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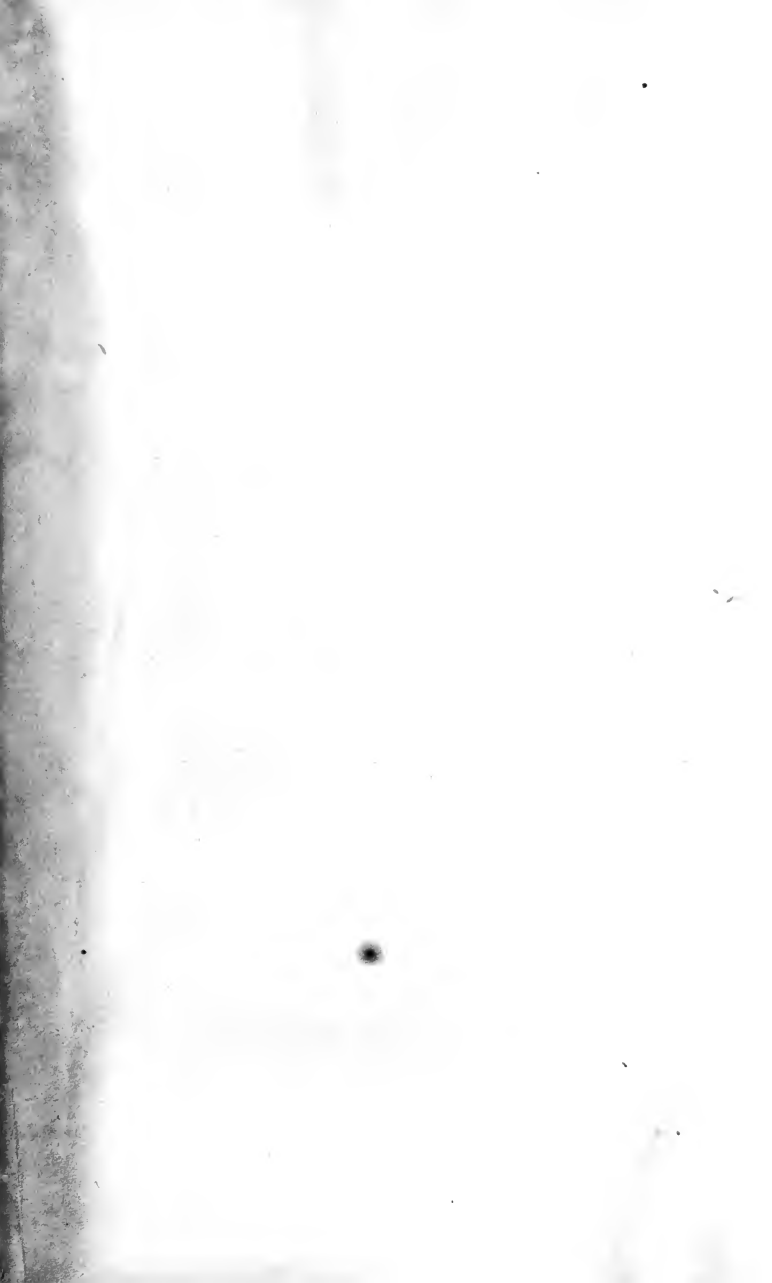


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A. B. Colby

GUIDE TO HEALTH,

BEING AN

EXPOSITION OF THE PRINCIPLES

OF THE

THOMSONIAN SYSTEM OF PRACTICE,

AND THEIR

MODE OF APPLICATION

IN THE

CURE OF EVERY FORM OF DISEASE;

EMBRACING A CONCISE VIEW OF

THE VARIOUS THEORIES OF ANCIENT AND MODERN PRACTICE.

~~~~~  
BY BENJAMIN COLBY.  
~~~~~

Third Edition, enlarged and revised.

Let us strip our profession of every thing that looks like mystery.—RUSH.

MILFORD, N. H.

JOHN BURNS.

.....

1846.

C. Med

PREFACE

TO THE FOURTH EDITION.

THREE editions of this work are already before the public. The rapid sale of more than five thousand copies, and the constant and increasing demand, from every quarter, for a still further extension of it, has induced the proprietor to issue the fourth edition. He cannot but be grateful to a discriminating community for the liberal patronage thus already bestowed. And at the same time, he cherishes the hope and belief that he is deserving, in some measure, of this consideration, in that he is delivering the world from the use of the dangerous and deadly drugs to which the diseased have so long and so vainly resorted, and directing them to milder and far more effectual measures for the recovery and preservation of health.

