

**BULLETIN No. 3**

**ISSUED MONTHLY**

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**A JOURNAL**

**-OF-**

**Therapeutic  
Facts**

**FOR THE**

**Busy Doctor**

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**Eli G. Jones, M. D., Editor**  
Burlington, N. J.

**W. E. Bremser, M. D., Pub.**  
1525 Franklin Ave. St. Louis, Mo.

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# Our Association is Making

## . . . History . . .

It is said that "history sometimes repeats itself." In 1776 Thomas Jefferson of Virginia wrote the "Declaration of Independence, and now we have added another page to American history-In 1912 Dr. W.G. Jefferson, Portland Me. wrote the "Declaration at Principles" for our Association. The Doctor is a fine man, a skillful physician and an "Honor to the Jefferson family".

For the first time In the History of Medicine in America we shall have a course of lectures by prominent Physicians representing the five Schools of Medicine at our Den Convention in Poughkeepsie N.Y. Something never before attempted in this or any other country. It has taken thirty years of teaching, writing and extensive correspondence to bring about a better feeling between the different Schools of medicine and make it possible to have such an Association as was Instituted in Burlington N. J.. Sept. 3rd, 1912. It is another page added to history.

For the first time in this country a Medical Society has taken up the systematic medical treatment of internal and external Cancer by men that have grown "old and grey" in the treatment of that disease. In our Association, at each Convention we take up the treatment of the diseases common to our country that cause the greatest mortality (some of them called Incurable) and discuss a definite plan of treatment *NOT* each disease. Thus adding still another page of history. For the first time, Medical men will meet together not to glorify any ism or pathy, but to help each other to do more for the sick than we are doing to help each other to be better physicians.

We now have members in 29 states of the Union, and we are getting in the best physicians of all Schools of Medicine. This Association will do much to hasten the day when the walls of prejudice shall be broken down between the different Schools of Medicine; when all physicians will meet together as brothers with one object in view-to learn the best means of healing the sick. When we shall stand shoulder to shoulder as a united profession, then and not till then will be able to command the respect and confidence or the American people. May God hasten the day.

### A 76 PERSONAL HINTS

A physician must believe in himself and also believe in the remedies before he can expect the public to believe in him. If you carry the fear of death into the sick room it will be transmitted to the bed-ridden. Keep your bottles labeled and use adhesive plaster to write upon as such labels do not readily come loose. Always keep a carbon copy of your prescriptions written with name of patient and date, even if you dispense. Do not trust to memory as death will remind you when it is too late.

### A 77 QUININE.

Never give Quinine when the skin is hot, pulse hard and dry tongue, soft pulse, moist skin and tongue cleaning will be the indication for Quinine.

### A 78 GASTRALGIA.

Neuralgia of the stomach. Pain coming and going, radiating out in different directions; throbbing, pulsating, sometimes stabbing pain: Give Mg. Phos. 3x, 30 grains Sp. Gelsemium, Sp. Kalmia aa 30 Minims, Aqua q. 8. ounces 4 Shake well. teaspoonful every half hour to one or two hours, depending on the severity of the pain.

### A 79 THROAT SWABBING.

Try swabbing the tonsils and throat twice a day, with Tr. Myrrh Comp. and Mossel's solution equal parts for Diphtheria and Follicular Tonsilitis, with the indicated internal treatment and be convinced at its efficiency.

### A 80 TINEA SYCOSIS.

A thorough application of the Copper Sulphate stick or a saturated solution of the same usually cure Tinea Sy-cosis (Barber's Itch) when applied in the early stages.

Bad or neglected cases improve rapidly with the same treatment, much more rapidly than under other treatment. A thick scab forms as a result of the application This should not be removed with force. It can easily be removed in a week.

#### A 81 EPISTAXIS.

Catarrhal patients are subject to postnasal ulceration which results in local hyperemia and hemorrhage, and the following has never failed to control it: Ammonium Carbonate one dram, Sp. Bella. Gtt 5. Water 4 ounces, Give one dram every 2 or 3 hours.

