.

Removing the mucus and scabs by means of the weak warm salt water in the way directed is only necessary for the nasal cavities. The reason of this is found in the absence of muscles or muscular fibres in the inside of the nose and frontal sinuses. Hence there is no expelling power in the nasal organs except blowing the nose and sneezing, and these are not sufficient to remove the dried mucus from the nose in chronic catarrh.

This condition is different in every other organ of the body, except in the middle ear. In the mouth, throat, bronchial tubes, lungs, stomach, bowels, kidneys, bladder, and in

every one of the Pelvic Organs, the mucous membrane lining them is underlaid by muscles. These muscles contract, and either expel the mucus by coughing as in the respiratory organs, or by moving it onwards and expelling it from the organs as indigestible matter as in the stomach and bowels, or washing it out of the organs with the natural secretion as in the kidneys and bladder, or its presence forms a matter or watery secretion of the mucous membrane and by means of the muscles causing a discharge, as in cases of Catarrh of the Urethra, the uterus, and associated organs.

In catarrh, therefore, of all the other bodily organs, no other treatment than Pe-ru-na is necessary. And, in fact, Pe-ru-na will cure Catarrh of the nose without the cleansing, or gargling or splashing of cold water, but it will require a little longer time than it will if the mucous membrane is kept clean, thus clearing the way for the free and unimpeded action of Pe-ru-na, as it naturally is kept away in Catarrh of all the other organs.

CONSTANT HEALTH.

The question is daily asked by letter: "Since Pe-ru-na will cure all catarrhal irritations, inflammations and congestions, no matter where located, why would Pe-ru-na not prevent the disease by taking it regularly every day while in good health?"

My answer is, any medicine, if taken continually, will finally lose its medicinal effect. An opium eater is not relieved of pain by the usual dose of opium. It is the same with every other drug, medicine or tobacco.

Fortunately, however, there is a way by which everyone who is born of healthy, robust parents can keep well from youth to old age, and never have a day's sickness, never a pain, never an ache. That is, barring accidents. By eating regularly three moderate meals daily, avoiding strong drink, using no tobacco, neither smoke, chew, nor snuff, and every day taking plenty out-door exercise.

All those born of weakly parents, of parents pre-disposed to hereditary diseases, such as consumption, scrofula, rheumatism, old running sores, etc., can live very much longer, and enjoy much better health, and many may live as long as those of more favorable environments by taking the cold water towel bath. By this means the whole human family would live much longer and enjoy a much larger share of health.

The doctors would be the greatest losers, and all the rest of mankind the greatest gainers, and all without a grain of medicine.

The writer adopted this method of self-preservation just two months after he had reached his twenty-first year. He has never missed it a single day down to this day. He has never had a day's sickness since he com-

menced this precaution against disease, except twice, and each time it came from over-exercise by running. The first time he was confined to his bed five days, and the second time three days. He is now past seventy. I refer to

THE COLD WATER TOWEL BATH.

This bath if taken every morning immediately after getting out of bed will produce great vigor and strength, if it is done with sufficient vim to prevent chilling. It should be executed in this wise: On getting out of bed remove your night clothes; first wash your neck and face thoroughly with cold water then take a large rough towel, wring it loosely out of cold water, and with both hands rub the breast, sides, abdomen and arms hard; again dipping the towel in the water, take it by the edge and throw it over the head in such a way as to spread it out on the back; then reaching back with both hands, the one over the shoulder taking hold of one of the upper corners, and the other taking hold of the opposite lower corner, quickly see-saw it over the back down over the hips, and then reversing it over the shoulders see-saw it down the back; again wringing it out of the water rub the one leg, and again wet it and rub the other leg. Wipe quickly and vigorously with a rough dry towel, and in the same order and way that the wet towel was used. The whole operation should not take over two or three minutes.

In this way persons of ordinary health and resolution can take this morning cold water bath without chilling, and when through with it be warm and feel fifty per cent. better. It will protect one against cold, and when sick it will greatly assist Pe-ru-na in curing the disease. If this bath is taken while taking Pe-ru-na for Rhinitis, the gargling and the splashing of cold water over the neck, breast, shoulders and back, as above directed, is entirely unnecessary, as this cold water towel bath is more than a substitute for it. Of course, tepid water can be used in the same way, but not with the same benefit.

Persons who cannot have fire in their sleeping rooms, should begin in June, when the temperature is warm enough to take the coldest kind of a bath, and by fall they will be so accustomed to the cold water towel bath that they can take it in the coldest room all through the winter and never chill. After the age of 60 years, it is desirable to have the room warm.

The writer commenced this bath on the 1st day of June, 1851, and never during the coldest winter, until within the last ten years, did he take this bath in a warm room.

THE NASAL MUCOUS MEMBRANE.

The nasal mucous membrane, also called Schneiderian membrane, is one of the most important mucous surfaces of the body, since

the olfactory nerves (nerves of smell) are distributed to it, and the slightest impairment of it leads at once to a partial or complete loss of smell. Catarrh is the most frequent source of derangement of this membrane, and when it has reached the third stage the nerves of smell are often entirely destroyed. This membrane is continuous with the lining of the throat, ears and frontal sinuses, and nasal catarrh soon spreads to these parts unless cured promptly.

BAD BREATH.

Offensive breath is a constantly increasing symptom of catarrh, reaching its climax in the third stage (atrophy.) It is difficult to exaggerate the annoyance the offensive odor is to both the patients and those who come in contact with them. Cleansing the nasal cavity with anti-septic solutions acts as a temporary relief, but a cure of the catarrh is, of course, the only lasting escape.

ORGANIC CATARRH.

By organic catarrh we mean enlargement of the turbinated bones of the nose, hypertrophic tumors of the mucous membrane of the nose and especially the naso-pharyngeal space, and also large polypi tumors in the nose.

These cannot be cured by any medical treatment, but require special surgical procedures, such as are daily performed in The Hartman Sanitarium.

CONJUNCTIVITIS.

(Catarrh of the Mucous Membrane lining the eye.)

This disease is caused by an extension of chronic catarrh of the nostrils up through the nasal duct into the eyes. The mucous membrane that covers the eyes is an extension of the mucous membrane that lines the nose and nasal duct, the lachrymal sac and canaliculi. This disease, Catarrh of the Eyes, causes them to be red, painful and watery.

TREATMENT.—Internally, take Pe-ru-na, a teaspoonful before each meal, and at bedtime. If the bowels are constipated, take a sufficient dose of Man-a-lin at bedtime to insure one free motion daily.

LOCAL TREATMENT.—Put a teaspoonful of common table salt into a basin three-fourths full of cold clear water, rain or spring water. Take a full breath and dip the face down into the water, open the eyes and look in every direction, so that the salt water will come in contact with every part of the eye. Keep your face in the water as long as you can hold your breath. Repeat this eye bath every three hours during the day.

We are often asked for good eye water as no physician, not even the best oculist in the world, can safely prescribe an eye water without personally examining the eye; hence we invariably reply by recommending salt water as above.

ACUTE OTITIS (Earache.)**Catarrh of the Middle Ear.**

Sometimes acute catarrh passes up the Eustachian tubes into the middle ear and sets up an inflammation which is liable to terminate, especially in children, in suppuration or the formation of matter. The matter, or pus, accumulates in the middle ear and presses on the membrana tympani (drum-head), producing earache and in many cases ruptures the ear drum, when the matter escapes out of the ears, externally, generally called running at the ears. As soon as the ear drum ruptures there is an instantaneous relief from the pain.

Ordinarily this disease will get well of itself in ten days or two weeks, but sometimes the discharge becomes chronic and will continue to run during life if not properly treated. The acute pain in the ear, before the membrane ruptures, can be relieved often by the use of the Politzer air-bag. When that fails, immediately fill the ear with water as warm as can be comfortably borne and allow it to remain for half an hour; then let it run out and dry the ear. Tobacco smoke puffed into the ear will often give speedy relief. Pressing against the ear several thicknesses of heated flannel is also of great value. Put two ounces of rock candy into one bottle of Pe-ru-na and give the child a teaspoonful every three hours; in obstinate cases one or all of these must be repeated until relief comes. This is the proper treatment and the use of any drops is not only useless, but often injurious.

CHRONIC OTITIS (Running Ears.)**Chronic Catarrh of Middle Ear.**

Chronic catarrh of the middle ear often produces suppuration, or the formation of matter, and a neglected running of the ear in acute otitis may also become chronic, and continue to discharge for years unless cured. Running ears, if neglected, not only results in deafness, but may cause death. In long-standing cases the hearing will likely be impaired, owing to injury of delicate parts of the ear. All these cases should take La-cu-pi-a as directed on the label of the bottle. The La-cu-pi-a must be taken from the start and continued for at least six weeks after the discharge has been cured; otherwise the arresting of the accustomed drain from the system might produce some unpleasant effect, while with the La-cu-pi-a no unpleasant effect can occur. In rare cases tumors form in the ear (polypi), and must first be removed by an ear surgeon. The ears should be syringed out every day with warm water. Should the discharge continue in spite of the above treatment, plug the ear full of finely pulverized boracic acid as follows:

PLUGGING THE EAR.

First, have at hand an ounce of very finely

pulverized boracic acid, a ten-cent piece, a wooden penholder, scraped to the right thickness to easily fill the ear, (auditory canal) making the end of the penholder round, a bit of absorbent cotton, a basin full of warm water and a four ounce hard rubber ear syringe. Cleanse the ear by squirting into it a syringe full of warm water with considerable force, holding a tumbler or pan beneath the ear to receive the returning water. Repeat this until the returning water is clear. Dry the ear by twisting the corner of a linen handkerchief, and pushing it into the canal until it is dry.

Then have the patient lie on a bed or table without a pillow. Introduce into the opening of the ear as much of the boracic acid as will lay on a ten-cent piece. Take hold of the upper part of the ear (pinna) pulling it upward so as to straighten the auditory canal. Push the boracic acid down against the drum head with the penholder. The auditory canal is about one inch and a quarter in length. The above quantity of boracic acid will fill from below up one-quarter of an inch.

This is important, as otherwise you would not know whether you have pushed the powder against the drum head. Now again introduce half as much of the powder as the first time. Push it down against the first and stamp it so as to make it tight. This done, introduce as much of the powder as the second time, again pushing it down and again stamping it. Repeat this procedure continually until the canal is full. Lastly, press against the last application a bit of absorbent cotton to prevent the acid from falling out of the ear.

This application, if exactly executed, will remain one week, when the ear should again be syringed, removing cleanly the matter and remaining boracic acid, dried and again plugged as before. This procedure should be repeated every week until the running has been entirely cured. A cure usually follows in from four to six weeks.

TONSILITIS—(Quinsy.)

Catarrh of the Tonsils. Inflammation of the tonsils is always caused by taking cold. Severe tonsilitis, or when the deep connecting tissue is affected, is known as quinsy. Abscesses may form, unless it is properly treated.

TREATMENT.—Take a dose or two of Man-a-lin to move the bowels freely, and after that a tablespoonful of Pe-ru-na every three hours.

Women and children must take smaller doses as directed under catarrh.

EXTERNAL TREATMENT.—Apply a cold compress to the throat. That is, take a piece of linen reaching from an inch behind the ear to the opposite corresponding part. The linen should be of four

thicknesses, gently wrung out of very cold water, and should fill the space from the lower jaw to the collar bone. Cover it with four thicknesses of flannel extending an inch above to an inch below the linen compress, extending clear around the neck, and confine it well to its place.

This compress should be changed every hour, three times, in the early morning, and after that allow it to remain until noon, when it should again be renewed every hour, three times, and allowed to remain to 6 P. M., and then again changed every hour, for three hours, and allowed to remain all night, and so on until well. This will cure every case, properly executed, more quickly than any other treatment.

PHARYNGITIS.

Catarrh of the Pharynx, giving rise to sore throat, hawking, spitting, and if not properly treated may produce Quinsy.

TREATMENT.—Take a teaspoonful of Pe-ru-na every two hours.

Keep the bowels open with a sufficient dose of Man-a-lin at bedtime.

LARYNGITIS.

Catarrh of the Larynx.

Laryngitis is catarrh of the larynx, which has generally been the result of catarrhal inflammation spreading from the head and throat downward. The symptom of laryngitis is hoarseness, which may be slight or so severe as to entirely destroy the voice. It sometimes leads to œdema of the glottis, which is, fortunately, very rare. In all cases of hoarseness not dependent upon constitutional disease, as above enumerated, the cause is almost invariably due to catarrh of the larynx.

Hoarseness is catarrh of the larynx, and is always the first symptom of the disease. This hoarseness sometimes leads to entire loss of voice.

TREATMENT.—Take a teaspoonful of Pe-ru-na every two hours continually when awake.

Regulate the bowels by taking a sufficient dose of Man-a-lin at bedtime to insure one free movement of the bowels daily.

LOCAL TREATMENT.—Apply the cold compress as directed for Tonsilitis.

By persevering with this treatment a cure is sure to result. Should you be disappointed, write us.

CROUP.

Croup, which is another form of catarrh of the mucous membrane lining the larynx, is a peculiar inflammation of the larynx and trachea in children.

SYMPTOMS.—Shortness of breath, low guttural sound produced in trachea and larynx, and perhaps loss of voice. The child is feverish and fretful, with a short dry-sounding cough.

CAUSES.—Change of dress, draft of cold air, and sometimes hereditary.

TREATMENT.—We disapprove of emetics in this disease. When the first symptoms are noticed give a teaspoonful of Pe-ru-na, and repeat it every fifteen minutes until relieved. Then every two hours, or as required.

LOCAL TREATMENT.—Apply cold water compress as directed for Tonsilitis.

BRONCHITIS.

Catarrh of the mucous membrane lining the Bronchial Tubes—Winter Cough.

