Dyspepsia.

Dyspepsia or indigestion may be due to several causes, such as the use of improper food, or the meals may be taken at a time when the stomach is incapable of digesting the food and it therefore will not undergo the normal change, fermentation being the result. The stomach or its secretions may be impaired, the gastric juice or the mucous membrane being more or less altered. The vascular supply may be changed; the nervous or muscular apparatus may be affected. There may be a combination of these causes affecting the stomach.

The causes of dyspepsia may be classified as follows:

1. Improper dieting. Whether due to the composition of the food, the amount taken or its subdivision.
2. An altered state of the secretions of the stomach.
3. Impaired muscular movement, and retention of the food in the stomach.
4. Altered condition of the nervous system, the sympathetic, the cerebro-spinal and especially the pneumogastric.
5. Altered vascular supply - active and passive congestion.
6. General causes: Such as gout, rheumatism, Bright's disease, dyspepsia, etc. These various diseases affect the gastric juice, altering its composition and also affect the vascular and nervous systems.

For perfect digestion there must be a sufficient and regular secretion of gastric juice; the muscular movements of the stomach must be regular and continuous; the food must be of good quality and quantity; it should be properly masticated; the intervals between meals must be of sufficient duration. If there is any violation of the above conditions, there may be some alteration of the proper performance of the functions of the stomach.

The first great cause of dyspepsia is error in diet and in eating the food. We cannot lay down a hard and fast rule as to the proper kind of food but taken by all persons, as what will agree with one individual will not with another, but we may, I think, lay down some general rules. The food should be thoroughly well chewed, so that the starch may be partially digested and that the food should not enter the stomach in large pieces, if it does so, the gastric juice will not act...
thoroughly on the whole of it, or only slowly.

The consequence being, there will be some
difficulty in the passage of these pieces
from the stomach through the pylorus.

The food should therefore be taken in
small pieces, and if meat each piece
should be cut in several directions; it
should remain some time in the mouth and
not eaten rapidly. The teeth should be
considered, especially the upper teeth, as
mastication is performed chiefly by these.

The amount of food taken at one time
must not be excessive, if it is so, that
which is taken at one meal will not be
thoroughly digested before the stomach receives
the second meal and thus the stomach is
constantly working. The composition of the
food should be considered, there should neither
be too much, nor too little,

Carbo-hydrate food taken, there should be
fairly proportioned. If too much meat
is taken, then the stomach has too much
work to do and in time the gastric
juice fails; if there is an excess of
Carbo-hydrate especially Starch, the Saliva
will be unable to convert it into dextrine
and maltose, and so the gastric juice
has no effect on these substances, there
remains a large quantity of indigestible cellulose, and organic acids are formed from a purely vegetable diet which retard digestion. The amount of fat should also be regulated, if an excess is taken decomposition may take place as fat is retained in the stomach. The gastric juice acts acting insufficiently on the mass of food. Other articles of diet such as wine, brandy, whisky, tea, coffee, beer, vinegar, pickles etc. may all retard digestion as organic acids are formed and the food is delayed in the stomach. These substances should never be taken when digestion is going on.

The cooking of the food is very material to proper digestion, if over cooked the albumin is formed into a hard substance on which the gastric juice acts slowly and the food is delayed in the stomach.

We require therefore, perfect mastication, size and the amount of the food should be moderate, there must be a fair proportion of each constituent, there must not be too great acidity, leading to delay of the food in the stomach and the formation of organic acids which retards digestion.

The second cause of dyspepsia, that due to an altered state of the
Secretions of the Stomach. Its chief attraction is deficiency of the gastric juice; this occurs in atomic dyspepsia and accompanies general weakness; it is frequently seen in old people. This deficiency produces fermentation and so causes gastric irritation. In these cases, therefore, we have atomic dyspepsia leading to gastric irritation. The food remains undigested causing pain in the region of the stomach, flatulence, a sense of weight, and various other symptoms referable to other parts of the body, such as numbness of the hands and feet, cramps and pains; there may be also disturbed sight, hearing, headache, fainting and vertigo. In this kind of dyspepsia we often get constipation, especially in old people, when all the symptoms become aggravated.