#### A 82 CHILDREN UNDEVELOPED.

In those watery-eyed children of 5 years and under. Conjunctiva of a dirty gray color, face pale, appetite not good or capricious; Cut out candies and sugars and give the following: Sp. Phytolacca One Dram, Fl. En. Gentian, Fl. En. Taraxacum aa. gtt. 48, Syr. Simplex q. a add three ounces. Teaspoonful every three hours. This prescription acts wonderfully when in these cases.

#### A 83 ENLARGED TESTICLES

We have found Laird's oint, Polymnia Uvedalia par excellent In chronic indurated testicle. Use twice per day.

#### A 84 EDEMA AND TRANSUDATES

Calcii Lactatis.....10

Tr. Capsici.....20

Mae Chloriformi.....118

M. at Sig. Teaspoonful of water one hour before meals .The above is used for serious hemorrhage and transudates; as Urticaria Chillblains, edema of hands and feet when not due to circulatory or kidney lesions; some forms of headache as the lymphatic type due to diminished coagulability of the blood, occurs mostly in women, is of a dull heavy ache in the frontal region and throbbing in the temple. May be used for six weeks. If constipation results give Senna. If after some months symptoms recur administer again for two weeks. If tingling noises in ear occur, discontinue and the symptoms subside,

#### A 85 QUINSY.

In any case of so-called Quinsy Or Follicular Tonsilitis hold tincture of Lobellia In the mouth well heck against the tonsils and note the immediate soothing effect and relief from pain-also in all cases of spasm of the Glottis. Internally. give Calomel Arom. up to two to four grains in divided doses of one-tenth to one-fifth grain half hourly. Chew up so as to get topical as well as systemic action. One to two grains Calcium sulphide once in two hours in alternation with Protonuclein Special. If any tonsilitis does not yield to this treatment at once, look out for Diptheria.

#### A 86 HEART DISEASE.

In 1900 there was 69315 deaths from heart disease in the United States. Carefully study "Definite Medication" and learn how to treat such cases.

#### A 87 HYSTERIA.

In many cases patients complain that they have swallowed a fish bone and can feel it sticking every time they swallow. When you find nothing In the throat, give Tr. Ignatia 15 drops in a half class of water. teaspoonful every hour.

#### A 88 DELAYED MENSTRUATION.

Fat women with constipation, delayed menstruation, and acne on the face at the monthly period need Graphites 3x three grains four times a day.

#### A 89 POISON IVY.

Give Internally:-Sp. Belladonna,  
Sp. Rhus. Tox, aa gtts ten  
Aqua ounces tour  
Teaspoonful every two hours.

Locally. Use a saturated solution of Quinine Sulphate.

#### A 90 CYSTITIS.

Tincture Camphor in five drop doses in a wine-glass of hot water every hour where there is irritable bladder, with a constant desire to urinate and only a little passed, will relieve every time.

#### A 91 OTITIS MEDIA PURULENT.

In chronic cases of suppurating ears. give Double Sulphide one grain every three hours for two weeks and then alternate with ten minims of Tr. Echinacea every three hours. Proper daily syringing of the ear is necessary.

#### A 92 MALNUTRITION OF INFANTS.

In anemia and mal nutrition of infants. particularly the anemia and fretfulness of dentition, five drops of Nuclein solution (Abbott) on the tongue every three hours.

#### A 93 DYSENTERY.

Burning pain in rectum and anus, slimy discharges streaked with blood. Give Mere. Cor. 3x, one grain every hoar.

#### A 94 FACIAL MOLES.

For removing facial moles there is nothing like Dermal Caustic. Apply to the mole and wait 7 or 8 days, then apply again if needed. It will not leave a scar.

#### A 95 MAGNESIUM SULPHATE FOR PAIN.

To relieve the pain about the joints in particular Rheumatism. the best application is the following: -To a pint of soft hot water add two ounces of Epsom salts and four drams of 95 per cent Phenol. Apply thick pieces of gauze saturated In this solution to the affected parts as hot as the can be borne.

#### A 96 NEURALGIA.

Neuralgic headache In right side of head over right eye with profuse lachrymation calls for Tr. Chelidonium 3x. five drops every hour.

