Menthol.

Seven years as Government physician and surgeon in the frontier, among soldiers, miners, cowboys and Indians of various tribes, remote from other physicians and proper help. I was compelled to depend upon myself to use the best methods at my disposal to alleviate pains and sufferings. The one that has been most valuable to me, I will endeavor to give to my listeners this afternoon.

My first notice of menthol was behind the drug counter.
as a clerk in Chicago, at that
time, it was prescribed by eminent
physicians.

Menthol as found in the market
is a colorless, prismatic crystals,
having the strong and pure odor
of peppermint. It produces warmth
in the mucous membrane and on
inhalation it gives sensation of
cooling and relieved.

It is sparingly soluble in water, readily
soluble in alcohol, ether, chloroform
and oils. It melts at 43°C.
boils at 212°C and volatilizes
at the ordinary temperature.

Menthol belongs to the class
of camphor and is obtained by repeated distillation of Japanese oil of peppermint. Its chemical formula is C₁₀H₂₀O. It is unofficial in this country. I do not know the reason why, unless it is for the want of a better knowledge of the drugs or for its expensiveness, but it is retained in the British Pharmacopoeia, and is extensively used there.

Menthol acts as an antinociceptive, antiseptic, anaesthetic and atmlant. It has been used for the eye, ear and skin diseases with much efficiency; lung, nose and
Throat diseases by tubulation, it has been most beneficial. In some of the hospitals of this country it has been used as surgical dressings. I believe the object of our coming together as professional brethren and sisters, is to help each other in our personal experiences, taking for granted that we have the theories of medicine.

Tung troubles among the Indians is greater than their neighbors, the whites. It is not because the Redman is
weaker in the lung than the white man. It is not so. It is because they are ignorant of their new life from their savage state.

On the frontier where my patients were thirty or forty miles apart, it would be useless for me to apply hot lucined flannel or mustard plaster in acute case of pneumonia, and bore these ignorant people to change it every twenty minutes and the mustard plaster that requires perfect care and watching. In my discouraging work I
tried the raw meat, the fat pork, the onion, the hot bruised prairie with mustard to allog inflammation was of no avail; but at last I made a plaster out of "trencher and menthol. To my surprise, it fulfilled my long want to take the place of all of the above mentioned applications. Now, I am satisfied that after you have tried the method you will have faith in the menthol plaster. I always carried these two articles in my saddle bag and made the plaster and bandaged it to the suffering
Patient with great relief in a few minutes. This plaster can be kept on the patient for a week without losing its virtue, which I believe is better than a nurse to change a poultice every twenty minutes, since there is danger of exposure by the change.

There is another very important medical virtue in the plaster from the mercurial, and that is, the patient ridicules the mercurial unconsciously. It is a sedative to the lining membrane of the air passage and
It is an effect upon the congested condition of the bronchioles. As a powerful germicide and aseptic it kills the microbe of infection and prevents its dissemination.

In my hospital work at the desert, while I have twenty or more every year I am gratified to say it has never failed me in its action.

I believe an inflammation or congestion is the pain in every part of the body; whether it be in the mucous membrane, synovial membrane of the joints, superficial surface or in the bones. It must be treated...
on the same routine treatment, only in a modified methods.
This same plaster will answer the same purpose in relieving the pains & scattering the cancer in Rheumatism, besides if all headache and neuralgia.

The menthol liniment, I generally use is drama of menthol to half and half of alcohol and olive oil to make two ounce solution. The Headache solution is the same, only you can add more menthol if you think best. Be careful of the eyes. Rub thoroughly over the conjested blood vessels.
In skin diseases I have found
menthol most valuable, for example
in scarlet fever & in measles eruptions,
use the menthol in olive oil
and leave out the alcohol, and
make it half a dram to eight
ounce mixture. In Erysipelas,
strong solution of menthol mitigates
its spreading. In Psoiomy, it has been my main remedy
and also in heat rash where
there is intense itching.
In scarlet fever, two drops of the
strong solution in sweet oil has
taken the place of the
unique hot water remedy & Laudanum.
In acute Rhinitis, with nose

and other affections of the nose and throat, mental by means of spray or brush application has always been advantage to me.

My two years wholesale treatment of such cases has convinced me of its special virtue more than ever.

I agree with Mr. J. Leavy Buxon, that it stimulates to contract the capillary blood vessels of the passages of the nose and throat, always useful in the early stage of head cold and influenza. It arrests sneezing and rhinial flux. It relieves, and indeed dissipates, pain and fulness of the head.

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by its antiseptic property, as well known by its action when applied internally to the bow in case of melaena.

By Menthol inhaler when nasal discharge is excessive, it is checked; when deficient and thickened, it is hypertrrophic rhinitis; its healthy character is restored.

In eye affections it is used for its antiseptic and sedative effect. In my hospital work I can testify to its beneficial effect in simple conjunctivitis.

Internal use, it acts as oil of peppermint, and, I am unable to give my testimony at
present, still, I use it in my cough mixture exclusively.

Surgically, I have used the plaster after apply the sodaform dressing in order to equalize the temperature and its antiseptic property, over which I apply oil silk to retain the moisture, and thus protect the exposure of the wound. I have in few exceptions failed to have union by first intention as some of my colleagues will testify, who are in this room this day.

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