Carter's Medical Miscellany

Dr. Warwick Carter
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Dr. Warwick Carter
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Miscellany - noun - Separate articles or studies on a subject, or compositions of various kinds, collected into one volume. A literary work or production containing miscellaneous pieces on various subjects. (OED)
These egregiously piquant peccadilloes of allopathic and homeopathic epistemology offer some chthonic edification extra mural to the canonical modes of the medical quidnunc. They are of inestimable significance to the virtuosity and animus of the therapist. These profoundly sagacious enunciations have been serendipitously gleaned from a wide amplitude of unerringly reliable provenances including my therial janizzaries.
INTRODUCTION

Doctors encounter some extraordinary and unusual facts during their training and careers, some of which are totally useless to the practice of medicine, but never the less interesting. This is a collection of just such information.

This is not a dictionary, guide book, encyclopaedia or vademecum, just a miscellany of fascinating facts gleaned from a more than 30 year career in medicine, and the research necessary to write twenty other books that cover everything from postgraduate pathology texts to simple question and answer collections for lay people.

In no way can the veracity of the facts within be vouched for, but to the best of my limited knowledge, they are true. As a result, no action should be taken on the basis of this information unless a doctor’s opinion is sought.

This collection is designed primarily to intrigue, secondly to entertain, and rarely to educate.

Please enjoy:

Warwick Carter

NB: No responsibility is taken for anything at all!

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HISTORY NOTE: Medical text books of 100 to 200 years ago contain some fascinating information. The history notes at the foot of every page are extracts taken from such books to demonstrate how much orthodox medicine has changed (and is continuing to change).
MEDICAL MISCELLANY

EAR WAX
Women who have soft ear wax have a much higher risk of breast cancer than those with hard ear wax..

ID, EGO, SUPEREGO
The Id, Ego and Superego are terms used in Freudian psychoanalytic theory (a method of assessing the personality). The ego describes the conscious sense of the self - the 'I' - which is the part of the personality that deals with the outside world by maintaining a balance between the drives of the id (primitive, unconscious instincts) and the restraints of the superego (the conscience or set of moral values).

PNEUMONOULTRAMICROSCOPICSILICOVOLCANIOSIS
The above word (I can't be bothered typing it again in lower case) is the longest word used in medicine, and for obvious reasons it is used rarely. It is a lung disease caused by breathing in the microscopic particles of ash emitted by a volcano:

STRENGTH
Kilogram for kilogram, men are 37% stronger than women.

HISTORY NOTE: Incising the gums over the erupting tooth of an infant will guarantee great relief.
AIDS HISTORY

The story of AIDS begins in central Africa, where it is now believed a form of AIDS has existed in apes for thousands of years. These animals come into close contact with humans in this area, and are butchered and eaten by the local population. At some stage in the early part of the 1900s, the virus spread from apes to humans. In apes, due to natural selection over many generations, the virus causes few or no symptoms, and is harmless.

The AIDS virus has been isolated from old stored tissue samples dated in the 1950's, found in Kinshasa hospital, Zaire. From Africa, AIDS spread to Haiti in the Caribbean. Haiti was ruled by a vicious dictator (Papa Doc Duvalier), and many Haitian Negroes fled to Africa to avoid persecution.

Once "Papa Doc" and his son "Baby Doc" were removed from power, these exiles returned, bringing AIDS with them. The virus mutated in humans and became more virulent, causing a faster and more severe onset of symptoms. Viruses mutate routinely (eg. different strains of influenza virus every year).

American homosexuals frequented Haiti because it was very poor, and sexual favours could be bought cheaply. They returned home from their holiday with the AIDS virus, and it has spread around the world from there.

The first cases were diagnosed in California in 1981, although cases occurred in Sweden in 1978 in the family of a sailor who had visited Haiti, but the disease was not identified as AIDS until years later. There may also have been some movement of the disease directly through Africa to Algeria and France.

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HISTORY NOTE: After expulsion of the afterbirth, rub the inside of the uterus with ice and a sponge dipped in vinegar to prevent flooding.
**WASH IT, PEEL IT, OPEN IT, COOK IT OR TOSS IT**
This is the basic advice all travellers should follow when travelling in any except the most developed countries.

**VITAMIN C**
3000 Californian users of Vitamin C supplements followed for 10 years had the same morbidity and mortality as a control group of nonusers.

**SMOKING**
Smokers were found in a Boston study to have 50% more traffic accidents and 46% more traffic violation convictions than non-smokers.

**AIDS ACRONYM**
AIDS is an acronym for the Acquired Immune Deficiency Syndrome, and should always be written in full capitals as AIDS, and never aids or Aids.

**PEWTER**
Pewter plates, jugs and mugs will kill Staphylococci and other bacteria. These were widely used in 18th. century hospitals to reduce infection, although there was no contemporary knowledge of the method of disease transmission by microorganisms.

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· HISTORY NOTE : The oil treatment, in connection with the use of a compress, will in almost every case result in a cure of appendicitis if applied in time.
WINE

Wine has been found to be beneficial to health for thousands of years, provided it is taken in moderation. This means taking no more than 250 mLs. of wine a day for a woman, or 500 mLs. a day for a man. Men can drink more than women because they are generally heavier than women and less of their natural body weight is made of fat (which does not absorb alcohol well). An average man is considered to weigh 80 Kg and a woman 60 Kg.

Wine contains between 80 and 90% water, 8 to 15% alcohol (more in fortified wines), sugar (less in dry wines), and acids. There are also trace amounts of minerals, vitamins and amino acids (the building blocks for proteins). Wine also contains the most potent antioxidants known which are probably the main ingredient to give health benefits, mainly by converting the bad low density cholesterols into the good high density ones.

Wine has health benefits over other forms of alcohols because of these additional ingredients. Spirits are generally bad for overall health, and beer neutral, while moderate wine drinkers tend to live longer than both total abstainers and those who drink excessive amounts.

The primary benefit of moderate red or white wine consumption is in the area of vascular (blood vessel) disease, as it reduces the incidence of heart attacks, strokes and blood clots. Other benefits described in various scientific papers include a reduction in depression and anxiety, better sleep patterns, an overall reduction of up to 24% in the incidence of all cancers, improved memory in the elderly with less dementia and Alzheimer’s disease, fewer gallstones and stomach ulcers and even better vision as it helps to prevent the eye disease macular degeneration. Wine has been used for centuries as an antiseptic, and its use in nursing homes is well recognised to improve morale.

Wine has also been used medicinally to ease nausea, improve appetite, as a

HISTORY NOTE: An intense itching of the nose is an invariable sign of worms.
sedative, to purify contaminated water, as a tonic, to prevent scurvy, as a diuretic (increase urine output), to disguise bad tastes and as a liniment.

The “French paradox” which shows a nation of people who eat a lot of animal fats (eg. paté) but who have a lower than average incidence of heart disease is explained by their regular but moderate (in most cases) use of wine throughout life.

Some doctors are now arguing that NOT drinking moderate amounts of wine regularly is the second biggest health risk after smoking.

CASTRATION

The British aristocracy believed until late in the 19th. century that hemicastration (removal of one testicle) would give them male heirs, as sperm from the right testicle was meant to produce sons, sperm from the left daughters.

EXAM NERVES

The prescription medication propranolol may be used in small doses to prevent exam nerves and stage fright. The latter is particularly important in concert violinists where even the slightest unwanted tremor may be heard. It is used illegally by competition shooters for the same purpose.

SMALLPOX

Smallpox (variola major) was a highly contagious virus infection, and the first disease in history to be totally eradicated by vaccination, the last case occurring in Somalia in 1978. Vaccination is no longer necessary anywhere.

HISTORY NOTE: I have seen (1847) some operations under ether inhalations, a new method of rendering patients insensible to pain. My professor opposes it in account of the delay and uncertainty of action.
MILESTONES OF DEVELOPMENT

The expected ages to achieve certain activities in children are shown in the following table. Some variations from these milestones should be expected.

<table>
<thead>
<tr>
<th>MILESTONE</th>
<th>EXPECTED AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smiles at parents</td>
<td>3 to 8 weeks</td>
</tr>
<tr>
<td>Raises head when lying on belly</td>
<td>4 to 6 weeks</td>
</tr>
<tr>
<td>Chuckles, squeals, gurgles or laughs</td>
<td>2 to 3 months</td>
</tr>
<tr>
<td>Holds head up when sitting on knee</td>
<td>2 to 4 months</td>
</tr>
<tr>
<td>Rolls from lying on belly to back</td>
<td>2 to 4 months</td>
</tr>
<tr>
<td>Rolls from lying on back to belly</td>
<td>4 to 6 months</td>
</tr>
<tr>
<td>Puts things in mouth</td>
<td>5 to 6 months</td>
</tr>
<tr>
<td>Passes things from one hand to the other</td>
<td>5 to 8 months</td>
</tr>
<tr>
<td>Sits without support</td>
<td>6 to 8 months</td>
</tr>
<tr>
<td>Reaches out to be picked up</td>
<td>6 to 8 months</td>
</tr>
<tr>
<td>Recognises own name</td>
<td>6 to 8 months</td>
</tr>
<tr>
<td>Stands holding on</td>
<td>7 to 10 months</td>
</tr>
<tr>
<td>Claps hands</td>
<td>7 to 10 months</td>
</tr>
<tr>
<td>Waves good-bye</td>
<td>7 to 12 months</td>
</tr>
<tr>
<td>Says Mama or Dada appropriately</td>
<td>7 to 12 months</td>
</tr>
<tr>
<td>Uses thumb and finger to pick up objects</td>
<td>8 to 10 months</td>
</tr>
<tr>
<td>Tries to pull self up to standing position</td>
<td>8 to 10 months</td>
</tr>
<tr>
<td>Crawls</td>
<td>8 to 12 months</td>
</tr>
<tr>
<td>Walks with one hand held</td>
<td>9 to 14 months</td>
</tr>
<tr>
<td>Says recognisable word other than Mama or Dada</td>
<td>10 to 14 months</td>
</tr>
<tr>
<td>Walks unaided</td>
<td>11 to 18 months</td>
</tr>
<tr>
<td>Holds cup and drinks unaided</td>
<td>12 to 16 months</td>
</tr>
<tr>
<td>Feeds self with spoon</td>
<td>14 to 18 months</td>
</tr>
<tr>
<td>Puts two words together logically</td>
<td>17 to 24 months</td>
</tr>
<tr>
<td>Runs</td>
<td>14 to 20 months</td>
</tr>
<tr>
<td>Speaks short sentences</td>
<td>18 to 30 months</td>
</tr>
</tbody>
</table>

HISTORY NOTE: Married couples should adopt more generally the rule of sleeping in separate rooms. In this way troublesome temptations are escaped and a rational temperance would be practised without inconvenience.
**CADUCEUS**

The staff and snake symbol of doctors is derived from the staff of Aesculapius, the god of healing in Ancient Greece, and the snake twined around it. The snake was a symbol of health and renewal as it shed its skin every year. The caduceus (two snakes twined around a staff) is the symbol of Mercury the messenger of the Gods, and not strictly a medical symbol at all.

![Caduceus Symbol]

**LIGHTNING**

The sense you are most likely to lose if you survive a lightning strike is the sense of hearing.

**TOOTH LENGTH**

The saying "long in the tooth" comes from the retraction of the gingiva from the teeth that is common in old age.

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HISTORY NOTE: In the treatment of Addison’s disease, decided advantage has followed the use of a combination of glycerine, in two drachm doses, with fifteen minims each of chloroform and tincture of chloride.
MENTAL RETARDATION

Hundreds of different rare syndromes are known to cause mental retardation. Some of these are inherited (passed from one generation to the next) while others are the result of the faulty joining of chromosomes at the moment of conception when an egg (ova) and sperm fuse.

Some of the more common examples include:

- **Down syndrome** (mongolism) which is due to the presence of three copies of chromosome 21 instead of two. Other features are flattened facial features, short stature, low set ears, thick tongue, broad hands with only a single transverse crease and slanted eyes. It occurs more commonly in children of older mothers.

- **The fragile X syndrome** is believed to cause a quarter of the mental retardation in males. All men have only one X chromosome paired with a Y chromosome. Females, who have two X chromosomes, may be carriers from one generation to the next. The X and Y chromosomes determine the sex of every individual. Other symptoms include over activity, epilepsy, large build, large jaw and testes, and short sightedness.

- **Klinefelter syndrome** also only affects males. They have additional X chromosomes matched with a single Y chromosome. Their genetic make up is therefore XXX or XXXY instead of the normal XY. Other features are delayed puberty, tall slim build, emotional disturbances and underdeveloped genitalia.

- **Savants** (idiot savant syndrome) have extraordinary talents in one narrow area (eg: music, maths), but are otherwise subnormal. It may be due to overdevelopment of one area of the brain at the expense of others.

Rarer syndromes that may be responsible for mental retardation include: -

Niemann-Pick disease (excess storage of certain fats)
Gaucher disease (fat storage disorder)
Galactosaemia (a disturbance of the breakdown of the sugar galactose in milk)
Rubinstein-Taybi syndrome (under developed cheek bones, heart malformations)
Tuberous sclerosis (red nodules on the face, deformed nails and eye damage)
Prader-Willi syndrome (eat compulsively to become obese and have small genitals)
Angelman syndrome (inappropriate laughter and abnormal facial appearance)
Coffin-Lowry syndrome (males with prominent lips, coarse facial features)
Cri-du-chat syndrome (babies cry like a cat)
Dubowitz syndrome (droopy eyelids)
de Lange syndrome (dwarfism)
Sturge-Weber syndrome (dark red birth mark on the face, paralysis of one side).

HISTORY NOTE: Hysteria generally occurs in females between the ages of 12 and 45.
SNORING
Snoring and sleep apnoea (brief stops in breathing during sleep) may be the cause of an early morning headache.

TOOTH GRINDING
Bruxism is the term used to describe patients who habitually grind their teeth. This can cause muscle spasm face and head pains as well as dental problems.

INSANITY TEST
There is no such test as a "serum porcelain" to test for patients who may be potty or totally cracked?

DOCTOR'S FEES
In 1950 a standard general practitioner consultation cost 12/6 ($1.25) and the average worker would have to work for 5hrs 10min to earn that fee, but in 2005 the average fee of $50 takes only 1hr 50min. to earn.

BRUISED BELLY BUTTON
Bruising around the belly button (Cullen's sign) may indicate conditions as varied as a ruptured ectopic pregnancy and cancer of the pancreas.

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HISTORY NOTE: Some fevers, and all inflammations, call for the employment of blood letting. The results to all appearances are as marvellous as magic.
ORF

Orf is the shortest name of any disease. It is an unusual viral infection of sheep and goats that can infect the skin on the fingers and hands of people (e.g., shearers, abattoir workers, veterinarians) who come into close contact with infected animals.

SHIATSU

Shiatsu is an alternate form of treatment similar to acupuncture that was developed over 1000 years ago in Japan. Practitioners put pressure on specific points on the body known as “tsubos”, which purportedly connect through invisible meridians to all the organs of the body. By applying pressure to a point distant from the organ, but on the meridian of that organ, the shiatsu practitioner corrects abnormalities in body energy that are responsible for illness.

The body energy known as “ki” is primarily divided into water ki and fire ki, and believers in shiatsu claim that imbalances in these two forms of ki are responsible for illness and disease.

Water ki is stored in the kidney, and when this runs out death occurs. Fire ki is produced by good food and can reduce the drain on water ki energy.

Undergoing a shiatsu treatment involves the practitioner applying varying degrees of pressure to the tsubo points that s/he believes are responsible for the symptoms, and the transfer of ki energy both ways between patient and practitioner.

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HISTORY NOTE: Infertility may be considered to be caused by failure of intercourse, the improper use of aphrodisiacs, masturbation and sexual excesses.
ANAL PAIN

The acute distress of a severe, sharp, stabbing pain in the anus (proctalgia fugax) may be relieved by a hot enema or, very strangely, by inhaling the asthma spray Ventolin.

CATCHING AIDS

Fortunately for most of us, AIDS is a relatively hard disease to catch. AIDS is spread by the transfer of blood and semen from one person to another.

It was initially only a disease of homosexuals and drug addicts, but although these remain the most affected groups in developed countries, it is promiscuous heterosexual contact that is the most common method of transmission in poorer countries.

In the early days of the disease, some unfortunate recipients of blood transfusions and other blood derived medications were inadvertently given the AIDS virus. Tests are now available to allow blood banks to screen for AIDS.

AIDS can NOT be caught from any casual contact, or from spa baths, kissing, mosquitoes, tears, towels or clothing. Only by homosexual or heterosexual intercourse with a carrier of the disease, by using contaminated needles, or blood from a carrier, can the disease be caught.

If someone does come into sexual or blood contact with an AIDS carrier, it is possible for the virus to cross into their body. The body’s defence mechanisms may then fight off the virus and leave the person with no illness whatsoever, or the AIDS virus may spread throughout the body to cause an HIV infection.

HISTORY NOTE: For dropsy (swelling) of the abdomen, purge freely with concentrated salines and citrate of caffeine.
TRAVEL IMMUNISATION

No immunisations are normally required for travel to the following countries:-

Australia, Austria, Bahamas, Belgium, Bermuda, Canada, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Greenland, Grenada, Hong Kong, Hungary, Iceland, Ireland, Italy, Japan, Latvia, Lithuania, Luxembourg, Malta, Moldova, Nauru, Netherlands, New Zealand, Norway, Poland, Portugal, Slovakia, Spain, St.Vincent, Singapore, Slovenia, Swaziland, Sweden, Switzerland, Trinidad, United Kingdom, United States.

PAP SMEAR

George Papanicolou (as in the Pap Smear Test) was a Greek/American physician (b.1883) who developed a staining process to detect cancer cells in bodily secretions.

VON RECKLINGHAUSEN'S DISEASE OF MULTIPLE NEUROFIBROMATOSIS

von Recklinghausen's disease of multiple neurofibromatosis is not only the disease with the longest name in the medical lexicon, but also a disfiguring condition of skin and nerves that affects one in every 3000 Europeans. Fatty lumps grow from cells that form the soft sheath around nerves.

· HISTORY NOTE: Consumption (TB) may be treated by driving into the system - by means of static electricity. A sponge electrode, saturated with formaldehyde being applied externally over the location of the diseased tissue.
**PHOBIAS**

Names (some of which are rather contrived) have been given to many different types of phobias. The most common and interesting named phobias are -

<table>
<thead>
<tr>
<th>FEAR OF</th>
<th>PHOienia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Alcoholophobia</td>
</tr>
<tr>
<td>Amphibians</td>
<td>Batrachophobia</td>
</tr>
<tr>
<td>Animals</td>
<td>Zoophobia</td>
</tr>
<tr>
<td>Beards</td>
<td>Pogonophobia</td>
</tr>
<tr>
<td>Bees</td>
<td>Apiphobia</td>
</tr>
<tr>
<td>Being locked up</td>
<td>Clithrophobia</td>
</tr>
<tr>
<td>Being robbed</td>
<td>Harpagophobia</td>
</tr>
<tr>
<td>Being stared at</td>
<td>Ophthalmophobia</td>
</tr>
<tr>
<td>Being tied up</td>
<td>Merinthophobia</td>
</tr>
<tr>
<td>Blood</td>
<td>Haematophobia</td>
</tr>
<tr>
<td>Blushing</td>
<td>Ereuthophobia</td>
</tr>
<tr>
<td>Bridges</td>
<td>Gephyrophobia</td>
</tr>
<tr>
<td>Buried alive</td>
<td>Taphophobia</td>
</tr>
<tr>
<td>Cats</td>
<td>Ailurophobia</td>
</tr>
<tr>
<td>Childbirth</td>
<td>Tocophobia</td>
</tr>
<tr>
<td>Children</td>
<td>Pediophobia</td>
</tr>
<tr>
<td>Choking</td>
<td>Pnigerophobia</td>
</tr>
<tr>
<td>Cliffs</td>
<td>Cremnophobia</td>
</tr>
<tr>
<td>Cold</td>
<td>Psychrophobia</td>
</tr>
<tr>
<td>Confined spaces</td>
<td>Claustrophobia</td>
</tr>
<tr>
<td>Corpses</td>
<td>Necrophobia</td>
</tr>
<tr>
<td>Crowds</td>
<td>Enochlophobia</td>
</tr>
<tr>
<td>Dark</td>
<td>Scotophobia</td>
</tr>
<tr>
<td>Daylight</td>
<td>Phengophobia</td>
</tr>
<tr>
<td>Death</td>
<td>Thanatophobia</td>
</tr>
<tr>
<td>Defeat</td>
<td>Kakorrhaphophobia</td>
</tr>
<tr>
<td>Deformity</td>
<td>Tetraphobia</td>
</tr>
<tr>
<td>Dirt</td>
<td>Mysophobia</td>
</tr>
<tr>
<td>Disease</td>
<td>Nosophobia</td>
</tr>
<tr>
<td>Doctors</td>
<td>Iatrophobia</td>
</tr>
<tr>
<td>Dogs</td>
<td>Cynophobia</td>
</tr>
</tbody>
</table>

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HISTORY NOTE: A hired wet nurse ought to be healthy, good tempered, careful, fond of children, cheerful, active and have a healthy child of her own.
<table>
<thead>
<tr>
<th>Eating</th>
<th>Phagophobia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enclosed spaces</td>
<td>Claustrophobia</td>
</tr>
<tr>
<td>Everything</td>
<td>Panophobia</td>
</tr>
<tr>
<td>Faeces</td>
<td>Coprophobia</td>
</tr>
<tr>
<td>Feather tickling</td>
<td>Pteronophobia</td>
</tr>
<tr>
<td>Fire</td>
<td>Pyrophobia</td>
</tr>
<tr>
<td>Foreign languages</td>
<td>Xenoglossophobia</td>
</tr>
<tr>
<td>Frogs</td>
<td>Ranidaphobia</td>
</tr>
<tr>
<td>Ghosts</td>
<td>Phasmophobia</td>
</tr>
<tr>
<td>Girls</td>
<td>Parthenophobia</td>
</tr>
<tr>
<td>God</td>
<td>Theophobia</td>
</tr>
<tr>
<td>Hair</td>
<td>Trichophobia</td>
</tr>
<tr>
<td>Heat</td>
<td>Thermophobia</td>
</tr>
<tr>
<td>Height</td>
<td>Acrophobia</td>
</tr>
<tr>
<td>Hell</td>
<td>Stygiophobia</td>
</tr>
<tr>
<td>Home</td>
<td>Nostophobia</td>
</tr>
<tr>
<td>Insects</td>
<td>Entomophobia</td>
</tr>
<tr>
<td>Itching</td>
<td>Acarophobia</td>
</tr>
<tr>
<td>Kissing</td>
<td>Philematobia</td>
</tr>
<tr>
<td>Light</td>
<td>Photophobia</td>
</tr>
<tr>
<td>Lightning</td>
<td>Keraunophobia</td>
</tr>
<tr>
<td>Loneliness</td>
<td>Eremophobia</td>
</tr>
<tr>
<td>Love</td>
<td>Erotophobia</td>
</tr>
<tr>
<td>Marriage</td>
<td>Gamophobia</td>
</tr>
<tr>
<td>Men</td>
<td>Androphobia</td>
</tr>
<tr>
<td>Mirrors</td>
<td>Spectrophobia</td>
</tr>
<tr>
<td>Nakedness</td>
<td>Gymnophobia</td>
</tr>
<tr>
<td>Night</td>
<td>Nyctophobia</td>
</tr>
<tr>
<td>Ocean</td>
<td>Thalassophobia</td>
</tr>
<tr>
<td>Open spaces</td>
<td>Agoraphobia</td>
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<tr>
<td>Pain</td>
<td>Agrophobia</td>
</tr>
<tr>
<td>Parasites</td>
<td>Parasitophobia</td>
</tr>
<tr>
<td>People</td>
<td>Anthrophobia</td>
</tr>
<tr>
<td>Poverty</td>
<td>Peniaphobia</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>Maieusiophobia</td>
</tr>
<tr>
<td>Public toilets</td>
<td>Paruresophobia</td>
</tr>
<tr>
<td>Rain</td>
<td>Ombrophobia</td>
</tr>
<tr>
<td>Satellites falling</td>
<td>Keraunothnetophobia</td>
</tr>
</tbody>
</table>

HISTORY NOTE: Love is a massive pleasure growing out of definite relations to persons or sentient creatures, and pointing to the embrace.
**Carter's Medical Miscellany**

<table>
<thead>
<tr>
<th>School</th>
<th>Didaskaleinophobia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semen ejaculation</td>
<td>Spermatophobia</td>
</tr>
<tr>
<td>Sex</td>
<td>Coitophobia</td>
</tr>
<tr>
<td>Sharks</td>
<td>Selachophobia</td>
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<tr>
<td>Sleep</td>
<td>Hypnophobia</td>
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<td>Smells</td>
<td>Olfactophobia</td>
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<tr>
<td>Snakes</td>
<td>Ophidiophobia</td>
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<td>Snow</td>
<td>Chionophobia</td>
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<td>Speaking</td>
<td>Lalaphobia</td>
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<tr>
<td>Spiders</td>
<td>Arachinophobia</td>
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<tr>
<td>Stairs</td>
<td>Climacophobia</td>
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<td>Xenophobia</td>
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<tr>
<td>Thirteen</td>
<td>Triskaidekaphobia</td>
</tr>
<tr>
<td>Thunder</td>
<td>Keraunophobia</td>
</tr>
<tr>
<td>Touch</td>
<td>Aphenophosphobia</td>
</tr>
<tr>
<td>Travel</td>
<td>Hodophobia</td>
</tr>
<tr>
<td>Vehicles</td>
<td>Hamaxophobia</td>
</tr>
<tr>
<td>Wasps</td>
<td>Spheksophobia</td>
</tr>
<tr>
<td>Water</td>
<td>Hydrophobia</td>
</tr>
<tr>
<td>Women</td>
<td>Gynephobia</td>
</tr>
<tr>
<td>Work</td>
<td>Ergasiophobia</td>
</tr>
<tr>
<td>Writing</td>
<td>Graphophobia</td>
</tr>
</tbody>
</table>

**Belladonna**

The drug name "belladonna" is Spanish for "beautiful lady". It was named thus because the drug was used in a very dilute form to dilate the pupils of Spanish women in the 17th & 18th. century, in order to enhance their beauty. Large pupils are recognised by psychologists as a sign of sexual attraction.

**SAD**

SAD is the appropriate acronym for the seasonal affective disorder, a common condition in far northern climates where there may be daylight for only two or three hours a day during winter. Patients become irritable, understandably depressed, and suicide may occur in severe cases.