No pains have been spared to render this book what its title indicates, — A Guide to Health. A careful attention to its principles and directions will enable almost any family to combat successfully all the ordinary forms of disease, without being poisoned by the fearful [remedies] of the druggist, or plagued by the bills of those who prescribe or administer them.

It would be easy to add a long array of valuable names, as recommendations to this treatise. But such a course (common and laudable as it is) the proprietor deems unnecessary. If it were not a recommendation in itself, surely the rapid sale of so many thousand copies, and the constant demand from every direction for more, would argue a blindness on the part of the public, into which no one believes it has yet fallen. It is therefore trusted, as heretofore, on its own merits — in the confident belief that it deserves all the consideration it has yet received, and with the expectation that it will continue to receive that patronage which it has already earned for itself.

THE PROPRIETOR.

MILFORD, N. H., *May*, 1848.

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PREFACE.

IN presenting to the public this little volume, advocating and explaining a system of Medical Practice, diverse from the popular systems of the day—a system against which there exists much unfounded, deep-rooted prejudice—prejudice, not based on a knowledge of its principles, on a trial of its remedial agents, but on the false and ridiculous reports in circulation against it; a brief history of the circumstances and motives that led to its publication, may not be uninteresting to the reader.

Having spent a large proportion of the last fifteen years of my life in examining the different medical theories, and observing the results of those theories carried out in practice, I arrived at conclusions that were to me startling—that were painful to contemplate—that could not fail to inspire in every benevolent man a fixed determination to wage an uncompromising war against systems productive of so much sorrow, misery, and death.

The evidences brought to bear upon my mind, in the testimony of the most eminent of the faculty, statesmen, and philosophers, and my own personal experience and observation, compelled me to believe, although very reluctantly, in consequence of the regard I had for those of my friends who were engaged in the practice of medicine, that the science of medicine, as taught in the schools of physic, and as practised from the time of Paracelsus until the present, was a series of blind experiments with the most deadly poisons; the effect of which is now felt by millions of its unhappy victims, while millions more sleep beneath the clods of the valley, cut off in the vigor of youth and strength of manhood, by these poisons. I do not feel responsible for a belief, that the force of evidence urges upon me, any more than I should for falling to the ground from a height, when all intercepting objects are removed. Justice to my fellow-men demands of me that I should fearlessly express

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my views, and I shall not demur. It is my candid opinion, and that opinion has not been formed hastily, that nine tenths of all the medical practice of the nineteenth century, including a portion, but by no means an equal portion, of all the different systems, is not based on scientific principles, or benevolence and truth, but on cupidity, avarice, and a desire for fame, on the one part, and ignorance and misplaced confidence, on the other. Remove these pillars, and the gilded temple called medical science, that medical authors have been propping up for four thousand years—the material of which it is composed not being sufficiently strong to sustain its own weight—would fall to the ground with as much certainty as did the edifice from which Samson, with giant's strength, removed the pillars,

One quarter part of nearly all the newspapers throughout the country is filled with flaming advertisements of quack nostrums—the most of which are prepared without any regard to scientific principles or adaptedness to cure disease; for which millions of dollars are annually paid, and not one in a hundred receives any permanent benefit therefrom.

The editor of the Portland Tribune gives the following as the origin of that celebrated medicine, Brandreth's Pills:—"A few years ago, a young Englishman, by the name of Anson, was an under-servant in a large pill establishment in London, where he received trifling pay; but he managed to lay by sufficient funds to bring him to this country. He arrived at New York; called himself Dr. Brandreth, from London; said he was a grandson of a distinguished doctor by that name, who died some years since. He was so extremely ignorant, that he wrote his name, or scratched it rather, "Dr. Benjamin Brandreth, M. D." He hired an office, made pills, advertised them pretty freely, and now they are all over the country. By such empiricism, this individual, whose real name is Anson, has obtained the cognomen of "Prince of Quacks," and has accumulated a handsome fortune, while not one in a thousand who has taken his pills, has any doubts of his being a regular physician. Such is the success of quackery; and in this manner are the American people gulled, when if known, they themselves, of brown bread and aloes, could make a better pill. Mr. A., alias Dr. B., in the course of time opened a shop in Philadelphia for the sale of his medicine, and appointed a man by the name of

Wright as his sole agent. In a short time the Doctor and he quarreled, and had a newspaper controversy; the result of which was, Mr. W. set up for himself, made a new pill, or rather gave a new name to an old one, calling it the "Indian Purgative Pill," advertised it freely, employed agents, &c., and now it is used pretty extensively as an INDIAN medicine, when probably not a son of the forest knows of its existence.

