Practical Observations
on the
Treatment of Dyspepsia.

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Cases of dyspepsia or indigestion are constantly met with in practice and although not usually having a fatal tendency, except in the malignant varieties, which are comparatively rare, they are nevertheless often found very tedious and difficult to treat successfully, especially by the younger and less experienced members of the Profession.

The following remarks are only intended to apply to the inorganic or functional forms of dyspepsia, and I have endeavoured to set forth in as concise a manner as possible some of the more important and practical therapeutic facts which have elicited my careful observations in the management of very many such cases.
I. Dietetic Treatment

It is most important part of the treatment of most forms of dyspepsia is the diet, for by its means, alone, many cases may be brought to a successful termination, and if it is neglected all other means are usually unavailing. It must be remembered, however, that there is great difference in constitutions, and certain foods which agree admirably with one may act like poison on another - as well known and typical examples of these may be mention eggs, and milk. Such articles should therefore be recommended with caution, and it is always well before ordering them, to ascertain if they have been tried before and with what result. As a matter of fact it will often be found that the patient knows best what will agree with him and what will not. This fact is recognised by Horsman who in his Clinical Lectures states: "The law by which we ought to be guided in regulating the regimen of a patient is to recommend the food which the patient has found to agree best with him. This is the only really good and reliable rule to follow." Still if frequently lies in our power to suggest certain substances or
or special methods of preparing, with which the patient may be unacquainted or with which it may never have occurred to him to try, and this subject I shall now proceed to consider.

In very severe cases of dyspepsia almost everything disagrees with the stomach and produces great pain or discomfort. In these great benefit may often be derived from artificially digested or partially digested foods, or from the use of certain preparations containing the ferments of the stomach or pancreas in an active state. I have a patient in hand at the present time an engraver man about forty years of age, suffering from distention of the stomach with, probably, abscess of the glands and contracted liver, a result of the abuse of both alcoholic stimulants and tea in former years. This man can digest nothing so easily as Hunger's Self Digesting Food (Pancrealized Farinaeons). Almost everything else gives rise to the formation of a large amount of gas in the stomach and bowels with proportional discomfort; the abdomen sometimes swelling to an immense size.

A short time ago I had another patient, a young lady, aged 36, who suffered intensely...
feast, everyone, after swallowing even the simplest foods, such as a teaspoonful of hot or cold milk, gruel, bread and milk, or beef tea. In this case, in bed and the use of Beeg's Liqueur Peptones and the same manufacturer's Diluted Beef Jelly soon effected a cure. The rest in bed no doubt was doing for nothing did any permanent good until it was adopted. But I have no doubt also as to the value of the Peptone for when once the food did not agree nearly so well as when it was regularly eaten with or after it. During the successful part of the treatment no other drugs were administered. It is now six weeks or more since the patient left off treatment and she has had no return of the symptoms.

Another useful preparation is "Halton" (Manufactured by the Halton Manufacturing Co., Limited, London, W.C.) In some four or five cases I have been considerable benefit derived from its employment. One of them being the case of the 6th policeman above referred to. It should be taken during or immediately after food.

Various other of these "digestants" are on the market, but I have had little or no experience with them, to will only mention them. They include Liqueur Pancreaticus, Pancreatic
Lacto-kalsium &c. &c.

The above preparations may also be used to assist the digestion of nutriment emulsions or suppositories in cases in which food cannot be given by the mouth.

In some very severe cases of dyspepsia, especially in which vomiting was a most distressing symptom, I have known beef made with Triticum Extract of meat to be the only food which could be taken and retained by the stomach. The ordinary beef tea and everything else being rejected.

In infants where milk, either from the mother, wet nurses, or cows, disagrees, and gives rise to persistent diarrhea and vomiting with rapid evacuation, nothing does so much good as the substitution of this oatmeal gruel—made with water and strong for the milk. Two or three such cases as these I have been permitted to treat; the infant has been reduced almost to nothing but skin and bones; but in each case it has revived and got fat on the water gruel; the good effect being noticed almost immediately the diet was changed, to the astonishment of parents and friends. No doubt in these cases the stomach and bowels are too weak to digest the milk curds. After a time these
The stomach and bowels have become stronger, milk a little may be added to the gruel, and later on, may be taken occasionally alone.