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**HISTORY NOTE:** The oily skin of brunettes can be improved by rinsing the face in tincture of benzoin, which tends to close the large pores and whiten the skin.
ELECTROCUTION

A patient who survives an electrocution may develop cataracts in the eyes (cause dimmed vision) several months later.

YOGHURT

Yoghurt (unflavoured and without added fruit) may be used as a vaginal douche to both prevent and treat vaginal infections, including thrush.

AIDS STATISTICS

In 2004 there were 42 million people in the world with an HIV infection, over 30 million of them in Africa and 95% in developing countries. There are 7 million deaths worldwide every year from AIDS, and every day 20,000 people are infected with HIV. The incidence of HIV infection varies from 10 in every 100,000 people in China, to 115 in Australia, 2100 in Thailand, 20,000 in Uganda and over 50,000 in every 100,000 people in Botswana (the world’s highest rate). Almost 1% of the entire adult population of the world is infected by HIV. The rate of infection is increasing in under developed countries in Africa and Asia, but dropping in developed western countries.

MUSCLE CRAMPS

The quinine contained in tonic water and bitter lemon can be present in sufficient quantities to prevent night-time muscle cramps.

HISTORY NOTE: A competent physician should expect a fee of five shillings for his services, inclusive of pharmaceuticals.
**JET LAG**

If someone really needs to find out how long it will take them to recover from jet lag after a long trip, the following equation can be used. The example below allows for a 16 hour trip crossing 7 time zones (7 hours time difference), leaving at 5pm and arriving at 1pm local time.

\[
\text{Rest Time in hours} = \left( \frac{\text{Travel Time in hours}}{2} + \text{Time zones in excess of 4} + \text{Departure time coefficient} + \text{Arrival time coefficient} \right) \times 2
\]

<table>
<thead>
<tr>
<th>TIME PERIOD</th>
<th>0800-1200</th>
<th>1200-1800</th>
<th>1800-2200</th>
<th>2200-0100</th>
<th>0100-0800</th>
</tr>
</thead>
<tbody>
<tr>
<td>Departure time coefficient</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Arrival Time Coefficient</td>
<td>4</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>3</td>
</tr>
</tbody>
</table>

\[
\text{Rest Time in hours} = \left( \frac{16}{2} + 3 + 1 + 2 \right) \times 2 = 28 \text{ hours}
\]

**GAMEKEEPER'S THUMB**

Gamekeeper's thumb is an abnormal ability to move the thumb sideways caused by a tearing of the ligament that stabilises the joint at the base of the thumb. Normally there is minimal movement from side to side between the first metacarpal (bone leading from the wrist to the base of the thumb) and the first proximal phalange (the closest to the wrist of the two bones making up the thumb). If the thumb is suddenly forced outwards the ligament along the inside of the joint is torn, and the thumb becomes painful, swollen and is able to move abnormally from side to side:

\[
\text{HISTORY NOTE: A tea brewed from blue cohosh guarantees painless birth. It acts most satisfactorily, making the pains regular and effective, and making the doctor's attendance for less than six hours the rule.}
\]
CARBOHYDRATE

Carbohydrates are molecules that contain carbon, hydrogen and oxygen. They are the body's preferred source of energy as the process of digestion converts them into forms of sugar that the body can use easily. They should make up 50-60% of the diet.

Sugar, bread, pasta, potatoes and cereals are all rich in carbohydrates. Sugar, however, is not the best means of getting adequate carbohydrate as it has no minerals, vitamins or fibre, and is not always metabolised properly because it enters the bloodstream too quickly.

There are two types of carbohydrates -

- Simple carbohydrates are found in fruits, some vegetables, sugar and honey.
- Complex carbohydrates (starches) are found in potatoes, cereals, bread, rice and pasta.

When excess carbohydrates are consumed, they are converted into glycogen and stored in the liver and muscles as a form of energy store.

Foods low in carbohydrates include meats, poultry, eggs, fish, most shellfish (contain practically no carbohydrates) and salad vegetables (eg. lettuce, arugula, mushrooms, cucumber, celery, alfalfa sprouts, bok choy, radishes, peppers), while fats like olive oil, butter, cheddar, mozzarella, Swiss and other cheeses have small amounts of carbohydrate.

AGING

Never complain about getting old. There is only one alternative:

---

HISTORY NOTE: The modern sciagraph (x-ray : ed) is more a side-show trick than a useful tool of medicine.
WEIGHT LOSS DIET

- **EAT ONLY THREE TIMES A DAY.**

  Never eat between, before or after your normal meals. Drink only water, black tea/coffee or diet drinks if thirsty.

- **EAT THE RIGHT FOODS.**

  Eat a balanced selection of the correct foods. This means that those foods with low kilojoule values, selected from all food groups (fruit, vegetables, meats, cereals) are the only ones to eat. Do not stick to one food group for long periods of time, as this can seriously upset the body's metabolism. Tables of relative food values are readily obtainable from doctors. For example, avocado is very rich in kilojoules, cucumber is low.

- **EXERCISE DAILY**

  Exercise to the point where you are hot, sweaty and breathless. If you are over 40, you should check with your doctor to determine what level of exercise is appropriate. 400 kilojoules (100 calories) will be used by walking briskly for 20 minutes, swimming for 10 minutes, or running flat out for 7 minutes.

- **IF NECESSARY, EAT LESS.**

  If you are not losing weight at the rate of 1 kg per week, averaged over a month, you need to eat less!

- **KEEP GOING**

  Continue until you reach your target weight, and continue dieting to maintain that weight.

---

*HISTORY NOTE: Self-pollution (masturbation : ed) will cause epilepsy, softening of the brain, insanity and moral imbecility. The victim must be put in a straightjacket with his hands tied behind to prevent the inevitable consequences of speedy insanity and death.*
FRAGILE X SYNDROME

The fragile X syndrome is an inherited cause of mental retardation in males caused by an abnormal gene carried on the X chromosome. Men have only one X sex chromosome matched to a small Y sex chromosome, while women have two X sex chromosomes and the faulty gene’s activity can be replaced by the one on the good X chromosome. Women carry the abnormal gene from one generation to the next.

THERMOMETER

A thermometer is an instrument used to measure temperature. In medicine, it may be -
  - a graduated glass tube filled with alcohol or (less commonly these days due to its toxicity) mercury.
  - an infra-red sensitive electronic probe placed in the ear.
  - a temperature sensitive electronic probe placed anywhere in or on the body that is accessible.
  - a heat sensitive strip placed on the skin.

NYMPHOMANIA

Nymphomania is a psychiatric disturbance and a form of mania in women in which there are episodes when the woman has an insatiable desire for sexual activity and gratification, despite there being no emotional attachment to the person with whom she is interacting.

· HISTORY NOTE: Repeated apoplexy may be managed by the rectal injection of half a pint of soapsuds with half a teaspoon of salt and a teaspoon of cayenne pepper.
THE OATH OF HIPPOCRATES

“I swear to Apollo the physician, and to Aesculapius, and to Hygeia (goddess of health), and to all the gods and goddesses whom I name my witnesses, that I shall fulfill to the best of my ability and judgement, this oath and covenant.

“My teacher who instructed me in this art to hold equal to my parents, and his male descendants to hold as my brothers, to teach them this art and all the medical knowledge, should they ask me to, without any reward or covenant, and to do so to all those that have taken the medical oath and to none other.

“According to my power and judgement to use the medical knowledge for the benefit of those that suffer, as judged by myself to be fair, and to avoid from doing any harm or injustice.

“Not to give to anyone any lethal drug, even if he asks of me, and neither to suggest such. Also not supply any woman with the means for abortion.

“To preserve pure and immaculate my life and art, not to castrate even that may ask me to, but to leave this to manual labourers.

“In any homes I enter, to do so for the good and benefit of those that suffer, and to abstain from any premeditated injustice or harm of any kind or sexual actions upon the bodies of women or men, be they free citizens or slaves.

“Anything that I may see or hear during the course of treatment, even outside the space where such treatment is being conducted, even during the course of the daily life of men, I cannot invoke, but on the contrary, to conceal and keep forever secret.

“This oath of mine, keeping it and without ever violating, may I have as assistant throughout all my life and in the conduct of my art as well, so that I may have the respect of all men. But should I ever transgress it and commit perjury, that I may be punished with the opposites.”

HISTORY NOTE: Mumps is a specific morbid miasma, generated during peculiar conditions of the atmosphere.
ESSENTIAL FATTY ACIDS

Essential fatty acids are polyunsaturated fats such as omega-3 and omega-6, that are essential for the functioning and growth of the body. They are described as essential as they are an essential part of the diet and cannot be manufactured by biochemical processes in the body. They are found in high concentrations in oils such as sunflower, linseed, canola and soya, fish (particularly tuna, salmon and sardines) and nuts (particularly brazil and walnuts). Margarine is usually made from these oils. Increasing the essential fatty acids in the diet reduces the amount of other fats in the body and is therefore beneficial to general health.

GREEK GODS

Did you know that the daughters of Aesculapius, the Greek god of healing, were Hygeia (thus hygiene) and Panacea (a panacea is a medication that gives relief of symptoms)?

ITCHY ARM

An extremely distressing and intractable itch of the arm without any sign of rash, may be caused by the Itchy Upper Arm Syndrome. It may be controlled by potent steroid creams.

LUNG SIZE

The internal oxygen absorbing surface area of an adult lung is equivalent to that of a tennis court.

HISTORY NOTE: Diphtheria is endemic in all large cities, and becomes epidemic at times.
THRUSH
Extra yeast in a diet may worsen vaginal, anal and mouth fungal infections such as thrush.

SMOKING
Women smokers have an increased risk of cancer of the cervix.

OBESITY
The causes of obesity can be simply listed (in order of importance) as:
- inherited tendency
- too much food eaten
- too little exercise
- metabolic (body chemistry) disorders.

BURNING VULVA SYNDROME
The burning vulva syndrome (vulvodynia or vulvar vestibulitis) is a painful condition affecting the external genitals (vulva) of sexually active women due to inflammation of the tiny lubricating glands in the skin of the vulva.

HAPPY STEROIDS
Cortisone and other steroids cause euphoria (false happiness) when given as an injection into a vein, and are used by charlatans to "cure" cancer patients.

· HISTORY NOTE: In marriage, a woman should subjugate herself to her husband.
**BACTERIA:**
The most common bacteria that attack humans, and the diseases they cause, or organs they attack, are listed below.

<table>
<thead>
<tr>
<th>BACTERIA</th>
<th>DISEASE OR PLACE OF INFECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacteroides</td>
<td>Pelvic organs.</td>
</tr>
<tr>
<td>Bordetella pertussis</td>
<td>Whooping cough.</td>
</tr>
<tr>
<td>Chlamydia trachomatis</td>
<td>Venereal disease, pelvic organs, eye.</td>
</tr>
<tr>
<td>Clostridium perfringens</td>
<td>Gas gangrene, pseudomembranous colitis.</td>
</tr>
<tr>
<td>Clostridium tetani</td>
<td>Tetanus.</td>
</tr>
<tr>
<td>Corynebacterium diphtheriae</td>
<td>Diphtheria.</td>
</tr>
<tr>
<td>Escherichia coli</td>
<td>Urine, gut, Fallopian tubes, peritonitis.</td>
</tr>
<tr>
<td>Haemophilus influenzae</td>
<td>Ear, meningitis, sinusitis, epiglottitis.</td>
</tr>
<tr>
<td>Helicobacter pylori</td>
<td>Peptic ulcers.</td>
</tr>
<tr>
<td>Klebsiella pneumoniae</td>
<td>Lungs, urine.</td>
</tr>
<tr>
<td>Legionella pneumophila</td>
<td>Lungs.</td>
</tr>
<tr>
<td>Mycobacterium leprae</td>
<td>Leprosy.</td>
</tr>
<tr>
<td>Mycobacterium tuberculosis</td>
<td>Tuberculosis.</td>
</tr>
<tr>
<td>Mycoplasma pneumoniae</td>
<td>Lungs.</td>
</tr>
<tr>
<td>Neisseria gonorrhoea</td>
<td>Gonorrhoea, pelvic organs.</td>
</tr>
<tr>
<td>Neisseria meningitidis</td>
<td>Meningitis.</td>
</tr>
<tr>
<td>Proteus</td>
<td>Urine, ear.</td>
</tr>
<tr>
<td>Pseudomonas aeruginosa</td>
<td>Urine, ear, lungs, heart.</td>
</tr>
<tr>
<td>Salmonella typhi</td>
<td>Typhoid fever.</td>
</tr>
<tr>
<td>Shigella dysenteriae</td>
<td>Gut infections.</td>
</tr>
<tr>
<td>Staphylococcus aureus</td>
<td>Lungs, throat, sinusitis, ear, skin, eye, gut, meningitis, heart, bone, joints.</td>
</tr>
<tr>
<td>Streptococcus pneumoniae</td>
<td>Throat, ear, sinusitis, lungs, eye, joints.</td>
</tr>
<tr>
<td>Streptococcus pyogenes</td>
<td>Sinuses, ear, throat, skin.</td>
</tr>
<tr>
<td>Streptococcus viridans</td>
<td>Heart.</td>
</tr>
<tr>
<td>Treponema pallidum</td>
<td>Syphilis.</td>
</tr>
<tr>
<td>Vibrio cholerae</td>
<td>Cholera.</td>
</tr>
</tbody>
</table>

**HISTORY NOTE:** Scurvy cure is assured by the use of milk and lemon juice three times a day.
**LEATHER-BOTTLE STOMACH**

A leather-bottle stomach (limitis plastica) is a stomach that is firm and rigid (like a leather bottle) with a thickened wall, rather than being soft and flexible. The usual cause is a form of cancer of the stomach (10% of all stomach cancers) that spreads through one particular layer of the stomach.

**SADISM**

Sadism is a psychiatric disturbance in which a patient gains pleasure and enjoyment from inflicting pain or humiliation on others.

**BOERHAAVE SYNDROME**

Boerhaave syndrome is the spontaneous rupture of the oesophagus (gullet), often following gluttonous overeating.

**MOUNTAINEERING**

Frequent ascents to above 5000 metres in mountaineering can lead to permanent brain damage including jumbled speech, forgetting words and incoordination similar to that seen in boxers.

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**HISTORY NOTE:**

For pregnancy to result in a male child -

“The husband is to take substantial food, pass his time pleasantly in the gay society of men, read amusing books, take moderate exercise, and generally increase his sexual desire without cohabiting. The wife should live sparingly, fatigue herself daily, take medications to reduce sexual passions, and pass her time in the dry society of old women”.

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*28*
HORMONE REPLACEMENT THERAPY

The points for and against hormone replacement therapy after the menopause are:

BENEFITS:
- Improved sense of wellbeing
- Increases libido (sexual desire).
- Lubricates the vagina and enhances sexual pleasure.
- Breast shape retained for longer without drooping
- Reduced risk of bowel cancer
  - (risk decreases from 1.6 women in every 1000 developing bowel cancer in any one year to 1.0)
- Significantly reduced risk of osteoporosis
  - (risk decreases from 1.5 women in every 1000 having a hip fracture from osteoporosis in any one year to 0.9)
- Slows the development of wrinkles and keeps the skin moist and more elastic.
- Improves mood and reduces irritability
- Relieves the hot flushes, depression, bloating and other symptoms of menopause.

DISADVANTAGES:
- Increased risk of breast cancer if taken for more than four years
  - (risk rises from 3.1 women in every 1000 developing breast cancer in any one year to 3.9)
- Increased risk of heart attacks if taken for more than four years
  - (risk rises from 2.4 women in every 1000 having a heart attack in any one year to 3.1)

HISTORY NOTE: Every healthy mother should nurse her offspring, as the mother’s milk is a superb form of nutrient.
Increased risk of blood clots in veins (leg blood clots)
- (risk rises from 1.1 women in every 1000 developing a blood clot in any one year to 2.9)

Increased risk of stroke
- (risk rises from 1.9 women in every 1000 developing a stroke in any one year to 2.7)

Breast tenderness and break through bleeding in early stages of use.
Nausea and belly cramps may occur and migraines may be aggravated.

The risks are significantly less in women who use HRT for genuine symptoms of the menopause such as hot flushes, than in women who use HRT with minimal symptoms.

**COT DEATHS**
A British survey shows a steady rise of the average incidence of cot death each day from Monday to Sunday, with the number of deaths on Sundays being twice that on Mondays.

**CONDOMS**
In the 1920s condoms were considered a danger to the wellbeing of a woman as it was considered necessary for a woman to absorb semen from her vagina on a regular basis to maintain good health.

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HISTORY NOTE: The present cruel method of bringing up young ladies favours the development of hysteria by rendering the whole system delicate and nervous. They are deprived of sunlight, pure air, active labour and exercise. Hot rooms, crowding the intellect to the neglect of the body, solitary vice and novel reading are amongst the many causes of this disease.
THE EYE OF HORUS

Horus was the Ancient Egyptian sky god who was depicted in the form of a falcon, and whose eyes were the sun and the moon. During a battle between Horus and the earth god Seth, the left eye of Horus (the moon eye) was blinded. The eye was then cured by the healing god, Thoth. This battle continued every month, explaining in myth the waxing and waning of the moon. Because of this recurring miracle, the eye of Horus became a powerful symbol of healing in the ancient world.

The eye of a falcon is oval in shape, with a trailing taper leading to the lacrimal gland, and the eye covets (markings) are a vertical triangular slash, and a lazy trailing marking below the eye, as shown in the diagram above.

The left eye of Horus was used throughout Ancient Egypt, and later in modified form in Ancient Greece, to signify the healing power of a potion or medication.

With time and abbreviation, the full symbol became modified to the Rx symbol we know today, which is often interpreted to mean “Recipe”. It is often written in a flowing old English style script to differentiate it from the main part of the prescription, and is still used to mark the start of a prescription for 21st century treatments.

HISTORY NOTE: Smallpox, measles, croup, dysentery, scurvy, erysipelas and ague are zymotic diseases in that they are caused by the reception into the system of a poison, which is diffused through the frame, and operates upon it like a ferment or leaven.
PHYSICIANS’ PRAYERS

From inability to leave well alone,
From too much zeal for what is new and contempt for what is old,
From putting knowledge before wisdom,
Service before art, cleverness before common sense,
From treating patients as cases,
And, from making the care of a disease more grievous than its endurance,
Good Lord deliver us.

Good Lord, we pray that you teach us to be humble,
To remember that new is not always best, and old is not always bad.
To know what is normal, and to know what is preventable.
To know what is curable and to know what is tolerable.
To know what is treatable and to know that all are care-able.

SWEATING

Plastic surgeons can excise the overactive armpit sweat glands in patients with embarrassing hyperhidrosis (excess sweating) to cure their problem.

ANTIBIOTICS AND THE PILL

Tetracycline antibiotics, commonly used for acne, may interfere with the liver absorption of oral contraceptives to the extent that they may loose their contraceptive effect.

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HISTORY NOTE: Tobacco is a poison and this weakening habit should be destroyed by a mouth wash of silver nitrate after each meal.
Carter’s Medical Miscellany

**HIGHER MENTAL FUNCTIONS**

“I think, therefore I am”

Following are the terms and tests used by doctors in diagnosing problems involving the higher mental processes of the brain :-

**Syndromes**

*CONFUSION* - Poor understanding, inappropriate action, poor speech, insomnia.

*DELIRIUM* - Acute confusion with agitation, insomnia, excessive startle response, visual hallucinations, overactive, poor attention, depressed.

*DEMENTIA* - Decline in intellect, generalised decline in mental abilities, poor memory (particularly recent memory), slow onset with steady deterioration and no periods of improved function, normal sleep, normal mood, disoriented.

*AMNESIA* - Unable to remember past or learn.

**Signs**

*CONSCIOUSNESS* - Awareness of self and surroundings.

*PERCEPTION* - Selection of elements of environment possible. Beware of poor vision and hearing.

*MEMORY* - Immediate (remember set of numbers), recent (hours - set of objects recalled after ten minutes, previous meal), remote (years - youth experiences).

*PERSONALITY* - Mania and depression.

*PROBLEM SOLVING* - Reasoning and logic, simple maths, delusions.

**History**

*ORIENTATION* - Time, place, person.

*CONSCIOUSNESS* - Engages in normal conversation or undertakes purposeless or minimal activity.

*ATTENTION* - Pays attention or easily distracted. Subtract 7 from 100 sequentially.

*HALUCINATIONS* - Brushing away non-existent objects, hearing voices.

*LANGUAGE* - Poor speech fluency, circumlocution, jargon, neologisms.

*SPATIAL RELATIONSHIPS* - Folding paper into a simple box, estimate distance to nearby and distant objects.

*VISUAL RELATIONSHIPS* - Recognising famous people, copying a drawing.

*MOOD* - Emotional state. Euphoria, disinhibition, insight.

*AFFECT* - Appearance, conversation content, gestures, facial expression, relationships.

*THOUGHT PROCESSES* - Explain meaning of proverbs.

*Cognition* - Mini-mental state examination.

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**HISTORY NOTE** Dementia is one of the common terminations of both mania and melancholia. Its outward signs are a vacant and puzzled look, a lacklustre eye, a weak smile and a meaningless laugh.
**Iatrogenic**

An iatrogenic condition or disease is one that has been caused by the treatment, investigation or management of the patient by doctors or other medical staff. Side effects of medications, and complications of surgery or investigations, are the most common causes.

**Q Fever**

Q fever is a lung infection by primitive bacteria of the genus *Rickettsia*, which was unidentified for many years. The disease may derive its name from the fact that doctors were constantly questioning (Q) the cause of the fever, or Q may stand for Queensland, where the disease was very common and first researched. It is caught from sheep, cattle and goats, and often causes very mild, barely noticeable symptoms, but in more severe cases the patient will develop a fever, weakness, headache, muscle pains and a dry cough. In advanced cases, jaundice (yellow skin) and stomach pains occur and rarely heart and brain involvement is possible. It may be prevented by a vaccination given to those who are at high risk.

**Sexy Beard**

The more a man thinks about sex, the faster his beard grows. Thinking about sex increases testosterone production which increases beard growth.

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*HISTORY NOTE* By means of the peristaltic motion, the chyle (digested food) is driven into the orifices of the lacteal veins and assimilated into the blood. (False explanation of how food is absorbed).
ILLEGAL DRUGS OF ADDICTION

There are dozens of chemical compounds that are used to give artificial stimulation. Possibly one in every 100 people is dependent upon illicit drugs in western society, and a far higher percentage have experimented with them at one time or another.

The most commonly used illegal drugs are:

COCAINE
Cocaine (crack, coke) is a naturally derived addictive stimulant substance that is manufactured from the leaves of the coca plant that is native to South America. It is available as a white crystalline powder, and can be administered by sniffing it into the nostrils (most common), injection into a vein, or smoking. It is usually diluted with sugars such as lactose and glucose to less than 50% purity. Users tend to be depressed and have a poor self-image and ego. The more refined version of cocaine known as “crack” is the only form that can be smoked, and is ten times more potent than cocaine base, and is therefore more dangerous. All forms are highly addictive, and whether they are smoked, sniffed or injected, cocaine works within seconds to cause euphoria (artificial happiness), mood enhancement, increased energy and stimulates the brain to increase all sensations. After use many people feel worse than before, hence they want to repeat the artificial high. With continued use, the duration of the pleasant effects becomes shorter and shorter, requiring further doses every 15 to 30 minutes to maintain the desired effect.

ECSTASY
Ecstasy is a synthetic stimulant (3,4-methylenedioxymethamphetamine) that comes as a tablet and has found favour in dance clubs since the mid 1990s. There is no easy or definite way in which to determine if someone is using Ecstasy unless a specific blood test is performed. The symptoms of Ecstasy are rapid in onset and brief in duration. The rapid onset explains

· HISTORY NOTE: The penile sheath (condom) is to be condemned, for it prevents the seminal juices by the woman through the wall of her vagina. These seminal juices are essential for the good health of the woman. (Marie Stopes, 1921).
its popularity as the user gets a high quickly after taking the tablet. The effects are increased if used with alcohol, as this increases its rate of absorption, and this also explains the fatalities that can occur. Serious adverse effects result in an irregular heartbeat that may become so serious that a heart attack and death occurs. Most users experience a period of increased perception of sounds, sights and smells that makes the world seem a more exciting place. It can also result in sexual disinhibition, hallucinations and general euphoria. After the high has worn off the user may be moody, drowsy, have red and sore eyes, be nauseated and vomit, be poorly coordinated and have poor coordination.

**GHB**

Gamma-hydroxy butyrate (GHB) is used to give effects similar to those of alcohol. GHB is found naturally in the body and assists in the transmission of nerve signals. As with many such substance, it has many alternative names including GBH, fantasy, grievous bodily harm, Georgia home boy, liquid ecstasy and goop. It is available as a powder that is often mixed with water, and is colourless and tasteless. As a result it can be used to spike drinks, and make the user comatose. It has been used as a rape drug. If used regularly, it will increase the desire of the user for the effects that are considered beneficial such as an increase in mood, relaxation, disinhibition, and enhanced perception (particularly of music). As a result it is often used at rave dance parties. The drug takes effect in about 20 minutes, and lasts one or two hours.

**HEROIN**

Heroin is normally used by addicts as an injection directly into a vein, but it may also be inhaled or eaten, when it has a much slower effect. It is refined from the milky juice of the opium poppy. Most abusers have personality disorders, antisocial behaviour, or are placed in situations of extreme stress. It causes exaggerated happiness, relief of pain, a feeling of unreality, and a sensation of bodily detachment, and contracted pupils that do not respond to light are a sign of use. Tolerance develops quickly, and with time, higher and higher doses must be used to cause the same effect. Physiological problems include vomiting, constipation, brain damage (personality changes, paranoia), nerve damage (persistent pins and needles or numbness), infertility, impotence, stunting of growth in children, difficulty in breathing (to the point of stopping breathing if given in high doses) and low blood pressure. Withdrawal causes

---

**HISTORY NOTE: Malaria**: A state of the atmosphere or soil, or both, which, in certain localities, in the warm season, produces a fever more or less violent, according to the nature of the exposure.
vomiting, diarrhoea, coughing, twitching, fever, crying, excessive sweating, generalised muscle pain, rapid breathing and an intense desire for the drug. These symptoms can commence within 8 to 12 hours of the last dose, and peaks at 48 to 72 hours after withdrawal.