In a similar way nearly all the medicines advertised so extensively, and recommended so extravagantly for their intrinsic virtues, were first brought into existence. Should the thousand pills of different names, daily vended in this country, and swallowed by the dozen, be analyzed by the nicest process, they would be found to contain nearly the same ingredients.

"The 'Matchless Sanative,' said to be a German invention, was sold in very small vials, at the moderate price of two dollars and fifty cents, as a certain cure for the consumption. It was nothing more, we believe, than sweetened water, and yet hundreds were induced to buy it, because its price was so exorbitant, presuming by this that its virtues were rare; and many a poor widow was drained of her last farthing to obtain this worthless stuff. Even the Sanative, in its conspicuous advertisements, was not lacking in lengthy recommendations of its superlative virtues—throwing all other medicines far into the shade.

Had regular physicians adopted a system of practice in accordance with nature, reason, and common sense, they would have retained the confidence of the people, and no medicine could have been successfully introduced, unless sanctioned by themselves. But the misery and death occasioned by their practice having been too apparent to be misunderstood, and failing to cure in many curable cases, many have lost all confidence in them, and are ready to catch at any medicine that is recommended for their complaints. Men with large acquisitiveness and small conscientiousness, almost entirely destitute of medical knowledge, taking advantage of this state of things, have flooded the country with their pretended cure-alls, that they themselves would never think of using if afflicted with the same complaints for which they are so confidently recommended. Benevolence, conscientiousness and knowledge may have induced many to prepare and sell secret medicines, but avarice and ignorance many more.

The only way to prevent quackery is to diffuse a knowledge of medicine among the people, and also to point out to them the proper course to pursue to prevent being sick. This I have made a feeble effort to do in this little work, reserving nothing for future emolument, for which I expect to be ridiculed by those it is designed to benefit, and persecuted by those whose craft is in danger; begging the pardon of the "*literati*" for entering the authors' ranks with so few of the requisite qualifications, but asking no favors of the medical faculty, scientific as they may be; for if I have not succeeded in proving the Thomsonian system true, it cannot possibly come farther from the truth than their own.

I have endeavored to present plain, simple facts in a plain, simple manner, so as to be easily understood by all. The technicalities of medical works are left out, or explained in a glossary, where any medical word used in this work may be found, with its meaning. I acknowledge my indebtedness to Drs. Thomson, Curtis, and others, for the principles herein contained, especially to Dr. Curtis, Professor of the Medical Institute at Cincinnati, who has done more than any other man to present the Thomsonian system to the world in a *receivable* shape.

This little work is designed to be, as its name declares, a Guide to Health. Not a guide for a few to enable them to get rich by selling advice and medicine to the many; but a guide to all to enable them to avoid becoming the victims of the avarice and duplicity of physicians. Many of them, to be sure, take a philanthropic and noble course, consulting always the interest of those who place confidence in them. But common observation leads me to think that the large majority of physicians consult their own interests first, in doing which they are not "sinners above all others," as the common motto is, Let every man look out for himself. Therefore, if every man was his own physician, the interest of physician and patient would be identified. Those who make the practice of medicine a source of gain will ridicule the idea of every man being his own physician. So have priests ridiculed the idea of letting every man read the Bible, and judge for himself of the important truths therein contained. As well might the village baker ridicule the idea of the good housewife making her own bread; alleging that it required a long course of study to make bread,

and the people must not only buy all their bread of them at an exorbitant price, but pay them a fee for telling them what kind they must eat, and how much. The preparation and use of medicine to cure disease, requires no more science than the preparation and use of bread.

Every head of a family ought to understand the medicinal properties of a sufficient number of roots and plants to cure any disease that might occur in his or her family, and teach their children the same. This is in accordance with the declaration of the learned and philanthropic, and justly celebrated Rush. He says, "Let us strip our profession of every thing that looks like mystery and imposition, and clothe medical knowledge in a dress so simple and intelligible, that it may become a part of academical education in all seminaries of learning. Truth is simple on all subjects; and upon those essential to the happiness of mankind, it is obvious to the meanest capacities. There is no man so simple, that cannot be taught to cultivate grain, and no woman who cannot be taught to make it into bread. And shall the means of preserving our health, by the cultivation and preparation of proper aliments, be so intelligible, and yet the means of restoring it when lost, so abstruse, that we must take years of study to discover and apply them? To suppose this, is to call in question the goodness of the Deity, and to believe that he acts without system and unity in his work. Surgical operations and diseases that rarely occur, may require professional aid; but the knowledge necessary for these purposes is soon acquired; and two or three persons, separated from other pursuits, would be sufficient to meet the demands of a city containing forty thousand people."