In this next class of cases of dyspepsia which are rather less severe than those preceding observations refer to, the so-called digestants may usually be dispensed with, but milk is well often be useful.

In these cases the following articles may be taken: milk (where it agrees), beef-tea, light broths and soups without vegetables, calvados, fruit, and other jellies, yolk of eggs, and light milk puddings.

Milk may be taken either cold or hot, alone, or mixed with varying quantities of plasma, cream, cocoa, potato, or jelly, and water according to the nature of the case, and the constitution of the patient. If it will not agree in one way it often will in another. It is a most valuable article of diet, as it contains in its composition all the elements necessary for food.

Care must be taken that the food, whether it may be, be given in only small quantity at a time, and at rather frequent intervals, evenly distributed over the waking hours. One substance should not be given all along.
In still less severe cases of dyspepsia, or those which are comparatively mild, we may allow our patient a little stronger diet viz.:—sweet bread, lightly boiled eggs, oysters, tripe, milk puddings, and the like. And where the digestive powers are somewhat stronger still or nearly normal the following may be also be taken:—white fish, chicken, game and tender stewed mutton or beef with a little potato, cauliflower, or asparagus.

Rice is more digestible than boiled meat and is less so than either.

In all cases the following substances must be strictly avoided:—pastry, cheese, mildly fruits or preserves, skins of any kind, cucumber, fresh bread, dumplings, most الساد dishes, rabbit, pork, veal, salted meats, and other substances known to be indigestible.

In the following useful list (which is taken from Dr. Chambers' on Diet) the articles are arranged according to the order of their digestibility, the most digestible being
placed first:
Sweetbreads and lambs' trotters.
Boiled chicken.
Venison.
Lightly-boiled eggs.
New toasted cheese.
Roast fowl, turkey, partridge, and hares.
Lamb, wild duck.
Oysters.
Omelettes, tripe.
Boiled sole, haddock, skate, trout, perch, trouts, and chitterlings.
Mutton.
Roast beef.
Boiled beef.
Roast veal.
Boiled veal.
Salmon, mackerel, herr.
Pilchard, and sprat.
Hard-boiled eggs.
Good pigeon, hare.
Some pigeon, duck and geese.
Fried fish.
Roast and boiled pork.
Heart, liver, lights, bulbs, and kidneys of ox, sheep, and swine.
Sobakers, shrimps, and prawns.
Smoked, dried, salt, and pickled fish.
Crab.
Ripe old cheese.

So now come to the subject of drinks for depexeties.
In all cases where there is any irritation or tendency to chronic inflammation of the stomach stimulants must be strictly avoided, but when indigestion is due to deficient nervous energy or scanty secretion of gastric juice, a moderate allowance of some or any good dilute spirits may be taken with advantage. (alcohol being a stimulant to the secreting glands) In convalescence from fevers and general bloodlessness light bitter beer is perhaps preferable.

Strong tea and coffee are often principal factors in setting up indigestion, they should therefore be abstained from unless in most cases. Cocoa or milk being used instead.

Large quantities of any liquid should not be taken during meals as it causes dilution of the gastric juice, and so tends to prevent its proper action on the food.

In all cases where solid food can be taken it should be carefully chewed and succinated as thoroughly as possible. If the teeth are lost, the food should be cut into small pieces, or minced, before being placed in the mouth, or an artificial set procured.

Great care must always be taken that—
The system does not get too low for want of food.

The general health must be upheld, by resting from business and severe studies, and taking plenty of fresh air and exercise. Often change of air and scene does good. Avoid tobacco, which should never be taken either immediately before or after a meal.
II Medicinal Treatment

Although the diet is the first point to be considered and attended to in the treatment of dyspepsia, still, in very many cases medicine is useful, and in some absolutely necessary for success.

In describing this part of my subject I shall first of all make a few remarks on the more important drugs employed, and afterwards discuss the treatment of different varieties of the disorder.