In treating this condition, the food should be small in quantity and thoroughly nourishing, and as there is a great amount of gas, darkness a shorter interval between the meals is necessary; indeed in old people it may be necessary to give food during the night. Stimulants are very beneficial in this condition, a little brandy or whisky at meal times. The stomach, requires a base such as strychnia, or belladonna,
and hydrochloric acid, and in certain cases there is anemia. Weak heart, dyspepsia, and diaphoresis now do very well. For the constipation a mixture containing Elixir of Cascara with strychnia and belladonna gives relief. Tea generally aggravates the symptoms, and a full meal can very seldom relieve.

Closely allied to the dyspepsia in old people is that caused by those persons leading a sedentary life; the vascular supply ceases to be deficient and the whole nervous system is more or less deranged. The chief symptoms are loss of appetite, or a variable appetite; the tongue has a whitish fur upon it, but sometimes the papilles are red and stand out, or the tongue may be clean; there is often nausea and occasionally vomiting. The bowels are irregular and sometimes constipated; a fullness and weight is complained of after eating, and sometimes there is drooling and faintness. The face is sometimes pale with an anxious expression. A throbbing sensation may be felt in the abdomen and up the back. The food seems to be retained in the stomach, it ferments and even decomposition may set in, causing flatulence, pain, heartburn, and various other symptoms.
In the treatment of this class of cases, suitable food should be given, alcohol if possible should be avoided, it certainly relieves the distress, but the patient is in that condition in which it would not be wise for him to have alcohol. Working out the stomach has been recommended in this kind of dyspepsia and also in that caused by deficiency of muscular movements. Peptic and several preparations from the pancreas have been used, but I cannot say that I have found them of much benefit. Regular massage not only of the abdomen but of the legs and back I have found of great benefit, this should be done every morning for a considerable time. Exercise in the open air is essential, and a warm bath before going to bed or a Turkish bath twice a week is often beneficial. The drugs I have derived most benefit from in treating these cases are the perchloride of mercury and hydrochloric Acid especially where the food seems to remain a long time in the stomach and fermentation going on decomposition is taking place. I have used the perchloride of mercury now for several years and uncertain cases have derived better formust
results from it than from any other treatment. It may be used either alone or in conjunction with hydrochloric acid; if the tongue is fairly clean it is often better to leave out the acid; but if furred, it is as a rule better to combine the two. I generally use a combination like the following:

Aq. Hydros Perb. FIII o, FIV
Glaucini FIV
Tinct. Aurantii FIII
Acid hydrochlorici dil. FIII
Hymis ad FVIII by

Liq. one tablespoonful to be taken three times a day in a tablespoonful of water after meals.

Alcoholia or Chlorohydris may sometimes with benefit be added to the above prescription.

In the majority of cases I advise four grains of Calomel to be taken at bedtime followed by a calomel draught in the morning; no other medicine to be given during the day that the bowels are being moved. Before beginning with this treatment it may be a good plan to work out the stomach with an alkaline solution as recommended by Dr. Clifford Allbutt in a communication to the Medical Society in October 1887.
Stout persons often suffer from dyspepsia of this kind, they have usually small appetites, and they generally have a weak heart with feeble circulation, and some disturbance of the liver. Stimulants should not be given in these cases. Hydrochloric acid and bitter tonics sometimes do good, for constipation cascara or aloes are perhaps the best drugs. In all the above types of dyspepsia if the pain is very severe it may be necessary to give opium or morphine, and these should be given in small doses every twenty minutes until relief is obtained. Eight or ten minutes of the Lit. morph hydrobrom in a very little water or an eighth pain pill of morphine. Mustard should be applied to the region of the stomach before the morphia is administered. Bicarbonate of soda, with carbonate of bismuth, do exceedingly well where there is pain and heartburn, relief is generally obtained in a short period.