Catarrh of the bronchial tubes means, of course, as in all other catarrhal diseases, catarrh of the mucous membrane lining the bronchial tubes, varying from some congestion to an intense and widely distributed inflammation, which if not properly treated may involve the deeper structures.

Varieties.—Acute, Chronic. (Causes.) The acute form is nothing more than an ordinary cold. The chronic form results from the acute affection or from the extension downwards of Chronic Nasal Catarrh into the bronchial tubes.

SYMPTOMS.—In the acute stage, cough, expectoration, more or less oppression felt in chest, back of sternum. In the chronic a hypertrophic condition of the mucous membrane, similar to that in nasal catarrh exists, when there is very little if any expectoration. Sometimes the patient is only affected during the winter season.

TREATMENT.—In the acute form take a teaspoonful of Pe-ru-na every two hours.

The bowels should be regulated with Man-a-lin.

The chest compress is of great value when used in connection with Pe-ru-na in this disease. The chest compress is the same as the throat compress, only larger. That is, it should reach from the collar bones to the navel, and extend on each side to the backbone. A slit must be cut into the compress at each shoulder so as to fit around the shoulder, with a safety pin uniting the two parts above each shoulder.

Four thicknesses of flannel should be prepared in the same way, but they should extend an inch above the wet compress and an inch below it, and pass clear around the body, confined with safety pins. This compress should be renewed every morning, noon and night, and should be worn all the while until the patient has recovered. That is, if the case is severe enough not to yield to the Pe-ru-na in the course of a week or two. Pe-ru-na, however, must be taken continually.

In the chronic form of Bronchitis, continue the cold compress and take a table-spoonful of Pe-ru-na every three hours continually.

CAPILLARY BRONCHITIS.

Catarrh of the mucous membrane lining the capillary bronchial tubes.

This condition is commonly called congestion of the lungs, and is very common in infants. In former times it has often been fatal. The disease closely resembles Pneumonia.

TREATMENT.—Children should take a teaspoonful of Pe-ru-na every two hours.

The bowels should be regulated by a sufficient dose of Man-a-lin every evening to insure one or two movements daily.

The cold water chest compress should extend from the collar bone to the naval and reach on both sides within an inch or two of the spinal column. The linen should be of a coarse quality and consist of three thicknesses—tightly wrung out of cold water and applied to the chest and quickly covered with four thicknesses of flannel extending beyond it.

COUGHS.**For Colds and Coughs in General.**

Add two ounces of rock candy to a bottle of Pe-ru-na, and take a tablespoonful every three hours. Women a teaspoonful. This is by far the best cough syrup that was ever made, and will cure about every kind of cough.

ASTHMA.**A Paroxysmal, Spasmodic, Difficult Breathing.**

SYMPTOMS.—A slight sense of constriction across the chest; a short, dry cough, and a tendency to wheeze often exists for some time prior to spasmodic attacks which occur usually in the morning from two to four o'clock.

The appearance of the patient is very characteristic; the wheezing and labored breathing are the prominent features.

CAUSES.—Any irritating inhalations, as the emanations from flowers and hay produce "Hay Asthma." The commonest of all is chronic bronchitis, and this is frequently the result of an extension of chronic catarrh from the throat.

TREATMENT.—The disease requires palliative and curative treatment. The palliative treatment consists in inhaling the smoke of burning salt petre paper, or any one of the various compounds kept in drug stores for that purpose.

CURATIVE TREATMENT.—Take a tablespoonful of La-cu-pi-a every three hours for four days; after that take it (in same sized doses) after each meal and at bedtime.

If the bowels are constipated take enough Man-a-lin at bedtime to insure one free passage from the bowels daily.

This disease is frequently caused by organic changes in the rectum and in the urethra. For the treatment of these organic changes write for our book on "Pelvic Surgery."

PNEUMONIA.**Catarrhal Inflammation of the Lungs.
Lung Fever.**

SYMPTOMS.—A well pronounced chill, followed by pain, localized within a circumscribed space in the mammary region (breast), rapid, difficult breathing, fever, and soon cough, expectoration, which frequently is of a rusty color. Often experience a stitch in the side, due to associated pleurisy.

TREATMENT.—A teaspoonful of Pe-ru-na every two hours in barley water, and a sufficient dose of Man-a-lin once a day to regulate the bowels. After the expectoration is established, take a teaspoonful of Pe-ru-na every hour.

Apply the cold water chest compress from the beginning of the disease, renewing it as directed under Bronchitis.

The diet should consist of thin oat or wheat meal gruel. The drink should be barley water.

Bathe the feet in hot water every evening as directed in this book under Foot Baths.

CONSUMPTION.**Catarrh of the Lungs.**

This name is used to designate any tubercular disease of the lungs.

Varieties.—Acute and Chronic Tuberculosis.

The chronic variety increases slowly, but the case may suddenly become aggravated by the accession of the acute form of the disease, and terminate fatally very unexpectedly.

CAUSES.—Chronic Catarrh, hereditary descent; general debility; tubercular bacilli; and infection.

SYMPTOMS.—The first symptoms noticeable are stitch-pains in upper part of chest, hacking or severe cough, hemorrhage occasionally, shortness of breath and palpitation of the heart, acceleration of pulse and elevation of the temperature, chills, followed by bright flush on cheek, arrest of menstruation in the female and night sweats. In more advanced cases the cheeks are hollow and bones prominent, the nose is sharpened and drawn, the eyes sunken and of pearl color, the lips retracted so as to produce a bitter smile, and the nails livid and sometimes incurved. In no one case will all these symptoms be present. In many cases pain and cough are noticeably absent, and the patient complains of nothing more than general debility, shortness of breath and palpitation of the heart.

TREATMENT.—In the acute form of the disease, galloping consumption, no treatment will avail. In the chronic form the treatment must be: 1, Hygienic; and 2, Curative.

HYGIENIC TREATMENT:—

1. A supply of pure, fresh air for respiration.
2. Daily exercise in the open air.
3. A uniform mild climate, with an average temperature of 60 degrees, soil dry, and water pure—not hard.
4. Flannel next to skin.

5. Rest in bed from sunset to sunrise.
6. Indoor or sedentary occupation must be suspended; but outdoor employment in the fresh air, even in the midst of snow and rain, (properly protected from the wet), is advantageous.
7. Cleanliness of body.
8. Marriage of consumptives, or of those predisposed to consumption, is morally criminal.
9. Long residence in elevated localities is most favorable to a perfect cure.
10. Generous diet, but of easy digestion. Milk, warm from the cow, eggs, soft-boiled, and vegetables well cooked, are the best. Vegetables are not looked upon as a very nourishing diet.

CURATIVE TREATMENT.—I assert positively, after an experience with Pe-ru-na and the Re-na-ci Plaster for many years that they have cured more cases of consumption than any other remedies; yes, more than all other remedies put together.

I make this statement conscientiously, from personal observation.

Pe-ru-na should be taken immediately on taking the least cold, or when feeling the least loss of strength. If the disease is already fully developed—much cough and great weakness—a teaspoonful every hour should be taken. If the appetite is good, two ounces of rock candy should be added to each bottle of Pe-ru-na, and a teaspoonful and a half taken every hour, or if the patient prefers, a tablespoonful every three hours.

With these slight changes in the mode of taking Pe-ru-na, it should be the only internal medicine used, and the Re-na-ci plaster, the only external, through the whole course of the disease, and the result in the end will be more satisfactory than any other course of medication.

Cod Liver Oil is not a medicine but a food; therefore, all consumptives who can digest and readily take it, should do so; those who cannot should not force themselves to take it.

Pe-ru-na and rock candy sufficiently control the cough without the use of cough syrups. Apply the Re-na-ci Plaster to the right side of the breast continually.

The bowels, if not regular, should be kept so with Man-a-lin.

Night sweats should be treated as follows: Put two drams of quinine into one quart of whiskey. Sponge the patient all over with it once daily.

Bleeding of the lungs is a very common occurrence in consumption. Sometimes a hemorrhage amounts to only a tablespoonful, sometimes to an ounce or two, very rarely more. It is extremely rare that anyone dies from bleeding of the lungs. A teaspoonful of common table salt, dissolved in the mouth and swallowed slowly, generally stops the bleeding. Ice can be used in the same manner; never swallowing until nearly dissolved.

The cold water chest compress is often of great service in the disease.

PLEURISY.

Catarrhal Inflammation of the Serous Membrane Lining the Thorax and Covering the Lungs.

SYMPTOMS.—Invasion sudden, accompanied by chilly sensations and shiverings. Pain is usually a prominent symptom, being sharp, lancinating, and felt, especially in the act of inspiration.

CAUSES.—Injuries and cold.

TREATMENT.—Mustard plaster over painful parts; bathe the feet in hot water; after the mustard is taken off, saturate a towel in hot Pe-ru-na and lay it on the part and cover well with dry flannel. Take a tablespoonful of Pe-ru-na every two hours. Regulate the bowels with Man-a-lin.

In stubborn cases apply cold water chest compress.

NEURALGIA.

Neuralgia is a disease of the nerves and muscles, characterized by sharp, dull, or lancinating pain, and may attack any part of the body. It can be distinguished from inflammatory disease by the absence of fever. Different terms are used to designate this affection in different localities. When the muscles and nerves of the chest are affected it is called Pleuro-dynia or Intercostal Neuralgia; the muscles and nerves of the back, Lumbago; the posterior part of the thigh and leg, Sciatica, (often called Rheumatism); the face, Tiedouloureux; over the eyes, Hemisrania; and in the back of the neck and head Cervico-Occipital Neuralgia.

CAUSES.—Anæmia, malaria, overwork, cold and chronic catarrh.

TREATMENT.—The internal treatment in all these affections is Pe-ru-na, in as large and frequently repeated doses as the patient can bear. Adults should commence with a wineglassful every half hour until the pain is greatly relieved, after which a tablespoonful every two, three or four hours, will be sufficient, but whenever the severe pain returns go back to the larger doses.

Ladies and children must commence with a smaller dose, and gradually increase to the required quantity. As soon as greatly relieved, return to the tablespoonful thrice daily, more or less as may be needed.

Regulate the bowels with Man-a-lin.

We have never met a case of neuralgia of the face or any other part, but what this treatment, long enough continued, effected a cure.

In all cases of pain or neuralgia, no matter where located, flannel applied, saturated with heated Pe-ru-na, to the affected parts, and covered thickly with dry flannel, will greatly facilitate a cure.

At The Hartman Sanitarium, (see page 33), these cases are treated by mechanical and manual massage; by jet baths and therapeutic gymnastic exercises.

If your case is of long standing and complicated write for question blank.

STOMATITIS.**Generally a Catarrhal Disease of the Mouth.**

Varieties.—Apthæ, thrush, cancrum oris, mercurial sore mouth.

Apthæ: Round, whitish ulcers. **Thrush:** Irregular, whitish patches. **Cancrum oris:** Canker is quite an extensive ulceration, generally beginning on the lips or gums, and may extend back to the throat. Mercurial sore throat is at once recognized from the foregoing affections by its offensive odor.

CAUSES.—Catarrh, derangements of the stomach, and constitutional diseases

TREATMENT.—A tablespoonful of Pe-ru-na four times daily, and every few hours apply finely powdered borax. This treatment will cure all cases of a catarrhal variety.

TASTE.

Taste is so nearly related to digestion that whatever affects it to any great extent will also affect digestion. It is the sensation of taste that excites the proper flow of digestive fluids, and the normal digestion of food depends on this stimulus. Catarrh of the back part of the mouth, throat and nose often in a great measure destroy taste, and the whole system is undermined by the result it has on digestion of food. Every function of the body has sympathetic relations to the others, and whatever affects one will ultimately affect the whole. That keen relish of food which gives one genuine pleasure in eating a dry crust of bread can only be enjoyed by that person whose mouth and throat are perfectly free from catarrhal affections, and an intelligent use of Pe-ru-na will rarely fail to produce this most desirable result.

As soon as a person discovers the existence of catarrh in the mouth or throat, it should be remembered that the disease will extend itself to the organs below unless it is cured. This fact makes prompt and persistent treatment necessary.

OESOPHAGITIS.

Catarrhal inflammation of the œsophagus or meat pipe leading from the pharynx to the stomach. This is not a very common disease, and is the result of bad habits in eating or drinking.

TREATMENT.—Half a teaspoonful of Pe-ru-na every two hours.

The cause of the trouble should be removed or discontinued.

DISEASES OF THE STOMACH.

Varieties.—Gastritis, catarrh of the mucous membrane lining the stomach, Dyspepsia. Acute Gastritis (Acute Catarrh) is a very rare disease. The symptoms of Chronic Gastritis, that is chronic catarrh of the mucous membrane lining the stomach, are tenderness over the stomach; pain increased by exercise or stimulating food, and sometimes vomiting. Occasionally there is nausea and vomiting of

greenish yellow fluid, headache, dizziness, constipation and fever, are the most important symptoms, the liver being always implicated. Sick headache is a modification of Catarrh of the Stomach.

DYSPEPSIA.

Caused by Catarrh. The patient feels his stomach all the time, though not always with pain. Little or no tenderness on pressure, nor is there often nausea or vomiting. The mouth is clammy, or has a sour or bitter taste. The bowels are constipated. Other frequent symptomatic affections are Cardialgia (heart-burn), Pyrosis (water-brash), Hypochondriasis, palpitation of the heart, headache, disorder of the senses, as Diplopia (seeing double), etc.

CAUSES.—Swallowing the excretions from Nasal Catarrh; too much or too little food; imperfect mastication and hurry in eating; too little exercise; excessive study or emotional excitement; inordinate use of ardent spirits, tobacco or coffee.