The imposition practised by medical men in writing their prescriptions in Latin, and the evils resulting from it by the ignorance or carelessness of apothecaries or their clerks, who may know nothing of the language in which the prescription is written—the mistakes of whom have destroyed thousands of lives, are too obvious to be misunderstood. The following narration of a circumstance which actually occurred in Boston a few years since, taken from a paper published at the time, illustrates the folly of such a course:—

"A respectable physician of this city lately wrote a prescription of certain articles to be procured at an apothecary's, and at

the bottom were the words, '*Lac Bovis.*' A young lady took the prescription to an apothecary, who did up three of the articles, and very gravely told her he had not the last-mentioned article, *Lac Bovis*. She took the recipe to another shop, and was there equally unsuccessful—and upon her inquiring whether it was a scarce or costly article, she was informed he could find no such article on his book, and he did not know where it might be procured, or what the price of it might be. On returning home, and acquainting her friends with her ill success, she was not a little amused when told she had been inquiring at apothecaries' shops for *cow's milk!*'

With these preliminary remarks we submit this volume to the people, trusting it may lead many a bewildered victim of disease into the paths of health.

Nashua, N. H., 1844.

PREFACE TO THE SECOND EDITION.

THE rapid sale of the first edition of this work, of one thousand copies, has induced the author to revise, correct, and enlarge it, and by the advice of those who were competent to judge of its merits, to get it stereotyped; this will enable him to get out new editions as fast as the sale may require, making such improvements as future investigation may lead him to think proper. Those alone who have undertaken the task, know the difficulty of explaining and clearly illustrating the science of medicine, in as few words as must necessarily be used, to treat on so many branches of the subject, as are treated on in this small work; but his object is to get out a work, the price of which shall not be an obstacle in the way of any person's possessing it who may wish, and thus diffuse more generally the important knowledge therein contained.

Concord, April 10, 1845.

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GUIDE TO HEALTH.

PART I.

CHAPTER I.

THE SCIENCE OF MEDICINE.

WHAT is it? What are the principles on which it is founded? and what are the results of those principles, carried out in practice? Science is knowledge. The science of medicine is a knowledge of the art of preventing and curing disease. Where can this knowledge be obtained? Should we heap together all that has been written on the subject of medicine, it would form a mountain, the base of which would spread out over the earth, and its summit penetrate the clouds. In perusing these works, we are astonished and disappointed: astonished, that such a combination of talent, erudition, and persevering research, should arrive at conclusions so visionary and unsatisfactory; disappointed, in not finding the knowledge of a remedy for the cure of disease. We must give these authors the credit of making untiring effort, and bestowing incessant labor upon the subject, but like the man who attempted to cross a pond frozen over, during a violent snow-storm; the snow flew so thick, that he soon lost sight of either shore, and after wandering many hours,

he found himself on the same shore from which he started. So with medical authors: having no compass, and the visionary theories of others flying so thick about them, involved them in darkness, and they wandered in uncertainty and doubt, until they arrived at the same point from which they started, having found no facts on which to base medical science.

The reason is obvious. Truth is plain and simple. God, in his wisdom, has adapted important truths to the capacity of feeble intellects,—“has chosen the weak things of the world to confound the wise.” While the learned and wise in the literary lore of medical universities were groping amidst this darkness, uncertainty and doubt, in search of facts on which to base a correct theory—each fully conscious that the discovery of such facts would enable him to write his name high on the temple of fame—Dr. THOMSON, an illiterate farmer, stumbled on the prize. Rude and uncultivated though he was, he discovered facts which are destined to overturn the visionary theories of his predecessors. With nothing more than a general knowledge of the structure of the human body and the functions of its organs, he, by experience alone, dictated by common sense and reason, obtained the knowledge of a safe and efficient method of treating disease, that the experience of thousands, for forty years, has confirmed. We shall endeavor to prove that the system of practice introduced by Dr. Thomson, and improved by many of his coadjutors, has more claim to the appellation of “*the science of medicine*,” than any other system that has been yet introduced. Imperfect though it may be, its success in the cure of disease stands unrivalled.

CHAPTER II.

BRIEF REVIEW OF DIFFERENT THEORIES OF MEDICINE

If medical works have been wanting in facts, they have abounded in theories.

Dr. James Graham, the celebrated Medico-Electrician, of London, says of medicine, "It hath been very rich in theory, but poor, very poor, in the practical application of it."