**KETAMINE**
Ketamine is widely used as a veterinary anaesthetic, and used illegally as a mood enhancer. It may be referred to by drug addicts as “Special K”. It is colourless and odourless and may be used as a tablet, liquid or injected. In low doses it acts as a stimulant, causes loss of coordination (users may dance for hours in an uncoordinated manner), and induces artificial happiness and a floating sensation. Side effects may include nausea, vomiting, slurred speech, headache, muscle spasms and numbness. Some users may feel they are about to die, and leave them very stressed when the drug wears off.

**LSD**
LSD (lysergic acid diethylamide) is a synthetic psychedelic drug that was first developed in 1947. Its use peaked in the late 1960s, and it is no longer in favour amongst the underground cult of drug abusers. LSD is taken by mouth in pill form and causes a rapid heart rate, high blood pressure, dilation of pupils, tremor, terror, panic and high fever within a few minutes of being swallowed. Addicts seek the hallucinations, illusions and happy mood that also occur. The actions last for 12 to 18 hours after swallowing the tablet. Long-term effects include psychoses, personality changes, schizophrenia, deterioration in intelligence, poor memory and inability to think in abstract terms. Tolerance to LSD develops rapidly, and higher and higher doses must be taken to obtain the same effect.

**MARIJUANA**
Marijuana (cannabis, hashish, “grass” or “pot”) is an addictive drug that is taken into the body by smoking or eating. The concentrated resin from the plant (hashish) is stronger and more dangerous than marijuana, and produces a more noticeable effect. Marijuana is made from the hemp plant, *Cannabis sativa* which has as its active ingredient the chemical tetrahydrocannabinol (THC). Initially the drug causes excessive happiness, followed by a long period of depression and drowsiness. If used daily for a few weeks it eventually ceases to have its original effect, and the user must increase the dose to reach the same level of intoxication, which

**HISTORY NOTE:** Apoplexy is most commonly found to accompany persons of a full habit of body, who have a short neck and a system disposed to a too copious sanguinination.
is how addiction develops. Most drugs dissolve in water, but THC dissolves in the body's fat, and so stores of the drug can be established in the system. This leads to a prolonged withdrawal stage, and the frightening flashbacks that regular users experience when a sudden release of the drug from the body's fat stores occurs without warning weeks after the last use.

**Mescaline**

Mescaline is a naturally occurring psychedelic drug found in several types of cactus species, but most commonly the Peyote and San Pedro cacti, which also contain a large variety of related psychoactive compounds. Mescaline was first extracted from cacti in 1896. Today, natives throughout America still perform sacred Peyote rituals that purportedly put one in touch with supernatural and divinatory powers. In most countries Peyote and mescaline are illegal, but in the USA members of the Native American Church are permitted to use it. It causes relaxation, an intensity of senses and hallucinations lasting 6 to 18 hours, but stomach discomfort is a common side effect of mescaline use, and the cacti are difficult to eat without processing.

**Stimulants**

The most common stimulants are amphetamines, and tablets are used in medicine to treat mild depression, disorders of excessive sleep, some types of senility and (rather strangely) overactivity in children. They have been known to be abused by long-distance truck drivers and others who wish to stay awake for long periods of time. Dependence upon these drugs can develop rapidly. Examples include dexamphetamine and methylphenidate (Ritalin). Side effects may include insomnia, restless, nausea, dry mouth, difficult urination and tremor.

**HISTORY NOTE: MANAGEMENT OF APPARENT DEATH BY LIGHTENING STRIKE**

A bucket of cold water poured upon the head revives some, but if this fails a battery should be procured and a current of electricity should be passed from the base of the head down the spine to the extremities of the limbs.

Ague is a periodical fever which occurs chiefly in situations where there are shallow, stagnant waters.
PREMATURE BABIES

Premature babies progress better if their intensive care nursery is darkened and quietened for the twelve night hours.

FREE RADICALS AND ANTIOXIDANTS

Free radicals are chemical compounds with unpaired electrons, which makes them very unstable and highly chemically reactive. They are produced naturally in the body by the breakdown of foods and fats, and may be taken into the body in food, polluted air (eg. cigarette smoke, exhaust fumes) and even water.

The action of sun on the skin also results in the production of free radicals, which speeds the ageing of sun exposed skin in comparison to skin on protected areas (compare the skin on an old person’s buttocks to their forearms).

Free radicals damage cells by altering their biochemical reactions, and leading to their premature death.

Antioxidants are chemicals that can interact with, and neutralise free radicals as they are chemicals that prevent the addition of an oxygen atom (oxygenation) to an existing molecule or element.

Adding oxygen to a fat molecule makes the fat rancid. The presence of natural antioxidants in wine and chocolate (the latter having a lot of fat) prevents them from going off, and in particular, allows chocolate to remain fresh for years without refrigeration or special storage.

Antioxidants are found naturally in red wine, chocolate, tea (particularly green tea), fruit (eg. apples, blackcurrants), vegetables (eg. onions). Vitamins C and E are antioxidants, and so foods high in these vitamins have a significant antioxidant effect.

By interacting with, and neutralising free radicals in the body, antioxidants

HISTORY NOTE: These new devices are called incubators. They have been responsible for saving the lives of many infants. They are made of iron and glass, and are divided into an upper and lower compartment. Several bottles of water are placed in the lower compartment, to be changed regularly, and the infant is placed in the upper compartment. (1892).
are able to give some protection against heart disease and cancer, and may slow ageing to some extent.

The presence of antioxidants in red wine is said to explain the so called French paradox, in which the French have a low incidence of heart disease despite a high fat diet, because of their regular consumption of red wine with meals from an early age. Similarly, the Japanese have a low rate of heart disease and the longest average life span in the world with their consumption of green tea, but the Japanese also have a low fat diet, and consume more than an average amount of seafood.

**ORGASM**

The female orgasm is a reflex, in the same way as a tap on the knee causes a reflex. Some people have a vigorous response to a knee tap, others have little. Thus it is difficult to determine what is a normal and abnormal reflex or orgasm.

An orgasm is the female equivalent of the male ejaculation.

The woman feels an intense sensation of pleasure sweeping over her associated with contractions of the muscles in the vagina and uterus and tingling of the nipples. This may last for a few seconds or half a minute.

Different women require different degrees and types of stimulation to have an orgasm. Some can only orgasm by stimulation of the clitoris, others require prolonged intercourse, while others may orgasm frequently and easily with merely breast stimulation or thinking about sex. A woman may find that one particular sex position causes orgasm more easily than other positions.

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HISTORY NOTE: In the seventy six great towns of England and Wales, there were during July, August and September of this year (1899), 14,306 infant deaths from diarrhoea.
**KIDNEY SWEAT**
In advanced kidney failure, waste (urea) concentrations in the sweat may reach sufficiently high levels that, after evaporation, a fine white powder can be seen on the skin as uraemic frost.

**TWINS**
Twins occur naturally once in every 80 births, and triplets once in every 640 births.

**LABOUR**
The labour of childbirth may be induced by the continued stimulation of the nipples of a woman in the last week or two of pregnancy.

**INFLUENZA**
Influenza can affect a wide range of animals including pigs, cats, poultry and seals.

**MIGRAINE**
When they close their eyes, normal people see swirls and smooth patterns, but patients with a migraine see zigzag patterns and flashes of light.

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HISTORY NOTE: Severe manias should be treated by placing the feet in a bucket of leeches once a week.
FUNNY WALKS:

There are many abnormal ways of walking (gait), and each has their own medical description, and specific causes. Because of this, doctors can sometimes diagnose a problem as the patient walks into their consulting room. The different types of gait include:-

**ATAXIC GAIT**

An ataxic gait (unsteady, unbalanced and a lack of confidence in walking) is often caused by drugs such as alcohol, narcotics (including heroin) and sedatives. Other causes include hypothyroidism (underactive thyroid gland), degeneration of the balance mechanism in the back of the brain (cerebellum) with age or disease (eg. tumour, infection) and transient ischaemic attacks (mini-strokes).

**EXTRAPYRAMIDAL GAIT**

An extrapyramidal gait is a shuffling, slow, stiff walk with no arm swinging. Parkinson disease is the most common cause, but some medications may cause this gait as an unwanted side effect.

**FESTINATION**

Festation is a quick shuffle with a slightly bent back. This gait may also be caused by Parkinson disease, as well as damage to different parts of the brain by a stroke, tumour, cancer or abscess.

**MARCHE-A-PETIT-PAS**

Patients with the “marche-a-petit-pas” (gait of little steps) have a jerky unbalanced walk in which the feet appear to stick to the floor. Multiple small strokes that interrupt multiple nerve pathways may cause this type of gait.

**SCISSORS GAIT**

The scissors gait occurs when the legs cross over with walking. Causes include a stroke that affects the motor control centre in the brain of one or both legs, diseases of the hip joint that make the use of the joint painful (eg. arthritis, partially dislocated hip), and severe injury to the lower back that partially severs or damages the spinal cord. Models tend to use this gait on.

**HISTORY NOTE:** Rooms in which patients with dysentery have been nursed should be cleaned by burning sulphur in them, and then washing them carefully with a solution of corrosive sublimate.
the catwalk to emphasise their body movements.

**SPASTIC GAIT**

A spastic gait is one that is jerky, unsteady and unbalanced due to muscle spasms. Cerebral palsy (spasticity) is the most common cause, but a stroke (cerebrovascular accident) may also be responsible.

**STEPPAGE GAIT**

A steppage gait occurs in patients with foot drop due to a weakness of the muscles at the front of the lower leg. This may be due to muscle disease, direct injury, or damage to the nerves supplying these muscles. The patient develops a high stepping gait in order to lift the drooping foot clear of the ground with each step.

**WADDLING GAIT**

A waddling gait is the exaggerated dropping of the hip on the stepping side when the leg is lifted off the ground, with marked side to side movement of the trunk. Weakness of the muscles in the buttocks causes this abnormal gait. There are a number of rare diseases that cause wasting of muscles around the pelvis that may be responsible, as well as congenital (from birth) dislocation of the hips and Huntington’s chorea (inherited condition that does not make its presence felt until middle age).

**EAR LOBE CREASE**

People with a diagonal crease across the ear lobe have a statistically increased risk of coronary atherosclerosis (hardening of the arteries in the heart) and therefore heart attacks.

**DNA**

There are two metres of DNA twisted and compacted into the nucleus of every cell. Multiply that by all the cells in the body and the length of all the DNA in one body is 20,000,000,000,000 Km.

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· HISTORY NOTE: Croton oil is so strong a purgative that half a drop will sometimes produce a powerful effect.
AIDS CATEGORIES
Those who are infected with the human immunodeficiency virus are said to be HIV positive. Once the HIV virus enters the body it may lie dormant for months or years. During this time there may be no or minimal symptoms, but it may be possible to pass the infection on to another sex partner, and babies may become infected in the uterus of an infected mother.

The disease has been classified into several categories. A patient can progress to a more severe category but cannot revert to less severe one. The categories are:

- HIV category 1 - a glandular fever-like disease that lasts a few days to weeks with inflamed lymph nodes, fever, rash and tiredness.
- HIV category 2 - no symptoms.
- HIV category 3 - persistent generalised enlargement of lymph nodes.
- HIV category 4 (AIDS) - varied symptoms and signs depending on the areas of the body affected. May include fever, weight loss, diarrhoea, nerve and brain disorders, severe infections, lymph node cancer, sarcomas, and other cancers. Patients are very susceptible to any type of infection or cancer from the common cold to pneumonia, septicaemia and multiple rare cancers (eg. Kaposi sarcoma) because the body’s immune system is destroyed by the virus.

INORGANIC FOOD
There are only two things that humans consume routinely that do not originally come from something alive (plant or animal), and these two things are essential for life. They are salt and water.

HISTORY NOTE: In corpulency, auxiliary medicines such as freely evacuate the fluids whether by the bowels or skin, may occasionally be useful, but the only certain and permanent relief is to be sought in a right abstemiousness, and a strict and constant attention to diet and exercise.
WATER
Humans are 67% water, a cow is 74% water, bacteria 75% water, potatoes 80% water and tomatoes 95% water..

PROTEINS
There may be as many as one million different types of protein in a human body. Proteins are made from a string of amino acids. There are 20 common amino acids, and strings of them from 100 to more than 1000 in length are necessary to create a protein.

OXYGEN
Oxygen is poisonous to a large number of bacteria known as anaerobes, and oxygen is used by white blood cells to kill these invading bacteria.

GUT BACTERIA
The gut contains 100 trillion \((10^{12})\) bacteria of at least 400 different types.

MEDICATIONS
One quarter of all prescribed medications have been derived from just 40 plants.

FUNGI

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HISTORY NOTE: Overfed infants suffer from indigestion and diarrhoea, and they very quickly lose weight. By careful dieting, their digestive tube can be restored to a healthy state, and they can gain weight.
There are over 70,000 species of fungi, but only about a dozen cause diseases in humans.

**ELEPHANT MAN DEFORMITY**

Proteus syndrome is a rare congenital bone and tissue growth abnormality that is also known as the elephant man deformity, after Joseph Murine, who suffered from this condition in the 19th. century.

Excessive and unequal bone growth in face, arms, legs and hands results in severe facial and body disfigurement, bony growths on the skull that cause a great increase in skull circumference, and wrinkled bumps on feet, face and hands. X-rays show the abnormal bone growth.

Plastic surgery helps some deformities, and there is near normal life expectancy, but deformities persist.

**STANDARD ALCOHOLIC DRINK**

Examples of a standard drink:-
- Wine - Small glass (100 mLs). A bottle contains 7 to 8 standard drinks.
- Beer full strength (5%) - Two thirds of a stubby (250 mLs)
- Beer mid-strength (3.5%) - One stubby (375 mLs)
- Spirits (eg. whisky, rum, vodka, brandy) - One nip (30 mLs)
- Fortified wines (eg. port, sherry) - Small glass (60 mLs).

**CIGARETTES SMOKE ANALYSIS**

HISTORY NOTE: Butchers are generally a healthy class of men because the atmosphere of the slaughterhouse, disgusting as it is to the nose, is highly beneficial to health.
Cigarette smoke contains hundreds of chemicals. Amongst the worst are:-

<table>
<thead>
<tr>
<th>CHEMICAL</th>
<th>MAY CAUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tar</td>
<td>Cancer</td>
</tr>
<tr>
<td>Carbon monoxide</td>
<td>Suffocates and blocks oxygen uptake</td>
</tr>
<tr>
<td>Nicotine</td>
<td>Stimulation and addiction</td>
</tr>
<tr>
<td>Aromatic hydrocarbons</td>
<td>Cancer</td>
</tr>
<tr>
<td>Phenol</td>
<td>Tissue irritant</td>
</tr>
<tr>
<td>Arsenic</td>
<td>Poison</td>
</tr>
<tr>
<td>Carbazole</td>
<td>Accelerates cancer growth</td>
</tr>
<tr>
<td>Hydrocyanic acid</td>
<td>Cancer</td>
</tr>
<tr>
<td>Acetaldehyde</td>
<td>Slows function of cilia (fine hairs) in airways</td>
</tr>
<tr>
<td>Ammonia</td>
<td>Tissue irritant</td>
</tr>
<tr>
<td>Nitrosamine</td>
<td>Cancer</td>
</tr>
<tr>
<td>Formaldehyde</td>
<td>Stops phlegm clearance from airways</td>
</tr>
<tr>
<td>Indole dyes</td>
<td>Accelerates cancer growth</td>
</tr>
<tr>
<td>Vinyl chloride</td>
<td>Cancer</td>
</tr>
</tbody>
</table>

**DNA**

Every strand of human DNA contains 3,200,000,000 letters of coding, providing an almost infinite number of possible combinations, and guaranteeing the uniqueness of every individual.

97% of the DNA in the body does absolutely nothing, and is called junk DNA. But it is the junk DNA that is used to identify individuals when analysing blood, semen or tissue from a crime scene.

**HEART WORK**

- HISTORY NOTE: Individuals seized with a complete loss of voice will after the application of caffeine pepper to the throat, or strong gargles of port wine, receive speedy relief of their hoarseness.
The adult heart pumps between 7000 and 9000 litres of blood a day.

**IRIDOLOGY**

Iridology is not a form of treatment but a diagnostic tool used by many naturopaths. It involves examining the condition of the iris (the coloured part) of both eyes of the patient. Photographs are often taken of the iris for later detailed examination.

Charts of the iris, divided into segments like a complicated clock face, are available, and were initially prepared by the American, Bernard Jensen. An abnormality, fleck or colour, or swirl of lines in an area of the iris can be interpreted from the chart to represent a problem in a particular part of the body.

Iridology is meant to be used in conjunction with other methods of diagnosis, but there is no scientific evidence for the rationale behind iridology.

**ECONOMY CLASS SYNDROME**

Air travellers are statistically more likely to die from a motor vehicle accident on the way to or from the airport than from a deep vein thrombosis (economy class syndrome) caused by the flight.

**GENETIC SIMILARITIES**

*HISTORY NOTE: I have succeeded in relieving him of a malady that commenced when by accident he swallowed a tadpole as a small boy. Since then his stomach has been filled with frogs, which had been successively spawning ever since, and whose croaking is quite audible. (Letter to editor of medical journal, 1833).*
Over 60% of human genes are identical to those in a fly, and 90% are the same as those in a mouse.

**MUSCLE MELTDOWN**

Rhabdomyolysis is commonly known as the muscle meltdown disease, and is a form of muscle destruction caused by massive overuse. In conditions of extreme exertion, when a muscle is forced to work despite an inadequate blood supply of oxygen and energy, the muscle will briefly use its own material as an energy source and destroy itself.

The athlete suddenly collapses during extreme exertion and is unable to use affected muscles, which become excruciatingly painful. The muscle is permanently damaged and is replaced by scar tissue or fat. No treatment is available.

**LOTS OF CELLS**

The average human contains about ten thousand trillion (10^{16} or 10,000,000,000,000,000) cells.

**BIG EGG**

The ova (egg) is 80,000 times larger than the sperm that fertilises it.

**BACTERIAL STATISTICS**

The body contains ten quadrillion (10^{16}) bacteria.

---

*HISTORY NOTE:* Sleeping after dinner is allowed to old people, but it should only be indulged in for a short time and in a sitting posture to prevent its being carried to any excess.
Humans cannot exist without bacteria. They allow us to digest food, synthesise vitamins in the gut, break down carbohydrates, convert nitrogen into amino acids, and destroy unwanted microbes.

Bacteria supply the bulk of the oxygen we breathe.

Bacteria can reproduce a new generation every ten to thirty minutes. As a result they mutate very quickly, and although most mutants die, an occasional one will be resistant to antibiotics or more virulent.

### SMOKING RISK

<table>
<thead>
<tr>
<th>SMOKING BEHAVIOUR</th>
<th>YEARS OF LIFE GAINED - MEN</th>
<th>YEARS OF LIFE GAINED - WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never smoked</td>
<td>10.5</td>
<td>8.9</td>
</tr>
<tr>
<td>Quit aged 35</td>
<td>8.5</td>
<td>7.7</td>
</tr>
<tr>
<td>Quit aged 45</td>
<td>7.1</td>
<td>7.2</td>
</tr>
<tr>
<td>Quit aged 55</td>
<td>4.8</td>
<td>5.6</td>
</tr>
<tr>
<td>Quit aged 65</td>
<td>2.0</td>
<td>3.7</td>
</tr>
</tbody>
</table>

Compared with lifelong smokers.

### DEAD SKIN

About 2Kg. of an adult’s weight is made up of the dead skin cells on the surface of the body.

### SEX CHOICE

- HISTORY NOTE : Cyanotic attacks in infants are due to insufficient nourishment.
There is no way in which the sex of a child can be guaranteed, but the following system (known as Shettles’ system) may increase the odds in your favour. At best, this system increases the chances of a child of a particular sex from 50% to 75%. It is definitely NOT a guarantee of success, and it may make it more difficult to fall pregnant at all!

Ovulation (release of the egg from the ovary) occurs 14 days before a period starts. If you usually have 28 days from the beginning of one period to the beginning of the next, you will ovulate 14 days after the first day of your last period. If your cycle is usually 30 days, you will ovulate 16 days after the first day of your last period. For the following system to work, you must know when you usually ovulate.

To increase the chance of having a GIRL:

1. Ten minutes before sex, use a vaginal douche consisting of 20mls. of white vinegar in 500mls. of cooled boiled water.
2. Have sex frequently in the seven to ten days before you ovulate.
3. No sex from one day before ovulation until ten days after ovulation.
4. Your partner should ejaculate just inside the vagina, and not deeply inside as usual.
5. Your partner should withdraw immediately after ejaculation.
6. It is better for the woman not to have an orgasm.

To increase the chance of having a BOY:

1. Ten minutes before sex, use a vaginal douche consisting of 5g. of baking powder in 500mls. of cooled boiled water.
2. No sex from the end of your period until the day ovulation occurs.
3. Twice daily sex from the day of ovulation for four days.
4. Your partner should ejaculate deep inside the vagina.
5. Your partner should withdraw immediately after ejaculation.
6. It is better for the woman to have an orgasm, ideally just before ejaculation.

---

HISTORY NOTE: Our pay (as a naval surgeon in 1837) was six shillings a day, and one shilling and sixpence in lieu of provisions.
Couples who are having treatment for infertility and are using artificial methods of conception may be able to choose the sex of their child, as they can decide if a male or female embryo is implanted. There are significant ethical dilemmas associated with this decision and the use of this technique when sex choice rather than infertility is the main reason.

**SYNDROMES**

A syndrome is a collection of several symptoms that occur consistently in patients with a particular medical condition. Several hundred syndromes are recognised.

**CIRCUMCISION AND AIDS**

Circumcised men (those whose foreskin has been removed) are six to eight times less likely to be infected with the HIV virus that causes AIDS because of biological reasons and not less risky behaviour. The protection is due to the removal of the foreskin, which contains cells that have HIV receptors which scientists suspect are the primary entry point for the virus into the penis.

**URINE COLOUR**

- HISTORY NOTE: If the inflammation of a whitlow (nail bed infection) is very great, three leaches may be applied and the patient may take a dose of opening medicine such as 15 grains of rhubarb powder and magnesia.
Urine normally varies in colour from a very pale clear straw colour, to dark brownish yellow, depending on whether the body is trying to get rid of excess fluid, or preserve fluid when dehydrated. Any other colour may indicate a significant disease.

**WHITE** - Whitish urine may be due to the presence of white cells (pus), or excess protein or fat.

**RED** - Urine containing blood may appear brown or red. Red urine may also be due to eating lots of red food (eg. beetroot) and some medications (eg. phenytoin, phenothiazines, phenindione, rifampicin).

**PURPLE** - In the disease porphyria, brown urine is passed which turns purple on exposure to sunlight.

**BROWN** - Excess bilirubin from liver failure will make urine brown, as will eating lots of deeply coloured foods (eg. rhubarb, fava beans, liquorice) or medications such as nitrofurantoin (for urine infections).

**BLACK** - Blackish or very dark urine may be caused by the medication methyldopa, cascara and old blood.

**ORANGE** - With dehydration and diseases of the liver that cause jaundice, the urine may become a dark orange colour. The medications primaquine, riboflavin and sulfasalazine may also give urine an orange colour.

**BLUE/GREEN** - A few medications and naturopathic remedies may cause the urine to take on a blue/green tinge. Examples include amitriptyline (used in psychiatry), triamterene (used to increase urine production), phenol and indigo.

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**HISTORY NOTE**: The sister and nurse of Job’s Ward, Guy’s Hospital (London), were themselves severely purged after massaging the abdomen of a patient confined in his bowels with croton oil.
LEAD POISONING

Lead (Pb) has been widely used in industry including batteries, paints (particularly dangerous in flaking old paint), crystal glass, ceramics, old plumbing fixtures, leaded petrol and some old-fashioned medications. Swallowing or inhaling lead compounds may lead to lead poisoning (plumbism) which causes belly pains, irritability, tiredness, loss of appetite, anaemia, poor coordination, slurred speech, convulsions, coma and death. Permanent damage to nerves (neuropathy) and kidneys is possible in survivors.

XYY SYNDROME

XYY syndrome is a congenital sex chromosome abnormality of males. Usually males have an X and Y chromosome (XY) and females two X chromosomes (XX). In one in 500 males, an extra Y chromosome is found to cause the XYY syndrome. Rarely even more Y chromosomes may be added to create XYYY and XXXXY. It is diagnosed by examining the chromosomes in almost any bodily cell, and may be made before birth by amniocentesis or chorionic villus sampling.

These males are tall, heavily built, aggressive and violent. Behavioural therapy is the only treatment as there is no cure. The population in jails has a far higher proportion of men with this syndrome than is found in the general population.

INSOMNIA

HISTORY NOTE: In the mother’s stomach food undergoes the complicated process of digestion, where it is converted into a type of white blood, from which the mother’s milk is derived.
There are many things other than medication that can be done to ease sleeplessness.

The simple steps that anyone can use to aid sleep include:-

- Bed is for sleep and sex only, not for watching television or reading.
- Go to bed when you feel tired, not when the clock tells you to.
  - Do not lie down or nap during the day.
- Do not have a clock in the bedroom.
- Avoid exercise immediately before bed. Take time to wind down before going to bed.
- Avoid drinks containing caffeine such as tea, coffee or cola. Caffeine is a stimulant.
  - Do not smoke before going to bed.
- Relax by having a long warm bath and/or a warm milk drink before going to bed.
- Lose weight if you are obese. A slight weight loss can significantly improve sleep.
- Avoid eating a full meal immediately before bed time. Give your food a couple of hours to settle.
- If you cannot sleep once in bed, get up and read a book or watch television for half an hour before returning to bed. Never lie in bed tossing and turning.
  - Learn to relax by attending specific relaxation classes that your doctor may recommend. Follow up by listening to relaxation tapes.
- Instead of counting sheep or worrying about your problems, focus your mind on a pleasant incident in your past (such as a holiday, journey or party) and remember the whole event slowly in intricate detail from beginning to end.
  - Remember that the harder you try to fall asleep, the less likely you are to succeed, so relax!

---

HISTORY NOTE: The arteries on the inside of the stomach secrete from the blood a peculiar fluid called gastric juice which is highly antiseptic.
**LEVATOR LABII SUPERIORUS ALEQUAE NASI**

The tiny muscle, levator labii superiorus alequae nasi, has the longest name of any human muscle, but is merely used to flare the nostrils and raise the lip in a sneer.

**PARTHENOGENESIS**

Parthenogenesis is a term that describes a form of reproduction which requires only a female, without a sexual partner, and parthenogenesis is thus a form of virgin birth (the meaning of the term in Greek). It occurs naturally in many lower orders of animals, particularly insects (e.g. aphids, bees, ants), but also in birds (e.g. turkey), amphibia (e.g. frogs) and snakes. Experimentally, parthenogenesis has been achieved in mammals such as rabbits.