The Alkales

The more important of these are bicarbonate of soda, bicarbonate of potash, liquors potass, carbonate of ammonia, & carbonates of magnesia. They are chiefly used to diminish any over acid condition of the alimentary canal and blood; as indicated by the presence of heart-burn, acid eruptions of the skin, gravel in the urine or at any rate a too acid state of that secretion.

When administered shortly before or during meals they increase the amount of gastric juice secreted, and may often be used thus for this purpose; but if it be desired to neutralize any excess of acid in the stomach then they should be
given an hour or more after each meal. Upon the blood and urine, however, the
effect of alkalis is to tend, or nearly to, whether administered before, during, or
after meals.

One of the most important of the alkalis is the bicarbonate of soda. It is a very
useful salt, and is said to have a more decided influence on the liver
than the corresponding salt of potassium. It is less depressing to the system, also,
and perhaps less irritating to the bowels than the latter salt.

The bicarbonate of potash, however, is
more useful than the bicarbonate of soda in cases of gout, rheumatism, and when
ever it is desired to render the urine
more alkaline. For this latter purpose
the most powerful drug is the citrate,
or carbonate of lithia. It must be
remembered, however, that citrate of lithia
is not a direct alkali; that is to say,
it will not neutralize any free acid
with which it may come into contact
in the alimentary canal before it is ab-
dorsed. The carbonate of lithia is both a
direct and remote alkali. Moreover, however,
may be used as desired.

Carbonate of magnesia makes both
direct and remote alkaline, and in large doses has a cathartic tendency, and if given for a long period is rather apt to cause constipation in the intestines. It is very useful in the treatment of acidity of the stomach and heartburn, and with commencement of many cases of diarrhoea there is an acid condition of the bowels. When it meets with acid it is decomposed and yields free to the evolution of carbonic acid gas which is often toxic to the stomach but in excess it may cause uncomfortable distension. It is often mixed with the sulphate of magnesia when a more purgative action is required.

Carbonate of ammonia (and liquor ammonia) although a powerful direct alkaline remedy has no remote antacid action on the urine. It is a powerful stimulant and often very useful as a stimulant and antacid in low forms of dyspepsia with acidity and flatulence.

It should be remembered that the long-continued administration of alkalies (with the exception of ammonia) is very depressing to the system and in time a condition of extreme weakness is the result. In these cases it is often very striking to note the rapid improvement which takes
place on stopping the alkalies, and giving dilute-mineral acids instead. We should therefore be careful to avoid giving alkalies during a longer time than is necessary.

**The Acids**

The more important of these are dilute hydrochloric, nitric, and nitro-hydrochloric. They help the alkalies may be used either to increase or to diminish the amount of acid in the stomach: for by giving them just before meals they diminish the secretion of the gastric juice; but by giving them after meals the amount of acid already secreted in the gastric juice is augmented. Their continued administration improves the quality of the gastric juice, the blood, and system generally.

Dilute hydrochloric acid is the natural acid of the stomach, and frequently after an
Dilute nitric acid, besides being a very useful stomachic tonic, is said to have an influence over the liver, and may be given with advantage in some morbid conditions of that organ. (Garrod's Text-book, p. 42)

Dilute nitro-hydrochloric acid, contains free chlorine, a solution of which, its action resembles. Besides being a stomachic tonic it is thought to have a special action on
the liver (Garrod's Post. Med. 1872) and in a few cases in which I have employed it when the liver has been out of order it has appeared to act well: though it is questionable whether the other dilute-mineral acids would not have acted in the same beneficial way, if they had been treated instead.

The dilute acids in contrast to alkalis may often be administered for a long time in moderate doses, not only without doing harm to the general health of the patient, but to his positive advantage.

The Strong Tonics

These include, such tonics, quinine, and iron. They are especially useful in the acute forms of dyspepsia.