Dr. Jacob Bigelow, Professor in Harvard University, says in his annual address before the Medical Society, in 1836, "The premature death of medical men brings with it the humiliating conclusion, that while other sciences have been carried forward within our own time, and almost under our own eyes, to a degree of unprecedented advancement, medicine, in regard to some of its professed and important objects, (the cure of disease,) is still an **INEFFECTUAL SPECULATION.**"

It is almost universally believed that the science of medicine, as taught in the schools of physic, and practised by the regular faculty, is based on established principles,—principles that have been handed down from generation to generation, that are as demonstrable as those of mathematics, and that a man who has studied three years, is prepared to practise **SCIENTIFICALLY.** If this were the case, it would save us the necessity of writing this little volume, as the literary world groans under the weight of medical works that have been thrown upon it—the errors of which, each succeeding author has proved to be as numerous as its pages.

At what age of the world medicine for the cure of disease was introduced, history does not in-

form us. Frequent reference is made in the bible to leaves for the healing of the nations, the plant of renown, and to various other botanic medicines; but we have no account, in that book, of mineral poisons ever being used to cure disease. Such an inconsistency, sanctioned by it, would have placed in the hands of the infidel a more powerful argument against its truth than now exists.

At whatever age disease may have made its appearance, the first man whose writings on medicine have descended to posterity in any thing like a respectable shape, is HIPPOCRATES, born in the island of Cos, about 460 years before Christ. Supposing himself descended from the ancient and fabled Esculapius, he devoted his mind assiduously to the healing art. He examined attentively the opinions of others, thought and judged for himself; and admitted only those principles that to him seemed founded on reason. As a theory of life, he advanced the doctrine that the body is endowed with a semi-intelligent principle capable of applying to its own use whatever is congenial with it, and calculated to improve and restore it; and of rejecting and expelling whatever is noxious, or tends to the generation of disease.

He believed in the conservative and restorative power of nature, when its laws were strictly followed, or aided by suitable remedies. Hippocrates studied diligently, and almost exclusively, the great book of nature, instead of the visionary theories of men, and probably adopted a more correct theory, and safe and successful practice, than any who succeeded him, until the time of Thomson.

CLAUDIUS GALANUS, or GALEN, was born in Pergamos, in Asia Minor, A. D. 131. He depended

on innocuous vegetables ; sometimes simple, generally very much compounded ; and his practice was so successful as in many instances to be ascribed to magic. The theory of Galen was the acknowledged theory of medicine until about the time of

PARACELSUS, who was born in Switzerland, in 1493. He appeared as a reformer of the system of Galen, rejecting his safe botanic treatment, and administering, with a bold and reckless hand, mercury, antimony, and opium.

Notwithstanding thousands were destroyed by this reckless quack, his practice has been handed down to the present time, undergoing various changes and modifications. Says Professor Waterhouse, "He (Paracelsus) was ignorant, vain, and profligate, and after living the life of a vagabond, he died a confirmed sot. He studied mystery, and wrapped up his knowledge in terms of his own invention, so as to keep his knowledge confined to himself and a few chosen followers." It appears by Prof. Waterhouse, of Harvard University, that mercury, antimony, and opium were introduced into common practice by Paracelsus, who was the chief of quacks, which remedies continue to the present day to be the most potent and commonly used by the faculty.

STAHL, a native of Anspach, rejected all the notions of his predecessors, and has the credit of undoing all that had been done before him.

HOFFMAN, his cotemporary and friend, supposed life dwelt somehow or other in the nervous system.

BOERHAAVE, a native of Holland, selected from all the preceding writings whatever he deemed valuable, preferring Hippocrates among the ancients, and Sydenham among the moderns. This

celebrated physician and scholar ordered in his will, that all his books and manuscripts should be burned, one large volume with silver clasps excepted. The physicians flocked to Leyden, entreating his executors to destroy his will. The effects were sold. A German count, convinced that the great gilt book contained the whole arcana of physic, bought it for ten thousand guilders. It was all blank except the first page, on which was written,—“*Keep the head cool, the feet warm, the body open, and reject all physicians.*” How noble the course of this justly celebrated physician! After thoroughly investigating the theories of all his predecessors, and writing out a theory of his own, which, when he came to practise, he found so uncertain and dangerous, that he would not leave it, with his sanction, to entail misery and death on future generations. He therefore gave his dying advice to the world, with a full knowledge of the value of all the systems of medicine that had preceded him, to use a few simple medicines, and reject all physicians. Had this advice, given in the seventeenth century, been regarded by the world, what a vast amount of suffering and human life would have been saved! Its benefits would have been incalculable. A monument should have been erected to his memory, on which should have been inscribed in letters of gold, “**HERE LIES AN HONEST MAN, THE NOBLEST WORK OF GOD.**”