#### A 97 PHYSOSTIGMINE.

Physostigmine is unsurpassed in the treatment of Colic. due to intestinal gas in cases like Cholera-Morbus. Used hypodermatically in doses up to one twelfth grain, no larger dose would be safe, and smaller doses are preferable to begin with. One dose is usually curative without the usual unsatisfactory after effects of Morphine. Diagnosis should exclude colics due to obstruction and Appendicitis.

#### A 98 DELAYED MENSTRUATION..

Delayed menstruation or supression from cold or functional disturbances: -give Lloyd's Leontin twenty drops every three hours. Very useful in painful menstruation and for young girls that have failed to get started right. It will diminish the pain and cause a free flow.

#### A 99 OLD ULCERS.

Equal parts of Flexible Collodion and Ichthyol applied to old refractory ulcers and suspected malignant sores has a very decided effect for good. It forms a coating like court plaster. As long as ulcers is dry and completely covered, do not remove. May be left on for three days.

## A 100 CHRONIC BRONCHITIS.

In chronic Bronchitis with yellow, slimy or watery secretion give Kall. Sulp. 3x three grains every three hours.

## B 1. PODOPHYLLUM.

The Indications for Podophyllum are, yellowish coated tongue, full abdomen With biliousness. Give Podophyllum one dram to water four ounces, teaspoon every two hours.

## B 2. CYSTITIS.

Where there is frequent, burning urination, urine high-colored and a cloudy deposit, cannot straighten up, feverish and thirsty, give five drops of Sweet Spirits of Nitre hourly in alternation with the following mixture:-

Spec. Aconite	Gtts ten
Spec. Gelsemium	Gtts thirty
Spec. Apis	Gtts fifteen
Aqua	eight ounces

Teaspoonful every hour. Nothing but milk or gruel till better. Always give Gelsemium when there is aching and straining.

## B 3. CARBUNCLE.

In treating Carbuncle after it has formed, apply a large vacuum cup two or three times daily or as often as pus forms. Wash and apply dressing soaked in a Carbolic acid solution, one dram to eight ounces of water. Give internally Tr. Echinacea ten minims every three hours.

## B 4. LIME HUNGER.

In Tuberculosis where there is a call for all the cell-salts it is advisable to give all in physiological amount and proportion, but when there is a call for one of the tissue elements, it will be found to act best in attenuation. This is especially true in regard to lime and Calc. Phos. 6x is the best form in adults. Give two grains every two hours.

## B 5. ECHINACEA.

White tongue with red tip and edges, and sticky frothy mucus in the mouth indicates Echinacea; the pulse is rapid thready and weak, cold chills, alternating with hot flashes up the back with flushing of the face. The above should be studied as the true indications for the use of Echinacea; and the tincture is the best form given in ten minim doses every two or three hours.

## B 6. RHEUMATISM

Rheumatic pain in right shoulder, worse at night, cannot raise arm to head, give Sanguinaria 1x, three grains once in two hours.

## B 7. PULSE OF SYPHILIS.

Syphilis is now and then complicated with Cancer. When it is the pulse will show it. The pulse of Syphilis is stronger than in Cancer and the blood in the Radial artery feels to the finger as if it was trying to curl around it – a whip-like pulse.

## B 8. TRIFACIAL NEURALGIA.

In Trifacial Neuralgia involving the Ophthalmic and Supraorbital branches give Gelsemin one hundred-thirty-fourth grain every hour till better than every two or three hours.

## B 9. OLD BURNS.

In all complains, when patient tells you that he has never been well since he received a severe burn, though years ago give Causticum 6x. two grains three times a day and watch him improve.

**B 10. UTERINE HEMORRHAGE.**

China 1x, two grains every three hours for uterine hemorrhage, bright color and steady flow. Ipecac 1, two grains every three hours where the flow is of a dark color, unsteady and intermittent. Tr. Hamamelis four drops every two hours where the flow is of a bright color and intermittent.

**B 11. DYSENTERY.**

In Diarrhea or Dysentery, with sharp, shooting pain in the rectum of a twisting cramp-like nature cause patient to bend double and press firmly against abdomen; desire for stool every few minutes, usually with small bloody passage and increase of pain:-Give Colocynth, five drops of the tincture in four ounces of water, teaspoonful every hour, and it will relieve the pain promptly and permanently.