Fruit - tannin is of all the drugs which are useful in the treatment of dyspepsia perhaps the most frequently useful. And it is especially so in people of a nervous temperament. It is also very useful in cases where there is loss of tone of the stomach or bowels (tension or nervous) In these the sudden improvement which takes place on the inhibition of the drug is often truly astonishing. Many other forms of this disorder are benefited by its use. Being a powerful general tonic...
It is doubly serviceable in dyspepsia, where the whole system is often reduced in temperature. The doubt of dyspepsia being the active principle of such gums has a very similar action; but I have used it less often as the liquid extract cannot be prescribed with alkali. Sarsaparilla is a powerful general and streaming tonic but is apt to disagree, so must be given with caution. Then generally found it to agree well and act most beneficially in cases where there is a tendency to profuse perspirations from weakness, in these cases also helps to combine with sugar of gum and extract of Hysoporums (Eyes of Tonic Acid. and Eyes of Tonic. Hysoporum. Inacid.), given one every night at bedtime, are of great value for stopping the perspirations, and should always be used in such cases if the gums is insufficient to stop them: for the profuse perspirations are terribly weakening, and by saturating the patient's clothes, make him very uncomfortable and often give him colic or rheumatism. Flannel should also be worn next the skin in these cases and changed frequently.

The gummosum preparations are exceedingly useful means of dyspepsia, where the blood
is deficient either as to quantity or quality, and for this purpose they found the tributes of iron and ammonia to be the most easily borne by a delicate stomach, especially if given in effervescence with soda and water and in some cases it is best given along with ground of potassium or bromide of ammonium. When the nearest source of iron is a mystery they found with profit wonders and persistence stop violent vomiting in anemic subjects when nothing else will.

We now come to the vegetable bitters. Calumba, gentian, and quassia. These are simple bitters or stomachic tonics far less powerful than those we have just been considering, but often agreeing with the stomach when the latter will not. They may be combined with othereds or alkalies. Calumba is said to be more readily borne by the stomach than any other tonic during recovery from subacute inflammatory affections of this organ (Barrods first Incap. p. 138).

The carminatives are useful to cause the expulsion of flatulence and alleviate pain and pressure of the stomach and bowels.
They also often impart a pleasant flavor to the mixture.

The Stomachic Medicines

These include opium, belladonna, atropine, hydrochloric acid, bismuth, mercuric nitrate, and carbolic acid.

Opium or morphia is very valuable for the relief of pain in dyspepsia, and for this purpose I have generally found very small doses to be sufficient, and to answer best unless there is a tendency to diarrhoea to it is often well to combine the morphia or opium with some purgative, such as rhubarb or cascara, sufficient to prevent its constipating action. I generally find from three to five doses of the regular morphia enough, and often prescribe it along with the mixture of belladonna giving equal doses of each. This combination I have found most well.

Belladonna is another very valuable sedative for relieving pain in dyspepsia and it has the advantage over morphia or opium in that it tends to cause relief of the bowels rather than constipation.

Of opium for too long a time diarrhoea may set in which must be guarded against. It is therefore very useful in cases of dyspepsia.
in which constipation is troublesome.
In other cases it is often well to combine it with small doses of quinine or bismuth.
I must always the hold in mind that belladonna when given in large doses for some time in smaller doses is very apt to give rise to an active form of delirium and especially in this to in people who are advanced in years, when this symptom manifests itself.

The administration of this drug should be at once stopped and then the delirium will soon cease, and usually the delirium also if it has been serious.

Hyoscyamus is a much milder drug in its action than belladonna but if given in large enough doses they are very similar to those of the latter drug. It may be used for the same purpose as belladonna but owing to the larger doses required to produce the same effect it is cheaper when cheaper to use the belladonna in most cases.

Delicate presser (or hydrocyanic) acid is a most useful substance in many cases especially where sympathetic palitation of the heart is a prominent symptom. Small doses should at first be tried as some constitutions are very susceptible.
Bismuth is another very useful sedative and alkaline combined. The sublimate is one of the preparations most used. It has a peculiar sedative or soothing action upon the mucus membranes with which it comes into contact. It is therefore of great value in the treatment of irritative forms of dyspepsia, and more especially those in which pyrosis and acidity are prominent symptoms, and pain occurs shortly after food. It is also very useful in cases of chronic vomiting especially if combined with hydrocyanic acid and in ulcer of the stomach. It is a nervous tonic and has been used in some nervous diseases.

Carbonic Acid. I have used with success in a few cases in which flatulence and pain where the chief symptoms. One or two minute doses of the liquified acid.

Arsenite. I have only used once or twice. Its actions are similar to those of carbonic acid.