Succeeding Boerhaave, were Haller, Cullen, Hunter, Bostock, Brown, Rush, and Chapman, of modern times; the history of whom may be told in the language of Thomas Jefferson, the illustrious statesman and philosopher. In a letter to Dr. Wistar, he says, “I have lived myself to see

the disciples of Hoffman, Boerhaave, Cullen, and Brown succeed one another like the shifting figures of the magic lantern; and their fancies, like the dressers of the annual doll babies from Paris, becoming from the novelty the vogue of the day, each yielding to the next novelty its ephemeral favors. *The patient, treated on the fashionable theory, sometimes gets well, in spite of the medicine*; the medicine therefore cured him, and the doctor receives new courage to proceed in his bold experiments on the lives of his fellow-creatures. I believe," continues Mr. Jefferson, "we may safely affirm, that the presumptuous band of medical tyros, let loose upon the world, destroy more human life in one year, than all the Robin Hoods, Cartouches, and Macbeths do in a century. It is in this part of medicine I wish to see a reform, an abandonment of hypothesis for sober facts, the highest degree of value set upon clinical observation, the least on visionary theories."

Dr. WILLIAM BROWN, who studied under the famous Dr. William Cullen, lived in his family, and lectured on his system, says in the preface to his own works, "The author of this work has spent more than twenty years in learning, teaching and scrutinizing every part of medicine. The first five years passed away in hearing others, and studying what I had heard, implicitly believing it, and entering upon the possession as a rich inheritance. The next five, I was employed in explaining and refining the several particulars, and bestowing on them a nicer polish. During the five succeeding years, nothing having prospered according to my satisfaction, I grew indifferent to the subject; and with many eminent men, and even the vulgar, began to deplore the

healing art, as altogether uncertain and incomprehensible. All this time passed away without the acquisition of any advantage, and without that which, of all things, is most agreeable to the mind—the light of truth; and so great a portion of the short and perishable life of man was totally lost! Here I was, at this period, in the situation of a traveller in an unknown country, who, after losing every trace of his way, wanders in the shades of night.”

Dr. Brown’s experience probably differs in only one particular, from that of every student of the theories of medicine, and that is, he spent seventeen years longer than is customary, to obtain authority to kill according to law.

Dr. RUSH says, in his lectures in the University of Pennsylvania, “I am insensibly led to make an apology for the instability of the theories and practices of physic. Those physicians generally become most eminent, who soonest emancipate themselves from the tyranny of the schools of physic. Our want of success is owing to the following causes,—1st, Our ignorance of disease, of which dissections daily convince us. 2, Our ignorance of a suitable remedy, having frequent occasion to blush at our prescriptions.”

Had not Rush so soon fallen a victim to his own favorite practice of bleeding, he would unquestionably have laid a foundation for medical reformation, that would ere this have swept away those false theories with the besom of destruction. He says, “We have assisted in multiplying diseases; we have done more—we have increased their mortality. I will beg pardon of the faculty for acknowledging, in this public manner, the weakness of their profession.” He then speaks

forth in the dignity of his manhood, and from the honesty of his heart, "I am pursuing truth, and am indifferent where I am led, if she only is my leader." A man of so much benevolence and conscientiousness as the venerable Rush could not long have reconciled his acknowledgments and practice.

Dr. L. M. WHITING, in a dissertation at an annual commencement in Pittsfield, Mass., frankly acknowledges that "the very principles upon which most of the theories involving medical questions have been based, were never established. They are, and always were, false; consequently the superstructures built upon them, were as the baseless fabric of a vision, transient in their existence; passing away before the introduction of new doctrines and hypotheses, like dew before the morning sun. System after system has arisen, flourished, and been forgotten, in rapid and melancholy succession, until the whole field is strewed with the disjointed materials in perfect chaos; and amongst the rubbish, the philosophic mind may search for ages, without being able to glean from *hardly one solitary well-established fact.*"

Dr. BENJAMIN WATERHOUSE, after lecturing in Harvard University twenty years, retired, saying of all he had been so long and zealously teaching, "I am sick of learned quackery."

We have now clearly shown, by incontestible evidence, that the science of medicine, as taught in the schools of physic, is based on no established principles, and therefore must be false in theory, and destructive in practice. Can the object of medical science be accomplished by these theories, while all admit that object to be the prevention and cure of disease?

CHAPTER III.

THE EFFECT OF THE REMEDIES USED BY THE MEDICAL FACULTY.

Notwithstanding the darkness, uncertainty and doubt in which medical science is involved—its incapability of answering the desired object of such a science ; if its remedial agents were innocent, there would be much less occasion for a reform than there now is. Should we see a blind man armed with a pistol, shooting into a group composed of friends and enemies, should we not suppose he would be as likely to kill his friends as enemies? Equally as liable is the physician, armed with deadly poison, administered without any certain criterion to guide him in their use, to kill nature instead of disease, or kill more than he cures.