Excessive or irregular secretion of gastric juice sometimes takes place. The symptoms depending upon this condition usually come on from one and a half hours to three hours after a meal. Heartburn and a burning feeling in the stomach and pain between the shoulders is usually complained of.
In treating this kind of dyspepsia we should endeavour not to give a very nitrogogenous diet or a purely fluid form of food, so the fluid is rapidly absorbed and the nitrogogenous articles of food being acted upon by the excess of gastric juice, there is often left an undigested deposit. Stimulants should not be given, outdoor exercise and baths are essential; if there is constipation Cascara elixir may be given. Rhamnus sometimes does good. Carbolic acid, Croton and nitrate of silver are sometimes beneficial.

There is a form of atonic dyspepsia which occurs in certain chronic or wasting diseases. The patient seems to have no appetite and the little food he does take is not digested. He frequently also meet with cases of an atonic type in young people who are growing rapidly; and in girls at the commencement of menstruation. They complain of weakness and loss of strength; they become anemic, listless and have frequent neuralgic pains and headache. The tongue is pale and the pupils are dilated. The bowels are constipated; these symptoms continuing in young women cause Chlorosis; the menstruation becomes scanty.
Giddiness is complained of; the sight becomes misty, and various vision troubles take place. Pain is frequently felt in the left side below the breast.音速 murmurs are heard in the neck and a systolic briskness in the aortic values. The appetite may be almost lost. Sometimes there is great pain and vomiting. The patient, although taking very little food may at the same time be fairly well nourished. The vomiting takes place sometimes so soon as the food reaches the stomach, it is a kind of nervous vomiting.

In the treatment of young men there is none better than a sea voyage. The best medical treatment for young girls suffering from this kind of dyspepsia is iron or a combination of iron and arsenic; one of the best preparations is Bland's Pill. Taken after meals and the dose gradually increased. The mixture of the perchloride of iron often answers very well either given alone or with Lignum Ammoniacum; especially where there is no constipation. Where there is constipation he may give along with Bland's Pill a pill composed as follows:

R. De Bland p. iii
 Arnica p. 10
 Lit. Nitro p. 120
 Acidum p. 100
Dialepsy is on the ferric ammon. cit and the hydropic hypophos. It may all be used with good results.

Dyspepsia often takes place in women from over lactation, the stomach becomes irritable and a sensation of emptiness and faintness is complained of; headache, noises in the ears, the eyes are very sensitive, and the forehead may have a brownish discoloration. Stimulants do great good in these cases, but they should be used with great care, or the patient will use the remedy often there is no occasion. Carbonate of ammonia is sometimes useful, and a little of iron, quinine and caffeine may be given.

The third cause of dyspepsia is due to impaired muscular movements of the stomach. Dyspepsia of this class is to be seen frequently in clerks, or those who sit for many hours over the desk, shoemakers and tailors often have it, and it may be also seen in young girls caused by tight lacing. The chief symptoms are neuralgic pain in the side, flatulence, the bowels are frequently constipated, and spasms and hysteria occurs in young girls.

In treating these cases the cause must
be removed. Exercise in the open air is absolutely necessary, and the meals should be regular.
If there is anæsthesia caecum and atrophy may be given, if anaemia is present. The preparations of iron do good, and where there is liver degeneration hydrochloric acid and tartracum are beneficial.

The other causes of impeded muscular movements of the stomach are very numerous, such as pressure on the pylorus by tumours, adhesions and ovarian disease; chronic inflammation of the stomach and chronic peritonitis and overdistension causing paralysis of the muscular coat. This kind of dyspepsia is often accompanied with otitis, and leads to fermentation and sometimes decomposition of the food in the stomach, the treatment of which with perchloride of mercury I have already mentioned.

Nervous dyspepsia: The nerves which are distributed to the stomach are the pneumogastric and the vaso-motor nerves of the abdomen. The pneumogastric arises from the floor of the fourth ventricle and is in close relation with other nerves, it is distributed to the lungs, heart, larynx, oesophagus and is closely connected with the nerves of the kidneys, pancreas and liver; it unites with the sympathetic ganglia. The chief symptoms of nervous dyspepsia...
are pain, decreased appetite and sickness due to some disturbance of the pneumogastric sense. The pain is often complained of as being intense, but no pain is felt on pressure over the stomach if the patient's attention is directed from it. This kind of pain is often experienced by hysterical women and is generally relieved by taking food. Vomiting sometimes takes place and the bowels are usually irregular.