TREATMENT.—In all diseases of the stomach, whether there is vomiting, nausea or pain, or if it is simply Dyspepsia or Indigestion, these are all caused by Chronic Catarrh of the mucous membrane lining the stomach. Hence, men should take a table spoonful of Pe-ru-na before each meal, between meals, and at bedtime. Women should take a teaspoonful at same intervals.

Man-a-lin must also be taken in all stomach affections, in doses of a teaspoonful half an hour after each meal, or less, if it moves the bowels too freely.

In stubborn cases the Milk Diet should be adopted, and also the cold water abdominal compress.

MILK DIET.—During the first week a tumbler of milk, diluted with one-fourth its quantity of lime water, should be taken every three hours. The second week omit the lime water and drink as much milk at stated intervals of three hours as desired. The same the third week. The fourth week a thin slice of stale white bread may be taken with the milk every other time, or every six hours. The fifth week two tablespoonfuls of rice may be added to the above once a day. The sixth week a mutton chop once a day, and the seventh week two mutton chops a day; that is, one at breakfast and one for dinner. The patient now gradually returns to a nourishing diet, which should still largely consist of milk for some months. During this diet, no other articles of food must be eaten, and if too great weakness is induced no exercise should be taken. Skimmed milk or butter-milk may be substituted.

Of course Pe-ru-na must be taken continually while under this diet. Fortunately, the cases that require this diet are of rare occurrence.

The cold water stomach compress consists of three thicknesses of rather coarse linen

extending from under the arms to the pubic bone, and long enough to pass once around the body. This must be covered by three thicknesses of flannel two inches broader and long enough to pass twice around the body. In this way the flannel will extend an inch above the linen and an inch below the linen, completely covering every part of the linen. Two such compresses should be made in order to change them every day, boiling and drying the one while the other is being worn. This will prevent sepsis (boils.)

Wring the linen compress out of cold water and apply it smoothly, quickly covering it with the dry flannel. This compress should be changed morning, noon and night, and worn day and night, at work as well as at rest or pleasure.

This compress like the Milk Diet is very rarely necessary in stomach troubles.

But if consumption is suspected as the cause of the stomach trouble the diet directed for consumption must be adopted. As a rule, bad dyspeptics think they have consumption, and real consumptives will insist that they only have dyspepsia. If the case is one of ordinary dyspepsia and the person must perform labor, a generous diet may be adopted instead of milk, but the treatment must be the same.

Continue this treatment until well, regardless of time as there is no case of stomach trouble, unless it be dilatation, ulcer or cancer of the stomach, that this treatment will not cure.

CHOLERA MORBUS.

Easily recognized, the vomiting, purging pains, cramps, debility and coldness being very characteristic.

TREATMENT.—In the absence of a physician or in cases dependent on Chronic Catarrh, the following treatment is advised.

Inject one quart of warm water containing two tablespoonfuls of Pe-ru-na into the rectum every half hour, allowing it to pass off as nature demands,

Take a wineglassful of Pe-ru-na every fifteen minutes until much relieved; after that a tablespoonful every three hours until health is restored.

A rubber bag filled with hot water applied on the upper part of the abdomen will greatly assist.

DUODENITIS.

Catarrhal inflammation of the duodenum, the division of the alimentary canal just below the stomach. The disease causes great disturbances of the liver, pancreas and digestion.

TREATMENT.—A tablespoonful of Pe-ru-na, before each meal and at bedtime. Women a teaspoonful.

CHOLERA INFANTUM

Is a disease of children, and is popularly known as Summer Complaint. The symp-

toms are diarrhœa, vomiting, rejection of food, languor and debility.

TREATMENT.—A teaspoonful of Pe-ru-na every three hours in sweetened water.

Put a tablespoonful of Pe-ru-na into one quart of lukewarm water. Inject into the bowels a half pint of it every hour until the whole quantity has been injected. Do this every day until the child is well.

Apply flannel cloths saturated with heated Pe-ru-na over the abdomen, covering them well with several thicknesses of dry flannel. Diet: Wheat meal gruel.

This treatment has cured every case that I have been called upon to treat during a period of forty-three years. It is simply infallible.

HEPATITIS.

Catarrh of the Liver.

The symptoms of which are biliousness, heaviness in the right side, furred tongue, sick headache and constipation.

TREATMENT.—A tablespoonful of Pe-ru-na before each meal, between meals, and at bedtime, for men. A teaspoonful for women at same intervals. Take a teaspoonful of Man-a-lin half an hour after each meal. Should this move the bowels too freely diminish the dose.

Bathe the abdomen over the region of the liver with cold water, rubbing freely with both hands until the skin is red, then wipe dry and knead the abdomen over the liver right freely with both hands. This treatment continued for two or three days will affect a complete cure.

Usually jaundice is a condition that soon rights itself, as the catarrh subsides, leaving the ducts clear and the bile of the proper consistency. A few days' course of Pe-ru-na is sufficient to overcome the catarrh of the duodenum, when the jaundice gradually disappears. The bowels must be kept open with Man-a-lin.

LIVER COMPLAINT OR BILIOUSNESS.

A variety of the conditions of the Liver may produce what is known as Biliousness. The treatment of all these conditions being the same, we do not think it advisable to classify them.

SYMPTOMS.—Pain in the right side and under the right shoulder blade, constipation, nausea, furred tongue, bitter taste in the mouth, a sallow skin, and headache or dizziness.

TREATMENT.—The only treatment required is a teaspoonful of Man-a-lin half an hour after each meal, to arouse the liver, and to keep the feces soluble. Headache, or want of appetite must be corrected with Pe-ru-na. The cold water abdominal compress at night, with kneading morning and evening, facilitates a cure.

PANCREATITIS.

Catarrhal inflammation of the mucous membrane lining the pancreatic ducts and the pancreas; often caused by Chronic Dyspepsia.

SYMPTOMS.—Fullness in the left side; inability to digest fats; heavy sinking feeling at pit of stomach, and dizziness.

TREATMENT.—A tablespoonful of Pe-ru-na before each meal, between meals and at bedtime, for men. A teaspoonful for women at same intervals. Take a teaspoonful of Man-a-lin half an hour after each meal. Should this move the bowels too freely, diminish the dose.

ENTERITIS.

Catarrhal inflammation of the mucous membrane lining the small intestines, producing generally diarrhœa, ulcerated bowels, and sometimes chronic constipation.

TREATMENT.—A teaspoonful of Pe-ru-na every two hours, and, if constipated, a sufficient dose of Man-a-lin half an hour after each meal to open the bowels freely. In case of diarrhœa, inject warm water containing two tablespoonfuls of Pe-ru-na into the bowels, as directed below for diarrhœa.

Give a hot foot bath as directed under Baths. (See page 27.)

Apply hot fomentations for one hour, over the abdomen as directed under Fomentations, and then apply a rubber bag filled with hot water to the abdomen continually until all soreness has subsided. Continue the Pe-ru-na until perfect health is restored.

Should the disease become chronic, the cold water abdominal compress should be worn as directed under Dyspepsia.

DIARRHŒA.**Acute and Chronic.**

Diarrhœa is always caused by catarrhal inflammation of the mucous membrane lining the small intestines, and may be acute or chronic.

The character of the stools may vary very much; may be fecal, although liquid; bilious, mucus, serous, or bloody.

TREATMENT.—Take a teaspoonful of Pe-ru-na every two hours, and at the same time inject one quart of warm water containing two tablespoonfuls of Pe-ru-na into the bowels, and in an hour inject another quart. Do this once daily.

INJECTIONS INTO RECTUM

Are always used in cases of Colic, Cramp, Cholera Morbus, Cholera Infantum (summer complaint), Diarrhœa—whether chronic or acute—Dysentery, Irritation and Inflammation of the Bowels, Piles, Ulceration of the Rectum, Constipation, and Occlusion of the Bowels (stoppage of the bowels), in conjunction with our internal treatment as given for each disease.

In all these diseases, the injections are to be administered as follows:

But the first requisite is a good No. 1 Davidson's Syringe. Having this, work the bulb a little to fill the syringe; oil the nozzle and rub it between the thumb and finger to warm it, then insert the nozzle into the rectum. Now work the bulb until you are seized with a pain in the abdomen, or with a desire to go to stool, when, by not working the bulb for a little while, and with one hand raising the lower part of the belly and kneading the bowels, the pain will disappear and the instrument can again be worked; and as often as the pain or desire returns, this manipulation of the abdomen must be repeated until a quart or two of the mixture is introduced. Then if the promptings of nature demand it, let as much as will come away immediately. Wait an hour for what remains to pass away, and for the fecal matter in the turn of the bowels above the rectum to descend; then inject another quart to remove the last deposit. This cleanses the rectum and gives immediate relief. Inject while standing, lying or sitting.

COLIC OR CRAMP.

This condition is always brought on by an accumulation of chronic catarrhal secretions either in the stomach, in the duodenum, or in the bowels.

Varieties.—Flatulent, Spasmodic, Bilious Colic or Cramp; Lead Colic.

Flatulent Colic.—This is caused by indigestion. Acrid irritation and gaseous distention produce irregular or spasmodic contractions in the intestines. The abdomen may be distended, the bowels constipated, often nausea, with belching of wind, and sometimes vomiting.

Bilious Colic.—Nausea is prominent, and vomiting of greenish or yellowish fluid is nearly constant. Pain may last for several days. The bowels are constipated; more or less fever, and some tenderness of the abdomen on pressure. If protracted, slight or moderate jaundice is quite common.

Spasmodic Colic or Cramp.—Is characterized by its suddenness, extreme severity of pain, and tendency to coldness and general prostration of the system.

Lead Colic--Painters' Colic.—This disease has long been known as the result of exposure to the poisonous influence of lead. The abdomen is shrunken and rather hard. There is no tenderness, the pain being relieved by pressure. The constipation is obstinate.

TREATMENT.—In all these different varieties of Cramp or Colic, take immediately after the attack comes on a wineglassful of Pe-ru-na every fifteen minutes until three doses have been taken. Women should take smaller doses. After that, take a tablespoonful every two hours until the pain and cramp has subsided.

Inject, if possible, a half gallon, or even a gallon, of lukewarm water into the bowels immediately. Let it come away, and in half

an hour inject another half gallon; and continue these injections every half hour until the spasms or cramps have subsided.

Also apply over the abdomen a rubber bag nearly filled with hot water, and take the hot foot bath if necessary. These means of treatment will cure every case.

A dose of Man-a-lin should be taken at bedtime for several nights to regulate the action of the liver.

In Painters' Colic, if a physician is not at hand, in addition to the above treatment a teaspoonful of Man-a-lin should be taken immediately, and repeated every three hours until the bowels move freely.

The Pe-ru-na, in all cases of Colic or Cramp, should be continued for a week or two after the acute symptoms have subsided in order to remove the catarrhal condition of the mucous membrane.

APPENDICITIS.

Catarrhal inflammation of the vermiform appendix (a small blind pouch near the junction of the small and large intestines.) This disease is liable to set up local peritonitis, causing death. Sometimes caused by grape seeds, but oftener catarrh.

INTERNAL TREATMENT.—A teaspoonful of Pe-ru-na every hour. Man-a-lin at bedtime.

Free copious injections, hot fomentations, hot water bag, and after the acute symptoms have passed by, the cold water abdominal compress as advised under Dyspepsia.

At the present day many physicians, and perhaps all surgeons, advise an operation immediately. But the treatment above given in every case treated by the author during the long period of forty-three years, has never failed in a single instance. I therefore conclude that an operation should never be performed until this treatment, thoroughly given, has failed.

COLITIS.

Catarrh of the mucous membrane lining the large intestine or colon.

SYMPTOMS.—Bloating after meals; large quantities of gas which cannot be eructed; gurgling noises and full feeling in left side; sometimes diarrhoea, alternating with constipation. Also written Colonitis.

TREATMENT.—Men a tablespoonful of Pe-ru-na before each meal, between meals, and at bedtime. Women, teaspoonful doses.

Inject one quart of warm water, containing two tablespoonfuls of Pe-ru-na and in an hour another quart. Do this once daily. Recovery is almost instantaneous from this treatment.

DYSENTERY.

A catarrhal inflammation of the mucous membrane lining the large intestines. This disease is sometimes mainly confined to the mucous membrane lining the rectum.

SYMPTOMS.—Pain in the lower half of the abdomen, with soreness or tenderness on pressure or motion; frequent disposition to

go to stool, with small bloody or blood-streaked mucus passages, tendency to strain (tenesmus); fever is a common but not prominent symptom.

TREATMENT.—Men should take a tablespoonful of Pe-ru-na every two hours. Women a teaspoonful.

Inject immediately one quart of warm water containing two tablespoonfuls of Pe-ru-na and repeat in an hour. Generally two such injections with Pe-ru-na will stop this disease immediately. In some cases the injections as well as the Pe-ru-na have to be continued once or twice daily for two or three days. With this treatment there are no fatal cases.

Of course in stubborn cases hot fomentations and a hot water bag may also be used. However, I have never found these necessary in any case of Dysentery.

WORMS.

About thirty different kinds of worms have been found in the human intestines; but so far as their removal is concerned, only three varieties need be named: 1. White seat or pin worms, about one-half of an inch in length. 2. Round worms from five to fifteen inches in length. 3. Tape worms from ten to forty feet in length, and formed in joints or segments from a quarter to a half inch in length. Some of these segments come away spontaneously.

SYMPTOMS.—The only reliable symptoms of worms are worms. All the others are unreliable. The seat worm can always be seen in the stool. The round worms, when numerous, often come away spontaneously. While the segments of the tape worm in the same way give notice of their presence.

TREATMENT.—For the white seat worms take of santonine, twelve grains; Cocoa Butter, a sufficient quantity to make four suppositories; mix and divide. Introduce one into the rectum at bedtime every evening until all are used. Also give a dose of Man-a-lin at bedtime, which will effect a perfect cure. For the round worm, take Pe-ru-na in full doses corresponding with the age of the child. This treatment never fails. In one case Pe-ru-na brought 364 of these worms, in twenty-four hours, from a child three and a half years old.