The most common remedies used by the faculty are, mercury in some of its forms, antimony, opium, bleeding, and blistering.

MERCURY, or the ore which contains it, abounds in China, Hungary, Spain, France, and South America ; and of all the metals used as a medicine, is the most extensively used—there being scarcely a disease against which some of its preparations are not exhibited.

CALOMEL, a preparation of mercury, is said to be the Sampson of the *Materia Medica*, and, as another has expressed, has destroyed more Americans than Sampson did of the Philistines.

Dr. POWELL, formerly professor in the Medical College at Burlington, Vt., in a letter to Dr. Wright of Montpelier, says, "It is to be hoped the time is not far distant, when all deleterious poisons will

be struck from our *Materia Medica*. It is my opinion, calomel or mercury has made far more disease since it has been so universally exhibited, than all the epidemics of the country. It is more than ten years since I have administered a dose of it, although I have been daily in the practice of physic, and I am sure I have been more successful in practice than when I made use of it. The last dose I had in the house, I gave to some rats, and it as radically killed them as arsenic."

Dr. Powell, having administered calomel for many years, could not have been mistaken in regard to its effects.

Dr. CHAPMAN, Professor in the University of Pennsylvania, after speaking of the extravagant use of calomel at the South, says, "He who for an ordinary cause resigns the fate of his patient to mercury, is a vile enemy to the sick; and if he is tolerably popular, will, in one successful season, have paved the way for the business of life, for he has enough to do ever afterwards, to stop the mercurial breach of the constitutions of his dilapidated patients."

Dr. GRAHAM, of the University of Glasgow, says, "We have often had every benevolent feeling of our mind called into painful exercise, upon viewing patients, already exhausted by protracted illness, groaning under accumulated miseries of an active course of mercury, and by this forever deprived of perfect restoration; a barbarous practice, the inconsistency, folly and injury of which no words can sufficiently describe."

Dr. ROBERTSON, of Cincinnati, says in his lectures, "It is astonishing, and will remain an astonishment to future generations, that the very rankest poisons are the greatest remedies now in

use in the world, and have been for the last fifty years past. It would be a melancholy tale, could it be told of the millions who have perished through this practice."

Prof. WATERHOUSE says, "When calomel is pushed to a salivation, it delipidates, if we may so speak, or dissolves the human fluids, all of which are made of globules or round particles, on the crisis of which depend the vital energy of our bodies, and of course our health and vigor. After the hazardous process of salivation, the physician may, perhaps, be able to say, Now I have so far changed the morbid state of the patient, that his disease is conquered, and entirely overcome by the powerful operation of the mercury. But then in what condition does he find the sufferer? His teeth are loosened, his joints are weakened, his healthy countenance is impaired, his voice is more feeble, and he is more susceptible of cold, and a damp state of the weather. His original disorder is, to be sure, overcome, but it is paying a great price for it. Secret history conceals from public notice innumerable victims of this sort."

Prof. BARTON, of the Medical College of Louisiana, says of the tomato, "I freely wish it success, after having witnessed, for sixteen years, the horrible ravages committed by calomel."

The administration of calomel, to be safe, depends on circumstances beyond the knowledge of the prescriber; therefore, he who administers a dose of calomel, under any circumstance, strikes a blow in the dark, the result of which will be exhibited too late to be remedied.

In spite of the efforts of the medical faculty to keep from the people a knowledge of the effects of mercury upon the human system, which effects

they had been accustomed to attribute to a change in the disease ; some of their number, having too much benevolence longer to administer the disease-creating poison, have laid before the astonished calomel-eater the legitimate results of its use ; leading him to exclaim, Is it so ? that I have been so long duped by pretended science—so long swallowing down that which has been destroying my constitution, leaving me as I now find myself, but a wreck of the man I once was ! Is it so ? that man is so depraved, or so blinded as to deal out to his fellow-man deadly poisons, to increase his disease and suffering, when his punishment for the transgression of the laws of nature is already greater than he can bear ? 'These facts, coming to the knowledge of the people, have led many to reject those physicians who give calomel or mercury ; physicians, therefore, find it for their interest to deny that they use it except in extreme cases. But if, from this moment, the use of calomel should be entirely abandoned, the suffering that must necessarily follow the use of what has been already administered will be incalculable.