To relieve the pain, if very severe we may have recourse to morphine and belladonna, but the best treatment to secure permanent benefit is plenty of outdoor exercise and cheerful occupation.

Vomiting is one of the chief symptoms of nervous troubles, it may be due to central or peripheral causes. In diseases of the brain such as tubercular meningitis, hydrocephalus and tumours the vomiting may come on at anytime and has no connection with the food taken. After convulsions and at the commencement of apoplexy in acute diseases of the spinal cord as is very often seen in the beginning of infantile paralysis. In anaemia of the brain as shown by Sir Cruikshank Stewart in the picture crisis of locomotor ataxia (Medical Times and
Gazette October 7th 1876. Irritation of the
larynx, pharynx causes vomiting. In early
phthisis vomiting is sometimes produced
by the irritation of tubercles at the apices
of the lungs. Vomiting also occurs in heart
disease, pregnancy, ovarian disease, the
passage of gall stones, and in diseases
of the liver; indeed it may occur in the
beginning of almost any acute disease.
The disturbance in the stomach causes a
disturbance in the lung and we often
therefore get shortness of breath, and
palpitations by disturbing the heart.
In uterine disturbance causing vomiting,
hydrochloric acid, or carbolic acid, magnesia,
leucophaeic, chloric ether, and bismuth may
all be tried; a poultice of hellebore
sometimes does good. In pregnancy I
have found a mixture of hydrochloric
acid with a bitter tincture such as
tincture of oranges or gentian relieves
the vomiting better than any other treatment.

In the dyspepsia of the melancholy and
hypochondriacal, there is a constant complaint
of some trouble either in connection with
the bowels or stomach, the diet is the patient's
chief concern, the mind is depressed.
The stomach is irritable, the sleep is
disturbed and unrefreshing, the patient feels utterly wretched and thinks he is all wrong together. The best treatment is change of scene and air, plenty exercise, bettes hot and cold, and a tonic maybe given such as strychnine. In all these cases of nervous dyspepsia, whether hysterical or hypochondriacal, the chief treatment is to get the patient to take an interest in some other object than himself; persuade him to go out of doors and take exercise; cold baths do some good; and the bowels should be moved every day; if there is anemia give iron or iron and strychnine.

Morbid and loss of appetite is sometimes caused by disturbance of the nervous system; the food being refused, but these kinds of cases are more mental than physical, they often occur in young women who are generally anemic. Moderate exercise is necessary in treating these cases, give a proper diet and a dose of iron and strychnine.

Perpetual appetite. The nervous energy seems to be more or less exhausted and the patient complains of an emptines or a craving for food even after a meal. These patients are generally thin and emaciated although they take a fair quantity of food. Rest and change is the
Best treatment.

Dyspepsia caused by the altered vascular supply, such as engorgement of the stomach. The conditions of the supply of blood to the stomach play an important part in dyspepsia, whether anaemia or congestion affecting the muscular movements, the absorption and secretory functions of the stomach.

After intemperance in eating or in drinking dyspepsia is produced. The mucous membrane of the stomach becomes engorged; the portal system becomes engorged and the liver congested. In this state the patient complains of depression, headache, listlessness, his complexion is sallow, tongue furrowed, appetite more or less impaired and bowels generally irregular with a certain amount of griping; sometimes there is nausea or vomiting occasionally of bilious fluid. When the intemperance is of long duration, the patient becomes more or less dejected; he has flatulence and pain in the abdomen, his tongue is furrowed and appetite lost, and vomiting almost every morning; a tired feeling is complained of and stimulants are craved for; great exhaustion is felt. The pulse is quick and compressible; headache, useless cholerae, numbness, torpor and loss of sleep, a weight or load is experienced.
in the region of the stomach, the food not being digested. The gastric juice is prevented acting on the food by the engorged state of the stomach, which means crowning the membrane.