For Tape worm, take Pu-co-na Oil, as its label and circular around each bottle directs. This is infallible. In an experience of forty-three years' practice I have removed hundreds of Tape Worms with Pu-co-na without a single failure.

The Pu-co-na Oil can only be gotten of The Peruna Drug Manufacturing Company, by sending them a Post Office Money Order for \$5.00. Address your letter to them.

PROCTITIS.

Catarrhal inflammation of the rectum, giving rise to piles, ulceration and falling of the rectum.

TREATMENT.—Pe-ru-na in tablespoonful doses repeated three times daily. Inject two quarts of warm water containing a teaspoonful of common table salt, every morning after breakfast. A cure is prompt.

DISEASES OF THE HEART.

There are no very characteristic symptoms in Heart Disease. Shortness of breath and palpitation are the most prominent; yet frequency, irregularity, and hard-beating are scarcely less common. Pain is an occasional symptom. These symptoms are common to all the diseases of the heart, and can only be distinguished from one another by auscultation and percussion.

Pericarditis.—Catarrhal inflammation of the covering membrane of the heart.

Dropsy.—Effusion in Pericardium sac which contains the heart.

Endocarditis.—Catarrhal inflammation of the membrane lining the heart. This affection produces most all of the valvular diseases.

Dilatation.—Enlargement, merely from dilatation of the cavities.

Hypertrophy.—Enlargement from thickening of the walls.

TREATMENT.—In all of the above diseases of the heart take Pe-ru-na, one bottle; tincture digitalis, two drachms; mix, and take a tablespoonful before each meal and at bedtime. We do not say that every case will get well from this treatment, but, if long enough continued, it is surprising how many recover.

Angina Pectoris.—An irregular paroxysmal Neuralgia of the heart, characterized by sudden attacks of severe pain, extending from the heart along the left arm, with a sense of stricture in the chest; prostration and alarm.

CAUSES.—Organic disease of the heart and calcification of the coronary arteries. First attack may prove fatal; apt to return; yet persons afflicted may live for years.

TREATMENT.—Take a tablespoonful of Pe-ru-na every half hour during the attack, and after it subsides, every three hours, to prevent a relapse. Of Man-a-lin take a teaspoonful half an hour after each meal, after the paroxysm. Always send for a physician.

NEPHRITIS.

Catarrh of the mucous membrane lining the pelvis of the kidneys.

TREATMENT.—Same as for Diseases of the Kidneys.

DISEASES OF THE KIDNEYS.

Bright's Disease.—Many facts are known of kidney diseases which are of interest to the pathologist, but few of them have any practical bearing on the treatment. For the purpose of treatment, all can be grouped as one affection.

SYMPTOMS.—In the acute form there is pain in the back, sometimes with tenderness on pressure on each side of the spine, scanty urination, the fluid being highly colored, sometimes bloody, and containing albumen; occasionally nausea and vomiting. The chronic varieties are characterized by albumen in the urine, dropsy, frequent disposition to urinate and pallor or puffiness in the face.

CAUSES.—Exposure to cold, hence catarrh, abuse of spirituous liquors, scarlet fever and medicines known as diuretics.

TREATMENT.—In the acute form a teaspoonful of Pe-ru-na in barley water (see Index) every two hours. Man-a-lin at bedtime to produce one free evacuation daily.

To relieve the pain, apply a folded towel saturated with heated Pe-ru-na, and cover it quickly with flannel, repeating every two hours until relieved.

In the chronic form, take Pe-ru-na and Man-a-lin in the same way, and if pain in the back, also apply heated Pe-ru-na.

In stubborn cases the Milk Diet may be adopted as directed under Dyspepsia.

If there is any dropsy the dose of Man-a-lin should be increased to produce three or four evacuations daily. Entirely avoid liquors and tobacco. Drink milk or barley water, never water by itself.

Diabetes Insipidus.—**SYMPTOMS.**—Immoderate quantity of urine passes (Polyuria); thirst is intense; skin dry and harsh; debility and emaciation.

Diabetes Mellitus.—Has all the symptoms of Insipidus, with the addition of sugar in the urine. These are not affections of the kidneys, but of the nervous system. The kidneys act simply as emunctories.

TREATMENT.—Take Pe-ru-na in two teaspoonful doses in barley water every two hours during the day. Man-a-lin at bedtime to regulate the bowels.

An exclusive milk diet and no salt whatever. Drink fresh milk or buttermilk, barley water or slippery elm water.

The reader may be skeptic, but I have never lost a single case of this disease, and have treated everyone as here directed.

We have, almost constantly, inmates with this disease at The Hartman Sanitarium, and while we use Static Electricity, Therapeutic Mechanical Massage, Baths and Calisthenics, the balance of the treatment is invariably as above, and so far we have had no failures.

URETERITIS.

Catarrhal inflammation of the mucous membrane lining the ureters.

TREATMENT.—Same as for Bright's disease.

INCONTINENCE OF URINE.—(Bed-Wetting.)

Sometimes is only experienced at night; again the invalid may not be able to retain the

urine at any time. If sufficiently long continued, Pe-ru-na, a teaspoonful before each meal, between meals, and at bedtime, will effect a cure in every case.

DROPSY.

An effusion of water or serum in the cellular tissue and serous cavities.

CAUSES.—Systemic Catarrh, Anæmia, derangement of kidneys, liver, heart and lungs.

TREATMENT.—A tablespoonful of Pe-ru-na three times daily, and when the legs are much swollen take a tablespoonful of Man-a-lin and a teaspoonful of cream of tartar in a teacupful of the infusion (tea) of juniper berries before each meal and at bedtime. Should this purge excessively, take less of the cream of tartar. In dropsy of the belly, of the chest, heart or other internal organs, the dry animal diet must be adopted, and no liquids drank whatever, or at least but barely enough to live. In this way the demand of the system will be made upon the penned-up water or serum, in the cavity, and soon be absorbed, and the patient restored.

In The Hartman Sanitarium these cases are principally treated by Manual Massage, Baths and Static Electricity.

CYSTITIS.

Catarrhal inflammation of the mucous membrane lining the bladder, causing frequent micturition, pain, smarting, heat, sediment in urine and great nervousness.

TREATMENT.—Take a teaspoonful of Pe-ru-na in barley water every two hours when awake. Keep the bowels a little free by taking a sufficient dose of Man-a-lin at bedtime to produce from two to three evacuations daily.

Apply a rubber bag filled with hot water to the bladder, and if the disease does not yield in due time, apply the cold water abdominal compress, but let it extend only from the pubic bone at the lower edge of belly to the waist, changing it every two, three or four hours according to the urgency of the case.

At The Hartman Sanitarium, cases like this are treated by Irrigation, Static Electricity, and Baths, with so far invariable success.

URETHRITIS.

Catarrh of the mucous membrane lining the Urethra.

TREATMENT.—A teaspoonful of Pe-ru-na every two hours in the acute stage, and every three hours in the chronic stage. Take it in barley water, and let your drink be barley water, always cold.

Regulate the bowels with Man-a-lin.

This will cure the simple cases. In the specific form of Urethritis, Irrigation of the Bladder, as in Cystitis, is necessary in addition to the internal treatment.

PROSTATITIS, OR PROSTATORRHEA.

Catarrh of the mucous membrane lining the prostatic portion of the urethra.

A discharge from the prostate gland of a clear, transparent, viscid fluid, while at stool or during micturition.

CAUSES.—Taking cold, a secret vice practiced when alone; excesses or constipation.

TREATMENT.—Regulate the bowels with Man-a-lin, and take a tablespoonful of Pe-ru-na before each meal, and at bedtime. At night and on arising in the morning, bathe the parts freely with cold water, using fine soap and wiping dry. In the morning take a cold water towel bath, and pursue precisely the same internal and hygienic, bodily and moral treatment as in the following disease.

EPIDIDYMITIS, OR SPERMATORRHEA.

Epididymitis is generally called Spermatorrhœa and means catarrh of the mucous membrane lining the Epididymus, a long, narrow tube which conveys the secretions of the testes to the ejaculatory ducts. In common with the seminal vesicles, both these organs are lined with mucous membrane, and hence subject to catarrh.

SYMPTOMS.—Involuntary emissions during sleep.

CAUSES.—Same as in Prostatorrhœa, and sometimes excessive sexual indulgence.

TREATMENT.—When caused by costiveness, Man-a-lin, taken three times a day, in doses sufficiently large to regulate the bowels, if persevered in, will, in many cases, effect a permanent cure. But if caused by a secret vice, or by sexual excesses, and especially if these errors have been of long continuance, then a tablespoonful of Pe-ru-na must be taken before each meal, between meals, and at bedtime.

The bowels must be kept slightly loose with Man-a-lin during the whole course of treatment.

The genitals must be bathed every evening in cold water and with soap, and in the morning a cold water towel bath, all over, must be taken. This internal treatment and bathing applies to every case and every form of trouble caused by secret and sexual excesses, in both sexes, and is also the identical treatment for impotency and weakened sexual powers.

For hygienic, dietetic and moral treatment, see "The Confidential Physician," price of which is 25 cents.

When this disease has become habitual, it gives rise to organic changes in the mucous membrane lining the rectum and the urethra. When this has occurred, which is very commonly the case, then no treatment will have any effect until after these organic changes have been removed by proper procedures. (See my book on "Pelvic Surgery," sent free.)

As a rule, these poor mortals are frightened to death by charlatans, and are led to resort to all kinds of nonsensical remedies. I am

sorry to say that many regularly educated physicians practice fraudulent means merely to extort money from these unfortunate persons.

The above treatment, or when organic exchanges exist the treatment given in our "Pelvic Surgery," cannot fail to cure every case, providing the hygienic, dietetic and moral treatment is observed.

FEMALE DISEASES.

Salpingitis

Is the name used for catarrhal inflammation of the mucous membrane lining the fallopian tubes. This membrane is continuous with the lining membrane of the womb. Hence, catarrh of the fallopian tubes invariably co-exists with catarrh of the womb. Sometimes the catarrh begins in the fallopian tubes and extends to the womb, and, vice versa, sometimes begins in the womb and extends to the fallopian tubes.

There are cases, however, of chronic catarrh of the fallopian tubes, in which the mucous membrane becomes permanently thickened to the extent of closing or occluding the tubes; this is by far the principal cause of sterility.

ENDOMETRITIS.

This is the name for catarrh of the mucous membrane lining the womb. This frequently terminates in a chronic form of the disease, greatly thickening the mucous membrane, and finally gives rise to all of the following diseases:

AMENORRHOEA

Is suppression of the menstrual discharge; may be either an interruption of it during its occurrence, or its habitual non-appearance. Caused by catarrh of the mucous membrane lining the womb.

DYSMENORRHOEA

Is painful menstruation, and is caused by a hypertrophic form of chronic catarrh of the mucous membrane lining the womb.

MENORRHAGIA

Is excessive menstruation, caused by a catarrhal condition of the mucous membrane lining the womb having progressed to ulceration.

METORRHAGIA

Is a continuance of the flow, allowing no intermission between the periods. This is caused by ulceration existing in Menorrhagia having gone from bad to worse, often producing organic changes in the womb. It is generally called Chronic Ulcerative Endometritis. This disease always gives rise to

LEUCORRHOEA.

This disease is known among women as the "whites" and is quite a common trouble among them. The cause is nearly always ulceration as above described.

Physicians, however, are in the habit of giving as the cause of this disease, cold, overwork, hard study and heavy lifting.

While these causes are well founded, yet without chronic catarrhal ulceration, this disease could not exist.

TREATMENT.—In all of these perverted functions of the female organism, take a teaspoonful of Pe-ru-na every two hours, or two teaspoonfuls every three hours, as the patient may find best adapted to her case; and regulate the bowels by taking a sufficient dose of Man-a-lin at bedtime to insure one free motion of the bowels daily, or two moderate ones. We say, a sufficient dose; by this we mean, in some cases a half teaspoonful is sufficient, and in some cases a wineglassful is not too large a dose.

Inject into the vagina two gallons of as warm water as can possibly be borne, two or three times daily. Twice daily, morning and evening, is generally sufficient.

A warm sitz bath should also be taken for five or six consecutive evenings prior to the expected time of the menses in amenorrhœa.

In dysmenorrhœa, or painful menstruation the water should be as hot as it can be borne. The temperature should be increased gradually while in the sitz bath.

In prolapsus or falling of the uterus, the temperature of bath should not be over 70 degrees Fahrenheit, and all the parts under water must be rubbed by a second person continually while in the bath.

VAGINAL INJECTIONS.

Use our two gallon (never smaller one) fountain syringe. Introduce the nozzle as far up as possible. It must pass on the outside of the mouth of the womb into the cul-de-sac around the mouth and neck of the organ. The fountain should be placed at least four feet above the patient. The lying position is the best, although it may be taken sitting on two chairs, placed two or three inches apart, and then a bucket placed between the two chairs so as to receive the returning water. The nozzle is now introduced, the stop-cock of the hose opened, and the water allowed to pass through. If the end of the nozzle could be gently passed around the neck of the womb while the water is flowing, it would bring the hot water in closer contact with the organ, and cleanse away the debris more perfectly.

SITZ BATH.

This bath is simply sitting in water. A deep tub should be used, so as to have the water come well up over the hips. While taking this bath, the limbs, feet and upper part of the body should be well covered with woolen blankets, so as not to take cold. When warm or hot water is used in this bath, a quick dash of cold water all over the hips should be taken the moment the Sitz Bath is completed, and quickly wipe dry.

The internal treatment to be continued during the flow in all the above troubles, unless it should in some one of them make the flow too free, in which case, stop its use during that time, and resume it again immediately after.