The ovum (egg) is released from the ovary, implants into the uterus (or egg duct) and develops into a new baby. The offspring is always female, and identical in every way to the mother, as the genetic make up is the same as that of the mother, and the sex chromosomes available from the mother are only the X ones. Males require a Y chromosome.

No successful experiments with human parthenogenesis have been achieved.

**DANDRUFF**

Dandruff is an acceleration of the natural process in which the scalp skin totally replaces itself every few weeks. The rate at which cells are produced on the scalp is increased, so that the excess cells produced form a scale on the skin.

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'HISTORY NOTE': Two grains of sulphate of quinine with six grains of powdered myrrh taken three times a day is an effective preservative against the contagion of cholera.
**GAY BOWEL SYNDROME**

Homosexuals who practice frequent anal sex can develop a chronic inflammation and infection of their lower bowel (rectum) called gay bowel syndrome. It results in diarrhoea, a constant feeling of wanting to pass faeces when none is present, and a mucus discharge from the anus.

**GLUTEUS MAXIMUS**

The largest muscle in the body is the gluteus maximus, which forms the buttocks on which we sit, and acts to extend the hip and straighten the leg in walking. In cattle, rump steak comes from this muscle.

**OBESITY EFFECTS**

If those who are medically overweight reduce their weight by just 10%, they will:

- reduce blood pressure by 10 to 20 mm.
- reduce the symptoms of angina by 90%
- reduce the bad forms of cholesterol in their blood
- reduce the risk of developing diabetes by 50%
- reduce the risk of death from heart disease, diabetes and cancer by more than 20%
- improve the quality and quantity of sleep
- reduce daytime drowsiness
- increase sexual desire and activity
- improve overall assessment of health by more than 20%

**HISTORY NOTE:** Earache may proceed from a sudden suppression of perspiration, by worms on occasion being bred there, from the translation of diseased matter to the ear, or any hard body sticking in the ear.
St. John’s Wort

St. John’s wort is a herbal remedy that is used orally to treat depression, anxiety and irritability. Clinical trials show some effectiveness for these conditions. Its main adverse effect is light sensitive skin in rare cases, but it may interact with medications such as digoxin, theophylline, cyclosporin, simvastatin and the oral contraceptive pill.

Nipple Itch

Itchy nipples are a relatively common problem. Women with small breasts may go without a bra and their nipples are irritated by clothing moving across them, or a loose fitting bra may constantly move across the nipple irritating it. Other causes include synthetic materials in a bra, allergies to soaps, perfumes and washing powders, and fungal infections such as thrush (common in breast feeding mothers).

Trichobezoar

A bezoar is a solid mass in the stomach formed from swallowed foreign bodies. A trichobezoar is the most common form and is composed of hair that may completely fill the stomach. It commonly occurs in psychiatric patients who eat inappropriate objects that can vary from asphalt and cloth to leaves and plastic bags. Women with very long hair who chew their hair as a habit, and psychiatric patients who pull out their hair and eat it, may also form a trichobezoar.

Discoloured Nails

HISTORY NOTE: Any hard body sticking in the ear must be removed as soon as possible by taking snuff, or some strong stentutatory, to make the patient sneeze.
BLACK.
A black nail may be due to blood that initially appears red, but slowly turns black. A melanoma may develop under a nail to form a black patch. A benign black naevus may also occur in this position. Some bacterial and fungal infections give a blackish appearance.

BROWN.
Brown nails may be caused by nicotine staining in heavy smokers, chemicals that interact with the nails (eg. in laboratory and process workers), uraemia (advanced kidney failure), Addison's disease (failure of the adrenal glands), and mercury or silver poisoning.

YELLOW.
Yellow nails may be due to jaundice (liver failure), fungal infections of the nails, lymphoedema (build up of waste products in an arm or leg due to a blockage of the lymph ducts), and the antibiotic tetracycline, if taken for a long period.

BLUE.
If insufficient oxygen enters the blood because of lung or heart disease, the blood will become a bluer colour, and a blue tinge will appear on the lips, and under the nails. Other causes include Wilson’s disease (excess copper in tissues) and the medications, mepacrine, chloroquine and amodiaquine (all used for malaria).

WHITE.
White nail patches may be due to lifting the nail from its bed, the skin disease psoriasis (the nails are also pitted), fungal infections under the nail, a lack of albumin in the blood (associated with poor nutrition), severe heart or liver disease, low body temperature, kidney failure, arsenic poisoning, or a side effect of cytotoxic medications used to treat cancer.

RED.
Red nails may be due to blood under the nail and exposure of a hand or foot to cold which increases microcirculation. The white half moons at the base of the nails may become red with congestive heart failure.

GREEN.
Infections under the nail caused by the bacteria Pseudomonas, or the fungi Aspergillus and Candida may give a dark green tinge to the affected nail.

---

HISTORY NOTE: In the form of snuff, tobacco has not infrequently been found to produce indigestion.
BLACK DEATH

HISTORY
The black death purportedly arrived in Europe at Messina on the northeast tip of Sicily, at the end of 1346 on a Genoan merchant ship from the Crimea on the Black Sea.

The disease had already spread across Asia from its endemic home in northwest India, where as recently as the 1990s, epidemics have been reported, but on a dramatically smaller scale. Other contemporary sources give China as the site original outbreak. Whichever it was, the result on Europe altered the history of that continent, and resulted in the emancipation of the serf due to the acute labour shortages.

From Italy the plague spread slowly and steadily across Europe, reaching Paris and Madrid by the middle of 1348, London by the end of that year, Scotland a year later, and finally Stockholm by the end of 1350. There were amazing escapes, with cities such as Milan and Nuremberg (Germany), and most of modern day Belgium and Poland escaping the devastation, while the population of other areas such as Florence and Vienna were almost completely wiped out.

Overall one third of the entire population of the continent died in three years causing enormous social, religious and economic upheaval. For the next 500 years there were sporadic outbreaks of plague, but nothing to equal the black death..

HISTORY NOTE: Sydenham maintains that the antidote to excess body heat is cold, and the present practice of nursing a feverish patient in a room from which every breath of fresh air has been excluded and an open fire is maintained, is to be abhorred.
BLACK DEATH SYMPTOMS

Patients developed large, pus-filled glands (buboes) in the neck, groin and armpit. This was followed by a high fever, severe muscle pain, headache, rapid heart rate, profound tiredness and a coma. The infection then spread to the blood and cause black spots (bruises - thus the “black death”) under the skin. A pneumonia or meningitis also developed, and almost invariably these complications were fatal.

The true cause of the black death was unknown then, but today it is known that a bacterium called Yersinia pestis is responsible for a disease known as bubonic plague that has all these symptoms. It normally infects rats, and passes from one rat to another in fleas. If a flea carrying the bacteria bites a human, that person will develop the disease.

DELTA

A triangle (Δ) or the Greek letter delta may be used as a notation in medical records for either a diagnosis or a warning of a change in treatment.

DIOGENES SYNDROME

Diogenes syndrome is a social disorder and numerous psychiatric disturbances (eg. schizophrenia) may be responsible. Victims are usually recluses who live alone in filth and squalor, and are usually male. They may be involved in drug abuse and mentally subnormal.

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HISTORY NOTE: The brain is not the region where pain and happiness is felt, but it is the counting house of the stomach which is the region where happiness or misery is felt.
**SPREAD OF MALARIA**

The Greek letter psi (ψ) may be used as a notation in medical records for either the practice of psychiatry or a psychiatrist.

**EPILEPSY TYPES**

There are several different types of epilepsy that are specifically described -
- Petit mal absences. The mildest form of epilepsy. These may vary from stopping in mid-sentence for a second or two and loss of concentration, to fluttering of the eyelids or other milder unusual muscle movements. There is no loss of consciousness or collapse. They are more common in children.
- Abnormal absences. These are similar to petit mal, but may be associated with partial seizures or a fugue state.
- Simple partial seizures (also known as focal seizures). Start with abnormal

**HISTORY NOTE**: Treat cholera with half a drachm of sulphate of zinc dissolved in warm water, or caromel and opium.
activity within one nerve cell in the brain, and the symptoms depend on the area of brain affected. There may be spasm of an arm or leg, strange smells, hallucinations or other phenomena. There is no loss of consciousness.

- **Complex partial seizures** (also known as temporal lobe or psychomotor seizures). These are the same as simple partial seizures, but there is some change in consciousness or loss of awareness.

- **Jacksonian epilepsy.** This is a simple partial seizure in which there is a progression in the muscle spasm or seizure from one area to another (e.g., a muscle spasm may spread up the arm from the fingers to the shoulder). Occasionally there may be loss of power in the affected muscles (Todd paralysis) for hours or days afterwards.

- **Myoclonic seizures.** Sudden, short lasting muscle contractions involving just a single muscle, a limb, or sometimes the whole body. The patient may fall, but there is no loss of consciousness, and recovery is immediate, but the problem may recur.

- **Atonic seizures** (also known as drop attacks). A brief loss of all muscle strength, and loss of consciousness. Usually occur in children.

- **Secondary seizures.** These occur when a partial seizure progresses to become a generalised seizure.

- **Tonic-clonic seizures** (also known as grand mal seizures). Sudden onset of generalised muscle spasm, rigidity, loss of consciousness and collapse which last for a minute or two. The patient may go blue due to the cessation of breathing for the duration of the attack. The patient usually urinates and may pass faeces during the attack. After recovering from a grand mal fit, the patient has no memory of the event, is confused, drowsy, disoriented and may have a severe headache, nausea and muscle aches.

- **Status epilepticus.** A condition where one grand mal attack follows another without the patient regaining consciousness between attacks.

- **Tonic seizures.** These are a milder and briefer form of tonic-clonic seizures that last only a few seconds.

---

**HISTORY NOTE:** Heartburn is eased by opening the bowels frequently after a dose of rhubarb and magnesia.
**LAXATIVES AVAILABLE**

<table>
<thead>
<tr>
<th>Class</th>
<th>Ingredients</th>
<th>Action</th>
<th>Side effects</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FAECAL SOFTENERS</strong></td>
<td>Docusate</td>
<td>Lubricates and soften</td>
<td>Nausea, bitter taste.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Very slow to work</td>
<td></td>
</tr>
<tr>
<td><strong>BULKING AGENTS</strong></td>
<td>Ispaghula, psyllium, sterculia, frangula.</td>
<td>Draw water into stool from body to soften stool.</td>
<td>Dehydration if not enough fluids swallowed. Gas and bloating occur.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extra fluids essential.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Slow to work.</td>
<td></td>
</tr>
<tr>
<td><strong>BOWEL STIMULANTS</strong></td>
<td>Senna, bisacodyl.</td>
<td>Stimulate bowel contraction.</td>
<td>Pigmentation of bowel. Overuse causes problems.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Work in 6 to 8 hours.</td>
<td></td>
</tr>
<tr>
<td><strong>OSMOTIC LAXATIVES</strong></td>
<td>Lactulose, macrogol 3350.</td>
<td>Increase water absorption into gut from body.</td>
<td>Bloating, excess wind, cramps, nausea.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Work in 48 hours. Extra fluids essential.</td>
<td></td>
</tr>
<tr>
<td><strong>ENEMAS, SUPPOSITORIES</strong></td>
<td>Sorbitol, glycerol, bisacodyl.</td>
<td>Cause reflex stimulation. Usually work in 30 minutes..</td>
<td>Diarrhoea and itchy anus.</td>
</tr>
</tbody>
</table>

**PANACEA**

Panacea was the Greek god of healing. It is also a term used to refer to a universal remedy for all illness.

**VACCINES**

Vaccines are substances that are introduced into the body (by injection, tablet...

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*HISTORY NOTE: If tobacco fumes are injected into the rectum, the patient shortly becomes comatose from the narcotic principle of the herb, and relief (of the strangulated hernia) will ensue.*
or mixture) to induce immunity to a particular disease. Vaccines commonly available include those that protect against the following diseases..

<table>
<thead>
<tr>
<th>DISEASE</th>
<th>AGE GIVEN</th>
<th>BOOSTER</th>
<th>EFFECTIVE</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anthrax</td>
<td>Adult</td>
<td>4 in a year</td>
<td>One year</td>
<td>Only given to people at high risk</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>9mo. to 12 yrs.</td>
<td>Nil</td>
<td>Not known</td>
<td>Introduced in 2000</td>
</tr>
<tr>
<td></td>
<td>13+ years</td>
<td>6mo.</td>
<td>6mo.</td>
<td>Some travellers only.</td>
</tr>
<tr>
<td>Cholera</td>
<td>2 years+</td>
<td>6mo.</td>
<td>6mo.</td>
<td>With tetanus and pertussis.</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>2mo.+</td>
<td>3 by 18mo.</td>
<td>10 years</td>
<td>HiB meningitis and infantile throat infection.</td>
</tr>
<tr>
<td>Haemophilus</td>
<td>2mo.+</td>
<td>2 by 18mo.</td>
<td>5 years</td>
<td>May be combined with hepatitis B.</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>16yrs.+</td>
<td>6-12 mo.</td>
<td>20 years+</td>
<td>May be combined with hepatitis A.</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Birth+</td>
<td>2 by 4 mo.</td>
<td>5 years</td>
<td>Form changes every year.</td>
</tr>
<tr>
<td>Influenza</td>
<td>6 years+</td>
<td>Annually</td>
<td>One year.</td>
<td>For residents in remote parts of E &amp; S Asia</td>
</tr>
<tr>
<td>Japanese enceph.</td>
<td>1 year</td>
<td>1 &amp; 2 weeks</td>
<td>5 years</td>
<td>With rubella &amp; mumps</td>
</tr>
<tr>
<td>Measles</td>
<td>1 year</td>
<td>5 years</td>
<td>Long term</td>
<td>Form of meningitis.</td>
</tr>
<tr>
<td>Meningococcus</td>
<td>2 years+</td>
<td>3 years</td>
<td>Long term</td>
<td>With measles &amp; rubella</td>
</tr>
<tr>
<td>Mumps</td>
<td>1 year</td>
<td>5 years</td>
<td>Long term</td>
<td>Whooping cough. Combined with tetanus</td>
</tr>
<tr>
<td>Pertussis</td>
<td>2mo.+</td>
<td>3 by 18mo.</td>
<td>10 years</td>
<td>Sabin oral vaccine</td>
</tr>
<tr>
<td>Plague</td>
<td>As required</td>
<td>As required</td>
<td>Short term</td>
<td>Given in epidemics only.</td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>60 years+</td>
<td>3-5 years</td>
<td>Long term</td>
<td>Pneumonia in adults.</td>
</tr>
<tr>
<td></td>
<td>2mo.+</td>
<td>2 by 12mo.</td>
<td>Long term</td>
<td>Lower age if at high risk.</td>
</tr>
<tr>
<td>Polio</td>
<td>2 mo.+</td>
<td>3 by 4 years</td>
<td>10 years</td>
<td>Also causes meningitis in infants.</td>
</tr>
<tr>
<td></td>
<td>2mo.+</td>
<td>3 by 4 years</td>
<td>Long term</td>
<td>Sabin oral vaccine</td>
</tr>
<tr>
<td></td>
<td>Adults</td>
<td>No</td>
<td>Long term</td>
<td>Injected vaccine.</td>
</tr>
<tr>
<td>Q fever</td>
<td>Adults</td>
<td>No</td>
<td>Long term</td>
<td>After skin tests in high risk people.</td>
</tr>
<tr>
<td>Rabies</td>
<td>As required</td>
<td>No</td>
<td>Short term</td>
<td>Given immediately after suspect bite.</td>
</tr>
<tr>
<td>Rubella</td>
<td>1 year</td>
<td>5 years</td>
<td>Long term</td>
<td>May be combined with mumps &amp; measles.</td>
</tr>
<tr>
<td>Tetanus</td>
<td>2mo.+</td>
<td>3 by 18mo.</td>
<td>5 to 10 years</td>
<td>Combined with diphtheria.</td>
</tr>
<tr>
<td>Tuberculosis</td>
<td>birth</td>
<td>Nil</td>
<td>Long term</td>
<td>Routine in some countries.</td>
</tr>
<tr>
<td>Typhoid</td>
<td>2 years+</td>
<td>3 years</td>
<td>3 years</td>
<td>Injection.</td>
</tr>
</tbody>
</table>
ICHABOD SYNDROME

The ICHABOD syndrome is a sign of imminent death from any chronic cause. The disease name is an acronym for a number of clinical signs used by doctors to predict death in a patient with an long standing incurable disease. As well as being an acronym, the syndrome name may also be derived from the Old Testament daughter-in-law of Eli who, before dying in childbirth, named her son Ichabod, which translates as “the glory has departed”.

The components of the acronym are:
- Immobility - fewer than 20% of patients can stand within two days before death
- Confusion and coma - 40% become comatose and 30% confused in the two days before death
- Homeostatic (body function regulation) failure - failure of temperature regulation, blood pressure control and circulation to hands and feet common in last two days before death
- Anorexia (loss of appetite) - very common in final week before death
- Blood - blood test changes indicative of imminent death
- Observation - occasional (rather than regular) observation of facial appearance shows marked deterioration in personality features
- Dyspnoea (shortness of breath) - 30% of patients become short of breath in last two days. Cheyne-Stokes respiration is very common in last few hours.

HASH

· HISTORY NOTE: Ear inflammation must be treated by a cooling regimen and opening medicines. Bleeding in the arm or jugular vein, or cupping in the neck, will be proper.
The hash symbol (#) may be used as a notation in medical records for either a fracture or to indicate a number.

**VALSALVA MANOEUVRE**

The valsala manoeuvre is a method of increasing the air pressure in the middle ear (“popping” the ear), which is connected to the back of the nose by the Eustachian tube. It involves holding the nose, closing the mouth, trying to breathe out and forcing air into the ears, hopefully clearing any blockage of the tube. The name comes from the 17th. century Italian (Bologna) surgeon Antonio Valsalva..

**CANCER SYMPTOMS**

The early signs of cancer are:-
- a lump or thickening anywhere in the body
- sores that will not heal
- unusual bleeding or discharge
- change in bowel or bladder habits
- persistent cough or hoarseness,
- change in a wart or mole
- indigestion or difficulty in swallowing
- loss of weight for no apparent reason.

**EAR CANDLING**

· HISTORY NOTE: If a patient should suffer under the symptoms of apoplexy, he ought to take a brisk cathartic such as three or four doses of Epsom salts, and should carefully avoid all animal food.
Ear candling is a peculiar form of alternative medicine in which a patient lies down on their side, and a candle is placed in the ear and lit. The most likely effect is to be burnt by falling bits of wax, but its protagonists claim it will cure everything from excess ear wax (hard to understand why when candle wax is being put into the ear) and sinusitis to headaches and stress. There is absolutely no evidence that ear candling has any clinical benefits.

**IDIOT SAVANT SYNDROME**

The cause of the idiot savant syndrome is unknown, but it may be due to one area of the brain over developing before birth at the expense of other areas. The patient is usually subnormal in all areas of mental activity except one narrow field (e.g., maths, music) in which they are extraordinarily talented. Mental tests are used to differentiate areas of skill from areas of below normal function. Intensive education is necessary to develop life skills and areas of subnormal ability.

**ACUPUNCTURE**

Acupuncture is believed to reduce pain by at least two methods:
- Firstly it stimulates the release in the brain of chemical substances called endorphins, which are the body’s own pain killers.
- Secondly, stimulating nerves with acupuncture effectively overloads them so that they are less able to carry pain messages to the brain.

**SCABIES**

· HISTORY NOTE: Epileptic fits and other convulsive disorders may be bought on by extreme pain in the ear.
Scabies is an infestation (not an infection) by a tiny insect that burrows for 1cm. or more through the outer layers of the skin. Most common areas affected are the fingers, palms, heels, groin and wrists. The scabies mite, Sarcoptes scabiei, is just visible to the naked eye, appearing like a spot of dust on a piece of black paper, but it cannot be seen on the skin. It spreads by close contact (e.g. shaking hands) with someone who already has the disease. The main symptom is incessant itching caused by the burrowing mite, as the tissue around them becomes red, itchy and inflamed.

**LOW CHOLESTEROL DIET**
A low cholesterol diet has the following rules :-

**FOODS ALLOWED**
Vegetables, chicken breast, cereals, margarine, fruit and nuts, dark chocolate, fish, olive oil, lean meat, pasta, skim milk, wine and beer.

**FOODS TO AVOID**
Sausages, hamburgers, pies, mince, chicken skin and legs, pizza, offal (liver, kidneys, tripe), roast meats (particularly surface), game meat, lamb chops, calamari, prawns, milk chocolate, eggs and egg products, oysters, and all dairy products (cream, milk, butter, yoghurt, cheese, custard).

**SKIN BACTERIA**
Every square centimetre of skin is covered with over 100,000 bacteria.

**VERTEBRA**
24 vertebrae make up the spine from the skull to the pelvis.

· HISTORY NOTE: 18 drops of laudanum (morphine) in strong coffee will prove serviceable for sick headache.
SMOKING ADDICTION

Addiction is characterised by:

- desire to smoke immediately on waking
- difficulty in not smoking in places where it is forbidden
- smoking larger quantities of cigarettes
- smoking more often in the first two hours of each day
- smoking despite being ill
- becoming depressed if unable to smoke

CHRISTMAS DISEASE

Christmas disease (factor IX deficit, haemophilia B) is named after a patient with Christmas as his surname, who had the disease. It is an inherited lack of factor IX, one of the essential factors responsible for the clotting of blood. The gene for the disease is carried by women on the X chromosome, but can only affect men (sex linked inheritance). Statistically, half the children of a woman who carries the responsible gene will have the disease. The incidence is one in 40,000 people.

Symptoms include excessive bleeding from a cut, severe bruising from a minor injury, bleeding into joints to cause arthritis, internal bleeding into the gut and other organs.

DOCTOR’S SAYING

The better you look after your patients, the less you earn.

---

HISTORY NOTE: The local doctor treats diphtheria with doses of salts, senna and calomel. The hair is cut off and cold compresses are applied to the head.
VASECTOMY

A vasectomy does not interfere with a man developing an erection or having an ejaculation. It does stop him from fathering children as there are no sperm in his ejaculate.

BAT EARS

Prominent protruding ears are called bat ears. They are harmless, but may be cosmetically unacceptable. An operation can be performed to pin back the ears by taking a wedge of skin and tissue from behind the ear, and then the tissue is sewn down again. This is normally not performed until child is a teenager and recovery takes only a couple of weeks.

AESCULAPIUS

Aesculapius was the god of medical practice in the ancient Greek pantheon, so was included second only to Apollo (his father), the head of all the gods, in the list of those to whom the Hippocratic oath was directed. He was taught the art of healing by the centaur Chiron, and became a skilful physician, but Zeus (king of the gods) was afraid he would reveal his knowledge to mortals and slew him with a lightening bolt. Ancient Greeks used to sleep in temples dedicated to Aesculapius in order to relieve their illnesses. Hygiae and Panacea were interpreted as the goddesses of health and healing.

EAR POP

HISTORY NOTE: For quinsy about the throat and of the uvula, bleed immediately 8 ounces in the jugular vein and apply a blister to the neck.
The cavity of the middle ear is connected to the back of the nose by a fine tube (the eustachian tube). This has a relatively soft wall and is normally collapsed. When there is a change in altitude by going up a mountain, or while flying, the air pressure in the middle ear rises above that in the air outside, and this higher pressure momentarily forces open the walls of the eustachian tube so that the air "pops" out of the middle ear into the back of the nose, equalising the pressure.

**CHROMOSOME**

Chromosome means “coloured body” in Greek, because the chromosome was originally seen through a microscope as an unidentified coloured body in the nucleus of a cell after using stains to see the structures of the cell more clearly.

There are 46 chromosomes in every cell in a human body with the exception of the ova (egg cells) in women and the sperm in men which have only 23 chromosomes each. Half of the chromosomes are obtained from each parent, and unite into 23 pairs. Each chromosome in the pair looks identical except in men where the sex chromosomes are a very small Y chromosome matched with a much larger X chromosome.

**HYGIAE**

Hygiae (or Hygeia) was the goddess of health in ancient Greek mythology, from whose name the word hygiene is derived.

**FUNNY BONE**

*HISTORY NOTE: Love, though at first but a moral malady, very frequently gives rise to organic diseases of the heart and lungs.*
Carter's Medical Miscellany

The “funny bone” is a sensitive area at the back of the elbow on the inside (medial side) of the olecranon (bony lump at back of elbow). It is actually the ulnar nerve as it passes through a groove in the end of the humerus, and if knocked causes tingling down the nerve to the hand.

**BED WETTING**

There are several steps in any treatment regime for this condition, but do not start before five years of age. They include:

- restrict fluids for three hours before bedtime, take child to the toilet during the night, and establish a reward system for dry nights.
- a bed-wetting alarm that consists of a moisture-sensitive pad that is placed under the patient, a battery and an alarm. When it becomes wet from the first small dribble of urine, it sounds the alarm, the patient is woken, and can empty the bladder before returning to sleep. After a few weeks use, most people learn to waken before the alarm.
- amitriptyline (Tryptanol) is taken every night to alter the type of sleep. Over a few weeks, the dosage is slowly lowered and hopefully, the bad sleep habits and bed-wetting do not return.
- desmopressin nasal spray or tablets at bed time acts on the pituitary gland in the brain, and this instructs the kidney to reduce the amount of urine produced during the night.
- psychotherapy in the most resistant cases.

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HISTORY NOTE: For falling sickness (epilepsy) burn feathers often under the nose and four days after the full moon take a purge of Indian physick.
POST-TRAUMATIC STRESS DISORDER

There are no specific diagnostic tests, but patients must have at least one symptom from each of the following categories to be diagnosed with the post-traumatic stress disorder (PTSD):

**General** :-
- Symptom duration more than one month, with significant distress or inability to function normally in society.
- Re-experiencing phenomena
- Experience intrusive recollections, nightmares, flashbacks as if the event was recurring, psychological distress on exposure to cues that may trigger memories, or physiological effects (eg. rapid pulse, rapid breathing) on exposure to cues

**Avoidance behaviour** :-
- Avoiding thoughts, feelings or conversations about the incident
- Avoiding places, people or activities connected with the incident
- Selective amnesia about the traumatic event
- Reduced interest in everyday activities or detachment from others
- Unable to look forward to future events with pleasure
- Abnormal personality compared to before the incident

**Excessively aroused** :-
- Insomnia, irritability, anger, poor concentration, increased vigilance or increased startle response to frights.