**B 12. QUININE SULPHATE AS A LOCAL APPLICATION.**

Quinine Sulphate, half ounce Goose Grease, two ounces Camphor Gum. two ounces M. Sig. apply externally on chest. back and front, twice dally. Cannot be excelled in bronchial coughs in children or adults. Best local application In Asthma. A jar of the above prescription is worth its weight in gold.

**B 13. VESICAL IRRITATION OF PREGNANCY** In pregnant women with a feeling of pressure on bladder. frequent micturition, sediment in bottom of vessel looks like clay, smells so bad, can't have vessel in room-give Sepia 4x. three table. every three hours.

**B 14. BACKACHE WORSE AT NIGHT**

Backache that is always worse at night when in bed needs Tr. Staphisagria 3x, 15 minims to a half of glass of water. teaspoonful every two hours.

**B 15. TONSILITIS.**

In Tonsilitis where swelling begins on right side of throat, pain worse on right side, with suppuration threatened,-give Lycopodium 3x. three grains every hour.

**B 16. SWALLOWED SHARP POINTED FOREIGN BODIES.**

I would warn against purgatives in these cases, as perforation may thereby be promoted. Have several times had patients eat heartily of solid food in order to dilate the gastro-intestinal canal, believing the body would more readily pass, and so far have not been disappointed;

**B 17 ETHER IN SCIATICA.**

Inject with hypodermic needle thirty to forty minims of pure, fresh ether into the deep flesh at hip and thigh. Two injections is enough at each sitting and repeat every other day. Have never failed to cure the worst cases of Sciatica in two to four treatments. Flush bowels with Saline while treating. Try it Brethren and your patient will sing your praises.

**B 18 IRITIS.**

In Iritis keep the pupil dilated well with Atropine locally, and give internally Kali. Mur. 3x three grains every three hours. and change to Nat. Mur 6x three grains four times a day when mouth begins to drool.

**B 19 APOMORPHINE HYDROCHLORIDE.** In the first stages of Bronchitis in children to promote expectoration when scanty, dissolve 4 to 6 one-sixty-seventh grains in 24 teaspoonful of hot water, and give a teaspoonful every half to two hours. This solution will turn green on exposure, and this fact should be explained to parents.

B 20 CORYZA.

In Coryza in the early stage, give in alteration one drop Tr. Camphor and one drop Tr. Allium Cepa every hour. Very effective.

B 21 STOP SNORING.

For snoring without any perceptible cause, give Tr. Opium 6x one dram in 4 ounces of water, teaspoonful before meals and bed time.

B 22 EPISTAXIS.

In Epistaxis let the patient be in a sitting posture with the head slightly bent forward, insert a conical cotton tampon about the size of the little finger, into the bleeding nostril. and let the patient compress this nostril with his finger. Open all tight clothing around the neck. Quiet patient and do not let him talk or move around. Put cold compresses on the head, and bridge of the nose. At first allow no nourishment, later cold drinks and cool soft food. Prevent sneezing by pressing the thumb strongly against the hard palate just behind the upper incisors.

B 23 ASTHMA.

In nervous or hysterical patients, with the spasmodic type of Asthma with oppression, wheezing and gagging, give Ipecac 3x one dram in four ounces of water, teaspoonful every fifteen minutes to three hours. If the Asthma is caused by Gastric disturbances, or complicated with a rush of blood to the chest. and in persons with Hemorrhoids, give Tr. Nux. Yom. 3x. one dram in water, teaspoonful every fifteen minutes to three hours.

B 24 VICARIOUS MENSTRUATION.

For epistaxis as vicarious menstruation, if not caused from catching cold during menses, give Tr. Bryonia ten minims in four ounces of water, teaspoonful every hour.

B 25 HORDEOLUM OR STYE.

One dose of three minims of Sp. Pulsatilla will abort a styne or modify it if advanced.

*Upon receipt of this copy of the Bulletin, please forward therapeutic facts for the next issue today. Do not wait for the Secretary to ask you for the fact.*