Treatment. If vomiting has not already occurred give an emetic, or wash out the stomach. Soda water, or effervescing mixture of soda, potash, and citric acid are beneficial. Bismuth sometimes does good; and a hot water poultice over the region of the stomach often gives relief. Cold water should be taken freely; it relieves the congestion. When the worst effects of symptoms are over, honey comica, strychnine, with hydrochloric acid perchloride of mercury, give the best results. No stimulants should be taken; and the diet should be easily digested, an interval of three or four hours should take place between each meal. The diet is the best for this kind of dyspepsia.

General causes or those various diseases affecting the gastric juice, altering its composition and also affecting the muscular and nervous systems.

Abnormal change in the gastric juice often produces water-brash or pyrosis, a regurgitation or vomiting of the stomach, mucous resembling white of egg; its reaction is generally neutral although sometimes alkaline and has a salt taste. This symptom generally occurs when the
Stomach is empty, there is usually a kind of cramp or pain at the stomach and in the back. Hardfield Jones on the mucous membrane of the stomach believes it is due to chronic catarrh of the mucous membrane.

Dr. Chambers in Digestion says that the esophagus is the source of the watery discharge, pancreatic secretion is regurgitated into the stomach and rejected. The remedies most serviceable are bicarbonate, acrid moria, hypogastrum, senna, mixture of oranges; sometimes actinicis is good such as perchloride of iron, catechu, and nitrate of silver, and sometimes morphine is the only drug which seems to do any good.

Dyspepsia due to putrefactions. The lithic acid diastasis. The appetite is variable, pain is felt in the epigastricus and in the left hypochondriac region. Flashes of heat are frequent. The bowels are irregular, the tongue is furred and there is often headache. The mind is rather unusually excited at the beginning of an attack, afterwards there is mental depression. Sometimes vomiting occurs with pain at the stomach. There is frequently a feeling of faintness and sickness, the pulse may be irregular, and the urine is dark coloured anddeposits lithates or if
contains an excess of uric acid. The pain in the stomach is often very great and there is frequently a great amount of flatulence. If the juice becomes altered in character, it becomes too acid.

In the treatment of these cases a milk diet is the best, very little meat should be taken and no stimulants. If the distress is extreme, morphia may require to be given. Soda carbonate and potash bicarbonate give relief. Charcoal, magnesia, calomel, and colchicum have all been tried with more or less benefit. The mineral waters of Bath, Burdoo, Wiesbaden, Ars, Karlovy, Kromburg, Sankt Veit, and various others may be tried. Out-door exercise, rest from excesses, and careful diet are essentials. In children who are partly or of young parents and who suffer more or less from indigestion and dyspepsia I generally give a mixture composed of bicarbonate of soda, aromatic spirit of ammonia, and the liquid extract of St. John's wort, with chloroform water.

Albunemia produces dyspepsia, of which the chief symptoms are vomiting and nausea, this is probably caused by too much 

[The rest of the text is not clearly legible due to the quality of the image.]

fat, sympathetic and an altered condition of the blood. The blood containing
excess of urea, the gastric juice contains urea and irritates the stomach. (Bennett and Groffman on Diseases of the Kidney.)

The treatment should be guided by the general symptoms. Warm vapour bath, perforating phlorhizine, auric acid applied to skin.

The stomach frequently becomes deranged in persons suffering from certain skin diseases, such as eczema, leprosy, psoriasis, lepra, etc.

In the nervous and hysterical state it is often a great amount of flatulence, not due to the decomposition of the food. Here are various peristaltic motions of gas and the stomach becomes much distended. Stimulant to food in these cases when used with care, small quantities of food should only be taken.

Fermentation of food in the stomach is due to the abdominal state of the secretions, impeded muscular movement, and to the kind of food taken. There are several varieties of fermentation the chief of these being acid fermentation. There are two kinds of acid fermentation, the lactic and the butyric.

Lactic Acid fermentation is formed from the carbohydrates, by the action of microorganisms, the chief of these being the bacillus acidi lactici. This bacillus is the
cause of the souring of milk. Lactic acid being formed and acetic acid evolved, oxygen is required for its growth.