**CLITORIS**

The clitoris is the female remnant of the penis, and is located at the front of the vulva at the opening into the vagina. It is covered with a flap of skin called the fourchette. It is a sexually excitable area, and when the woman is sexually aroused, it enlarges, emerges from under the fourchette and becomes sensitive.

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HISTORY NOTE: Coffee, strongly brewed, is a most effective form of remedy for the distress of severe asthma.
SCALP
The scalp is the tissue covering the top of the skull from which hair grows. There are five layers. From the outside they are:-
- a thick layer of skin
- a small amount of fatty tissue
- the aponeurosis (sheet of fibrous tissue)
- loose layer of tissue containing veins (the subaponeurotic tissue)
- the periosteum that covers the bone of the skull.
The outer three layers slide as a unit across the subaponeurotic tissue. Hair grows from the outermost layer.

EAR WAX
Technically, ear wax is known as cerumen. It is secreted naturally in the outer ear canal by special glands, and slowly moves out to clear away dust and debris that enters the ear. It also acts to keep the skin lining the canal lubricated and to protect it from water and other irritants. The ear is designed to be self-cleaning, and attempts to clean it may pack the wax down hard on the eardrum or damage the ear canal.

HYPOCHONDRIA
Hypochondria (hypochondriasis) is the false belief by a person that they are ill. In most cases they are not deliberately faking an illness, but really believe that the symptoms they are experiencing are a sign of significant disease.

HISTORY NOTE: A draught of generous wine, or a dram of any spirituous liquor, will generally remove a hiccup.
INTELLIGENCE QUOTIENT

The IQ score is a statistically calculated number, and an individual’s results may vary from one IQ test to another. The test targets a specific range of more easily measured human abilities.

Statistically the following statements are true about IQ scores obtained by taking a typical IQ test:

- An IQ of below 50 is incompatible with functioning normally in society.
- An IQ of 80 is higher than 7% of all persons taking the test.
- An IQ of 90 is higher than 25% of all persons taking the test.
- An IQ of 100 is higher than 50% of all persons taking the test.
- An IQ of 110 is higher than 75% of all persons taking the test.
- An IQ of 120 is higher than 93% of all persons taking the test.
- An IQ of 130 is higher than 98% of all persons taking the test.

It can be seen that half of all people have an IQ between 90 and 110.

MASTURBATION

Masturbation is sexual stimulation by oneself. Most people, both men and women, masturbate, especially during adolescence and at times of their lives when they do not have a sexual partner. Men masturbate by rubbing the penis or otherwise stimulating this organ. In women, a dildo (artificial penis) or finger is inserted into the vagina, or the clitoris is stimulated. Dire threats have sometimes been made that unpleasant physical consequences such as blindness will result. This is nonsense. Masturbation is harmless, and if it provides pleasure and sexual relief it is quite reasonable to engage in it.

HISTORY NOTE: Wine is lauded as a panacea in red typhus, black plague, yellow fever and blue cholera.
HAPPINESS
Happiness requires only four things -
- good friends
- good health
- something to look forward to
- time and space for yourself

SCURVY
Scurvy was the scourge of sailors on long voyages over two centuries ago, when fresh food supplies could not be relied upon. The cause is a lack of ascorbic acid (vitamin C) in the diet, and it may occur in people on unusual fad diets or in malnourished alcoholics. Captain James Cook made a name for himself early in his career by insisting that all his crew had rations of lime juice (which contains high levels of vitamin C) every day.

In early stages patients develop vague tiredness and weakness. As the vitamin deficiency becomes more severe, bleeding into the skin, rashes, bleeding gums, joint pain and bleeding into joints, slow wound healing and tender bones are experienced. The patient becomes severely anaemic, and bleeds readily. In advanced cases the kidneys fail, the body swells, bleeding occurs in the brain, and death follows.

CHOICE
The most important thing you ever do in life is choose your parents.

HISTORY NOTE: ADVERTISEMENT FOR A NATUROPATHIC GUIDE BOOK
For those who can’t afford to dye (sic) by the hands of a doctor, I recommend this treatise most heartily.
PRAYER OF MAIMONEDES

Written by the Jewish doctor, theologian and philosopher Moses ben Maimon (Maimonedes) who was born in 1135 in Fez, Morocco, and died in Cairo in 1204, his prayer (below) is used in the ethical statements of several medical organisations, including the Australian Medical Association.

“Inspire in me a love for my Art and for thy creatures. Let no thirst for profit or seeking for renown or admiration take away from my calling. Keep within me strength of body and soul, ever ready, with cheerfulness, to help and succour rich and poor, good and bad, enemy as well as friend. In the sufferer let me see only the human being”.

ITCHY UPPER ARM SYNDROME

The itchy upper arm syndrome (brachioradialis pruritus) is a real disease despite its descriptive name, and is an abnormal response of the skin to long term sun damage and the constant release of the irritating substance histamine from allergy (mast) cells in the affected skin. Patients with chronic sun damage to their skin may develop intense itching and burning on outer surface of arm that is worse in summer, but have no apparent rash.

ECHOLALIA

Echolalia is the habitual repetition of words, either spontaneously or copying the words spoken by another person. It is a characteristic of some forms of schizophrenia, head injuries and other brain disorders.

HISTORY NOTE: Pleurisy has as its common consequence a violent cough. The physician must without loss of time take away ten ounces of blood and cause a vomit with 80 grains of ipecacuanha (sic).
MEDICAL TRAINING

The typical steps necessary for a school leaver to becoming a private medical practitioner are as follows:

- Complete the final year at school with a high pass to enter University.
- Pass any undergraduate university course, and achieve very high grades.
- At the end of the undergraduate course, a special medical aptitude test must be completed and passed.
- The candidate for medical school then goes for an interview before an expert panel of academics and doctors for final assessment.
- If accepted for medical school from a science course that has included all the prerequisite subjects (eg. biochemistry, physiology, physics) the student can enter directly into the medical course. If the prerequisite subjects have not been studied, a bridging course must be completed.
- Four year clinical medical course at university must be completed.
- Two years of supervised practice as an intern in a public hospital.
- The young doctor’s future career is chosen at this point. Primary exams for specialist colleges must be completed, or application must be made to enter the GP Training Program.
- Undertake a three to six year programme of training with the GP or specialist college training program.
- Pass the exams to become a fellow of the GP or specialist college.
- Apply for registration.
- Go into private, unsupervised medical practice, a minimum of twelve years after leaving school.

There will be variations from this scenario in different countries.

**HISTORY NOTE:** Modesty is very frequently a cause of constipation in women.
VESALIUS

Andreas Vesalius (1514-1564) was originally Flemish (modern Belgium), but studied and taught extensively in Italy. He was the father of anatomy, and was one of the first to dissect a human body after the Catholic Church lifted its ban on this practice in 1537. He produced many accurate and important anatomical drawings and debunked the millenia old and inaccurate anatomical descriptions laid down by Galen.

PREFRONTAL LOBOTOMY

Prefrontal lobotomy is a now discredited surgical procedure that was used in the middle of the 20th. century to treat some psychiatrist disturbances, particularly those which caused outbursts of violence. It involved introducing an instrument (often an ice pick) through the bone in the top of the eye socket into the front of the brain, and using the instrument to disrupt the structure of the prefrontal lobes at the front of the brain. This area is important for the higher functioning and reasoning properties of the brain. It did give relief to many patients, but with serious consequences in cognition, vision disturbances and chronic headaches.

SIMILARITIES

Health and wealth are similar - they are only noticed when they are missing.

HISTORY NOTE: Cholera is caused by a form of electricity. The spasmodic contractions of the body, the prickling sensations in the extremities, and the shocks of the body are the result of an unequal charge in the distribution of the blood.
RESTLESS LEGS SYNDROME

Patient’s with the restless legs or Wittmaack-Ekbom syndrome have legs that feel as though they want to exercise when the body is trying to rest. The cause is unknown, but it is more common in women, made worse by pregnancy and heat, and is sometimes aggravated by antihistamine medications. It is not related to previous exercise. It can be helped by keeping the legs cooler than the body, and using paracetamol or a small dose of a mild muscle relaxant such as diazepam (Valium).

MEMORY

Memory is stored in the brain in three forms - immediate, short term and long term.

Immediate memory lasts about half a minute and can store between five and ten items. It is very susceptible to distraction and requires concentration. Doctors test this by asking a patient to remember and repeat four numbers backwards.

The short term memory lasts for a few minutes to hours, and has a much larger storage capacity than immediate memory. After this time it is sorted so that important memories are placed in the long term section of the brain, while other less important memories fade as they are gradually discarded. Doctors test this form of memory by asking the patient to repeat a list of three or four objects after several minutes.

Long term memory lasts weeks to a lifetime, and contains knowledge, personal experiences and social interactions. Long term memory requires the production of new proteins and new connections between nerve cells (neurones) in the brain.

HISTORY NOTE: Common sore eyes may be cured by washing them with breast milk.
**LAETRILE**

Laetrile (also known as amygdalin and vitamin B17) is purported to be a treatment against cancer, but there is no evidence to support this. It is mainly used by unethical fringe practitioners who prey on desperate patients who will try (and pay) anything for the faintest chance of a cure. In orthodox medicine it is considered to be a poison, and is certainly not a vitamin, as it breaks down to cyanide in the body. Laetrile is found in, and extracted from, the seeds of apricots.

**APHORISMS**

If in doubt, check it out!
The worse it tastes, the better it is for you.
As you lose your children, you gain your parents.
The more you rest, the faster it gets better. The less you rest, the longer it takes.

**RIB NUMBERS**

There are 12 ribs on each side of the chest. Ribs 11 and 12 on each side are “floating” in that they do not normally attach to the breast bone (sternum). Despite what is described in Genesis, both men and women have an equal number of ribs.

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· HISTORY NOTE: Take of garlic two cloves; of gum ammoniac one drachm; blend them by bruising together, make them into two boluses with water and take one in the night and one in the morning whilst taking very strong made sassafras tea. This is found to banish rheumatism.
VISION

There are four main types of vision problems:-

- People who are short-sighted (myopia) have eyeballs that are too long. This means that the light cannot accurately be focused by the lens and a blurred image results.

- The reverse problem occurs in long-sighted people (hypermetropia) where the eyeball is too short. These people can see objects at a distance but when close objects are seen, the muscles that change the shape of the lens to focus the light rays cannot cope with the shortened eyeball.

- Older people whose sight slowly deteriorates suffer from presbyopia, or the inability of the lens to change shape sufficiently to see objects that are close to them. This is caused by a weakening of the tiny muscles that pull on the lens to change its shape.

- The last group are those with astigmatism. These people have an uneven curve of the refractive surfaces at the front of the eye (i.e. the lens and cornea), so that some parts of the vision are clear while other parts are blurred at the same time.

CLONING

Cloning is the use of genetic technology to exactly replicate a living organism. The genetic material (chromosomes) in a single cell of one organism can be taken and have specific methods applied to it so that it reproduces itself repeatedly and grows into a new organism that has the identical genetic characteristics of the donor.

HISTORY NOTE: Trephining of the skull and replacement of the bone that is missing with a silver plate is sometimes useful in the cure of repeated headache.
CARTER’S AGES OF MAN

0-10  Childhood
10-20  Education
20-30  Adventure
30-40  Establishment
40-50  Acquisition
50-60  Appreciation
60-70  Relaxation
70-80  Deceleration
80-90  Deterioration
90-100 Senescence.

BEE STING:
If someone is stung by a bee or wasp:-
- remove the sting by scraping it sideways with your (clean) fingernail or the side of a knife. Make sure you do not pull or squeeze the sac of venom attached to the sting
- wipe the affected area clean and apply a block of ice wrapped in damp material, eg. a clean handkerchief
- if the victim has an allergic reaction, apply pressure immobilisation and get them to a doctor
- if their breathing or pulse stops, give mouth-to-mouth resuscitation or cardiopulmonary resuscitation.

HISTORY NOTE: A rupture is a common misfortune among children. Immediately apply a poultice of fresh cow dung and bind it on tight ‘til the swelling disappears.
CHECK UPS

Executive health checks, in which every known test is performed, are more for the benefit of the doctor’s wallet than the patient’s health. Statistically, 10% of the results will be abnormal even in normal people.

The critical things to check in a 40 year old -
choice in parents
smoking
obesity
cholesterol
blood pressure
For a 50 year old add - prostate check
For a 60 year old add - diabetes check
For a 70 year old add - osteoporosis check
Beyond these points, any pain, or change in bodily function (eg. bowels, appetite) or appearance (eg. skin moles, weight loss) should be brought to the attention of a doctor.

ETHER

In 1846, ether was the first general anaesthetic agent to be used in surgery. It is a highly volatile flammable liquid with a characteristic odour that was administered by applying a cloth mask drenched in ether over the nose and mouth, and constantly dropping ether onto the mask to maintain the anaesthetic effect. Nausea and vomiting were common side effects, and it was difficult to maintain a constant depth of anaesthesia. It is no longer used as modern anaesthetic agents are safer, easier to use and have fewer side effects.

HISTORY NOTE: To cure a hernia take a cup of hot coffee every 15 minutes. By the ninth cup the hernia should return of itself.
PROGERIA

Progeria (or Hutchinson-Gilford syndrome) is a rare, untreatable condition of severe premature ageing. Ten year olds have the same appearance and health problems as seventy year olds. These children have reduced growth, wrinkled skin, hardening of the arteries (atherosclerosis), thin pinched faces and die early due to heart disease.

PYROMANIA

A form of mania in which there is an irresistible desire to light fires, despite usually having the knowledge that considerable damage may be done to property. The perpetrator is often found helping to fight the fire s/he has started, and sometimes achieves inappropriate personal satisfaction and sexual gratification from seeing the flames.

RICKETS

Rickets is a rare disease caused by an inadequate intake of vitamin D which is essential for the body to absorb calcium, which is the main constituent of bone. Vitamin D is obtained from dairy products (milk, cheese, yoghurt, etc.), eggs and fish, and can also be formed in the body by the action of sunlight on certain substances in the skin. Children with rickets have soft bones and grow slowly. The legs tend to bow outwards because of walking on the soft long bones of the legs, and there are abnormalities in the growth of the ribs, and excessive enlargement of the forehead may occur.

\[\text{HISTORY NOTE: For cholera, a combination of cordial and purgative medicines is the only remedy at all worthy of confidence.}\]
**KORO**

Koro is a psychiatric condition found only in Japanese males in which they develop the false belief that their penis is shrinking back inside their body.

**VISUAL ACUITY**

Visual acuity tests detect vision problems. The patient looks at a chart on a wall 6m away with letters on it and asked to read it line by line. The letters vary in size from row to row. The top row has one large letter, the next row smaller letters, the next, smaller letters still, and so on. A person with normal vision should be able to read letters 6mm high at a distance of 6 metres.

The result is given as two figures (eg. 6/12). The first figure refers to the distance at which the letters (6m) are read. The second figure describes the distance at which a person with normal vision can read the smallest letters that the patient was able to read correctly. For example, if the smallest letters read from a distance of 6m would be seen from 12m by a person with normal sight the result is 6/12. The results may be different for each eye. 6/12 is the minimum visual acuity permissible for a normal driver’s licence..

**BLEEDING**

There are three ways bleeding can be controlled:

- press directly on the wound, which will stop the blood flow and encourage clotting
- raise the wounded part so that the pressure is reduced
- press on the artery supplying the wounded area so that the blood supply is cut off. Do not use a tourniquet.

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'HISTORY NOTE: In sheep, obstruction of the trachea will lead to death in three minutes. This may be reversed by placing a tube into the trachea and breathing forcibly into it. (1833).
COCAINÉ

Cocaine (crack, coke) is a naturally derived addictive stimulant substance that is manufactured from the leaves of the coca plant which is native to South America. It is available as a white crystalline powder, and can be administered by sniffing it into the nostrils (most common), injection into a vein, or smoking. Users tend to be depressed and have a poor self-image and ego.

Cocaine is used illegally as a psychoactive drug to cause euphoria (artificial happiness).

The more refined version of cocaine known as “crack” is the only form that can be smoked, and is ten times more potent than cocaine base, and is therefore more dangerous. All forms are highly addictive, and work within seconds to cause euphoria (artificial happiness), mood enhancement, increased energy and and stimulates the brain to increase all sensations. After use many people feel worse than before, hence they want to repeat the artificial high. With continued use, the duration of the pleasant effects becomes shorter and shorter, requiring further doses every 15 to 30 minutes to maintain the desired effect.

EVENING PRIMROSE OIL

Evening primrose oil (EPO - gammalinoleic acid) is a herbal remedy that is used orally for premenstrual discomfort and rheumatoid complaints, and on the skin for eczema and dermatitis. Some clinical trials show limited effectiveness for premenstrual symptoms and eczema, but none for rheumatoid conditions. Its main adverse effects are nausea and headache, and it may interact with medications used to treat epilepsy.

---

HISTORY NOTE: If a pin is swallowed and causes pain, administer four grains of tartar emetic dissolved in the warmed whites of six eggs. The coagulated mass and the pin will be bought up in three minutes.
GASTROENTERITIS

Gastroenteritis is a viral infection of the gut. The treatment involves a specific diet to replace the fluid and vital salts that are rinsed out of the body by the vomiting and diarrhoea.

GASTROENTERITIS DIET

Take small amounts of food and fluids very frequently (every hour), rather than large amounts three times a day.

DAY 1  CLEAR FLUIDS ONLY.

Repalyte, Hydralyte and Gastrolyte (available from chemists and taste better if cold) are best, but white grape juice, clear soups, Bonox, very dilute flat lemonade, very dilute cordial, and frozen cordial may be used for a short time in milder cases. Average 50 mLs. an hour for a child, 100 mLs. an hour for an adult.

Do NOT drink plain water.

Isomil, Prosopee, Infasoy etc. can be used as a milk substitute in infants.

Lactose free milk (“Lactaid”) may be used.

Breast milk is perfect for infants even with gastroenteritis.

DAY 2  LIGHT DIET.

Continue clear fluids and add bread, toast, boiled rice, dry biscuits (eg: quarter slice of bread, half a dry biscuit every half hour).

DAY 3  ADD NUTRITION.

Boiled vegetables, fruits, white meats (chicken breast, fish), cereals.

DAY 4  GRADUALLY INCREASE FOOD INTAKE

Until return to normal.

AVOID

All dairy products (eg: milk, cream, cheese, butter, ice cream, custard, yoghurt), eggs, red meat, fatty and fried foods until completely better.

---

HISTORY NOTE: I am convinced of the efficacy of hydrocyanic acid in the relief of cholera. Its powers are far greater than prussic acid as it acts through the nervous system.
**FRACTURE HEALING TIMES**

Fracture healing times vary significantly but the following can be used as a rough guide for the time required to heal a simple fracture sufficiently to allow it to be used:

<table>
<thead>
<tr>
<th>Fracture Location</th>
<th>Time Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distal phalange (end bone of finger or toe)</td>
<td>One week</td>
</tr>
<tr>
<td>Middle phalange (middle bone of finger or toe)</td>
<td>Two weeks</td>
</tr>
<tr>
<td>Proximal phalange (nearest bone in finger or toe)</td>
<td>Three weeks</td>
</tr>
<tr>
<td>Metacarpal (hand bone)</td>
<td>Four weeks</td>
</tr>
<tr>
<td>Wrist bone</td>
<td>Five weeks</td>
</tr>
<tr>
<td>Foot bone, forearm bones (ulna, radius), clavicle (collar bone), skull, rib</td>
<td>Six weeks</td>
</tr>
<tr>
<td>Elbow, fibula (smaller lower leg bone), patella (knee cap)</td>
<td>Seven weeks</td>
</tr>
<tr>
<td>Humerus (upper arm bone), shoulder blade (scapula), sternum (breast bone)</td>
<td>Eight weeks</td>
</tr>
<tr>
<td>Tibia (larger lower leg bone)</td>
<td>Nine weeks</td>
</tr>
<tr>
<td>Knee</td>
<td>Ten weeks</td>
</tr>
<tr>
<td>Femur (thigh bone), pelvis</td>
<td>Twelve weeks</td>
</tr>
</tbody>
</table>

**GENTIAN VIOLET**

Gentian violet is a naturally occurring dye that appears dark green in solid form but a vivid violet when in solution. It is used as an antiseptic to kill bacteria and fungi in superficial wounds.

**HEDONISM**

Hedonism is the constant pursuit of pleasure. Some psychiatrists believe this is the driving force in human nature.

**RIGOR MORTIS**

HISTORY NOTE: In cases of fracture of the cranium, the patient must be copiously bled and large doses of some purgative medicine must be given.
When someone dies, their muscles will start to contract and stiffen one to seven hours later depending on the temperature. The first muscles to be affected are the ones in the neck and lower jaw. This phenomenon is known rigor mortis. The effect disappears after one to seven days as decomposition begins.

**HYSTERIA**
Hysteria is a psychological phenomenon in which the patient develops a subconscious and uncontrolled alteration to their normal functioning that falsely indicates the presence of a significant bodily malfunction. This may be paralysis of a limb, abnormal skin sensations, breath holding, collapse, hearing voices, seeing visions, shouting or screaming, vomiting or almost any other physical symptom. It may be triggered by anxiety, fear, frustration, pain or the behaviour of others around them (mass hysteria).

**METRE**
The basic unit of length in the metric system is the metre (m). Originally defined by French scientists as one ten millionth of the distance from the North Pole to the Equator, it is now defined as the distance travelled by light through a vacuum in 1/299792458 of a second.

**WEALTH**
The most valuable thing you can ever own is a boring medical history.

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· HISTORY NOTE: The application of a quantity of cobweb may be resorted to in stopping the bleeding of obstinate cuts.
**ALBINISM**

Albinism is an uncommon condition in which there is a total lack of pigment in the skin and eyes. The skin is white, regardless of the race of the parents, and the iris (coloured part of the eyes) is pink.

**BLIND SPOT**

When we see something, light reaching the retina at the back of the eye stimulates nerve cells which convert it into electrical impulses and send these along the optic nerve to the brain. The point where the optic nerve leaves the retina has no light sensitive cells and so forms a blind spot. You can find your blind spot by the following simple test.

Hold this page at arms length and close your left eye. Look at the cross with the right eye, and move the page slowly towards you. When the dot disappears, its image has fallen on the blind spot of the right eye.

---

*HISTORY NOTE:* Purgative medicines and extensive bleeding used freely will be found of eminent service in the management of falling sickness (*epilepsy*).
**EXERCISE**

The intensity of exercise can be measured by comparison to the resting metabolic rate (the rate at which the body uses energy) as shown below.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Metabolic Equivalents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping</td>
<td>1</td>
</tr>
<tr>
<td>Walking slowly (3kph)</td>
<td>2.5</td>
</tr>
<tr>
<td>Walking moderately (5kph)</td>
<td>3.5</td>
</tr>
<tr>
<td>Rowing lightly (50 watts)</td>
<td>3.5</td>
</tr>
<tr>
<td>Golf, pulling buggy</td>
<td>4.5</td>
</tr>
<tr>
<td>Painting walls</td>
<td>4.5</td>
</tr>
<tr>
<td>Mowing lawn</td>
<td>4.5</td>
</tr>
<tr>
<td>Dancing rapidly</td>
<td>5.0</td>
</tr>
<tr>
<td>Aerobics - low impact</td>
<td>5.0</td>
</tr>
<tr>
<td>Cricket - bowling or batting</td>
<td>5.0</td>
</tr>
<tr>
<td>Tennis doubles</td>
<td>5.5</td>
</tr>
<tr>
<td>Walking briskly (6.5kph)</td>
<td>5.5</td>
</tr>
<tr>
<td>Cycling, stationary (100 watts)</td>
<td>5.5</td>
</tr>
<tr>
<td>Chopping wood</td>
<td>6.0</td>
</tr>
<tr>
<td>Walking moderately uphill</td>
<td>6.0</td>
</tr>
<tr>
<td>Aerobics (high impact)</td>
<td>7.0</td>
</tr>
<tr>
<td>Backpacking</td>
<td>7.0</td>
</tr>
<tr>
<td>Jogging</td>
<td>7.0</td>
</tr>
<tr>
<td>Skiing</td>
<td>7.0</td>
</tr>
<tr>
<td>Tennis singles</td>
<td>7.5</td>
</tr>
<tr>
<td>Cycling moderately (20kph)</td>
<td>8.0</td>
</tr>
<tr>
<td>Walking up stairs steadily</td>
<td>8.0</td>
</tr>
<tr>
<td>Step aerobics</td>
<td>9.0</td>
</tr>
<tr>
<td>Running (10kph)</td>
<td>10.0</td>
</tr>
<tr>
<td>Swimming fast freestyle</td>
<td>10.0</td>
</tr>
<tr>
<td>Cycling fast (25kph)</td>
<td>10.0</td>
</tr>
<tr>
<td>Running fast (12kph)</td>
<td>12.0</td>
</tr>
</tbody>
</table>

---

**HISTORY NOTE:** Mathematical exercise of the mind is conducive to good health, the removal of listlessness and the retention of sanity.
COLOUR BLIND

Colour blindness is an inherited condition that nearly always occurs in men, and is an inability to differentiate between colours, usually red and green.

Rarely all colour vision is lost with the patient seeing only black and white.

No treatment or cure is available. Usually it is merely a nuisance, and most patients live happily with the problem, adapting so completely that they are not aware of its existence.

FREE RADICALS

Free radicals are chemical compounds with unpaired electrons, which makes them very unstable and highly chemically reactive. They are produced naturally in the body by the breakdown of foods and fats, and may be taken into the body in food, polluted air (e.g. cigarette smoke, exhaust fumes) and even water.

The action of sun on the skin also results in the production of free radicals, which speeds the ageing of sun exposed skin in comparison to skin on protected areas (compare the skin on an old person’s buttocks to their forearms).

Free radicals damage cells by altering their biochemical reactions, and leading to their premature death.

Antioxidants are chemicals that can interact with, and neutralise free radicals.

· HISTORY NOTE: Tonic cordial: Take a gallon jug, fill it half full with wild cherries, and then fill it up with Jamaican rum. Let it stand for a month or more. Take two tablespoons twice a day. Discontinue as early as possible so that there may be no development of an undue appetite for spirituous liquors.
GEOGRAPHIC TONGUE
Smooth red patches with greyish margin are scattered over the tongue in a map-like pattern in patients with geographic tongue. There are no other symptoms, other than the strange appearance of tongue. It is caused by the excessive shedding of the cells on the surface of the tongue, and may be due to an allergy or severe infection, but usually has no apparent cause. No treatment is necessary and it usually settles after a few weeks.