The injections, too, should be used all the while, except in case they too cause the flow to be too free.

This treatment followed to the letter long enough, and without the least interruption, will cure every case, except in those cases in which the disease has become organic, when we would advise the patient to visit The Hartman Sanitarium so that we may make a personal examination, and prescribe accordingly.

VAGINITIS

Is the name of catarrh of the mucous membrane lining the vagina. This disease may be acute or chronic.

In the acute, painful form of the disease, take a teaspoonful of Pe-ru-na every two hours, and a sufficient dose of Man-a-lin at bedtime to move the bowels once daily. Inject two gallons of hot water three times daily.

In the chronic form, take Pe-ru-na and Man-a-lin as in the acute form, and inject two gallons of water twice daily, at a temperature of from 70 to 65 degrees Fahrenheit.

CHANGE OF LIFE.

The normal period during which women menstruate is from the age of 37 to 52 years. Many women lose their periods at the former age, and many bear children to their 52nd year, and hence menstruate that long. Between these two ages, 37 and 52 years, the menstrual flow ceases entirely, and in many cases no trouble whatever is experienced, but in some the change of life may last from the time the periods cease to fifteen and twenty years after, and the suffering during these years is always very annoying, and in some cases intolerable.

For particulars, see my book on "Health and Beauty."

TREATMENT.—Take two teaspoonfuls of Pe-ru-na every three hours during the day, from the time you rise until you retire at night. Regulate the bowels with Man-a-lin.

CHLOROSIS.

This not very common affection of girls occurs about the time of puberty. It is characterized by a peculiar waxy, yellowish or greenish pallor of the face. The lips are also nearly colorless, and the tongue is often pale. Swelling of the feet or the face may occur, or a dark circle may appear around each eye. Weakness, nervousness, and palpitation exist, with somewhat lowered temperature of the body. Digestion is impaired, and a morbid appetite is sometimes present, as for coal

ashes, slate pencils, earth, etc. Neuralgia may occur, and the flow be either absent, irregular or painful.

TREATMENT.—Take a teaspoonful of Pe-ru-na before each meal, and at bedtime, and very slowly increase the dose to two teaspoonfuls. Keep the bowels gently open with Man-a-lin. All sedentary work must be discontinued, and exercise in the open air, on horseback, in carriage, or take long walks. This treatment long enough continued will give entire satisfaction.

CONTAGIOUS DISEASES.

Scarlatina—(Scarlet Fever.)

Varieties.—Scarlatina Simplex, Anginosa and Maligna.

SYMPTOMS.—Lassitude, loss of appetite, headache, pain in the back and limbs, mark the attack. Soon these are followed by fever, and very often sore throat. On the second day, usually, a punctured red eruption appears on the face and neck, and in ten or twelve hours extends over the whole body.

Scarlatina Simplex.—In this the rash appears early, with moderate fever and little inflammation of the throat. Little or no medical treatment is required in this form.

Scarlatina Anginosa.—Here the violence of the disease falls mainly upon the throat. Fever runs very high, with an extremely rapid pulse, great thirst, headache, perhaps delirium and vomiting.

TREATMENT.—A child two years of age should have a teaspoonful of Pe-ru-na every three hours. Regulate the bowels with Man-a-lin. Take two tablespoonfuls of tar and the yellow of two eggs, mix well and apply to the neck (external throat); keep it on all the time, changing it once daily.

Scarlatina Maligna.—In this form, which is very rare indeed, the depression in the first stage is intense, and the system rarely reacts. It is nearly always fatal, and death may occur in a few hours.

It is said that cold water affusions poured over the head and body will save a large percentage of these otherwise fatal cases.

MEASLES.

SYMPTOMS.—With a slight fever, there are all the symptoms of a cold; running at the nose, redness and watering of the eyes, and coughing. On the fourth day the rash appears on the face and extends over the face and limbs. It is not so bright in color as the rash of scarlet fever and is irregularly distributed in patches.

TREATMENT.—A teaspoonful of Pe-ru-na thrice daily, or oftener, is an effectual cure.

WHOOPIING COUGH.

Easily recognized by the spasmodic and paroxysmal cough.

TREATMENT.—In children give a teaspoonful of Peruna every three hours. Bathe the

back and neck every evening with a little heated Pe-ru-na. Adults a teaspoonful every two hours. Equal parts of flaxseed oil and molasses, taken in doses of a teaspoonful every two hours, will greatly relieve the cough.

DIPHTHERIA.

SYMPTOMS.—These vary from a catarrh of the throat to a thick leathery deposit, covering the tonsils, pharynx and palate. Prostration often great; fever doesn't usually run high.

TREATMENT.—To a child two years of age give a teaspoonful of Pe-ru-na in sweetened milk every two hours. Apply tar externally same as scarlet fever, or instead the cold water compress as directed for tonsilitis; or these two can be alternated every two days.

GARGLE.—Put four tablespoonfuls of common salt in a quart of cold water, and if the child is old enough, let it gargle as directed in rhinitis. If the child is too young to gargle, apply it by means of a swab every few hours.

The use of anti-diphtheretic serum toxine, injected under the skin, is a fad and a fraud and should never be used.

TYPHOID FEVER.

SYMPTOMS.—Languor, debility, loss of appetite and headache precede fever for several days; bleeding at the nose and bronchial cough are occasionally early symptoms. The patient takes to bed with fever of considerable violence; lies dozing, perhaps muttering during the day, but is more or less wakeful and delirious during the night. Diarrhoea and swelling of the abdomen usually come on about the end of the first week; tenderness on pressure on the right side of the belly, with gurgling under the hand generally exist.

CAUSES.—May be conveyed into the system by water or air, where sanitary regulations are bad and the drainage of privy communicates with well, or from inhaling sewer gas. Depressing causes of all kinds seem to promote it—foul air, removal from home, and fatigue.

TREATMENT.—There is, perhaps, no disease from which the patient will more uniformly recover without any treatment, if properly nursed, than typhoid fever. The writer, while doing a general practice in Lancaster Co., Pa., never lost a case, and during the last seven years never gave a grain of medicine to a typhoid patient. His own wife, having been a victim to a severe attack of this disease, and not wishing to assume the responsibility himself, Dr. Atlee saw her daily during her illness, and, after her recovery, he stated that he never saw so severe a case get along so well. Not a particle of medicine was given to her. Good nursing in this disease consists in never allowing the body to be long preternaturally warm. This is accomplished by the application of cold water to the whole body, or fever bath; these means to be continued

until the patient is comfortable, and may be repeated as often as necessary. The patient should have liquid nourishment regularly thrice daily. The room should be kept well ventilated and scrupulously clean.

The bowels should be kept regular with a small dose of Man-a-lin when necessary. The pain should be relieved by applying flannel saturated with heated Pe-ru-na.

If the patient or physician insists on giving medicine, let it be Pe-ru-na in half teaspoonful doses repeated every two or three hours.

The diarrhoea of typhoid fever must not be treated by injections, except in the early stage of the disease, when a pint of lukewarm water may be injected at one time. This may be repeated daily during the first week, if the bowels require it.

Whenever the temperature of the patient gets over 101 degrees Fahrenheit, and less than 102½ degrees, towels dipped in cold water should be applied to the body and arms above the elbows, and upon the thighs to the knees. Gentle friction should be made over each towel as it is placed on the patient, and as the parts become warm, water should be thrown on from the hollow of the hand and friction again applied. This may be continued for twenty or thirty minutes at a time.

After the temperature raises above 102½, the Brand bath should be given every three hours for fifteen minutes at a temperature of from 70 to 65 degrees Fahrenheit.

As it takes more knowledge and better judgment to give these baths correctly, than it does to give the most scientific medical treatment, none but an experienced physician in baths, or an experienced trained nurse, is able to give this hydro-therapeutic treatment.

CHICKEN POX.

Chicken Pox is an eruptive disease, affecting for the most part, children and occasionally adults. The eruptions appear first on the body, and afterward on the head. The eruption is frequently quite small and very rarely abundant. Desiccation occurs from the 5th to the 7th day.

TREATMENT.—Teaspoonful of Pe-ru-na every three hours. Man-a-lin at bedtime in sufficient doses to produce one free motion of the bowels daily.

MUMPS.

A specific inflammation of the parotid glands. Unless properly treated it is liable to effect other glands of the body by metastasis.

TREATMENT.—Half a teaspoonful of Pe-ru-na every two hours. Open bowels with Man-a-lin. Keep flannel around the neck.

ERYSIPELAS—(St. Anthony's Fire)

Is characterized by soreness to the touch, redness, heat and moderate swelling. It may be superficial and transient or the inflammation may involve the subcutaneous and cel-

lular tissues, causing suppuration and sloughing. The fever of erysipelas has no special features, nor has the disease any special period of duration.

TREATMENT.—Locally, paint the parts once daily with a solution of the following: Take of ichthyol and ether, each, two drachms; flexible collodion, half an ounce. Mix. Shake well before using. Take internally a tablespoonful of Pe-ru-na every three hours. Keep the bowels soluble by taking Man-a-lin.

MALARIA.

Intermittent Fever, Ague, Chills and Fever.

These are all one and the same disease. Paroxysms usually occur every, or every other day, rarely every third or fourth day.

SYMPTOMS.—Ordinarily the cold, hot and sweating stages are well defined, but occasionally they are not; then they are popularly known as Dumb Ague.

Cold Stage.—Begins with languor and yawning, a sensation of coldness, creeping and shivering, with chattering of the teeth or tremulous movements. Duration of the chill from ten to thirty minutes.

Hot Stage.—Gradually warmth is felt to return; a flush succeeds the pallor or lividness of the face. The mouth becomes dry, the tongue furred; vomiting is common with total loss of appetite. The hot stage may last from an hour or two to sixteen or eighteen hours.

Sweating Stage.—The skin becomes moist, the headache lessens, and the patient often goes to sleep and sweats profusely all over. There is no definite length assigned to this stage.

One or two of these stages may be wanting. There is then only a chill, or fever, or a sweat occurring daily, or every other day about the same hour; or in Dumb Ague, there may be only a paroxysmal pain in the part of the body, occurring with the same regularity.

CAUSES.—A minute vegetable organism, which substance or emanations enter the body. An average summer heat of sixty degrees for two months is necessary to their development. They prevail most near marshes, shallow lakes and small streams and newly plowed ground.

TREATMENT.—During the chill, apply external warmth, such as hot bricks and bottles filled with hot water. Take freely of hot drinks. In the hot stage take freely of cold drinks, as ice water, ice lemonade, etc.

When the disease is distinctly intermittent, coming on each day or every other day or every third day at about the same time, and the attacks pursue the same course as at first, then six grains of quinine, taken at 5 A. M., six grains at 7 A. M., and six grains at 9 A. M., will stop the disease. It will not return again, but a tablespoonful of Pe-ru-na should be taken after the quinine every three hours during the day, and the bowels be kept well open with Man-a-lin taken at bedtime.

In the chronic form or irregular forms of malaria a wineglassful of Pe-ru-na should be taken at five, seven and nine A. M., and a tablespoonful every three hours during the remainder of the day. Continue the treatment with Pe-ru-na until recovery is complete. Quinine does not cure chronic, irregular or dumb ague.

Should the foregoing treatment fail, add one ounce of Calisaya bark to each bottle of Pe-ru-na and take a large tablespoonful every three hours continually. The above is the only treatment I have ever found necessary in malarial diseases.

RHEUMATISM.

Varieties.—Acute Articular Rheumatism, Chronic Rheumatism, Syphilitic Rheumatism, Rheumatoid Arthritis.

Acute Rheumatism.—Only certain persons and families are liable to the affection upon any exposure. It is characterized by high fever, with severe inflammation of several of the larger and smaller joints, which mostly, one after another, become swollen, red, hot, tender and painful.

TREATMENT.—Take a teaspoonful of Pe-ru-na every two hours, and keep the bowels soluble with Man-a-lin. Take a teaspoonful of carbonate of soda dissolved in hot water, four times daily, or instead of the latter, eat two lemons the first day, four the second day, six the third day, and keep on increasing the number by two every day until the disease has subsided. Cover the painful joints well with flannel, and apply liniment composed of equal parts of oil of gaultheria and olive oil.

Rheumatoid Arthritis begins in the finger joints, is slow and insidious in its approach and from the very first there is deformity. It is one of the most intractable diseases to the action of medicine known. Generally it is accompanied with pain, but in exceptional cases there is no pain. The deformities are to be distinguished from other forms of rheumatism and paralysis by the fact that the deformity is primary, while in active articular rheumatism or paralysis the deformity is secondary.

Chronic Rheumatism.—This is a slow inflammation of the fibrous tissues, investing the joints and muscles, generally following acute rheumatism.

CAUSE.—Exposure to cold or wet.

TREATMENT.—Take a tablespoonful of Lacu-pi-a before each meal, between meals and at bedtime and increase the dose one-half tablespoonful every two weeks. Regulate the bowels by taking a sufficient dose of Man-a-lin at bedtime.

EXTERNAL TREATMENT.—Apply a clay poultice two inches thick, changing it every three, four or six days, also whenever it increases the pain, which is rare. Should the pain be very great apply hot Peruna on flannel and then cover it with several layers of dry flannel.

This treatment as well as every treatment given under each disease is the only treatment that the writer has ever had occasion to use in this disease. At The Hartman Sanitarium massage, therapeutic gymnastics, calisthenics and static electricity are used in addition to the above treatment, saving much time.

HORIZONTAL POSITION.

In the acute diseases of any severity, and in some chronic affections, the lying position is by far the most favorable one to a speedy recovery. But when the disease is of the limbs or feet, the foot of the bed should be raised about six inches by placing a block under each foot-post, and the patient must go to bed and remain there until well.

SCROFULA.