Butyric acid is also caused by microorganisms acting on the carbohydrates. The bacillus butyricus forms butyric acid and acetic acid is evolved; oxygen interferes with its growth. It acts on starch, dextrin, and cane-lupar forming butyric acid and evolving acetic acid. It also transforms lactic acid and lactate into butyric acid.

Sarcinae are formed when there is prolonged delay of the food in the stomach and advanced fermentation. Sarcinae probably produce an acid during their growth. Here are several forms of Sarcinae the best known being the Sarcina ventriculi of Goodier.

Alcohol fermentation: The amount of alcohol is very small, it is formed from the carbohydrates. It is formed from the action of yeast, the two most active being beer and wine yeast. Glucose and maltose are the most easily acted upon.

Putrefactions take place when decomposing food is taken, and when there is prolonged delay of the food in the stomach. It is caused by numerous bacteria acting on
albuminoids forming various products: the Carbohydrates and fat do not putrefy.

During the putrefactive process certain gases are formed such as Carbonic acid, Nitrogen, Sulphuretted Hydrogen and Marish gas, and acids of the fatty acid series as formic, acetic, butyric and valerianic; other acids such as lactic, lactic and glutamic, and lactic and amino bases; foul smelling and noxious bodies as uric, uric acid, putrefaction and albumoses etc.

And fermentation diminishes the activity of the gastric juice, it diminishes the action of the pillars which is most active with hydrochloric acid.

Dieting: It is most essential insisting that there should be a certain amount of nutritive absorbed into the system. In gastric disorders we must give only that food which the stomach can digest: we should therefore take out of the diet all that which is likely to irritate the stomach or lead to fermentation or decomposition. The chief irritants are excess of organic acids, excess of Carbohydrates and of fats and also of Cellulose. All food accessories such as beer, wine, tea, coffee, spices, pickles and sauces. It may be necessary to give at first a pure liquid diet as is cases
of extreme irritation and chronic fatigue. Cook milk boiled and cooled about half a pint every two or three hours, this may be served with beef tea. This kind of diet may require to be continued from one to three or four weeks; afterwards a modified liquid diet may be given such as bread and milk, or Bangers food, or an egg beaten up with milk and salt, beet juice or arrowroot. As progress is made, a mixed diet may be taken, for breakfast milk and bread, Bangers food, a little coffee in milk and Tumamino. About noon we may try white fish pounded such as plaice, sole, haddock, and beet juice may be given. At five or six o'clock we may give bread, milk, and bread and butter, at eight milk boiled and cooled may be taken. If the patient's condition progresses well, we may then give a more substantial diet.

The foods at first to be avoided are pork, fish such as eels, haddock, turbot and all cured fish, and in many cases beef, duck, goose, hammed meats, in many cases potatoes, uncooked vegetables, cabbage, onions, shellfish, asparagus, all fruits and all fats. Acid wines port and sherry, tea, coffee; all spices and sauces.
The following foods may be taken, sometimes beef, mutton, chicken, pigeon, sole, plaice, eggs lightly boiled, sometimes potatoes; green peas, cauliflower occasionally. Arrowroot, rice, and white bread. Butter, sometimes whisky, and brandy, very old and well diluted.

Medicinal Treatment: Acids given after meals increase the acidity of the stomach contents and thus digestion is hastened, if given before meals they diminish very slightly the secretion of the gastric juice. They are very serviceable remedies when given in proper cases. The dilute hydrochloric acid is the best and should be given in ten to thirty minims doses along with or immediately after meals.

Alkalies given before meals increase slightly the secretion of gastric juice, if given after meals they have little effect on the secretion of gastric juice, but if they are given when there is no hyperacidity of the contents of the stomach, they delay digestion to help neutralise the free acid. If there is hyperacidity, then the digestion is hastened. The chief effect of Alkalies is to act as antacids. They are best given after meals and diminish the hyperacidity of the contents of the stomach.
Whether due to organic acids or hydrochloric acid.
The best antacid is probably bicarbonate of soda, but carbonate of magnesia, chalk, lime water, bicarbonate of potassium, and carbonate of ammonia are all useful.