FIRST AID FOR SNAKE BITE
- keep the victim calm and move them as little as possible to prevent spread of poison.
- apply pressure directly to the bite.
- if the bite is on a limb, apply pressure immobilisation by bandaging the limb firmly starting at the bitten area and working to the fingers or toes, then back up the limb to the armpit or groin.
- immobilise the limb with a splint (eg. a small branch) or by bandaging it to the other limb.
- check the victim's breathing and pulse regularly, and give mouth-to-mouth resuscitation if breathing stops, and cardiopulmonary resuscitation if the pulse stops.
- get medical assistance as soon as possible.

EIDETIC
Someone who is eidetic has a photographic memory and is able to exactly memorise events or objects.

HISTORY NOTE: To alleviate the colic take a turf of green grass and lay it on the navel.
INTERESTING

The worst thing a doctor can say about you is that you are “an interesting patient”.

BRITTLE BONE DISEASE

Osteogenesis imperfecta is a rare disease, commonly known as brittle bone disease in which a child is born with fragile, brittle bones that break easily and heal poorly. The condition tends to run in families in an irregular pattern, with some patients being far more severely affected than others.

These children suffer multiple painful fractures that take months to heal and often leave a permanent deformity. Other characteristics include deafness, a blue colour to the whites of the eyes, spinal deformities and teeth defects.

SENSES

The senses are our contact points with the world that enable us to experience what goes on around us in the world. There are five main senses - vision, hearing, smell, taste and touch.

OSTEOPATHY

Osteopathy is a system of manipulating the spine and other joints and their surrounding soft tissues to enhance nerve and blood supply and thereby improve back problems, other joint disorders and all body tissues.

HISTORY NOTE: For falling sickness (epilepsy) burn feathers often under the nose and four days after the full moon take a purge of Indian physick.
AMPHETAMINE ABUSE

Amphetamines are synthetic stimulants, that in some situations are used medically (eg. methylphenidate is used for the treatment of attention deficit disorder), but are also available illicitly as tablets ("speed"), or as a faster acting powder that is smoked ("ice"). Possibly one in every 100 people is dependent upon illicit drugs, and a far higher percentage have experimented with them at one time or another.

When used inappropriately, amphetamines cause increased activity, euphoria and a feeling of increased mental and physical ability. Tolerance develops quickly, and with time, higher and higher doses must be used to cause the same effect. Blood and urine tests can detect the presence of amphetamines.

SICK BUILDING SYNDROME

The sick building syndrome is a condition affecting workers in air conditioned buildings.

In order to conserve cold air and therefore energy, some large air conditioned buildings allow minimal amounts of fresh air into circulation with each cycle. This allows organic solvents (eg. from photocopiers, glues, paints), fungal spores, pollens, dusts and other contaminants to recirculate in increasing concentrations, particularly if the air conditioning filters are poorly maintained.

Residents and workers in the building develop snuffy noses, eye irritation, dry skin, headaches and tiredness. The longer they spend in the building, the worse the symptoms become. Increasing the amount of fresh air entering building and carefully maintaining filters solves the problem.

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· HISTORY NOTE: Apply locally chloroform liniment on hot flannel to cure muscular rheumatism.
**FIRST AID TREATMENT OF POISONING**

<table>
<thead>
<tr>
<th>CHEMICAL/DRUG</th>
<th>EFFECT OF POISON</th>
<th>FIRST AID TREATMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alkalis (household bleaches)</td>
<td>Burning, vomiting, shock, difficult breathing.</td>
<td>Dilute with milk, allow vomiting, give vinegar.</td>
</tr>
<tr>
<td>Antidepressants (Tryptanol, Sinequan, Tofranil etc.)</td>
<td>Coma, muscle spasm, convulsions, death.</td>
<td>Give charcoal or induce vomiting, assist breathing.</td>
</tr>
<tr>
<td>Aspirin (Aspro, Disprin etc.)</td>
<td>Rapid breathing, brain disturbance, coma, kidney failure.</td>
<td>Give charcoal or induce vomiting.</td>
</tr>
<tr>
<td>Barbiturates</td>
<td>Drowsiness, confusion, coma, breathing difficulty.</td>
<td>Give charcoal or induce vomiting, black coffee, assist breathing.</td>
</tr>
<tr>
<td>Codeine (in pain killers, cough mixtures, antidiarrhoeals)</td>
<td>Constipation, reduced breathing, stupor, coma, heart attack.</td>
<td>Give charcoal or induce vomiting, assist breathing.</td>
</tr>
<tr>
<td>Digoxin (Lanoxin)</td>
<td>Vomiting, irregular pulse,</td>
<td>Dilute with milk or water heart failure. then give charcoal or induce vomiting.</td>
</tr>
<tr>
<td>Insecticides</td>
<td>Vomiting, diarrhoea, difficult breathing, convulsions.</td>
<td>Dilute with large amount of milk, give charcoal or induce vomiting, assist breathing.</td>
</tr>
<tr>
<td>Lysol and creosote</td>
<td>Burning of throat, vomiting, shock, breathing difficulty.</td>
<td>Dilute with large amount of milk. Do NOT induce vomiting.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Varies depending on type.</td>
<td>Dilute with water, give charcoal or induce vomiting, assist breathing.</td>
</tr>
</tbody>
</table>

---

HISTORY NOTE: When the torpor, congestion of brain and insensitivity have occurred from an excessive use of opium ..... the patient is roused and restored by naked immersion in iced water.
Narcotics (morphine, heroin)  Headache, nausea, excitement, weak pulse, shock, coma. Give charcoal or induce vomiting if narcotic swallowed, assist breathing.

Paracetamol (Panadol, Dymadon, Panamax etc.) Vomiting, low blood pressure, liver damage, death [>40 tabs]. Give charcoal or induce vomiting.

Petroleum products (petrol, kerosene, etc.) Liver damage, lung damage. Do NOT induce vomiting, dilute with milk.

Tranquillisers (phenothiazines) Drowsiness, low blood pressure, rapid pulse, convulsions, coma. Give charcoal or induce vomiting.

**Sphygmomanometer**

A sphygmomanometer is the machine used to measure blood pressure. It works by compressing the artery in the upper arm. The cuff is inflated to a high pressure so that the artery is completely compressed and no blood can pass. The pressure is then slowly lowered until the blood can squirt past the constriction when the variable pressure is at its maximum. This squirting can be heard by a doctor through a stethoscope which is placed over the artery, just below the cuff on the inside of the elbow. As the pressure drops further, the lower pressure is eventually sufficient to keep the artery open at all times, so that the squirting through the narrowed segment that occurs at a higher pressure can no longer be heard. The doctor notes on the gauge of the sphygmomanometer the pressures at which the noise can first be heard, and when it disappears. Blood pressure readings are written as high pressure/low pressure (eg. 125/70).

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'HISTORY NOTE: In the third stage of cholera, there is but little reason for hope, but I have found successful, the administration by a tube into the stomach, several gallons of cold water in two hours.'
**BLOOD GROUPS**

There are four blood types are A, B, AB, and O. People in the A group have A antigens in their blood, people in the B group have B antigens, and people in AB have both. O denotes people who have neither A nor B antigen. There is no specific logic to the naming of the blood groups as A and B, merely convenience.

About 45% of Europeans have group O blood. Group O blood can also be given in an emergency because it does not have either the A or B antigen. Type B blood is the most common type in Asian races.

Another antigen contained in blood is called the Rhesus (Rh) factor, but not everyone has it. People who do have it (about 85% of the population) are said to be Rh positive. People who do not have it are Rh negative.

**MENOPAUSE**

Menopause (called the climacteric in the old days) has only been a fact of life for most women in the last century or two. Prior to this the majority of women did not live long enough to reach menopause, many dying from the complications of childbirth.

**PHRENOLOGY**

Phrenology is a now discredited pseudo-science which gained popularity in the 19th. century. It purported to be able to determine specific skills, character traits, psychiatric disturbances and criminal intent by the shape of the skull and bumps on its surface.

---

HISTORY NOTE: Flatulence proceeds from a neurosis of the stomach or bowels, in that the nerves of these localities are weak, disordered and not doing their work properly.
CONTRACEPTION

A very wide range of safe and effective contraceptives are available. They include:

CONTRACEPTIVE PILL - probably the safest and most effective form of reversible contraception.

MORNING-AFTER PILL - a short course of a high dose of sex hormones which must be taken within 72 hours of sexual intercourse.

MEDROXYPROGESTERONE INJECTIONS - a form of the female sex hormone progesterone is injected, causing the ovaries to stop producing eggs. One injection lasts for 12 weeks or more.

IMPLANTS - a small rod shaped, hormone containing implant inserted into the flesh on the inside of the upper arm gives protection against pregnancy for three years.

SPERMICIDES - creams, foams, gels and tablets which act to kill sperm on contact that must be inserted no more than 20 minutes before intercourse.

CONDOM - a thin rubber sheath which is placed on the penis before penetration.

DIAPHRAGM - a rubber dome with a flexible spring rim that is inserted into the vagina before intercourse. A female condom (rubber vaginal pouch) is also available.

CERVICAL CAP - a barrier method of contraception that fits tightly over the cervix.

CONTRACEPTIVE SPONGE - sponge impregnated with spermicide and inserted into the vagina before intercourse and thrown away after use.

INTRAUTERINE DEVICE - a piece of plastic shaped like a T, that may be covered by a thin coil of copper or impregnated with a hormone, and is inserted through the cervix to sit inside the uterus.

NATURAL FAMILY PLANNING - a form of periodic abstinence from sex.

TUBAL LIGATION - having the Fallopian tubes tied, clipped or blocked renders a woman permanently unable to have children.

VASECTOMY - the vas deferens (sperm tubes) of a man are cut and tied or clipped in order to prevent him from fathering children.

HISTORY NOTE: Uric acid plays a prominent part in the development of migraines, and excess is believed to give rise to an actual attack.
FAHRENHEIT

Fahrenheit is the old fashioned measure of temperature developed in Germany in the 18th. century by the physicist Daniel Fahrenheit who invented the mercury thermometer.

It has been abandoned in most of the world in favour of the Celsius scale, but is still used in the United States.

In this scale, water freezes at 32°F and boils at 212°F.

To convert Fahrenheit temperature to Celsius use the following formula:

°C = (°F - 32) x 5/9

SPLLEEN

The spleen is the largest and most sophisticated gland in the human body. It is a soft dark red organ that weighs about 100g and is roughly the same size as a clenched fist. Shaped rather like an inverted pudding bowl, it is in the abdominal cavity tucked under the lower ribs on the left side.

The spleen has three main functions:

- it filters blood, removing damaged cells and extracting and storing reusable elements such as iron from these cells.
- it stores antibodies developed by the body during an infection, so that when a similar infection occurs in the future the antibodies can be called into play quickly.
- it helps to produce from stem cells, along with bone marrow, new red and white blood cells. White cells fight infection and red cells transport oxygen.

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HISTORY NOTE: A person subject to epilepsy is often able to prevent a fit from coming on by tying a cord between the part where the preceding aura is first felt and the rest of the body.
**FUGUE**

A fugue is a psychological condition in which a person may appear and act as though conscious, but is actually not aware of their surroundings, and acts in a way that may not fit with their normal personality. The person has no memory of their acts while in the fugue state. It may be associated with some unusual forms of epilepsy or psychiatric disorders.

**VIAGRA**

Better known by its brand name of Viagra, sildenafil is a medication used for the treatment of impotence (inability to obtain erection of the penis). After the medication is taken, it may take one to four hours to be effective, and its effect may last up to 12 hours. An erection does not occur just because the tablet is taken, sexual stimulation is also necessary.

It must never be taken by patients with heart disease or angina, while taking nitrate drugs (e.g., glyceryl trinitrate) used for angina, or in patients with liver disease, high or low blood pressure or with a history of a recent stroke. Side effects may include headache, flushing, blue haze in vision and indigestion.

**GINGER**

Ginger is a herbal remedy that is used orally to prevent nausea and vomiting, and may be useful for morning sickness. Clinical trials show some positive effects. Its main adverse effect is heartburn, and it may interact with anticoagulant medications used to treat blood clotting disorders.

**SMOKING EFFECTS**

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**HISTORY NOTE:** In some particular forms of disease in infants, champagne will prove itself to be of the greatest possible value. It is most efficacious when given ice cold in cases of obstinate vomiting.
Smoking is known to increase the incidence of a wide range of medical problems including:

- lung cancer
- heart attacks
- angina
- emphysema
- chronic bronchitis
- asthma
- cancer of the cervix
- depression
- strokes
- high blood pressure
- bladder cancer
- throat cancer
- tongue cancer
- oesophageal cancer
- kidney cancer
- pancreatic cancer
- small and sicker babies of pregnant women
- sinusitis

- viral and bacterial infections of the throat and lungs (eg. influenza, tonsillitis)
- poor circulation to feet and hands (Buerger’s disease)
- pneumothorax
- mouth ulcers
- peptic ulcers
- reflux oesophagitis
- suicide.

It also alters the actions of many medications from beta blockers to asthma inhalers. Many of the effects above may also affect passive smokers.

HISTORY NOTE: It is considered that the regular monthly discharge of blood, occurring in women, wards off gout in the fairer gender.
**SUICIDE**

Suicide is eighth in importance as a cause of all deaths in western countries, but in young adults it is far higher in the rankings. Twice as many women as men attempt suicide, but men are three times more successful and are more likely to use violent means (e.g., gun, jumping).

Those who live alone and who have poor general health are also at a higher risk.

**ANABOLIC STEROIDS**

Anabolic steroids are drugs that build up body tissue. They are used illegally by athletes and body builders to increase muscle mass, and are available as tablets and injections.

There are many serious side effects and problems associated with their long-term use, including liver disease and damage, the development of male characteristics and cessation of periods in women, stunting of growth and early onset of puberty in children, swelling of tissue, water retention, infertility, personality disorders and voice changes. Other side effects may include excessive hairiness, and acne. In medicine they are used to treat short stature in boys, osteoporosis in women, aplastic anaemia, blood diseases and some types of cancer.

Examples of these medications include ethenolone (Primobolan) and nandrolone (Deca-Durabolin).

**BODY MASS INDEX**

The body mass index (BMI) is a guide to obesity that is simple to apply, but

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*HISTORY NOTE: It is a well ascertained fact that diabetes is far more common amongst educated people than amongst those whose mental powers are not so developed.*
Carter’s Medical Miscellany

does not take account of body shape, muscle bulk and fitness. Most elite athletes, particularly those in strength sports such as wrestling and throwing, have a very high BMI.

The BMI is calculated by the formula:-

\[ \text{BMI} = \frac{\text{Weight in kilograms}}{\text{height in metres squared}} \]

A person weighing 70 Kg. and with a height of 1.7 metres would have a BMI of:-

\[ \frac{70}{1.7^2} = 24.3 \]

which is satisfactory. With a weight of 80 Kg., the same person has a much higher BMI thus:-

\[ \frac{80}{1.7^2} = 27.7 \]

which is overweight.

BMI ranges and their interpretations are:-

- Under 20: Underweight
- 20-25: Healthy weight
- 25-29: Overweight
- 29-35: Obese
- Over 35: Severe obesity.

**FAMILIAL**

A familial condition is an inherited one that tends to run in a family from one generation to the next, but may skip a generation or become apparent in cousins or other relatives.

**PENIS SIZE**

A lot of rubbish is spoken of about penis size in locker rooms and other areas.

---

HISTORY NOTE: Dissolve half a glass of isinglass in a pint of water, add half an ounce of sugar and half a pint of really good port wine. This will form a jelly ideal for inflammation of the throat.
where men congregate, but the average male erect penis measured along the top is 12.9cm. in length, and 90% of men have an erect penis that is between 9cm. and 17cm. in length. The other 10% are evenly divided between longer and shorter. The longest medically recorded erect penis was 32cm.

**SPLINTER**

To remove a splinter:-

- sterilise a pair of tweezers by passing the ends through a flame or by boiling them in water for 10 minutes
- wash the area around the splinter thoroughly with antiseptic lotion and wash away from the wound so that dirt is not carried into it, then dry gently
- pull the splinter out with the tweezers
- wash the wound with a mild antiseptic again and cover with a dressing.

**GINKGO BILOBA**

Ginkgo biloba is a herbal remedy that is used orally for dementia, poor memory, tinnitus (ringing in the ears) and poor circulation. Some clinical trials show limited effectiveness for these conditions. It should not be used in pregnancy or if trying to become pregnant, and used with caution in high blood pressure.

Its main adverse effects are nausea, dizziness, palpitations and headache, and it may increase the effects of anticoagulant medications used to treat blood clotting disorders. Muscle spasms and cramps, weakness and incoordination may occur with overdosage.

**HORMONES**

· HISTORY NOTE: Those who are liable to bleeding piles should avoid heating themselves with strong drink, nor must they fall into violent passions, either of love or anger.
There are more than a score of hormones in the body, many of which are composed of several subtypes, but the most common are shown in the following table.

<table>
<thead>
<tr>
<th>Hormone</th>
<th>Source</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenocorticotrophic</td>
<td>Pituitary gland</td>
<td>Controls level of steroid production by the adrenal glands.</td>
</tr>
<tr>
<td>Antidiuretic (vasopressin)</td>
<td>Pituitary gland</td>
<td>Controls blood pressure, contraction of intestine, contraction of uterus and urine production.</td>
</tr>
<tr>
<td>Calcitonin</td>
<td>Thyroid gland</td>
<td>Balances parathormone to control calcium and phosphate levels.</td>
</tr>
<tr>
<td>Follicle stimulating</td>
<td>Pituitary gland</td>
<td>Controls sperm production in males and egg (FSH) (ova) production in females.</td>
</tr>
<tr>
<td>Gastrin</td>
<td>Stomach</td>
<td>Stimulates production of hydrochloric acid in the stomach.</td>
</tr>
<tr>
<td>Glucagon</td>
<td>Pancreas</td>
<td>Controls release of glucose into the blood from the liver.</td>
</tr>
<tr>
<td>Glucocorticoid (steroids)</td>
<td>Adrenal glands</td>
<td>Regulate carbohydrate, fat and protein levels in the body, affect muscle tone, aid in blood pressure control, stimulate healing, reduce inflammation and allergy responses, and shrink lymphatic tissue. Includes cortisol, cortisone and corticosteroids.</td>
</tr>
<tr>
<td>Insulin</td>
<td>Pancreas</td>
<td>Controls glucose levels in cells and blood.</td>
</tr>
<tr>
<td>Luteinising (LH)</td>
<td>Pituitary gland</td>
<td>Controls ovulation and menstruation in female and testosterone production in males.</td>
</tr>
<tr>
<td>Oestrogen</td>
<td>Ovaries</td>
<td>Causes female sexual features to develop and controls menstruation.</td>
</tr>
</tbody>
</table>

HISTORY NOTE: Chronic constipation may be relieved by securing one pole of a galvanic battery to the nape of the neck, and the other to the lower part of the abdomen, and applying several shocks.
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<table>
<thead>
<tr>
<th>Hormone</th>
<th>Source</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parathormone</td>
<td>Parathyroids</td>
<td>Controls balance of calcium and phosphate in blood and bones.</td>
</tr>
<tr>
<td>Placental lactogen</td>
<td>Placenta</td>
<td>Controls supply of nutrition to the foetus.</td>
</tr>
<tr>
<td>Progesterone</td>
<td>Ovary, placenta</td>
<td>Controls lining of uterus (endometrium).</td>
</tr>
<tr>
<td>Prolactin</td>
<td>Pituitary gland</td>
<td>Controls milk production in the breasts.</td>
</tr>
<tr>
<td>Somatostatin</td>
<td>Pancreas,</td>
<td>Controls growth hormone, thyroxine, insulin pituitary and gastrin production.</td>
</tr>
<tr>
<td>Testosterone</td>
<td>Testes</td>
<td>Causes male sexual features to develop.</td>
</tr>
<tr>
<td>Thyroxine</td>
<td>Thyroid gland</td>
<td>Controls the metabolic rate of the body.</td>
</tr>
<tr>
<td>Thyroid stimulating (TSH)</td>
<td>Pituitary gland</td>
<td>Controls the function of the thyroid gland.</td>
</tr>
</tbody>
</table>

### ANIMAL BITE

Bites by any animal, be they dog, cat, horse, human or even a lizard, are extremely likely to be followed by infection, and it is important to take steps to prevent this. First-aid measures consist of thoroughly washing the wound with soap, followed by antiseptic solution or cream, and then covering it with a clean dressing. Check for signs of infection for the first 24-48 hours. Most animal bites should be treated with antibiotics, and if there has been any significant breakage of the skin, a doctor should be consulted.

### HORSE CHESTNUT

The horse chestnut is a herbal remedy that is used orally to treat poor circulation in veins and varicose veins. Clinical trials show some effectiveness for these conditions. Its main adverse effects are nausea and stomach discomfort.

### SPRAIN FIRST AID

- HISTORY NOTE: Premature decay in young married women may be prevented by dosing with a medicine containing cod liver oil and iodine of iron.
The first aid of a sprain involves the RICE principles: -

- Rest - place the victim in a comfortable position (if possible with the injured limb supported with pillows) and advise them to stay quietly
- Ice - apply cold packs (with the ice in damp material so that it does not come in direct contact with the skin)
- Compression - apply a firm bandage to the injured part
- Elevation - if possible, elevate the injured limb to reduce pressure and swelling using pillows or a sling.

**BOTULISM**

Botulism is an extremely severe form of food poisoning. Home-preserved fruits and vegetables, and very rarely commercially canned foods, may be responsible for harbouring the bacterium *Clostridium botulinum* which is capable of producing an extremely potent poison (toxin) that attacks the nervous system.

Twelve to 36 hours after eating inadequately preserved food, the patient develops double vision, difficulty in swallowing and talking, a dry mouth, nausea and vomiting. The muscles become weak, and breathing becomes steadily more difficult.

Death occurs in about 70% of patients unless adequate medical treatment in a major hospital is readily available. In the best circumstances, up to 25% of patients will still die.

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HISTORY NOTE: Dropsy (congestive heart failure) is a dire calamity that befalls ancient people sometimes by means of natural decay; and sometimes, those that are young, when they have made too bold with their constitution.
CRANIAL NERVES

Twelve nerves on each side run out from the brain through holes in the skull to supply the body directly rather than via the spinal cord. These cranial nerves are all known by both their name and number, as listed in the table below.

<table>
<thead>
<tr>
<th>No.</th>
<th>NAME</th>
<th>FUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Olfactory</td>
<td>Smell.</td>
</tr>
<tr>
<td>2</td>
<td>Optic</td>
<td>Sight.</td>
</tr>
<tr>
<td>3</td>
<td>Oculomotor</td>
<td>Eye movement.</td>
</tr>
<tr>
<td>4</td>
<td>Trochlear</td>
<td>Pupil size, downwards eye movement.</td>
</tr>
<tr>
<td>5</td>
<td>Trigeminal</td>
<td>Head sensation, jaw movement.</td>
</tr>
<tr>
<td>6</td>
<td>Abducent</td>
<td>Outwards eye movement.</td>
</tr>
<tr>
<td>7</td>
<td>Facial</td>
<td>Face movement, taste, tear and saliva secretion.</td>
</tr>
<tr>
<td>8</td>
<td>Vestibulocochlear</td>
<td>Hearing, balance.</td>
</tr>
<tr>
<td>9</td>
<td>Glossopharyngeal</td>
<td>Taste; tongue, ear and pharynx sensation; pharynx movement.</td>
</tr>
<tr>
<td>10</td>
<td>Vagus</td>
<td>Gut movement and sensation, taste, external ear sensation.</td>
</tr>
<tr>
<td>11</td>
<td>Accessory</td>
<td>Movement of pharynx, larynx, head, shoulder and gut.</td>
</tr>
<tr>
<td>12</td>
<td>Hypoglossal</td>
<td>Tongue movement.</td>
</tr>
</tbody>
</table>

PICKWICKIAN SYNDROME

The Pickwickian syndrome is named after the extraordinarily obese Dickens character, and is a complication of being seriously obese that usually occurs in women. Patients have significant shortness of breath, gross obesity, tiredness, blue skin (cyanosis), shallow breathing, cor pulmonale, high blood pressure (hypertension) and heart failure.

HISTORY NOTE: TYPHOID FEVER
Treatment - Dose liberally with brandy and administer a bran bath every second day.
Bran Bath - Boil a bushel of bran, drain away water, spread on a sheet, lay patient naked in bran, sew up with another sheet, cover with blankets.
SEX IN PREGNANCY

Unless a doctor has recommended otherwise (eg. for a threatened miscarriage), it is perfectly safe to engage in sex during pregnancy if both partners desire it. Some women find that their sex drive decreases at certain stages of pregnancy, while other women are the opposite. A man may also be affected, being more attracted to his pregnant wife, or deterred by the new life within her. As a general rule, the foetus will not be affected by intercourse. In the last couple of months, only certain positions will be comfortable for the woman (eg. woman sits atop lying man).

GINSENG

Ginseng is a herbal remedy that is used orally as a brain tonic and to treat adult onset diabetes and Herpes simplex infections. Clinical trials show no effectiveness for these conditions. Its main adverse effects are sleeplessness, nausea, diarrhoea, abnormal vaginal bleeding, breast tenderness, headaches, and manic mood. It may interact with insulin, aspirin, frusemide, antidepressants, and anticoagulant medications used to treat blood clotting disorders. High blood pressure, insomnia, increased muscle tone, fluid retention and tissue swelling occur with overdosage.

ADVERTISING

Never, never, never see a doctor or lawyer who advertises!

HISTORY NOTE: To obtain recovery in cases of cancer, aconite (a potent poison) is recommended for persons of sanguine temperament; arsenic is better for bilious or melancholic temperament; and graphite for those of lean habit.
**HEROIN ADDICTION TREATMENT**

The treatment options available for heroin or other narcotic addiction are:-

- Gradual withdrawal while receiving counselling and medical support.
- Immediate drug withdrawal (“cold turkey”) while hospitalised in a specialised unit, sometimes combined with other drugs that are used temporarily to reduce the symptoms associated with the drug withdrawal.
- Substitution of heroin with a prescribed medication (eg. methadone) on a medium to long-term basis before it is slowly withdrawn.
- Naltrexone may be used to flush heroin from the body, and relieve the addiction, within a few days, a process that must be undertaken under strict supervision in a specialised clinic. Naltrexone may also be used long term to reduce the desire for heroin.
- Halfway houses that remove the patient from the environment in which drug taking is encouraged.
- Individual or group psychotherapy.
- Education of intravenous drug users of the dangers associated with their habit (eg. the development of AIDS or hepatitis B).