Arsenatoda is a wonderful substance for causing the expulsion of flatus in some cases of flatulence.
In addition to internal treatment, it must not be forgotten that external applications are often serviceable in treating dyspeptic cases, especially where pain or vomiting are prominent symptoms. Among the more useful of these are sinapism, turpentine strips, cloths, poultices, bags filled with heated clay or heated fire bricks enveloped in flannel. These last may seem rather rude and uncomfortable articles to use, but—than a patient now suffering from cancers of the stomach who obtains more benefit from these than any other external application she has used.

Having made a few remarks on the more important drugs to be used in the treatment of dyspepsia, shall now proceed to discuss the treatment of different varieties of the disorder as indicated by the prominent symptoms which guide us in the selection of remedies.
Atonic Dyspepsia

In this variety of dyspepsia the general health is usually at fault and the morbid condition of the stomach is secondary to it. The general health must therefore be improved by rest from business and severe studies, change of air and scene, attention to diet, and various tonic medicines.

Symptoms are present. Iron must be administered, and of the preparations of iron, there is I think none more delicate and useful than the carbonate of iron and ammonium; which may be used alone or in effervescence with soda and tartaric acid, or along with bromide of ammonium or bromide of potassium. The combination with these last two drugs is especially indicated when there is a tendency to palpitation of the heart, or headache. It is best given in effervescence when there is a tendency to vomiting.

In neuralgic patients quinine is often useful and in some cases arsenic in those of a nervous temperament. There is often no drug so useful as belladonna in many cases.
A combination of iron, quinine, and aqua vomeia acts wonderfully well, but care must be taken not to make the mixture too strong, especially to begin with. The following is a useful form:

Rp. 

Lig. ferri perchlor. 1/2 dr.
Chlorid. sulf. 50
Sulf.: succis vom. 1/2 dr.
Aguae ad 3 fl.

Dr. 3 f. in 24 h.

S. dr. three daily.

Of course the proportion of each ingredient must be varied to suit each case.

In hysterical and nervous old women, with fearful forebodings, I have found a combination of iron, quinine with bromide of potassium or chloral extremely useful. An illustration of this I may mention, the case of Mrs. S., aged about 70. She complained of a feeling of numbness and discomfort all over the abdomen. The discomfort was very rendered much worse by eating. She had a nervous and frightened look about her eyes and face and would get out of bed at night.
and came down stairs and walk about the village in which she lived. She could not step for many minutes together, and almost certainly lost her voice and was reduced almost to a skeleton. I gave her 2 mixtures containing ten

maximum doses of Dracun of new rubber and seven and a half grain doses of chloral hydrate to be given three times a day. This was followed by rapid improvement and in a few weeks the patient was well. Several months

after her recovery she was threatened with the same malady again, but was speedily relieved by the same medicine as brought such wonders in her first attack. As another

example may be mentioned the case of Mrs. A., aged 83. This old lady had got into a very excited state of mind

her eyes looked very wild and she often fancied she was going to die, so that something dreadful was going to befall her. To relieve these feelings,

somewhat she would fly to the brandy bottle and take more than was good for her. Then I was consulted by her friend

about her. I prescribed for her new

tonics and bromide of potassium.
and pulse stopped after taking the brandy.
Two bottles of the medicine completely cured her.

Panigal Dyspepsia

Under this head I include the forms of dyspepsia known as Gastridynia and Gastralgia. The former is a cramp or spasm of the stomach. The latter a neuralgia of that organ.

For the relief of gastridynia, the following mixture is invaluable:

℞ Castor Oil 6 fl. oz. Sptz
℞ Acet. Sulph. Fij
℞. Morch. Fij
℞ Aqu. ad Fij
℞ Fij. Distil.

℞ Fij. Every half-hour or hour until relieved.

As soon as the pain is relieved by the medicine an aperient must be given to move the bowels.