The term Scrofula is applied to certain slow inflammations, abscesses, ulcerations, and other disorders of the skin, mucous membrane, glands and bones, which occur more especially in young persons, and are characterized by the moderate degree of vascular excitement attending them with the great obstinacy or chronicity of their career. In many cases, also external Scrofula, particularly in the glands, a deposit of curd-like or cheesy material is found. But in the worst form of this disease angry ulcers break out on any part, or all over the body, head and extremities, and of a character of so violent a description that the best physicians are often puzzled to know what to call the disease, or what to do. Many of these cases are treated for cancer. I have known surgeons to cut away large chunks of flesh, while others applied caustic or some cancer salve.

This terrible form of Scrofula is generally preceded by frequent attacks of Skin Diseases of a peculiar appearance.

TREATMENT.—Nothing is more simple than the treatment of this worst of all diseases. La-cu-pi-a is its infallible remedy. A tablespoonful must be taken immediately after each meal, and on going to bed. This dose must be increased a half tablespoonful every two weeks continually, until a perfect cure is effected. Then as gradually diminish the dose to nothing, which will make the cure permanent and complete in every case. There are no failures. Keep the bowels open regularly with Man-a-lin.

EXTERNAL TREATMENT.—When the sores do not readily heal, assume a horizontal position and apply clay poultices, two inches thick, to them, and change every day, or every two, three or four days as may be necessary.

GOITRE.

Enlargement of the thyroid gland of the neck (thick-neck) is not a very common affection in this country.

CAUSES.—Of Goitre, are not well understood.

TREATMENT.—The internal treatment is the same as for Scrofula, or Chronic Ulcers. Apply externally the compound ointment of Iodine, three times daily. Continue this treatment without the least interruption until the enlarged neck has assumed its natural proportions.

CHRONIC ULCERS

May be of the skin, muscles and bones.

All ulcers are either acute or chronic. The Acute Ulcer, with a little warm water dressing, will speedily terminate in health. The Chronic Ulcer,—that is, an ulcer over two weeks old, has contaminated the blood, and requires both local and constitutional treatment.

LOCAL TREATMENT.—Supposing the ulcer is at the ankle, foot or leg, it must be cleansed; then go to bed, raise the foot-posts six inches, apply Clay Poultice two inches thick, changing every three, four or six days.

CONSTITUTIONAL TREATMENT.—Take a tablespoonful of La-cu-pi-a before each meal, between meals and at bedtime. Increase this dose a half tablespoonful every two weeks. If the bowels do not move freely once each day, make them do so by taking Man-a-lin. Women must begin the La-cu-pi-a in teaspoonful doses and increase the dose as directed.

In these ulcers, and especially if of long standing, the veins and arteries have become much enlarged, and therefore, the patient should not get up right away after the sore has healed over, but should remain in bed a few weeks longer, so as to give the blood vessels time to contract to their normal size; nor should he remain on his feet all day as soon as he gets up, but instead, sit up for an hour or two, then lie down that long; next time, walk a little, and stay up a little longer, and so on, gradually staying up altogether, and finally go to work.

The Clay Poultice is discontinued as soon as the sore is healed over, and all the tenderness gone. The La-cu-pi-a must be continued for six weeks after the sore is perfectly healed, to prevent any after trouble. Remember, going to bed means staying there until well, as stated, and not getting up for half an hour or hour, every now and then.

This treatment has never failed me, although I have had cases of sore legs that had existed for forty years. It is infallible.

CLAY POULTICE.

Directions for Making and Using It.

Get good clay, clear from all trace of vegetable and animal matter, such as would make good building brick; dry it, pulverize it, and sift it through a fine flour sieve. Take a sufficient quantity of the clay to make a poultice two inches thick, and large enough to envelope the joint, arm, leg, or to cover and extend beyond the edges of the sore or sores

to which it is to be applied. Add two tablespoonfuls of La-cu-pi-a to each poultice, and enough hot water to make it into paste of such consistency as to hold well together without being too stiff. It must be thoroughly mixed and worked with the hands or a paddle until all the water is absorbed, and enough water must be used to thoroughly moisten every atom of clay. The sore, running ulcer, swelling, tender or inflamed part to which it is to be applied, must first be carefully cleansed with soap and water, so as to remove all dirt, grease and salves that may have been used. Then apply the Clay Poultice on the bare sore or around the joint, packing it closely to the parts, so as to exclude all air, making it one inch thick; then wrap around it one layer of mosquito bar, to confine it to the limb or sore, and then apply another layer of the clay an inch thick, in the same way. Then wrap old cloths around it to confine it to the affected parts and to protect the bed. Finally cover with a thick layer of flannel, which completes the "Clay Poultice."

If the trouble is of the foot or leg, the foot of the bed is raised as directed in the article, "Horizontal Positions." The poultice should remain on the affected parts until the clay cracks loose from the skin; that is, from one, to two, three, four, five or six days, according to the effect it has upon the parts. It must then be removed, the parts cleansed with water and dried, and immediately a fresh poultice must be applied as before.

By means of the treatment given for Scrofula and Chronic Ulcers, and the use of the Clay Poultice, anyone can cure himself at his home, providing the directions here given are followed to the letter.

At Institutions like The Hartman Sanitarium, these cases are readily cured in the course of a month or two, according to the size and chronicity of the ulcer, without the Clay Poultice; but not without La-cu-pi-a. When La-cu-pi-a is not given, though an apparent cure may be effected, the disease will surely return, while when treated with La-cu-pi-a, the cure is permanent.

SYPHILIS

Is originally the product of filth. Primary Syphilis is a chancre, a sore with hardened, indurated, abrupt edges although it sometimes is soft. Its tendency is to heal, not to spread; except in Chancroid. In this form of the disease the tendency is to spread. See page 142 of my Confidential Physician.

During the first year of Syphilis it may be communicated by sexual contact, by a kiss, by a drinking utensil, by the tears, sweat, saliva, or the blood, if brought in contact with an abrasion of the skin, or mucous membrane of healthy persons. Hence the chancre (initial lesion) may be at the genitals, fingers, nipples, cheeks, lips, or in the mouth. Beware of a kiss, even of the baby's mouth.

TREATMENT.—In the Primary stage, take a tablespoonful of La-cu-pi-a immediately after each meal, and at bedtime. As a local application, put two grains of crystalized carbolic acid into four ounces of water, saturate a bit of absorbent cotton with it, and apply to the sore four times daily. If in the mouth, simply pencil it with the solution.

SECONDARY AND TERTIARY SYPHILIS.

These stages of the disease come on in from six to thirteen weeks after the primary, and are manifested by eruptions on the skin, copper-colored blotches, or sores in the mouth and throat, but this may not last over three or four days at a time, and in a week or two return and often more severely. Later on, ulcers of the skin of the most distressing character may take place. The bones become diseased, and there is really nothing horrible that may not befall the victim. This severer form is the Tertiary stage.

In these stages of the disease the treatment is precisely the same as that just given for Scrofula.

For a full account of these diseases, and of all other private diseases, with their treatments address us for the "Confidential Physician," enclosing its price, 25 cents.

When the initial sore shows a strong tendency to spread, place yourself under the care of a surgeon at once.

SKIN DISEASES.

Exanthemata.—In these there is active congestion of the skin. Besides Scarletina, Measles and Erysipelas already considered, this order contains:

Erythema.—Superficial, circumscribed red patches of variable shape and size, on face, trunk and limbs.

Urticaria—**Nettle Rash.**—Elevated round or oval, red or white patches, characterize this form of skin disease. Much burning, stinging or itching attend them.

TREATMENT.—Regulate the bowels gently with Man-a-lin and a tablespoonful of Peruna before each meal. Dust over with Rye flour. Bathe with soda water, an ounce to the quart of water. This treatment will cure the three diseases named.

Vesiculae.—These are effusive inflammation of the skin, characterized by numerous small water blisters.

Sudamina.—The smaller vesicles.

Herpes.—The largest vesicles.

Eczema.—Vesicles of intermediate size.

TREATMENT.—Take Pe-ru-na and Man-a-lin as in Erythema and Urticaria and bathe.

Papulae.—These pimply eruptions involve depositive inflammation of the skin, which is raised in small red, round conical points, or minute tubercles.

Lichen.—Pimples, numerous but of small size; red, and more or less heated and irritated.

Strophulus.—A popular eruption of infancy. The eruption is not severe, consisting of many small, red pimples, close together, and often nearly all over the body.

TREATMENT.—Take a teaspoonful of *Peruna* every three hours, and a sufficient dose of *Man-a-lin* to regulate the bowels. Powder the surface with pure precipitated sulphur twice daily.

Parasitica-Scabies--Itch.—Chiefly vesicular; this disease may be papular, scaly or pustular in some instances. Ordinarily we see, especially between the fingers and on the back of the hands, next often on the arms and legs, a number of small red elevations, with white or watery tops.

TREATMENT.—Regulate the bowels with *Man-a-lin*, and take a tablespoonful of *Peruna* before each meal. Women two teaspoonfuls. Children according to their ages. Externally, apply "Cu-es-to" as directed on the label.

Send Post Office Money Order to The *Peruna* Drug Mfg. Co. for this medicine.

This treatment will cure every case, providing it is continued until the last vesicle is healed.

Pimples--Acne.—Tuberculous elevations, from inflammation of the skin around sebaceous follicles, in which the secretions are detained or are of a morbid character, are called *Acne*. This is a disease confined to the age of fifteen to twenty-five or thirty years. It is one of the most annoying diseases of that most interesting age of our lives. Most annoying and hateful because it is nearly always confined to the face (forehead, nose and chin); but it frequently affects the whole face, fearfully spoiling the complexion, leaving numerous blackheads.

TREATMENT.—Take a tablespoonful of *Peruna* before each meal to equalize the circulation and to excite the sweating glands into activity. Take *Man-a-lin* to regulate the liver and bowels, and apply *Waso Ointment No. 1* every night. Bathe the face with very warm water and *Carbolic Acid Soap* twice daily, and immediately knead the affected parts thoroughly with the ends of the fingers and thumbs for one hour, each day, or twice daily. This will cure every case. If you have any trouble with this treatment, come to our Sanitarium.

For *Freckles*, *Blotches*, *Discolorations*, or *Roughness*, whether caused by powder, paint or otherwise, use precisely the same treatment, but also wear the *Rosalea Mask*. It will produce the most lovely complexion.

For the *Waso No. 1*, and the *Rosalea*, the former \$1.00 per jar, and the latter \$5.00, send Post Office Money Order to The *Peruna* Drug Manufacturing Company, and they will forward them to you by mail. Druggists do not keep these goods in stock. They are special prescriptions.

CONSTITUTIONAL SKIN DISEASES.

All of which are always chronic and difficult to cure, except with the means here prescribed.

Squamæ--Scaly Disease--Lepra.—Always chronic and difficult to cure. It is characterized by red, disquamating patches of various size, approximating to a circular shape, on any part of the body; especially of the arms and legs. The margin of the patch is the highest, reddest, and most squamous part.

Psoriasis.—This differs from *Lepra* in the irregular and varied form of the disquamating patches, and in the absence or less degree of depression in their centers.

Ichthyosis.—Fish Skin Disease.—This is very rare. Hard, thick, dry scales form continuously over a part, or sometimes nearly the whole body.

Pityriasis.—This is a chronic affection in which very numerous small white scales (*dandruff*) form upon the skin, particularly the scalp.

Pustulæ.—Suppurative inflammation of the skin; appears in two forms:

Ecthyma.—Large, round, prominent pustules on any part of the body; not numerous; ending in thick, dark scabs, followed by slight ulceration.

Impetigo.—Small and somewhat numerous pustules.

Favus.—Generally appearing on the scalp; this disease is peculiar in the formation of yellow cup-shaped crusts, in each of which one or two hairs grow.

Sycosis (Barber's Itch.)—This occurs in the bearded part of the face; chiefly the chin. It is contagious, sometimes being transmitted by uncleanly barbers in shaving.

Tinea-Circinata (Ring Worm.)—This is known by its circular form, occurring the most often, though far from always, on the head or face.

Chloasma Versicolor.—This is recognized by the form of dull, reddish-yellow spots, of various size and shape, on the front of chest and abdomen.

Neuroses, Prurigo or Pruritis.—Winter Itch.—Also called *Salt Rheum* by old authors, and sometimes chronic *Erysipelas*. The essence of this disease is intense itching and sometimes without eruption. It may affect any part of the body, but most frequently the arms or the private organs.

TREATMENT.—The treatment for all these constitutional diseases is a large tablespoonful of *La-cu-pi-a* immediately after each meal and at bedtime, for men. Women, two teaspoonfuls. Children, according to age. Continue to take it for six weeks after the disease is cured, to make sure of a permanent cure. Keep the bowels regular with *Man-a-lin*.

Externally, in all these skin diseases, apply the Waso No. 2 ointment freely, twice daily; rubbing it well in. Bathe the parts with warm water and Castile soap every evening. Knead the affected parts twice daily for an hour or longer, with the thumbs and fingers' ends, not with the nails.

I have never known this treatment to fail when I treated the patient, but I have known cases of failure where the patient treated themselves, and I am convinced that the reason of these failures was the timidity of the patients in not carrying out the treatment to the letter.

Any one having a skin disease, by taking these two lists of skin diseases, and reading each one over carefully, and examining himself, will have no trouble in finally hitting upon the proper diagnosis.

ANÆMIA, OR. HYDRÆMIA

Are the terms used to indicate poverty of the blood or a deficiency in red corpuscles.

CAUSES.—Loss of blood, excessive suckling, any disease long continued as chronic diarrhoea or leucorrhœa.

SYMPTOMS.—Great pallor, debility and nervous excitability.

TREATMENT.—Good diet, pure air, and a tablespoonful of Pe-ru-na immediately before each meal. This will cure every case of the ordinary form.