**FENUGREEK**

Fenugreek (trigonella) is a herb that may be used for poor appetite and skin inflammation. It is available as capsules, and as a powder for tea preparation. It should not be used in pregnancy or while breast feeding. Skin sensitisation is the only side effect, but it interacts with hypoglycaemics (used to treat diabetes). It is not used in orthodox medicine.

**HISTORY NOTE:** For a woman to escape the vapours, she must suffer none of the idle disturbances or disappointments of an empty world to prey upon her mind or ruffle her sweet temper. Let her use just exercise enough to give a gentle spring to her spirits without wasting them.
ANTIBIOTICS

Antibiotics are only effective against bacteria, and not against viral infections. Most of the infections seen by a general practitioner are caused by viruses, and there is no need for antibiotics in these cases. Antibiotics are used by doctors in several situations:

- If the infection appears to be bacterial, the appropriate antibiotic will be selected to cure it. Samples or swabs may be taken so that the infecting bacteria and the correct antibiotic to kill it can be identified in a laboratory.

- If the problem is not clear-cut, or if there is some doubt as to the cause of a problem, an antibiotic may be prescribed to cover one of the possibilities. This may be the case with a severely sore throat.

- If a person has reduced immunity, is elderly, frail, liable to recurrent infections or due for an operation, an antibiotic may be used to prevent a bacterial infection. Women with recurrent bladder infections are one example.

STEM CELLS

A stem cell is the most basic type of cell, and as well as reproducing itself, it may develop into any of the more than 200 different types of cell found in the human body. If correctly stimulated or placed amongst other cells, a stem cell may develop into a bone cell, gut cell or nerve cell. Stem cells are found in the human embryo, in the umbilical cord and in the spleen and bone marrow of both children and adults. The more primitive the stem cell, the more potential diversity it possesses, so embryonic stem cells are far more useful than those from the umbilical cord and bone marrow.

HISTORY NOTE: If one should have the misfortune to be bit by a snake, let him kill the viper immediately, and apply its fat to the wound. This will sheath the poison, and give time for other remedies to expel it out of the blood.
NICOTINE

Nicotine is a highly addictive toxic alkaloid (chemical) found in tobacco. It stimulates the pleasure centres in the brain, but tolerance develops so that a greater dosage (ie. more smoking) is necessary to obtain the same effect. Withdrawal causes anxiety, cravings, anger, frustration, inability to concentrate, increased appetite and irritability. Nicotine also causes effects on the heart (increased blood pressure and pulse rate), increases blood sugar and has numerous other biological and physiological effects on almost every organ.

SMEGMA

Smegma is the natural lubricant found under the foreskin of males that enables the foreskin to slide back and forward across the head of the penis. It may appear as a white discharge similar to milk curds if present in excess, particularly in uncircumcised boys and men who have a narrow opening to the foreskin. It is not necessary to clean smegma away, and excessive cleaning under the foreskin may cause soreness and dryness due to a lack of smegma.

PARURESIS

Also known as shy bladder syndrome or bashful bladder syndrome, paruresis is the fear of passing urine in a public toilet. It affects about 7% of the population, and may be a fear of keeping others waiting, fear of enclosed spaces, others hearing the splash of urine, or (for a man) of being watched while urinating in a public urinal. Some sufferers are unable to urinate anywhere except their own home toilet.

HISTORY NOTE: In case a film should grow over the sight of the eye, you may take it off by drying human dung in the sun, and having reduced it to a very fine powder, blow it thro’ a quill two times a day into the eye.
STOCKHOLM SYNDROME

In 1973, four hostages were taken in a bank robbery in Stockholm, Sweden. Six days later, when they were released from captivity, they resisted rescue. Later they refused to testify against their captors and raised money for their defence. This strange behaviour has been seen in other similar circumstances, and has been named Stockholm syndrome after this first reported case.

A similar well publicised case occurred in the United States. Patty Hearst was kidnapped and tortured by the Symbionese Liberation Army. She later took up arms and joined their cause, helping them rob banks.

The Stockholm syndrome occurs when a captive cannot escape, is isolated and threatened with death, but is shown token acts of kindness by the captor. It typically takes four or five days for the psychological shift to take hold. Captives develop a strategy of trying to keep their captor happy in order to stay alive. This becomes an obsession as the captor identifies with the likes and dislikes of the captor. This affects their psyche in a way that they come to sympathise with their tormenter.

The syndrome can also be used to understand the behaviour of battered wives, members of religious cults, and victims of other forms of torture and abuse.

HAEMATOMA AURIS

Haematoma auris is the medical term used to describe a cauliflower ear (persistently swollen ear due to bruising).

HISTORY NOTE: As a remedy for many nervous diseases and for pain, the galvanic battery has come into quite general use. It is a clean, convenient and safe remedy. It is also economic, for the cost of an electrical machine is within the means of most every one, and it can be self operated.
BRAND NAMES
The terminology of medications can be confusing. Every medication has at least three names - a chemical name which is used only by scientists, a generic (common) name which is specific to that medication, and a brand (or trade) name (or several brand names) which is given to the medication by the various manufacturers. For example:-

Chemical name: Acetyl salicylic acid
Generic name: Aspirin
Brand names: Aspro, Astrix, Cartia, Disprin etc.

BAD BREATH
Bad breath (halitosis), and its social implications, may be a major problem to a patient. The causes may include:-

- smoking
- poor dental health
- sinusitis
- infections of the nose
  - tonsillitis
  - bronchitis
- fad diets that have excess protein and not enough carbohydrates
  - alcoholism
  - liver failure
  - hepatitis
  - diabetes
- some types of cancer
- dehydration
- medications used to treat angina, some tranquillisers, lithium (used in psychiatry), griseofulvin (for fungal infections), penicillamine (rheumatoid arthritis) and fluid tablets.

HISTORY NOTE: Cigarettes give immediate relief in cases of Hay Fever, Chronic Bronchitis, Influenza, Cough and Shortness of Breath, and their daily use affects a complete cure.
**CYANIDE**

Correctly called hydrocyanic acid, cyanide is a potent poison that can be inhaled or swallowed. It has rapid toxic effects on many tissues in the body, causing them to fail due to an inability to process essential oxygen. It is found naturally in numerous seeds including cherry, plum, peach, pear and apricot. Lethal dose depends on form, but is about 250mg. of sodium cyanide.

The symptoms of poisoning include headache, fainting, dizziness, anxiety, rapid heart rate, burning in the mouth and throat, shortness of breath, high blood pressure, nausea, vomiting, bitter almond breath, coma, convulsions and finally death.

**FERTILE TIME**

The day a woman starts bleeding with her period is day one. A woman ovulates 14 days BEFORE her next period. If she has a 28 day cycle, she will ovulate on day 14, but if the cycle is 35 days, she will ovulate on day 21, and with a 24 day cycle, ovulation is on day 10.

If the cycle is regular, it is easy to work out the day of ovulation, but if the cycle is irregular, it can be much harder.

Other clues to ovulation are are rise in the basic temperature and a change in the vaginal mucus.

A woman is fertile from two days before ovulation (the sperm can survive this long in her body after sex) to 4 days after ovulation. With a regular 28 day cycle she is therefore fertile from days 12 to 18.

---

HISTORY NOTE: Women with immoderate flowing of their courses (menorrhagia) should rectally inject the decoction of comfry leaves, should govern their passions if they can; nor must their tongue be allowed to have too much motion.
**FUNGI**

Common fungi, and the diseases they cause or the tissues they attack, include:

<table>
<thead>
<tr>
<th>FUNGUS</th>
<th>TYPE OR PLACE OF INFECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspergillus</td>
<td>Lungs, brain</td>
</tr>
<tr>
<td>Blastocystis hominis</td>
<td>Lungs</td>
</tr>
<tr>
<td>Blastomycoses dermatitidis</td>
<td>Lungs, skin</td>
</tr>
<tr>
<td>Candida albicans</td>
<td>Mouth, vagina, penis (thrush)</td>
</tr>
<tr>
<td>Coccidioides immitis</td>
<td>Lungs</td>
</tr>
<tr>
<td>Histoplasma capsulatum</td>
<td>Lungs</td>
</tr>
<tr>
<td>Microsporum audouinii</td>
<td>Scalp (cradle cap), nails.</td>
</tr>
<tr>
<td>Pityrosporum orbiculare</td>
<td>Skin (tinea versicolor)</td>
</tr>
<tr>
<td>Pneumocystis carinii</td>
<td>Lungs (usually in AIDS patients)</td>
</tr>
<tr>
<td>Trichophyton mentagrophytes</td>
<td>Feet (athlete’s foot), nails.</td>
</tr>
<tr>
<td>Trichophyton rubrum</td>
<td>Skin, nails</td>
</tr>
<tr>
<td>Trichophyton tonsurans</td>
<td>Scalp</td>
</tr>
</tbody>
</table>

**PRIAPISM**

Priapism is an abnormally in which the penis remains persistently, inappropriately and painfully erect for a long period of time. There are multiple possible causes including spinal cord injury, bladder stones, blood diseases (eg. leukaemia in children), stroke, uncontrolled diabetes, some forms of widespread cancer, injury to the penis, excess dose of alprostadil (Caverject, Muse), illegal drugs (eg. cocaine, marijuana) and prescription drugs (eg. prazosin, heparin). It rarely occurs a result of excessive sexual stimulation. Treatment involves warm packs, pseudoephedrine (Sudafed) tablets, and syringes to draw excess blood from the penis.

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HISTORY NOTE: Exposure of the body for long periods to the heat of the sun is apt to result in more or less serious disturbances, such as congestions, brain haemorrhages, meningitis etc.
X-RAYS

Large doses of X-rays can destroy tissues. This means that they are sometimes used in a therapeutic way to destroy abnormal tissue, but it also means that X-rays should not be given unnecessarily, and these days their use as a diagnostic tool is kept to a minimum.

Examples of the amount of radiation resulting from various activities and x-rays are:-

- plain chest X-ray = 0.04 mSv
- seven hour air flight = 0.05 mSv
- smoking 100 cigarettes = 1 mSv
- thyroid isotope scan = 2 mSv
- abdominal series of X-rays = 3 mSv
- barium swallow x-ray = 4 mSv
- lumbar spine X-ray = 4.8 mSv
- abdominal CT scan = 16 mSv
- living 20km. from Chernobyl for one year = 10 mSv

Radiation is measured in milliSievert (mSv).

PREGNANCY DATES

The date a pregnant woman is due to deliver (estimated date of confinement - EDC) can be calculated in the following way. Add 7 days to the day the woman's last period started, and 9 months to the month of her last period. For example, if the last period started on 5 January 2003, she will be due to deliver on 12 October 2003.

A pregnancy lasts 40 weeks (280 days) from the beginning of the woman's last period, but only 38 weeks from conception, because she ovulates two weeks after her period starts.

HISTORY NOTE: If difficulty is encountered in fastening leeches to a patient, moisten the part with milk or a little blood.
GLANDS

A gland is an organ or group of cells that secretes (produces) various substances used in keeping the body functioning. Some glands have ducts to carry their secretions to various parts of the body, and these are called exocrine glands. Some of the dozens of exocrine glands include the:

- liver which produces bile
- mammary glands (breasts) which produce milk
- sweat glands
- sebaceous (oil) glands in the skin
- lacrimal glands (above the outer corner of the eyes) which produce tears
- salivary glands (produce saliva) in the mouth
- Meibomian glands in the eyelids (lubricate eyelashes)
- Bartholin glands in the vulva (lubricate the vagina)
- prostate gland (produces part of the semen)
- apocrine glands in the armpit and groin (produce thick sweat and pheromones - sexual stimulants)
- areolar glands in the nipple (lubricate the nipple in breast feeding)

and numerous other glands within the intestine and other organs of the body.

HERMAPHRODITE

A hermaphrodite is a person who has characteristics of both male and female sexuality. They may have both testes and ovaries, as well as some development of vagina, penis and breasts. Most cases are not true hermaphrodites (both testes and ovaries present) but are pseudo-hermaphrodites in that they appear to have dual sexuality but on closer examination one sex predominates.

VITAMINS

HISTORY NOTE: Extract from an 1891 book on women’s health with reference to menopause:

“The perturbations in the general system which occur at this time are of a character so profound as to be wholly inexplicable.”
Vitamins are a group of totally unrelated chemicals that have only one thing in common - they are essential (usually in tiny amounts) for the normal functioning of the body. All vitamins have been given letter codes, sometimes with an additional number to differentiate vitamins within a group. The missing letters and numbers in the series are due to substances initially having been identified as vitamins but later being found to lack the essentials for the classification.

There is no evidence that vitamin supplements benefit anyone on a normal diet and in good health.

**ANTIOXIDANTS**

Antioxidants are chemicals that prevent the addition of an oxygen atom (oxygenation) to an existing molecule or element.

Adding oxygen to a fat molecule makes the fat rancid. The presence of natural antioxidants in wine and chocolate (the latter having a lot of fat) prevents them from going off, and in particular, allows chocolate to remain fresh for years without refrigeration or special storage.

Antioxidants are found naturally in red wine, chocolate, tea (particularly green tea), fruit (eg. apples, blackcurrants), vegetables (eg. onions). Vitamins C and E are antioxidants, and so foods high in these vitamins have a significant antioxidant effect.

By interacting with, and neutralising free radicals in the body, antioxidants are able to give some protection against heart disease and cancer, and may slow ageing to some extent.

**STRAPPING**

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HISTORY NOTE: Typhus fever is excited by an unknown poison which is capable of being carried in the clothes. Bad food, impure air and overcrowding are predisposing factors.
The best bandage to strap an injured joint is an elasticised rolled bandage. Ideally, the size of the bandage should be related to the size of the injured limb, e.g. finger bandages should be small and body bandages should be wide.

To strap an injured joint:
- place the joint in the position in which it is to remain
- stand or sit opposite the victim, supporting the injury while bandaging
- hold the roll in one hand and apply the outer surface on the bandage to the injured area, unrolling a few centimetres at a time
- start about two or three bandage turns above the injury and bandage outwards from the victim's body, maintaining an even pressure. Finish two or three turns below the injury, overlapping each turn for maximum support. The bandage should be firm but not so tight that it will impede circulation.
- cut the end, tuck it in and pin, or cut the end in two strips and tie a reef knot.

**BRUXISM**

Bruxism is the abnormal and excessive grinding of teeth. It is commonly a sign of stress or tension, may be a nervous habit, or during sleep can occur with nightmares. It is very common in patients with mental retardation.

**PRIMUM NON NOCERE**

"Primum non nocere" means "first do no harm" in Latin, one of the prime tenets of medical practice. This phrase may be used by doctors as a gentle warning to each other when considering a treatment, procedure or investigation that has significant risks or side-effects.

**de CLERAMBAULT SYNDROME**

Also known as erotomania, de Clerambault syndrome takes the form of a fixed

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'HISTORY NOTE: If menstruation is suppressed, leeches should be applied to the vaginal lips, pubis or inguinal regions, and the frequent use of hot pediluvia recommended.'
single minded psychiatric delusion. Patients usually have an inadequate dependent personality, often after a period of real dependency on a person (e.g. doctor during pregnancy and labour). They have a fixed delusional conviction that another is in love with them despite minimal contact. The majority of patients are female and may persecute or stalk the victim, who is often a doctor, film star, sportsman or other famous person.

**ENDOCRINE GLANDS**

Glands without ducts are called endocrine glands and secrete hormones (chemical messengers) directly into the bloodstream. Some glands are large organs such as the liver, pancreas and kidneys, but more commonly they are very tiny. The endocrine glands are important in the functioning of the body. Endocrine glands generally work in conjunction with one another, so that the release of a hormone in one gland will influence the operation of a different gland. Among other things they influence growth, metabolism (rate at which body functions) and sexual development. The other endocrine glands are the:-

- pituitary gland at the base of the brain.
- pineal gland in the centre of the brain
- thyroid gland in the front of the neck
- parathyroid glands, four of which lie behind the thyroid gland
- adrenal glands on top of the kidneys
- islets of Langerhans in the pancreas, under the stomach
- thymus in the lower neck
- ovaries in women and the testes in men.

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**HISTORY NOTE:** Dropsy (heart failure) is a morbid collection of fluid in one or more of the serous cavities within the body or in the areolar tissue beneath the skin and in other situations. Great relief is sometimes obtained by multiple minute punctures of the lower limbs, through which the fluid drains in abundance.
FOETUS
A baby in a mother’s womb is called a foetus after three months of pregnancy, and appears like a perfectly formed but tiny baby. Before this it is referred to as an embryo.

HEMLOCK
Hemlock is a poison derived from large herbiferous plants of the genera Conium. The poison is actually the alkaloid chemically known as coniine. It causes vomiting and paralysis of muscles, including those responsible for breathing, and thus death.

ANUS
The anus has been described by some pundits as one of the smartest parts of the body, because what other structure could let gas out below while retaining solids and liquids above?

WART
A wart is an unsightly, hard, rough, raised growth on the skin caused by a very slow-growing virus (papillomavirus), which take months or years to cause a wart. Only about a quarter of the population is susceptible to the wart virus, the rest have natural immunity.

HISTORY NOTE: Dr. Marie Stopes (1880-1958) was a leading advocate of birth control in the United Kingdom, and opened the first family planning clinic in Europe in London in 1921. Her book on contraception, first published in 1923, was still in print 40 years later, and educated millions of women around the world on ways in which to limit their families with the technologies of the time.
**BUERGER’S DISEASE**

Also known as smoker’s foot, and technically known as thromboangiitis obliterans, Buerger’s disease occurs only in smokers, and nearly always in men. Abnormal blood clot formation associated with inflammation and obliteration of arteries results in the progressive loss of fingers, toes, then arms and legs.

**DELIRIUM TREMENS**

Delirium tremens (the DT’s) is a complication of alcoholism that occurs when an alcoholic is deprived of alcohol. Symptoms may start within 24 to 72 hours and include mental confusion, tremor, hallucinations, excessive sensitivity to all sensations, body chemistry disturbances, sweating, occasionally seizures and rarely death.

**PRION**

Prions are recently discovered infective agents that are smaller and more basic than viruses. Prions are complex protein particles that are able to replicate themselves, but are not destroyed by normal cooking, stomach acid or antiseptics. A small number of diseases are known to be caused by prions including Creutzfeldt-Jakob disease (CJD), Kuru and Gerstmann-Straussler-Scheinker syndrome, but many more ailments whose cause is as yet unknown may eventually be found to be caused by prions.

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**HISTORY NOTE** : Critique of a 1783 home medical guide:
“The most numerous members of the profession have not failed to prevent both the book and its author from revealing details of the art and practice of medicine.”
FOOD ADDITIVES:

Rather than list the rather confusing (and daunting) chemical names of food additives, an international numbering code has been adopted so that a particular three or four digit number represents the appropriate additive. Additives may be used to enhance colour, flavour or shelf life, prevent foaming, emulsify, thicken or stabilise different foods. This enables those who are allergic to, or react to a chemical, to avoid it. Hundreds of chemicals have been assigned numbers, and only a very few will be listed here.

<table>
<thead>
<tr>
<th>NUMBER</th>
<th>CHEMICAL</th>
<th>USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>140</td>
<td>Chlorophyll</td>
<td>colouring</td>
</tr>
<tr>
<td>160b</td>
<td>Annatto extracts</td>
<td>colouring</td>
</tr>
<tr>
<td>200</td>
<td>Sorbic acid</td>
<td>preservative</td>
</tr>
<tr>
<td>202</td>
<td>Potassium sorbate</td>
<td>preservative</td>
</tr>
<tr>
<td>234</td>
<td>Nisin</td>
<td>preservative</td>
</tr>
<tr>
<td>260</td>
<td>Acetic acid</td>
<td>food acid</td>
</tr>
<tr>
<td>270</td>
<td>Lactic acid</td>
<td>food acid</td>
</tr>
<tr>
<td>304</td>
<td>Ascorbyl palmitate</td>
<td>antioxidant</td>
</tr>
<tr>
<td>306</td>
<td>Tocopherols</td>
<td>antioxidant</td>
</tr>
<tr>
<td>320</td>
<td>Butylated hydroxyanisole</td>
<td>antioxidant</td>
</tr>
<tr>
<td>330</td>
<td>Citric acid</td>
<td>food acid</td>
</tr>
<tr>
<td>339</td>
<td>Sodium phosphate</td>
<td>mineral salt</td>
</tr>
<tr>
<td>410</td>
<td>Locust bean gum</td>
<td>thickener</td>
</tr>
<tr>
<td>412</td>
<td>Guar gum</td>
<td>thickener</td>
</tr>
<tr>
<td>415</td>
<td>Xanthan gum</td>
<td>thickener</td>
</tr>
<tr>
<td>440</td>
<td>Pectin</td>
<td>gum</td>
</tr>
<tr>
<td>466</td>
<td>Sodium carboxymethylcellulose</td>
<td>thickener</td>
</tr>
<tr>
<td>471</td>
<td>Mono- and di-glycerides of fatty acids</td>
<td>emulsifier</td>
</tr>
<tr>
<td>472c</td>
<td>Citric and fatty acid esters of glycerol</td>
<td>emulsifier</td>
</tr>
<tr>
<td>477</td>
<td>Propylene glycol esters</td>
<td>emulsifier</td>
</tr>
<tr>
<td>500</td>
<td>Sodium (bi) carbonate</td>
<td>mineral salt</td>
</tr>
<tr>
<td>503</td>
<td>Ammonium (bi) carbonate</td>
<td>mineral salt</td>
</tr>
<tr>
<td>509</td>
<td>Calcium chloride</td>
<td>mineral salt</td>
</tr>
<tr>
<td>635</td>
<td>Disodium 5-ribonucleotides</td>
<td>flavour enhancer</td>
</tr>
</tbody>
</table>

HISTORY NOTE: A delicate female, bought up within doors, an utter stranger to exercise and open air, who lives on tea, may bring a child into the world, but it will hardly be fit to live. The first blast of disease will rip the tender plant in the bud, or it will be unable to perform the common functions of life, and prove a burden to society. (1797).
STRETCH MARKS

Stretch marks (striae) are the curse of pregnant women, when they develop on their belly and breasts, and overweight people whose stretch marks persist after they have lost weight. The tendency to develop striae is one that may be inherited.

They are caused by a break down and stretching of the elastic fibres in the skin by changes in the body’s hormone levels as well as direct stretching of the skin. Once they form they usually remain permanently unless removed by plastic surgery or reduced by creams containing retinoic acids.

LOVE

Medically love is an emotion emanating from the frontal lobes of the brain that increases the desire of one person for another, and is associated with caring, pleasure, attachment and a feeling of well-being in the presence of the other person.

40

The number 40 is used as an abbreviation for the number of weeks a pregnancy has progressed. The notation 15/40 in a doctor’s notes would indicate a pregnancy that has progressed to the 15 week stage. A normal pregnancy lasts about 40 weeks from the day the last menstrual period commenced.

HISTORY NOTE: The benefits of medicine will ever be confined to those who are able to pay for them, and of course the far greater part of mankind will be everywhere deprived of them.
Glasgow Coma Scale

The depth of a patient's coma may be assessed by the Glasgow coma scale. The score is derived from the following observations and points:

<table>
<thead>
<tr>
<th>EYE OPENING (E)</th>
<th>POINT SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spontaneous opening</td>
<td>4</td>
</tr>
<tr>
<td>Open to verbal command</td>
<td>3</td>
</tr>
<tr>
<td>Open to pain</td>
<td>2</td>
</tr>
<tr>
<td>No response</td>
<td>1</td>
</tr>
</tbody>
</table>

MOTOR RESPONSES (M)

<table>
<thead>
<tr>
<th>Motor Responses (M)</th>
<th>POINT SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obey verbal command</td>
<td>6</td>
</tr>
<tr>
<td>Responds to painful stimuli by:</td>
<td></td>
</tr>
<tr>
<td>- localises pain</td>
<td>5</td>
</tr>
<tr>
<td>- withdraws from painful stimulus</td>
<td>4</td>
</tr>
<tr>
<td>- abnormal flexion</td>
<td>3</td>
</tr>
<tr>
<td>- extensor response</td>
<td>2</td>
</tr>
<tr>
<td>- no response</td>
<td>1</td>
</tr>
</tbody>
</table>

VERBAL RESPONSES (V)

<table>
<thead>
<tr>
<th>Verbal Responses (V)</th>
<th>POINT SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oriented and converses</td>
<td>5</td>
</tr>
<tr>
<td>Disoriented and converses</td>
<td>4</td>
</tr>
<tr>
<td>Inappropriate words</td>
<td>3</td>
</tr>
<tr>
<td>Incomprehensible sounds</td>
<td>2</td>
</tr>
<tr>
<td>No response</td>
<td>1</td>
</tr>
</tbody>
</table>

Coma Score = E + M + V

3 = very deeply comatose  15 = completely conscious and alert.

HISTORY NOTE: No laws will ever be able to prevent quackery. It is the ignorance and credulity of the multitude with regard to medicine which renders them such an easy prey to every charlatan. (1783)
STUTTER

Stuttering (stammering) is the involuntary repetition of a sound while trying to talk. The speaker is unable to proceed past a certain point for some seconds but eventually overcomes the barrier, and the remaining part of the phrase comes out in a rush.

The cause is unknown, but it tends to start between two and four years of age. It is more common in boys than girls, and more likely if one parent is or was a stutterer. Some experts believe that emotional insecurity, anxiety and disturbances in childhood can be a trigger, but it may be that the insecurity and anxiety is caused by the stammerer, rather than the opposite. An association between left-right confusion and stuttering has also been noted.

If the person is tense, hurried or confused, the stammer will be worse. Helping a stammerer to finish a sentence only agitates him/her more and worsens the problem with the next sentence. The consonants are the usual blocks for stammerers, and the letters “p” and “b” are the most commonly involved.

Interestingly, stammerers can usually sing without stammering, even if it is a sentence they had been totally unable to complete previously, and some patients use a singsong cadence to their speech pattern to overcome their problem.

CARBON

Humans are 18% carbon. Diamonds and soot are 100% carbon.

HISTORY NOTE: The pleurisy may be occasioned by obstructed perspiration, cold northerly winds, drinking cold liquors when the body is hot, or sleeping without doors on the damp ground.
**APGAR SCORE**

The Apgar score is a number that is given by doctors or midwives to a baby immediately after birth, and again five minutes later. The score gives a rough assessment of the baby's general health. The name is taken from Dr Virginia Apgar, an American anaesthetist, who devised the system in 1953. The score is derived by giving a value of 0, 1 or 2 to each of five variables - heart rate, breathing, muscle tone, reflexes and colour. The maximum score is 10.

