

John Henry Clarke

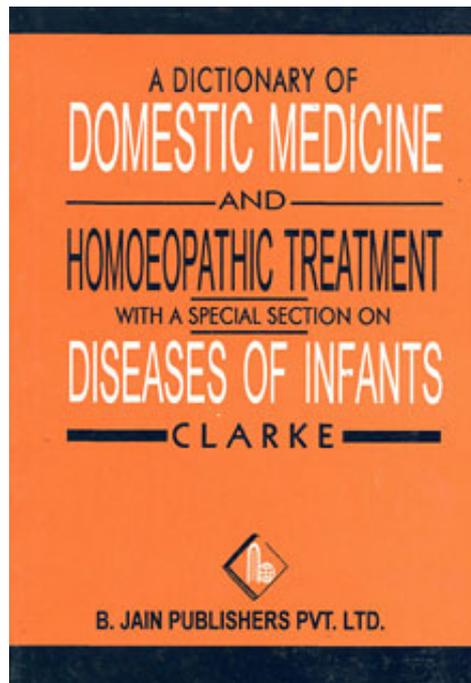
A Dictionary of Domestic Medicine

Leseprobe

[A Dictionary of Domestic Medicine](#)

von [John Henry Clarke](#)

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Kali. c. 6.—When the hair is dry and feels like hay.

Ac. phos.—After depressing emotions.

HANDS, CHAPPED.—Most persons who have delicate skins are liable to have the hands chapped from the cold in the winter. The best preventive of this is the rubbing in of glycerine in some form, either pure or as glycerine jelly. With some skins Lanoline Cold Cream serves as well, and is a pleasant preparation. If the fissures are very deep and painful, wash clean and rub thoroughly with *Calendula Cerate*. An excellent preparation is Epp's Emollient Skin Lotion.

HANDS, PERSPIRING.—For cold, clammy hands there is no local remedy that is of any avail. The patient must be treated constitutionally.

Medicines.—(Two or three times a day.) *Calc. c. 6.*—To begin with in general. *Silic. 6.*—In thin, spare subjects.

Sulph. 6.—After *Calc. c.*; and where the patient is subject to eruptions. See **CONSTITUTION'S**.

HAY FEVER (HAY ASTHMA).—This is an affection due to the entrance of the pollen of grass and flowers into the air-passages, producing local and general symptoms—sneezing, catarrh, congestion of the eyes, headache, oppression of the breathing, prostration, and fever. It is a most tormenting and inveterate complaint with those who are liable to it, and disables them for several weeks every year. The liability to it is a constitutional state and constitutional treatment gives the best results.

General Treatment.—The chief indication is to keep out of the way of the hay, if possible ; but that is by no means easy. Grass is everywhere, and the largest cities cannot escape. The pollen grains find their way every-

where, and, as Dr. C. H. Blackley has shown, a miraculously infinitesimal quantity is sufficient to set up the attack. A sea voyage is the best escape. Medicines can do much here, both curatively and prophylactically. Medicines.—(Every two hours during an attack ; then twice a day as prophylactic.)

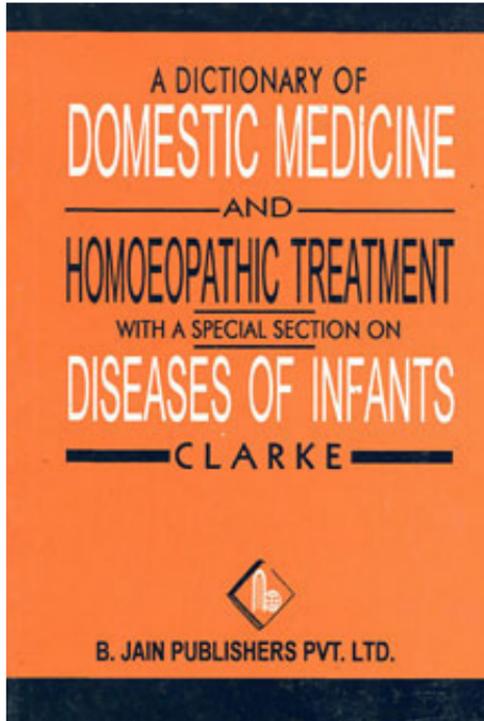
Arsen. 3.—As a prophylactic for a few weeks before the hay season sets in. Also for the fully developed disease, especially when there is much prostration. *Aeon.* 3.—Much fever, restlessness, thirst. *Sulph.* 6.—After *Aconite*, when the symptoms do not yield.

Ccpa 3.—When the symptoms are worse in a warm room and better in the open air. *Gels.* 3.—Where there is excessive sneezing. **HEADACHE.**—There are very few people who do not know from experience what a headache is, and yet it is by no means an easy matter to give a rational explanation of the complaint. Some headaches seem to affect one tissue and some another; some appear to be located in the brain itself, and some in its membranes or some particular nerves ; some are accompanied by symptoms of congestion, and some by those of want of blood ; and others again seem entirely independent of any disturbance of the circulation. It is not of much assistance to invent theories about " nerve storms," which is merely another way of stating the facts already too well known to those who experience them, and gives no help at all in dealing with them. The main facts about headaches that are made out are these : They are often hereditary, descending from parent to child through generations ; they are often an expression of some constitutional disease, such as gout and rheumatism ; they are often connected with weak

digestion and with disease of any internal organs. These facts supply us with means of classifying the different kinds of headaches, and give us indications for their treatment, and I shall, therefore, give a description of the principal forms. It must be understood that several forms are often combined in one headache. For instance, a rheumatic person may be also nervous, and suffer from diseased stomach and constipation, and all three elements may be found in the attack of headache from which he may be suffering. In this case that element which seems to bear the leading part in it must be taken as the chief guide for prescribing. Congestive Headache.—The symptoms of this kind of headache are a feeling of fulness and throbbing in the head, throbbing of the arteries in the neck and generally flushing of the face. The pain may go on to cause vomiting. All movement makes the pains worse, also lying clown ; standing often relieves them. Headache from exposure to the sun is generally of this kind.

General Treatment.—The patient must be kept very quiet, with the head raised. The application of hot ilannels will more often give relief than cold applications ; but if heat fails to relieve, cold may be tried. Vinegar cloths applied to the temples are also useful. Hot foot-baths are at times very efficacious. Medicines.—(Every half-hour until relief is obtained, and then less often. This applies in all kinds of headache.)

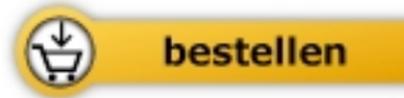
Glonoïn 3.—Attack sudden. The blood is felt rising up into the head, with severe beating, as if bruised; worse by shaking the head ; pulse rapid ; face and eyes red ; or eyes staring and face pale and moist; buzzing in the ears. Headache from exposure to the sun,



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