Pernicious Anæmia.—In this form of the disease, no medicine and no treatment that can be prescribed to the laity can possibly cure this trouble. In all such cases, some Sanitarium, like The Hartman Sanitarium at Columbus, Ohio, should be visited, and a systematic course of baths, especially fan douches, Mechanical and Manual Massage, Static Electricity, Calisthenics, etc., taken. By this course of treatment I have never known a failure, and I have never seen this form of Anæmia cured in any other way.

LA-CU-PI-A.

La-cu-pi-a, as may be seen on the second page of this book, is my great reliance in all contagious blood poisons and humors which give rise to constitutional diseases.

Some years ago the writer appointed a committee of physicians, to thoroughly investigate by positive tests, the comparative virtues of all the constitutional blood remedies in the pharmacopœia, and also those which were manufactured as proprietary medicines.

This committee reported that La-cu-pi-a stood at the top. That it was by far and unmistakably the best constitutional blood purifier that was ever formulated.

Hence, La-cu-pi-a should be taken in all cases of Ozena, Scrofula, Syphilis, Chronic Rheumatism, Running Sores, Ulcers, swellings, abscesses, in constitutional skin diseases, and in all cases in which there is a discharge of matter or enlargements.

These may not all be contagious blood poisons, but they are all the result of blood contamination.

In these diseases, La-cu-pi-a is to them what Pe-ru-na is to all Catarrhal diseases. But, like Peruna, it is not a cure-all. It is only prescribed for the diseases named, and for them it is as effectual as Peruna is for Catarrhal affections.

For my article on Spring Medicines and blood impurities, I would respectfully refer the reader to page 112 of my book, "Confidential Physician," the price of which is 25 cents.

WARM BATHS.

Whenever La-cu-pi-a is used for any diseases, but more especially when taken for Secondary or Tertiary Syphilis, a warm bath should be taken for fifteen minutes every evening as follows:

It should always be taken in a bath tub. Every family, even laborers and farmers, should have a bath tub. A home-made one answers every purpose. A thermometer, too, must also be at hand. A sufficient quantity of warm water at from 95 to 100 degrees, should be put in the tub to entirely cover the patient, allowing only the face above the water. Another person should be by to produce gentle friction all over the body and limbs, and continue this during the fifteen minutes. Then rising up on the feet, a small bucket of cold water should be poured over the head and body, and immediately wipe dry. The bather will then retire to bed. A large sponge saturated with cold water, squeezed upon the head so as to let the water run over the entire body, may be used instead of a bucket.

A warm bath in many persons may produce fainting, and when this occurs the attendant must get the bather out of the tub, let the head and shoulders rest on the floor, and the body and feet elevated as high as possible, until the fainting passes off. This should be done the moment faintness comes on. It is for this particular probable result that an attendant should always be present when any one takes a warm bath.

Accounts of death in the Bath Room are given almost weekly in our newspapers, everyone of which could be positively avoided by the precaution of having an attendant present.

No person should take a warm bath under any circumstances without having an affusion of cold water instantaneously given the moment he rises up, and is still standing with his feet in the warm water.

HOT BATH.

This bath should never be taken by anyone without having an expert bather present. The proper place to give a hot bath, or a Turkish bath, and a hundred other baths, is at Sanitariums, like The Hartman Sanitarium.

FOOT BATHS.

Fill the foot-tub or bucket three-fourths full of as hot water as can be borne. Place by your side a tea kettle full of boiling water, a tin-cup, and a bucket three-fourths full of cold water.

Put your feet into the bucket containing the hot water. As soon as you can bear the water a little warmer, pour some of the boiling water into the bucket, in such a manner as not to come in immediate contact with the feet. In a few minutes if you can bear it a little hotter, repeat the introduction of a little more boiling water, and continue to do so for forty-five minutes.

Then take one foot out of the hot water and dip it into the cold water, and quickly take it out and wipe dry, and put on a dry, warm woolen stocking. Then remove the other foot from the hot water, and dip it in like manner into the cold water. Wipe dry, put on the stocking, and go to bed.

This is the proper method of taking a foot bath; that is, when you take it for the purpose of obtaining relief from cold or from any disease.

When bathing the feet for cleanliness, always use cold water, and rub the feet with both hands violently all the while you have them in the cold water. Then wipe them dry.

The cold water towel bath, and the cold water foot bath should constitute the only baths all through life to maintain health. Persons who take frequent warm baths once or twice a week, and wash their faces, necks and breasts in warm water, and their feet always in warm water, are never well. That is, they are never half as robust and strong as they would be if they would bathe wholly in cold water. Hot and warm baths are only intended for some forms of diseases. In all other conditions, cold water with friction is what is needed.

FOMENTATIONS.

In cases of accident, bruises, hurts, severe pain, as in neuralgia of the sciatic nerve, frontal headache, or severe pain in any part of the body, hot fomentations applied as follows will give immediate relief:

Adjust a clothes-wringer to a small tub. Set a vessel of absolute boiling water in the tub. Get a piece of woolen blanket eighteen inches square. Fold the blanket double in one direction, and in the other direction fold it into a pad about four inches broad. Dip it in the boiling water, bring it out by means of two sticks, pass it through the wringer, and immediately apply it upon the naked skin over the bruise or painful part.

This burns, it is true; but it does not blister. It leaves no sore. It simply makes the skin red. It should be quickly covered by dry flannel and then pressed or held tightly against the skin for fifteen or twenty minutes.

Then again put into the boiling water, again wring out, and again apply in the same manner. Repeat this five times, the last time covering it quickly with dry flannel, four thicknesses, and apply a bandage, confining it to the parts by means of the bandage, until the pad feels cool; then again repeat it five times as stated.

It is advisable to anoint the part with Vaseline before applying the hot fomentations, as that will diminish the danger of scalding.

I have applied hot fomentations in this way through all my medical career, and have never formed, or seen formed, a single blister.

MAN-A-LIN.

Man-a-lin is the writer's favorite laxative—mild, very mild, cathartic. He has never used any other cathartic or laxative, except to compare it with Man-a-lin. It is everything, and patients sometimes think it is more than everything that could possibly be expected from a laxative. It regulates and arouses the action of the liver, pancreas, kidneys, and bowels.

In conjunction with Pe-ru-na it is an indispensable remedy in dyspepsia, biliousness, torpidity, headache, dizziness, bad breath, eructations, furred tongue, offensive perspiration, and sallow complexion. Like Pe-ru-na, Man-a-lin, is wholly composed of roots, barks, and herbs, and is so compounded as to operate in perfect harmony with Pe-ru-na and La-cu-pi-a.

This is a matter of the greatest importance. A good remedy may be used for a special disease, and then its virtues wholly neutralized by the administration of a laxative or cathartic not in harmony with it.

There is no age or condition in life in which Man-a-lin is not the very best laxative that can be used. A dose of it is from a half teaspoonful to a wineglassful taken at bedtime, and may be repeated one half hour after each meal. But it should never be taken in larger doses than is just necessary to produce one free motion of the bowels daily, or two moderate ones.

Man-a-lin is put up in pint bottles and sold for a dollar. Similar preparations, but not the same preparations, are put up in one ounce bottles and sold at 25 cents. The Man-a-lin bottle contains twelve ounces, and hence at the same rate would be worth \$3.00 a bottle. It is, therefore, the cheapest cathartic medicine that has ever been compounded, and it is also the safest. It is especially adapted to women, and there can be nothing better for men.

For young people and students of sedentary habits it is the very best remedy in the world for obviating constipation, so troublesome and health-destroying to them at that interesting period of their lives.

In hundreds of cases of serious chronic illness, where life was most wretched, I have prescribed Man-a-lin with complete success.

Indeed, no medicine has been the means of doing so much good as this wonderful preparation, excepting only Pe-ru-na and La-cu-pi-a.

There is scarcely a physician in the world having a large practice, but vividly remembers how greatly he has been embarrassed to find some means to permanently obviate even ordinary constipation; how he has prescribed this and that, and used many different means, but all failed to bring relief to the patient or credit to the physician. Man-a-lin invariably brings both.

Now in the case of little children who are irritable, because of an inactive liver, disturbance of the pancreas, or some other irritating substance in the bowels, are peevish, have swollen lips, blue zones around the eyes and indisposed to play actively, Man-a-lin, a single dose often, is just what is needed. They will leap, as it were, into their usual cheerful countenances, and resume their playful activities. Hence, there is no condition in life, from babyhood to the aged grandparent, in which Man-a-lin is not the very best friend.

The bottle should be very tightly corked or stopped every time it is opened, as when it stands long with a loose cork, especially in a warm place, it is liable to lose its strength, and a larger dose is required. But, in every other respect, its action will be the same as when fresh.

ITS ACTION.

Man-a-lin is prompt in its action, speedy in giving relief, and if no organic diseases exist, certain to effect a cure.

It unlocks the various secretions, casts off the impurities of the digestive organs, and stimulates them to healthy action, producing pure bile, pure gastric juice, and blood. It dissipates the clouds of mental anxiety, and despair gives way to hope. It acts directly and admirably on the Kidneys, causing a very easy flow of clear, limpid water. It acts delightfully upon the lungs, making the breath pure, sweet and natural. It drives all impurity and fetid matter from the blood, causing a clear complexion, and freedom from all noxious and unpleasant exhalations from the body. It is, therefore, as useful in producing perfectly healthy action in all the internal organs of the body as Pe-ru-na is in breaking up all forms of congestion, irritations and inflammation, and in equalizing the circulation of the blood, and as La-cu-pi-a is in curing specific blood diseases. Man-a-lin acts as a gentle laxative, relieving without purging, and by its pleasant action moves the bowels without the after ill effects of cathartic medicines.

CONSTIPATION.

In this affection the ejections are either too infrequent or insufficient; it is a very common disorder, and occasions much annoyance. Effects of non-evacuation of the

bowels may be: Irritation and inflammation of the bowels; when much prolonged, dangerous intestinal obstruction; diarrhoea; sympathetic headache; stomach or liver disorders; offensive perspiration; contamination of the blood by the retention of excretory matter which the bowels ought to remove.

There is no more prolific cause of disease than Constipation. Were you to convert your bedroom into a privy for three days or a week at a time without ventilation, and be constantly inhaling the vile emanations, you can readily see that the hale body, the rosy cheek, the keen perceptions, must soon disappear. Do you suppose the privy you make in your body to be any less deleterious to good health? Not only are the foul gases constantly passing into and contaminating the blood, but at intervals sufficient secretions are poured into the bowels to make the feces soluble, and if not then discharged from the body are again absorbed, taken into the blood and carried through every tissue in the body. These impurities are readily detected in the perspiration and breath. Typhoid Fever, Typhus Fever, and most all the diseases to which flesh is heir, may be produced in this way.

CAUSES.—Neglect of timely attendance upon the calls of nature; want of exercise and excess of mental strain, biliousness, and the medicines known as cathartics, laxatives, pills, etc.

Constipation is also caused by water brash, heartburn, foul stomach, palpitation of the heart, deficiency of biliary secretions, indigestion, gnawing and burning pain at the pit of the stomach, pain in the side, chest and back, sour stomach, nausea, vomiting, flatulency, want of appetite, yellowish skin, coated tongue, disagreeable taste, coming up of the food, low spirits and hypochondria.

TREATMENT.—Whenever one, two or more of these symptoms are experienced, a teaspoonful of Man-a-lin should be taken half an hour after each meal, thrice daily. But should this move the bowels too freely, then take it only at bedtime.

In Constipation, the object of taking Man-a-lin is to cure the disease or habit as Constipation may be called. Once the habit of Constipation is formed, as all habits it grows stronger day by day. The constipated man resorts first, perhaps, to a Seidlitz powder. Soon the lower bowels get into the Seidlitz powder habit, and refuse to move without it, and finally demand something stronger. Then a mild cathartic pill is given. The bowels are satisfied for a time, but the mild cathartic loses its power after a while, and the bowels demand an increased dose, until, like a confirmed opium eater, the man becomes a victim of cathartics as much as the opium eater is of opium.

Thousands upon thousands of persons are taking cathartic medicines every few days, or at least every week, year in and out, and

If your case is of long standing and complicated write for question blank.

are no better to-day than they have been for years. In fact, many of them never expect to get well. These have settled down to a permanent habit of taking pills, or some other cathartic, as often as needed, which enables them to drag themselves along from day to day, the year around, and dreary, indeed, is their lot. By and by not even the strongest cathartic will act, and the whole system is deranged.

This habit must be broken up, and this is the way to do it with Man-a-lin:

Nineteen out of every twenty persons have their evacuation immediately after breakfast, and I am convinced that that is the best time to have it. Take the Man-a-lin, so that you can have your bowels moved at this time. Having a fixed time when you want your bowels to move, then go to stool at that time every day, and take the Man-a-lin at such times and in such quantities as you find will accomplish that object best. Then keep on that way until you have the habit thoroughly formed of going to stool exactly at that time. And after you have this habit formed, do not under any circumstances postpone the going one minute when that time comes. After you know how much Man-a-lin you must take, and when you must take it to move the bowels every day, then you have nearly cured yourself. Having this established, take a little smaller dose every day, if it is only one drop less, or two drops less at each dose, but still go at the same time, and continue to diminish the dose in this way until you take none at all, and the habit of going at the same time continues with you.

This accomplished, and the cure of Constipation is effected. Man-a-lin will do this as sure as the sun shines, if you observe these instructions.

After you are regular, make it the rule of your life to eat plenty of fruit before breakfast. An apple, two or three, peaches, pears, plums, apricots, grapes and any kind of fruit you can get.

OBSTRUCTION OF THE BOWELS.

Also called Occlusion of the Bowels.

SYMPTOMS.—Persistent constipation; constant vomiting, partly or wholly of fecal matter; coldness of the skin; prostration, and distressed countenance.