<table>
<thead>
<tr>
<th>SIGN</th>
<th>0</th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Rate</td>
<td>Absent</td>
<td>Below 100</td>
<td>Above 100</td>
</tr>
<tr>
<td>Breathing</td>
<td>Absent</td>
<td>Weak</td>
<td>Good</td>
</tr>
<tr>
<td>Muscle tone</td>
<td>Limp</td>
<td>Poor</td>
<td>Good</td>
</tr>
<tr>
<td>Reflexes</td>
<td>Nil</td>
<td>Poor</td>
<td>Good</td>
</tr>
<tr>
<td>Colour</td>
<td>Blue/pale</td>
<td>Blue hands and feet</td>
<td>Pink</td>
</tr>
</tbody>
</table>

When estimated at birth, a baby is considered to be seriously distressed if the Apgar score is 5, and critical if the score is 3, when urgent resuscitation is necessary. The situation becomes critical if the score remains below 5 at five minutes after birth. A score of 7 or above is considered normal.

**CAESAREAN SECTION**

Julius Caesar was purportedly delivered from his dead mother, alive and well, after her belly was cut open immediately upon her demise, giving rise to the common name for the operative delivery of a baby. In the last 2000 years the operation has been considerably refined to the point where about a quarter of all babies are now delivered in this manner.

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*HISTORY NOTE: Those who keep most within doors are most likely to catch cold.*
**FRACTURE**

There are several different types of fracture:

- **Hair line fracture** - tiny crack part way through a bone
- **Green stick fracture** - abnormal flexion in a child’s soft bone wrinkling one surface only
- **Simple fracture** - a single break across the whole width of a bone
- **Avulsion fracture** - a small fragment of bone is pulled off at the point where a muscle, tendon or ligament attaches
- **Impacted fracture** - the forcible shortening of a bone as one fragment of bone is pushed into another
- **Comminuted fracture** - two, three or more breaks in the one bone
- **Depressed fracture** - a piece of bone (often in the skull) is pushed in below the level of the surrounding bone
- **Compound fracture** - the skin over the fracture is broken by a bone end
- **Pathological fracture** - a break in a bone bone weakened by osteoporosis, cancer or other disease.

**GLOBUS HYSTERICUS**

Globus hystericus is an intermittent spasm of the muscles in the oesophagus (gullet) that occurs in emotionally stressed people, particularly women. Patients have the sensation of a constant lump in the throat that they feel will interfere with swallowing, but usually does not. All investigations of the oesophagus and throat are normal.

The condition usually settles after some months in most patients with time and reassurance, but sometimes anti-anxiety medication is necessary.

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*HISTORY NOTE: Purging medicines are useful and often necessary in intermittent fevers.*
TONSILLECTOMY

A tonsillectomy operation is only necessary under certain circumstances. These include:-
- five attacks of tonsillitis in a year in a child, or three a year in an adult;
- an attack of quinsy (the formation of an abscess under the tonsil);
- obstruction of the airway or food passage by grossly enlarged tonsils;
- tonsillitis complicated by middle ear infections on two occasions;
- other rarer complications of tonsillitis.

HEART SOUNDS

There are two major (first and second) and two minor (third and fourth) heart sounds that may be heard by listening to the heart through a stethoscope. The heart sounds are:-

First sound – Closure of mitral and tricuspid valves at beginning of systole
Second sound – Closure of aortic and pulmonary valves at end of systole
Third sound – Rapid ventricular filling in early diastole
Fourth sound – Atrial contraction in late diastole

These are normal sounds, unlike a heart murmur, which is usually due to an abnormal blood flow within the heart. Systole is the phase of the heartbeat when the heart is contracting, while diastole is the phase of heart relaxation between contractions. The ventricles are the major lower chambers of the heart, while the atria are the smaller upper chambers.

HISTORY NOTE: Nothing is more to be dreaded by a delicate person when on a visit than being laid in a bed which is kept on purpose for strangers. All the bad consequences from this quarter might easily be prevented in private families, by causing their servants to sleep in the spare beds, and resign them to strangers when they come.
**PROCTALGIA FUGAX**

Proctalgia fugax causes a severe, brief, very sharp pain that is felt in the anus for a few seconds or minutes several times a day. Patients describe the sensation as having a thin knife pushed into the anal canal and twisted. It is caused by spasm of the muscle that controls the opening and closing of the anus (the sphincter). Treatment is difficult, and involves using ice packs, ice suppositories (large tablets of ice inserted into the anus) and anal injections. Strangely, inhaling salbutamol (Ventolin - normally used for asthma) will sometimes ease the pain.

**LOCKED-IN SYNDROME**

The locked-In syndrome is an horrendous complication of certain types of brain damage caused by a stroke, tumour or injury to particular parts of the brain, or late stage multiple sclerosis. The patient has total paralysis of limbs and facial nerves, but normal consciousness, and is able to communicate only by eye movements. No treatment is available, and death from pneumonia due to lack of movement and poor function of muscles of breathing is usually a blessed release.

**APPENDIX**

The appendix serves no useful purpose in humans, and a small number of people are born without one, but in more primitive animals it nurtures the bacteria that are necessary to digest the cellulose in grass. Rabbits have a huge appendix in proportion to the rest of their bowel.

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· HISTORY NOTE: Sitting in a warm room and drinking hot liquors until the pores are quite open, and immediately going into the cold air, is extremely dangerous.
CANCER TYPES

The most common types of non-skin cancer are:-

<table>
<thead>
<tr>
<th>CANCER</th>
<th>INCIDENCE PER 100,000 PEOPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prostate</td>
<td>142</td>
</tr>
<tr>
<td>Breast</td>
<td>137</td>
</tr>
<tr>
<td>Lung</td>
<td>67</td>
</tr>
<tr>
<td>Colon and rectum</td>
<td>54</td>
</tr>
<tr>
<td>Bladder</td>
<td>21</td>
</tr>
<tr>
<td>Lymphatic system (lymphomas)</td>
<td>20</td>
</tr>
<tr>
<td>Ovary</td>
<td>16</td>
</tr>
<tr>
<td>Melanoma of skin</td>
<td>15</td>
</tr>
<tr>
<td>Kidney</td>
<td>11</td>
</tr>
<tr>
<td>Leukaemia (white blood cells)</td>
<td>11</td>
</tr>
<tr>
<td>Pancreas</td>
<td>10</td>
</tr>
<tr>
<td>Cervix</td>
<td>9</td>
</tr>
<tr>
<td>Stomach</td>
<td>7</td>
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<tr>
<td>Thyroid</td>
<td>7</td>
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<tr>
<td>Brain</td>
<td>6</td>
</tr>
<tr>
<td>Testes</td>
<td>5</td>
</tr>
<tr>
<td>Oesophagus</td>
<td>4.9</td>
</tr>
<tr>
<td>Liver</td>
<td>4.8</td>
</tr>
<tr>
<td>Larynx</td>
<td>4.3</td>
</tr>
<tr>
<td>Tongue</td>
<td>2.5</td>
</tr>
<tr>
<td>Vulva</td>
<td>2.5</td>
</tr>
<tr>
<td>Gums</td>
<td>1.6</td>
</tr>
<tr>
<td>Small intestine</td>
<td>1.6</td>
</tr>
<tr>
<td>Tonsils</td>
<td>1.4</td>
</tr>
<tr>
<td>Throat</td>
<td>1.4</td>
</tr>
<tr>
<td>Anus</td>
<td>1.3</td>
</tr>
<tr>
<td>Salivary glands</td>
<td>1.2</td>
</tr>
<tr>
<td>Bones and joints</td>
<td>0.9</td>
</tr>
</tbody>
</table>

· HISTORY NOTE: The most general cause of fevers are infection, errors in diet, unwholesome air, violent emotions, excess of normal evacuations, or external injuries.
TERATOMA

A teratoma is an uncommon and unusual form of cancer that occurs in the ovaries or testes. These organs contain stem cells which may develop into any tissue in the body, and when a cancer occurs in them, the cancer may produce any one of these many different types of tissue. All types of strange tissue may be found in the tumour after surgery, including gland tissue, muscle tissue, skin, bone and even teeth.

TOFU

Tofu is made from soya beans and is an excellent source of protein for vegetarians. It is also rich in essential fatty acids, low in saturated fat, and high in calcium and phytoestrogens.

HISTORY NOTE: Many persons of a religious turn of mind behave as if they thought it a crime to be cheerful and encourage the development of the condition of religious melancholy.
DISCOLOURED TONGUE

A healthy tongue is a dark pink colour, but discolourations may indicate significant disease.

Strongly coloured foods and drinks can temporarily give the same colour to the tongue itself.

BROWN
A brown tongue may be caused by smoking, and poor dental hygiene (allows persistent low grade infections in the mouth).

WHITE
A white discolouration may be due to milk curds (may persist in the mouth of a baby for some time after a feed), thrush (infection of the mouth caused by the fungus Candida albicans), leucoplakia (inflammation after a tongue injury), lichen planus (white patches), and scars on the tongue after a serious burn may remain white for some weeks or months.

BLACK
The tongue may become black or dark grey due to overgrowth of normal bacteria in the mouth (particularly after using antibiotics such as penicillin), some drugs used for the treatment of severe arthritis (eg. gold), mercury dental amalgam may harmlessly tattoo the tongue with black spots if carelessly used by a dentist and rarely, a black melanoma cancer may grow on the tongue to give a very obvious black patch.

RED
A red tongue may be due to pernicious anaemia (an inability of the stomach to absorb vitamin B12 from food), scarlet fever (streptococcal bacterial infection that attacks the throat, tonsils and tongue to give a scarlet red appearance), and pellagra (lack of niacin - vitamin B3 - in the diet).

BLUE
Cyanosis is caused by inadequate oxygen being taken up from the lungs by the blood and results in blue lips and tongue. There are many serious lung, blood and heart diseases that can cause this, and patients with a blue tongue or lips should always be checked by a doctor.

HISTORY NOTE: When a fever is attended with a violent pain in the side and a quick hard pulse, bleeding is necessary.
POISONING

If someone is poisoned, ring an ambulance or hospital and ask what to do in the case of the specific substance involved.

In general terms:-
- if the victim is unconscious, place them on their side in the coma position and check that the airway is clear;
- monitor their breathing and pulse constantly. If breathing stops, give expired air respiration, and if the pulse becomes weak or stops, give cardiopulmonary resuscitation.

DO NOT INDUCE VOMITING IF:
- the poisonous substance is unknown
- a corrosive substance such as battery acid, oven cleaner, toilet cleaner, a strong disinfectant or any acid or alkaline substance has been swallowed
- a petroleum based product (eg. kerosene, petrol, diesel oil, turpentine) is swallowed. If these substances are vomited they will burn the throat a second time, or damage the lungs by inhalation
- the patient is drowsy and may become unconscious. Such patients risk choking if they vomit.

Someone who has swallowed a corrosive substance can be given small sips of water or milk, but otherwise simply wipe the substance away from the mouth and face, make the victim as comfortable as possible and get urgent medical advice.

If the substance is a medicine or similar substance, it may help to induce vomiting, depending on the age of the victim and how long ago the substance was ingested - if possible ask a doctor first.

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*HISTORY NOTE: Consumption (TB) occurs in those confined in unwholesome air and those with violent passions, exertions or affections of the mind.*
CHELATION

Proponents of chelation therapy claim that a series of twenty or more, three hour long intravenous injections of a chemical called EDTA, will totally change a patient’s life and that it will cure, or dramatically improve, everything from hardening of the arteries and strokes, to senility and cancer. Diabetes and rheumatoid arthritis are also sometimes mentioned. The injections are usually undertaken only after a long and expensive series of high technology investigations.

There is no scientific evidence that chelation therapy will achieve the numerous claims made for it. The claims are made by a skilful combination of accepted facts and reasonably accurate statements about theories concerning many diseases, interleaved with a subtle mixture of statements which are not supported by any scientific evidence.

ARSENIC

Arsenic (As) is an element used in industry and mining. It may be encountered in smelting (eg. gold, lead, zinc and nickel), wood preservatives, pesticides, herbicides and some folk remedies. It may be accumulated slowly by workers in such industries, or acute poisoning may occur if the mineral is swallowed.

Symptoms of acute poisoning include a difficulty in swallowing, vomiting, diarrhoea, thirst and poor urine output. Death may occur in two or three days. The lethal dose is about 150mg.

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HISTORY NOTE: Living too much upon animal food without a proper mixture of vegetables, or eating flesh that has been kept too long, are likely to occasion a fever.
**HALLUCINATION**

Hallucinating is experiencing something that is not really there. Hallucinations may be visual (sight), auditory (sound), olfactory (smell), tactile (touch) or taste. Hallucinations may be caused by:-
- the use of illegal psychoactive drugs such as marijuana, heroin, LSD and amphetamines.
- excess alcohol (pink elephants?)
- long term brain damage from alcohol (Wernicke encephalopathy)
- withdrawal from alcohol after a long period of excessive intake (delirium tremens)
- psychiatric disorders (eg. schizophrenia, affective disorders, mania)
- inflammation of the brain due to infection (encephalitis)
- epileptic fits (the attack may be characterised by an hallucination and no other problem)
- posthypnotic suggestions may make a person experience effects that are not real.
- medications may sometimes cause hallucinations (eg. phenothiazines).

**NERVE SPEED**

Nerve signals in the body travel at 430kph.

**GLUE EAR**

A glue ear develops when phlegm and mucus from the nose pass up the thin Eustachian tube into the middle ear. It is difficult for the thick, sticky secretions to escape through the Eustachian tube to the back of the nose, and settles like glue in the middle ear. There is a feeling of blockage in the affected ear and the glue may cause a middle ear infections and deafness.

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· HISTORY NOTE: The prognosticating of a patient’s fate is a vanity amongst physicians despite the inability to conceal this from the patient.
**DICHOTOMY**

Dichotomy is the splitting of medical fees between two doctors, and it is considered to be one of the worst possible breaches of medical ethics. An example of dichotomy would be the specialist who paid a GP to refer patients to him/her.

**LEUKAEMIA**

Leukaemia is cancer of the white blood cells. At the simplest level, white blood cells are divided into two groups called lymphocytes and myelocytes. Cancer in these can cause lymphocytic (or lymphatic) leukaemia and myeloid leukaemia. There are two other large divisions in leukaemia - the rapidly developing forms (acute leukaemias), and the slowly developing forms (chronic leukaemias). Combining these there are four possible combinations - acute lymphocytic, acute myeloid, chronic lymphocytic and chronic myeloid leukaemia. There are many rarer types of leukaemia known (eg. hairy cell leukaemia, T cell leukaemia).

**DOUBLE PNEUMONIA**

Pneumonia occurs when bacteria enter the tiny air bubbles that make up the lung, and starts multiplying to cause an infection. Usually only one lung is affected, but if the patient is particularly unlucky and both lungs are affected, the patient is said to be suffering from double pneumonia.

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· HISTORY NOTE: The passion of anger ruffles the mind, distorts the countenance and occasions fevers, other diseases and sometimes even sudden death.
HARLEQUIN SYNDROME

The harlequin syndrome is a rare, congenital, disfiguring disease due to abnormal skin formation. The child is born with very thick hard plates of skin separated by deep cracks, and there may also be absence of the ears, and outward turning of the lips and eyelids to give a grotesque appearance. There is an inability to move joints freely due to skin hardening.

LIQUORICE

Liquorice is a herbal remedy that is used orally to treat lung and throat infections. Clinical trials show some effectiveness for these viral conditions. Its main adverse effects are increased blood pressure, swelling of tissue and blood chemistry abnormalities (low potassium). It may interact with diuretics (fluid tablets), nitrofurantoin, digoxin and prednisone.

TEARS

Tears are produced in the small lacrimal glands situated above the outside corner of each eye. Numerous small ducts lead into the eyes. Tears are salty and contain antibacterial substances to protect against infection. Tears lubricate the eyes with a blink, and may be produced in greater quantities when the eyes are irritated or the person is experiencing intense emotion. To keep the eyes moist, most people blink ten to twenty times a minute.

MALIGNANT

A malignant growth or tumour is one that is cancerous or harmful.

HISTORY NOTE: The discharge of urine is lessened by a sedentary life, sleeping on beds that are too soft and warm, food of a dry quality and heating liquors such as red port.
TASTE

There are only four primary tastes - sweet, sour, bitter and salty. The variety of flavours we experience are different combinations of these four, combined with smell. The different tastes are detected on different areas of the tongue. Bitterness is experienced at the rear, sourness at the sides, and saltiness and sweetness at the front. The tongue's centre has almost no sense of taste.

CHOCOLATE

Chocolate is made from the beans of the cacao tree, which is native to South America. It is an excellent food that keeps for years without preservatives due to its high content of antioxidants. It contains lots of energy rich carbohydrates, fats that are generally of the better types (equal amounts of palmitic acid, stearic acid and oleic acid), iron (more than any other plant product) and caffeine (50g of dark chocolate contains about half the amount of caffeine in a cup of coffee). As a result it is often used as emergency rations and as an energy booster. Other ingredients include phenylethylamine (a mood enhancing endorphin) and theobromine (a stimulant), and very small amounts of cannabinoids (also found in marijuana), magnesium, copper, calcium and chromium. Chocolate is low in sodium and high in potassium, so is safe in patients with heart and kidney disease. There is no cholesterol in pure chocolate, but some added dairy fats will contain cholesterol.

Chocolate has been used (not necessarily for any good reason) as a medication for conditions as varied as premenstrual tension and depression to preventing cancer and heart attacks.

HISTORY NOTE: When the faeces lie too long in the bowels they vitiate the humours, and when they are too soon discharged, the body is not sufficiently nourished.
AVICENNA

Correctly known as Ibn Sina, Avicenna (980-1037) was an Islamic medical scholar whose book on medications was used for over 500 years throughout Medieval Europe.

ZYGOTE

A woman’s fertilised egg (ova) is called a zygote. The zygote divides quickly into two cells and then into four, eight, 16, 32 and so on to form a blastocyst, in which different types of tissue start to develop. In due course the blastocyst grows to form an embryo.

FRACTURE FIRST AID

First aid for a fracture involves:
- keep the victim as warm and comfortable as possible;
- gently remove clothing from any open wound and cover it with a clean (preferably sterile) dressing
- do not try to manipulate the bone or joint, as further (potentially very serious) damage may be caused
- move the affected area as little as possible and immobilise the fracture
- if the injury is in the arm, use a sling or strap the arm to the body. If the leg is injured, strap the injured leg to the uninjured leg. Alternatively make a splint from a broom handle, branch or a rolled-up newspaper (remembering to protect any open wound)
- do not give the victim anything to eat or drink, as the setting of the fracture may require an anaesthetic.

SYNAESTHESIA

HISTORY NOTE: The patient with measles is often greatly relieved by vomiting, and when there is a tendency this way it ought to be promoted by drinking luke warm water.
Synaesthesia is an uncommon phenomenon, affecting one in 2000 people to some extent, but far fewer to a significant degree.

People with synaesthesia have an overlap in their senses. The basic senses are sight, hearing, touch, taste and smell, but synaesthetes experience multiple senses when only one is stimulated. In the most common form of synaesthesia, hearing a particular type of music (eg. jazz) may be also sensed as the colour yellow, while another type of music (eg. classical) may be sensed as blue. Every synaesthete has different combinations. Others may experience unexpected smells with different types of music. Words, or even letters may also be associated with colours or smells.

Less commonly, certain tastes or smells are associated with colours, or a certain smells trigger a particular tone or sound. Pain may also trigger colours, tastes or smells, with more severe degrees of pain usually being sensed with more dramatic colours or unpleasant odours and tastes. Any combination of senses is possible. Many very creative people are synaesthetes.

**GOLFER’S ELBOW**

Golfer’s elbow (medial epicondylitis) is an inflammation of the tendon that runs around the bony lump (epicondyle) on the inside of the elbow. It is caused by overstraining of the extensor tendon at the inner back of the elbow due to excessive bending and twisting movements of the arm. In golfers it is not normally one stroke that strains the tendon, but repeated episodes of over stretching caused by hitting the ground with the club during a stroke. This leads to tears of the minute fibres in the tendon, scar tissue forms which is then broken down again by further strains.

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HISTORY NOTE: Smallpox disease is so generally known that a minute description of it is unnecessary.
OATMEAL BATH
An oatmeal bath is an old fashioned, but effective treatment for itchy skin. It is not actually a bath filled with oatmeal, but a muslin cloth soaked in oatmeal mash and then draped across the itchy skin.

NAEVUS
A naevus is a small area of abnormal, but benign, rough raised pigmented skin that may be single or multiple. Many different forms including blue naevus (benign blue coloured and smooth), Becker naevus (hairy, male, shoulders), sebaceous (yellow, bumpy, on scalp), epidermal (very common, may be extensive), halo, portwine, strawberry and spider naevi. If there is any suspicion that the spot may be malignant, it should be biopsied or cut out, otherwise they usually remain life long.

PAEDOPHILIA
Paedophilia is a psychiatric disturbance that results in the sexual abuse of a child by adult men (most commonly) or women. It may develop from childhood abuse of the pedophile by his or her parents, or other psychological traumas as a child. Paedophilia is NOT more common in homosexuals, but pederasty is by definition a homosexual act between a man and a boy. The condition involves mentally disturbed adults who use children to become sexually aroused to the point of orgasm.

HISTORY NOTE: Such as wait upon the sick in infectious diseases should stuff their noses with tobacco to avoid great hazard.
SMALL BACTERIA

Bacteria really are rather small things. If the full stop at the end of this sentence was enlarged one thousand times, you would have a disc 30cm. (one foot) in diameter. If you shrunk the full stop ten times, it would be barely visible to the naked eye. Shrink it one thousand times and you would have a speck that would require a powerful microscope to be seen. This microscopic speck would be still large enough to be home to over one million bacteria.

ST. VITUS DANCE

St. Vitus dance is now called Sydenham’s chorea. It is a complication of rheumatic fever or other bacterial infections, and now a rare condition, but was more common before the development of antibiotics. Patients have irregular jerky movements of a limb or the body, with a complete loss of muscle tone between each movement.

TALKING

Babies often make repetitive sounds from six months of age. By 8 to 9 months the child will recognise its own name, and at about the same age s/he will say “mama” and know what it means. By twelve months the child will be able to name a few objects and people, although they may not necessarily use the correct name. By 18 months of age a child will have a vocabulary of about 20 words, but some children with normal intelligence do not speak coherently until much older. By the time they are two years old, most children can make a short sentence of three or four words.

REIKI

- HISTORY NOTE: Inflammation of the brain is often occasioned by night watching, especially when joined with hard study.
Reiki is described as an energy balancing therapy that uses the laying on of hands to improve the patient’s sense of health and wellbeing. It is a form of relaxation therapy, and promotes itself as a way of helping the body to heal itself. It may be of some benefit in relieving stress and anxiety.

**UNCONSCIOUS**
There are three levels of unconsciousness:
- the victim can be easily aroused but slips back into a sleepy state
- the victim can only be aroused with difficulty
- the victim cannot be aroused at all.
Any level of unconsciousness can lead to a difficulty in breathing, so it is essential to attend to the victim quickly and to get medical help. If a person does not respond to shaking or shouting they are unconscious.

**BRAIN WEIGHT**
The human brain weighs between 1300 and 1500 grams, about the same as the brain of a dolphin. An elephant’ brain weighs 6000 grams.

**BONE SIZES**
The stapes (in the middle ear) is the smallest bone in the body. The femur (thigh bone) is the largest bone in the body.

**BRAIN CELLS**

· HISTORY NOTE: Ophthalmia (eye inflammation) is often caused by the stoppage of customary evacuations.
The human brain contains 100,000,000,000 nerve cells, each one with connections to as many as 10,000 other nerve cells. The brain of a grasshopper contains about 15,000 nerve cells.

**DUPUYTREN'S CONTRACTURE AND THE POPE**

A fibrous sheet (the palmar aponeurosis) stretches under the skin of the palm to give it a smooth appearance, strength and firmness, and to protect and control the movement of the muscle tendons that cross under it to the fingers. If damaged, the palmar aponeurosis may become scarred, contract and thicken into hard lumps that can be felt under the skin, and gradually curl the finger in towards the palm. This is a Dupuytren contracture of the hand.

The cause is unknown, but may be due to a poor blood supply to the hand (e.g. diabetes), the use of vibrating tools, or injury to the hand from repeated blows (e.g. catching cricket balls). The ring and little fingers are usually more severely affected than the others.

Historically, the Pope gave his blessing in the same way as the local priest, with a flat hand, but Pope Leo XIII had Dupuytren’s severe contractures of the 4th. and 5th. fingers of his right hand and was unable to extend these fingers, so gave his blessing with two extended fingers and two curled fingers, a new tradition that has been followed by subsequent Popes.

**SEX - THE MORE THE MERRIER**

Daily sex increases the overall pregnancy rate compared to second daily sex, despite a slight fall in the number of sperm released with each ejaculation.

**MEDICAL NEGLIGENCE**

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HISTORY NOTE: Quinsy (tonsil abscess) is most fatal to young people of sanguine temperament.
Those who review cases in which a doctor is sued for purported medical negligence report that very few doctors are actually negligent. The cases can be roughly divided into the following categories:
- The doctor has done absolutely nothing wrong - 50%
- There has been an unfortunate side effect or complication - 30%
- A mistake has been made, but the reasons for the mistake are understandable - 15%
- The doctor has been negligent - 5%

**THE LIFE AND DEATH OF CELLS**
Every minute, over one million new cells are produced in the body while another one million die.

**DOWN SYNDROME AND CANCER**
Patients with Down syndrome have a dramatically lower rate of cancer than those who are not affected. Colon, breast and brain cancer are virtually unknown in these people.

**ALCOHOL MAY AID FERTILITY**
Alcohol has no adverse effect on fertility, in fact a moderate amount of alcohol can actually enhance fertility, but excess alcohol may make it difficult for a man to get an erection.

**ARMADILLOS AND LEPROSY**
The armadillo is the only animal other than man that can catch leprosy.

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*The Greek word “plessō” means to “stroke, hit or strike”. From it we get the terms “stroke” for a form of brain damage originally described in 1599 as “a stroke of God’s hand”.*
BRAIN POWER
The human uses 22% of its energy on the brain. The kangaroo uses 1%.

BREAST HANDED
Left handed women have double the risk of developing breast cancer compared to those who are right handed.