When the pain is less severe and more continuous, small doses of opium or Laudanum act very well, either alone or combined with other sedatives such as belladonna, dilantin, hydrocyanic acid, belladonna, dilantin, hydrocyanic acid, and a small dose of
Potassium. 3 to 8 ounces of liquid every three times a day or oftener, will generally be sufficient. If constipation is present or it is desired to avoid it, a little sulphate or sulphate of magnesia may be added to the mixture. The following preparation or something very similar to it has often found useful in dyspepsia with more or less gaseous pain and flatulency.

\[ R\text{.} \begin{align*}
\text{Liq. Morph. Acetat.} & : \text{Mk} \times 20 \\
\text{Acidi hyosc. dist.} & : \text{Mk} \times 16 \\
\text{Bismuth. subnit.} & : \text{F} \\
\text{Semi-c. carb. lev.} & : \text{F} \times \text{F} \\
\text{Aqu. ad frig.} & : \text{Mk} \times 16 \\
\end{align*} \]

Liq.: F 3 times daily, half an hour before meals.

(\text{Note:} the preparation is required as the light particles of the carbonate of magnesia help to support the heavier, bismuth particles, and prevent them sinking too rapidly.)

Another useful form is the following:

\[ R\text{.} \begin{align*}
\text{Liq. Morph. Acetat.} & : \text{Mk} \times 20 \\
\text{Solut. Belladon.} & : \text{Mk} \times 20 \\
\text{Bismuth. subnit.} & : \text{F} \\
\text{Soda bi carb.} & : \text{F} \\
\text{Sulph. Acida} & : \text{F} \times \text{F} \\
\text{Aqu. ad frig.} & : \text{Mk} \times 16 \\
\end{align*} \]

Liq.: F 3 times daily, half an hour before meals.
Sip. of thrice daily, half an hour before meals.

In many of these cases also mix vomica comes in useful. It may be added to either of the above two last prescription or given in various other combinations. Sometimes it answers best with alkali; sometimes with acids. The dose I use is 5 to 10 minims of the tincture, rarely more; three times a day. There is a tendency to gravel in the urine of the following combination is invaluable in many cases, especially when the patient is at the same time of a heron temperament:

R.S. Littris Al: 3f
S. Mixed: Pelladon: M. 50
S. Mixed: Quin. Salm. M. 50
C. Chloroformi 3f
Again ad infinitum.

Sip. of thrice daily.

The next prescription which I shall give, is a combination of mix vomica in the form in which I have most frequently prescribed...
and often obtained the best results. It is as follows:

P. Linctus Mercurii Eroci: 1 fl. 80
Acid. Hydrochloridii: 3 fl.
Eau. ad 3 fl.

Op. 3 fl. thrice daily.

The above is very useful in the true gout
of nervous people, and also in many
other cases especially when there is any
loss of tone of the stomach and bowels,
or a low condition of the whole bodily
system.

In one obstructive case, and two or
three others, I have found the following
prescription to act exceedingly well.

P. Mer. Acacia: 3 fl.

Op. 3 fl. thrice daily. (Shake the bottle.)

N.B. The bottle must be shaken well the
half filled after adding the carbonate acid.)
Acid Dyspepsia

In this form of Dyspepsia the prominent symptoms are heartburn, acid eructations and other symptoms resembling acidity. The heartburn is best relieved by the administration of brucine and alkalis. When employing hydriate or pulmonary diseases I have noticed that if heartburn be present it is soon relieved by it.

The acid eructations will also often be relieved by the above means. They may also often be cured by giving dilute hydrochloric acid in doses of five to ten minims before meals. In all cases of Acid Dyspepsia when prescribing alkalis care should be taken not to give them before meals, lest the acidity be increased instead of diminished.

The patient should also avoid taking much starchy or saccharine matter with his food, whereby fermentation is encouraged; and should not overload his stomach. Toasted bread appears useful in these cases. One case of mine which had been very troublesome for some weeks was at once put right, without any medicine, by simply ordering the patient to stop taking sugar in his tea or coffee.
or much with any food, and to eat toast instead of untoasted bread. When there is
gravel in the urine, the citrate of lithium as previously mentioned, is very useful,
in some cases the carbonate.

**Flatusent Dyspepsia**

In this variety of dyspepsia a large quantity of gas is formed or accumulates in the stomach and bowels, giving rise to uncomfortable distension with flatusent eructations.

