

W. W. GRANT,  
Physician and Surgeon.

Office, 223 Brady Street.

Davenport, Iowa, Sept 20 1880

Myf. E. Rustin  
Fairfield

Dear Cousin

Your letter received. I am glad to hear from you - though very sorry that you are not well. I will most cheerfully & with great pleasure do what I can for you. There is an autumnal catarrh quite prevalent in some sections of this country, closely allied in symptoms probably in nature to Hay fever. It is probably this that affects you. There is no specific for it, yet we are not quite helpless in its treatment. Quinine constitutionally, & locally to throat

& nose when these are  
affected, as is usually  
the case & sometimes <sup>is</sup> limited  
limited to these parts. It  
can sometimes be arrested,  
if as soon as you observe  
that the throat & nose are  
becoming affected, you will  
inject into throat & nose a sol-  
ution of Quinine in proportion  
of one grain to one ounce of  
water. There is for this purpose  
a little apparatus called  
Farrars nasal douche - con-  
sisting of a rubber bulb & short  
and rubber tube which you  
can easily use & can throw  
liquid from throat into the  
nose. It costs about \$1.00 & will  
be useful in curing the in-  
flammation of throat & nose.  
Quinine is sometimes painful  
but will repay in benefit  
derived. Carbolic acid in  
proportion of <sup>half</sup> ~~one~~ <sup>teaspoon</sup>  
full to <sup>one</sup> pint of warm water  
used night & morning  
freely. I am afraid you

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have not taken Quinine in large enough doses. Take 10 at bedtime & if the disease is just commencing or in early stage combine  $\frac{1}{4}$  or  $\frac{1}{8}$  gr of Morphine with it. In morning & at noon take 4 or 5 grs of Quinine. If you will take from 15- to 30 grs of Bromide of Potassium in <sup>shortly</sup> plain water, after each dose of Quinine it will greatly mitigate the unpleasant effects of the latter if does not prevent them - ringing in ears headache. Besides the bromide is good for you. Hydrobromic Acid will answer the purpose of the bromide & is more of a tonic in  $\frac{1}{2}$  to teaspoonful doses in  $\frac{1}{2}$  glass of water. I think the Quinine Mixture

max bouise combined prevented  
you having this affection &  
if you will commence in  
time may prevent it annually.  
I would add the hor. Sulphate  
of Cinchonidia will answer  
purpose of Quinine but should  
be taken in doses  $\frac{1}{4}$  to  $\frac{1}{3}$  larger.  
Colic will increase intensity  
of headache. Talcum salt  
tablespoonful to pint of  
water is an excellent wash.  
I will send you the douche  
apparatus if you can get  
one in Enfield. Keep your  
general condition or health  
as good as possible. Hope  
you will soon be better & well.  
Don't hesitate to call on me  
for anything I can do for  
you. I hope the suggestions  
may be of real service to  
you. Have no earthly doubt but  
that change of climate would be  
of great service to you. I am so  
glad your relations to cousin next  
are pleasant & agreeable. My wife  
is enjoying splendid health & sends  
much love. I hope we will all  
meet some day. Write me  
again. Yours affectionately Cousin  
J. N. Grant