Pepsin: I cannot say that I have found pepsin guin, for it does not inure alone or with hydrochloric acid act any better as an aid to digestion than hydrochloric acid alone. If pepsin disappears from the stomach, an inactive pepsinoquin is sometimes formed which requires a free acid to convert it into pepsin. So that really, if pepsin is diminished as is the hydrochloric acid and of hydrochloric acid to give pepsin is formed.

Pancreatin can only act when the stomach contents are neutral or alkaline, it partly destroys its action.

Pepsin is a very doubtful remedy.

Sedatives: It may be necessary to give sedatives when the pain is severe and is not overcome by the alkaline treatment. Morphine may be given if the vomiting is severe and does not give way to other treatment or if pain is severe.

Codeine is also given but its action is inferior to morphine. Local sedatives such as ice
or a mustard leaf applied to the epigastric region where there is pain or vomiting.

Hot fomentations with a bandage round the body as to keep the abdominal muscles at rest in cases of retching and vomiting.

Hydrocyanic acid, cocaine, and cannabis indica may all be tried as sedatives. Potassium or ammonium compounds are sometimes beneficial and so also is the iodide of potassium. Carbonate of bismuth along with carbonate of soda alkalies act very well. The carbonate of bismuth I have found preferable to the sulphate. Chloroform and ether act as sedatives in small doses and may with advantage be added to mixtures.

Antiseptics. Perchloride of mercury, carbolic acid, cresote, hydrochloric acid, nitric hydrochloric acid, sodii sulphus, sodii sulpho-cresotes, acid barytic, mercurin, all these drugs act as antiseptics and prevent fermentation. They prevent bacterial fermentation and also arrest the fermentation when it has begun. Where there is a deficiency of hydrochloric acid in the stomach, bacterial fermentation takes place and combination of drugs acts so well as that of hydrochloric acid and perchloride of mercury.
Sometimes may require to be given, and the safest is mustard and warm water, or salt and warm water. Injections of apomorphia may be used in strong, healthy people.

Aperients: Medicines best given for constipation. Those who suffer from constipation should get into the habit of going to the closet after breakfast. Fruit such as oranges, figs, prunes taken after breakfast will often have the desired effect. Porridge or brown bread will sometimes answer the purpose where they are admissible. Syrupine suppositories may be used occasionally, they act as a rule very well, but they should not be used habitually. Masmista are to be used in cases of emergency only. Saline purgatives may be given in the morning after a pill has been taken at bedtime. Sulphate of magnesia or the sulphate of soda or the aperient ratio of sulphate or neomylate waters may be tried. In youth persons a draught in the morning of sulphate of soda and mixture of gentian sometimes does better than any other purgative. Calomel or a blue pill at bedtime and a saline draught in the morning often affords great relief. Probably the best aperient for chronic constipation is the liquid extract of cascara, it may be given in doses of
the to twenty minutes three times a day; or one larger dose may be taken at bedtime. I generally use an elixir of esculentus being more palatable and it may be combined with atropine and belladonna. Aloe and aloes are very serviceable in constipation; a pills composed of extract of aloes, extract of myrrh, and extract of belladonna may be taken in the evening and a slight draught given in the morning. The compound liquored powder and the fluid extract of Senna pods are both valuable especially in the case of children suffering from constipation. Rhubarb given with bicarbonate of soda is a very useful remedy.

Diarrhea may occur in particular disorder. If it is due to some irritant, the best plan is to give a dose of Castor oil with a few drops of mixture of Opium. Diarrhea caused by bacterial fermentation of the food is best treated by a dose of colocynth, followed by a mixture composed as follows:

D. Liquidum Perahumundii

Acid Hydrochlorici Dil. III

Syr. Linumii III

Hydr. Morphiae Dil. III

Acqua ad III

Sig. One tablespoonful to be taken every four hours.
In enteric diarrhoea there is no drug equal to arsenic; two or three minims of the
lignor arseniealis to be given after meals,
if this fails a mixture composed of
Carbonate of bismuth, bicarbonate of soda
and solution of the hydrochlorate of morphia
may be tried.

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April 27th, 1896.