TREATMENT.—Take a wineglassful of Man-a-lin every two hours. Send for a doctor, and tell him to irrigate the stomach (lavage) with one pint of warm water at a time, allowing the water to escape as soon as a pint has entered the stomach, and then repeating continually until nothing but clear water returns. Then immediately inject two gallons of warm water into the bowels, preferably with a No. 1 Davidson Syringe, although a Fountain Syringe elevated anywhere from ten to fourteen feet, may answer. For this purpose the doctor will furnish a long rubber tube, and

introduce it through the rectum into the transverse colon, and if possible down to the cæcum. A chair should be inverted, placing the top and seat on the floor. The patient is placed on the back of the chair, with his head down and the hips up, and the water allowed to flow into the bowels. A gallon or two, and sometimes two and a half gallons may be injected in this way at one time, when in all probability the water will rush out through the mouth. The patient is then placed on a slop-jar, and the balance of the water will pass through the rectum. By this means the writer has never lost a single case of Occlusion of the bowels.

AFTER-TREATMENT.—Take a tablespoonful of Pe-ru-na every three hours for a day or two, and then three times daily until well. Attend to the bowels with Man-a-lin, if necessary.

HEMORRHOIDS. (Piles.)

Tumors at verge of anus or within the rectum.

Varieties.—External and internal; varicose and fibrous; dry and bleeding piles.

SYMPTOMS.—Itching, weight, fullness, soreness, the pain increased while at stool, swelling and tumors. If on the inside, the tumors may be pushed down during defecation, causing great pain, and if not pushed up with the finger may mortify and slough away.

Bleeding occurs from internal piles. The quantity varies from a teaspoonful to a pint or more every day. Generally it is not so much, but may be in exceptional cases, and reduces the patient to the brink of the grave. The tumors contain excretory blood.

Not all these symptoms are present in every or any one case, but enough of them are to enable one to decide whether he has piles or not.

CAUSES.—Neglected constipation, excessive eating, drinking intoxicating beverages, cathartic and laxative pills, cold, sedentary habits, masturbation, lascivious thoughts, lifting, and dyspepsia.

TREATMENT.—Take a teaspoonful of Pe-ru-na every two hours; sufficient Man-a-lin at bedtime to keep the feces soluble.

LOCAL TREATMENT.—Inject one quart of lukewarm water containing two tablespoonfuls of Pe-ru-na an hour after supper. Wait one hour for the water and fecal matter to come away. Then inject another quart and allow it too, to come away the next hour. Then go to bed. Inject a half pint of cold water and retain it. Immediately introduce clean hog's lard with the finger, as much as you possibly can; then press a thick, dry, thoroughly heated red flannel pad to the anus (fundament) and retain it there all night.

Every time the bowels are moved in day time, if the piles come out, put them in with the fingers by pressing gently but firmly against them, until they pass suddenly above the sphincter muscles. Then inject the warm

water as above, two quarts, lie down, inject a pint of cold water and remain in that position for an hour. Introduce the lard the same as in the evening, and if you are not at work, apply also the heated pad and lie down.

Instead of using the lard you may make the following solution: Carbolic acid, twenty drops, water, one ounce. Drop a few drops of this on a bit of cotton, introduce it into the rectum, and allow it to come away with the next motion of the bowels.

Sometimes the Piles become ulcerated, and matter is discharged. In which case La-cu-pi-a should be taken instead of Pe-ru-na.

CONVULSIONS. (Fits.)

This disease is mainly confined to infancy.

TREATMENT.—Remove the cause if you can find it. Generally it is teething; in which case the gums must be freely lanced right over the crown of the tooth. Man-a-lin must be given to the extent of well opening the bowels, which should be aided by an immediate injection of warm water, half a pint at a time, and repeated every hour until the convulsions subside. The legs and hips must be put in hot water for from ten to twenty minutes, or as long as necessary to stop the convulsions.

EPILEPSY.

Definition.—Periodical convulsions, with unconsciousness during the attack. (Falling Fits.)

Varieties.—Mild, with scarcely any spasmodic action, and severe, with fearful contortions of the face and limbs, with more or less frothing at the mouth and grinding of the teeth.

SYMPTOMS.—In addition to the above symptoms, in some mild cases the attack is preceded by headache, dizziness, terror, spectral illusions of the epileptic aura. This is a creeping or blowing sensation, like that of a current of air or stream of water, beginning in a hand or foot and extending toward the body.

CAUSES.—Hereditary transmission, intemperance, venereal excess, self-abuse and fright.

TREATMENT.—Discontinue the cause if it is not the first or last named. Keep the bowels a little loose with Man-a-lin. Take a teaspoonful of La-cu-pi-a one hour after each meal, and address Dr. Hartman, giving a history of the case. He will give you his opinion, and, if favorable, advise treatment.

CANCER.

In its early stages it does not look unlike a scrofulous enlargement, or secondary syphilis. For this reason, the moment that an enlargement or hard lump is found anywhere, treat the case with La-cu-pi-a as directed under Scrofula, and if an open sore, as directed under Chronic Ulcers. Do this until you can

bring the patient to The Hartman Sanitarium for a correct diagnosis.

If the lump or soreness is of a scrofulous or non-malignant nature, the treatment with La-cu-pi-a, and the local treatment given under Chronic Ulcers, will immediately improve the sore. But when this treatment does no good, you should suspect Cancer, and an expert Cancer Doctor should be consulted.

The writer has made Cancer, along with Cripples, Eye and Ear Diseases, and Chronic Catarrh, a life-long specialty, and has treated in all probability, more cases of Cancer than any other living physician or surgeon.

BURNS AND SCALDS.

Mix equal parts of lime-water and linseed or olive oil, saturate cotton wadding, and apply to injured parts. Then cover with oiled silk. Take small doses of Pe-ru-na to sustain the nervous system.

FAINTING—(Syncope.)

Immediately place the person fainting in a lying position, with the head lower than the feet. In this way consciousness returns immediately. The sitting position is very dangerous. Many have died simply because the head was not lower than the body and feet.

The best thing to do is to invert a chair and place the patient on the back of it with the head down and the hips up. This will soon cause the blood to return to the brain from which it has seceded. After consciousness returns give a teaspoonful of Pe-ru-na and repeat every two hours until perfect health is restored.

MORNING SICKNESS

and nausea from pregnancy is cured by taking a full dose of Pe-ru-na on first awakening and before getting up in the morning.

SEA SICKNESS.

A teaspoonful of Pe-ru-na should be taken every hour, commencing six hours before taking the steamer and continue the same all through the day, during the early part of voyage.

SCURVY.

Take Pe-ru-na and Man-a-lin in the usual doses, and eat fresh vegetables, plentifully.

SPASMS.

Treatment same as Convulsions.

SPRAINS.

Apply fomentations of hot Pe-ru-na, as directed under Fomentations.

GALL STONES.

Lavage the stomach freely with warm water until the returning water is perfectly clear and colorless. Then inject into the bowels hot water, one quart containing two tablespoonfuls of Pe-ru-na, and repeat it every half hour. Take a tablespoonful of Pe-ru-na

every hour. Open the bowels freely with Man-a-lin. Drink only barley water.

BOILS AND CARBUNCLES.

The moment you see the first sign of either of these troubles, apply a drop of pure carbolic acid by means of a toothpick, and, if necessary, repeat this in six hours.

In the advanced stage, apply hot fomentations freely, and when all this has failed to scatter or to end the trouble, apply flaxseed-meal poultice, and take a tablespoonful of La-cu-pi-a every three hours. Move the bowels with Man-a-lin.

GRAVEL.

Treat the same as Bright's Disease. Catarrh of the Neck of the Bladder; treat the same as Cystitis.

GATHERED BREASTS.

Take Pe-ru-na, two teaspoonfuls every three hours, and apply hot fomentations to the affected part. Open the bowels with Man-a-lin.

COLDNESS OF EXTREMITIES.

Take a hot water foot bath in the evening and go to bed as directed, and the very cold foot bath in the morning on arising, with very active friction with both hands so as to prevent chilling.

CHILBLAINS.

Apply snow, or ice-cold water, with friction and kneading. Warm alum water may also be tried. Take Pe-ru-na and Man-a-lin to regulate the secretions.

YELLOW JAUNDICE.

Inject a quart of cold water 65 degrees, into the bowels morning, noon and evening, until satisfactory improvement. Take a tablespoonful of Pe-ru-na before each meal and at bedtime. Women, a teaspoonful. Keep the bowels open with Man-a-lin at bedtime.

DRUNKENNESS—OPIUM HABIT

Or any other similar habit, write to The Hartman Sanitarium.

HYSTERIA—NERVOUSNESS.

Definition.—A spasmodic disease simulating Epilepsy, and is confined to the female sex.

CAUSE.—Any of the affections of the uterus may produce an attack under favorable conditions. More frequently, however, it is produced by an angry, scolding ill-dispositioned husband, or some other unreasonable scolder.

SYMPTOMS.—A sensation like that of a ball in the throat (globus hystericus), an unnatural fit of laughter, sudden anger, fright, sudden disappointment, will provoke a fit of indescribable suffering, sometimes wholly unconscious as in Epilepsy, but much more frequently only semi-unconscious with fearful contortions of every muscle, often difficult breathing, and great sensitiveness of the

skin. Any one un-accustomed to the disease would certainly look for death at any moment.

TREATMENT.—Take a tablespoonful of Pe-ru-na and continue as may be necessary, and enough Man-a-lin an hour after to produce a free evacuation from the bowels in due time. Also immediately undress the patient, put an oil cloth on the bed, or on the floor or lounge, a blanket on it, and a sheet over it. Place the patient on the sheet, and then take cold water out of the well or hydrant and pour a bucketful over the head and the body. Apply friction for a minute, and then pour another bucketful over the head and body in the same way, again rubbing the body for a minute, and so on until the attack passes off. Then wipe the patient dry and put her to bed, and cover her according to the temperature of the air.

But, have everything in readiness for a return attack, and in that event repeat the same treatment, and do this as often as the paroxysms return. This will positively cure every case. It has never failed me once in my life.

CHOREA, OR ST. VITUS' DANCE.

SYMPTOMS.—Constant and irregular jerking of the muscles, over which the will has not the least control.

TREATMENT.—A shower bath for six seconds at a temperature of 75 degrees. Lower two degrees each time until the temperature is at 50 degrees. Immediately wipe dry, knead well, and put the patient in a dark room and let him sleep as long as possible. If he cannot sleep, let him take a brisk walk out-doors.

Give a teaspoonful of Pe-ru-na every three hours during the day, and Man-a-lin if necessary, enough to regulate the bowels.

BARLEY WATER.

Take two ounces of pearl barley and wash with cold water; boil for five minutes in fresh water and throw both waters away; then pour on two quarts of boiling water, and boil it down to a quart. Flavor with thinly cut lemon rind, and sugar to the taste. Drink cold.

FLAXSEED LEMONADE.—Pour on four tablespoonfuls of whole flaxseed one quart of boiling water and add the juice of two lemons. Let it steep for three hours, keeping it closely covered. Sweeten to taste.

SLIPPERY-ELM BARK TEA.—Pour boiling water over the bark, first breaking it into bits; cover the pitcher containing it and let it stand until cold; add lemon juice if desired, and sweeten to taste.

ANIMAL DIET.

FOR BREAKFAST.—Beef, mutton, broiled fish, or cold meat of any kind, except pork or veal. A cup of tea or coffee without milk or sugar, and a little biscuit, or a small piece of dry toast.

FOR DINNER.—Fish of any kind except sal-

mon, herring or eel; any meat except pork or veal; any vegetable except potato, sweet potato, parsley, beet, turnip, or carrot; a little dry toast; any kind of poultry or game, and water, or a cup of weak coffee.

FOR SUPPER.—Cold beef, cooked fruit, a biscuit and a cup of tea without milk or sugar.

While under the above diet, nothing sweet, starchy or fat should be eaten, and no kind of bread except a little dry toast. No cakes, pies or any other desert. Should at any time unpleasant effects follow, more bread and less meat may be eaten.

GENERAL DIET.

This consists of such food as is best adapted to the maintenance of health, and to favor its return after having been lost from excesses in eating, and other indulgences, and yet not so far gone as to require a more rigid diet. It is the diet we recommend in nearly all chronic diseases, but never in any acute diseases. In all acute diseases, farinaceous soups should be eaten. In some chronic diseases a very special diet must be adopted.

FOR BREAKFAST.—Ripe fruit in the raw state, soft boiled eggs, stale bread, dry toast, well boiled cracked wheat. Hard-working people can add any kind of fresh fish, broiled, except salmon, herring or eels; broiled beef or mutton. Drink hot or cold milk or water.

FOR DINNER.—Broiled, boiled or roast beef mutton or venison; potatoes, boiled or baked; boiled sweet corn, beans, cabbage, and rice; also stale bread: drink cold water.

FOR SUPPER.—Indian corn meal mush and milk; mush alone or milk alone; milk soup, water soup, oat meal or cracked wheat. Drink cold water.

This is a liberal and yet a healthy diet. It excludes all fats, butter, and sugar, pork, veal and all fowls; hence, nothing that is fried is admitted. But little salt, no butter, no sauces or catsup; no sugar or syrup; no sweet-cake or griddle cake, pie, nor any other desserts are allowed. No tea, coffee, nor chocolate, should be drank. Yet, persons habituated to the use of coffee may be allowed a weak cup of coffee at supper and breakfast.

Healthy people can eat any food that best agrees with them, and when one fortifies himself with the every morning cold water towel bath, I know of no food that cannot be eaten.

GRAPE DIET.

Confine your diet wholly to grapes. At first you can readily eat a half pound. The next meal, a pound may be eaten, or more; and in this way the quantity of grapes eaten is gradually increased as may be relished, to three and four pounds at a meal.

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