It may often be relieved by the administration of various carminatives or sedatives; or one or other of the prescriptions mentioned under the heading of Pittuit Dyspepsia, or the other varieties of dyspepsia, as the nature of the accompanying symptoms may suggest. In some obstinate cases, especially in old people, I have known castor oil or pills give considerable relief. A good drink of cold water will often relieve a temporary attack. As in other forms of dyspepsia where gravel is present in the urine so here the citrate of lithium acts like a charm. (See prescription for p. 28.) It may be given in various combinations. Bismuth is often also extremely useful.
Dyspnoea with Palpitation

Palpitation of the heart in association with dyspnoea I have already frequently referred to, incidentally. But it will be well to summarise briefly the treatment of such cases under the above heading as they are of frequent occurrence and very distressing; for though the heart is seldom organically diseased, the patient usually has the impression that it is, and all our efforts to persuade him to think otherwise are often unavailing.

In these cases hydrocyanic acid will generally be found very serviceable (begin with a small dose), and may be prescribed thus:

\[ \text{Sig. 3f three daily} \]

or in various other ways.

When the palpitation and dyspnoea are due to anemia, or general weakness, or simply a weak state of the heart,
itself, continued small doses of the
extract of iron and ammonia, with
bromide of ammonia. These often found
of extreme value; thus —


By the 1st and 2d.

In many cases such remedy is useful,
especially when the patient is of a nervous
 temperament.

Dyspepsia from Disordered Liver.

In these cases the liver is usually, not
or less congested, or thiggish; and to
do good mercury or podophyllin
will mostly be required. When the
shoots, scale or clayey, quai mercury;
when dark and coniputed, balquin
podophyllin. In many cases the "White
Mixture" composed of Carbonate and
Sulphate of magnesia with peppermint
water act well. If there is much nausea
or vomiting, effervescing mixtures com-
Fused of carbonates of soda and tartaric acid are very useful; to which in many cases dilute prussic acid may be added with advantage, and an alternative pill, containing mercury, may be given at bedtime for a week or two or more.

In other cases, especially after the bowels have been well acted upon by narcotics &c., the dilute mineral acids will be found to act well in restoring the appetite and strength of the patient. Sometimes the mineral waters Friederichshall &c. will be useful. In chronic cases of sluggish liver plenty of fresh air and exercise must be taken, such as horse exercises, cycling, boating, walking.

Nervous Dyspepsia

This form of dyspepsia occurs generally in highly nervous people with a highly strung nervous system, and it is in this form of dyspepsia, more than in any other that such remedies, which have been already frequently referred to, of such great value. Dyspepsia in acute principal no doubt acts much in the same way, but I have not used it nearly so frequently as
As isolated states, as the liquid strychnine being an acid solution, cannot be prescribed along with alkalis. I have heard of toxic symptoms being produced by the last dose of a mixture inadvertently put up in this way, the alkali having combined with the acid, liberated the strychnine, which sank to the bottom of the bottle, and was swallowed with the last dose. The mixtures of strychnine may be combined with various other drugs as the nature of the accompanying symptoms may suggest. Its combination with chloral, or with bromides of potash, may be especially mentioned as likely to be useful; as in the cases alluded to on p. 28 & 29. Strychnine is present a combination of monochrome and bromide of iron (bromides of potash) with citrate of iron and ammonium) is useful. Sometimes the bromides alone, are useful.

**Dyspepsia with Loss of Taste of the Stomach**

This variety of dyspepsia is indicated by certain numb, or uncomfortable feelings about the stomach, after eating, the food clinging like a dead weight, and just doing the patientContinuous amount
If good. Here again the Wormwood acts as a

drug upon which most reliance can

be placed to effect a cure. And it is

wonderful how promptly and well it

acts. It may be advantageously pre-

scribed along with salicylic enemal

acid as in the prescription on p. 23.

Bulimia Dyspepsia

This is just the reverse of the last named

form of dyspepsia, for in it we have

an abnormal excitability of the stomach,

which causes it to expel its contents

almost as soon as it has entered it

leaving a feeling of emptiness and hunger.

In this condition small doses of

opium or morphia will frequently

do good. In one case morphia and

bismuth did good. The patient should

be careful to eat for a while after meals

and avoid all irritating articles of diet.