Dr. Cox, a member of the medical faculty of Cincinnati, who has recently renounced the old school practice, thus writes in a communication to the editor of the *Medical Reformer*: "I could enumerate at least fifty cases of *poison* and *death* by CALOMEL, that occurred in the practice of physicians who were practising in the region of country where I practised for the last seven years previous to my coming to the city, many of whom were sent to their graves mutilated, disfigured, and partially decomposed before death released them from their sufferings." Suppose each physician of the thousands who are practising in the United States

after the old school routine of giving calomel, were to hand a list of the cases of death produced by that mineral poison, that occurred within his knowledge and region of labor, what a stupendous and alarming amount of mortality it would make! In view of these facts, Dr. Cox comes to the following conclusion, and how could an honest man have come to a different conclusion? "Lest I should farther give countenance to a species of legal and wholesale murder by the use of it, I hereby notify my friends, that from this 22d day of November, A. D. 1844, I forthwith and forever relinquish the use of mercury, in any of its preparations, as a medical agent." He says he has found the simple plants of nature's garden far more safe and efficacious than mercury; he therefore goes for a reform in the practice of medicine, and hopes the time is not far distant when it will be an offence against the statute law, as well as the moral and physical, to administer mercury as a remedial agent. There are, no doubt, thousands of other physicians, who are constantly prompted by an enlightened conscience to abandon the use of poisons, and declare to the world that there is mischief in them. Even so mote it be.

"The following Hymn on Calomel," says Smith, "is to be sung on certain occasions; as the following: 1st. When any one or more are convinced of its dangerous and ruinous nature, when applied under the name of medicine, so as never to use it. 2d. When any one has taken it until his teeth are loose, rotten, or have come out. 3d. When it has so cankered their mouths, that they cannot eat their food. 4th. When it has swelled their tongues out of their mouths, so that they could not shut their mouth for some time.

5th. When it has caused blindness, and partial or total loss of sight. 6th. When it has caused large sores on their legs, feet, arms, or any part of the body. 7th. When it has caused palsy, epilepsy, cramp, or any other distressing complaint. When cured of any or all these difficulties, this is to be sung by all such, and as many others as may join heartily in putting down calomel. At the close of the hymn let some one of the singers repeat aloud—Amen.

(Tune, *Old Hundred*.—*Very grave*.)

Physicians of the highest rank
 (To pay their fees, we need a bank)
 Combine all wisdom, art and skill,
 Science and sense, in calomel.

Howe'er their patients may complain
 Of head, or heart, or nerve, or vein,
 Of fever high, or parch, or swell,
 The remedy is calomel.

When Mr. A. or B. is sick—
 "Go fetch the doctor, and be quick"—
 The doctor comes, with much good will,
 But ne'er forgets his calomel.

He takes his patient by the hand,
 And compliments him as a friend ;
 He sets awhile his pulse to feel,
 And then takes out his calomel.

He then turns to the patient's wife,
 "Have you clean paper, spoon and knife ?
 I think your husband might do well
 To take a dose of calomel."

He then deals out the precious grains—
 "This, ma'am, I'm sure will ease his pains ;
 Once in three hours, at sound of bell,
 Give him a dose of calomel."

He leaves his patient in her care,
 And bids good-by with graceful air.
 In hopes bad humors to expel,
 She freely gives the calomel.

The man grows worse, quite fast indeed—
 “Go call for counsel—ride with speed”—
 The counsel comes, like post with mail,
 Doubling the dose of calomel.

The man in death begins to groan—
 The fatal job for him is done ;
 His soul is winged for heaven or hell—
 A sacrifice to calomel.

Physicians of my former choice,
 Receive my counsel and advice ;
 Be not offended though I tell
 The dire effects of calomel.

And when I must resign my breath,
 Pray let me die a natural death,
 And bid you all a long farewell,
 Without one dose of calomel.

ANTIMONY, says Hooper, is a medicine of the greatest power of any known substance ; a quantity too minute to be sensible in the most delicate balance, is capable of producing violent effect. Tartar emetic is a preparation of antimony, commonly used by the faculty as an emetic. A Mr. Deane, of Portland, Me., was poisoned to death a few years since, by taking a dose of tartar emetic through mistake ; had it been administered by a physician, his death would have been attributed to some fatal disease. It is said that Basil Valentine, a German monk, gave it to some hogs, which, after purging them very much, fattened ; and thinking it might produce the same effect on his brother monks, gave them each a dose, who all died in the experiment ; hence the word is derived from two Greek words, meaning *destructive to monks*.

OPIUM is obtained from Turkey and East India. It is the most common article used by those who wish to shuffle off this mortal coil, to accomplish

their object. In the form of paregoric it is used to quiet children, and thousands have no doubt been quieted beyond the power of being disturbed. It does not remove the cause of disease, but relieves pain by benumbing sensibility.

BLISTERING.—This practice, though not so fatal as bleeding, is evidently as inconsistent and more tormenting. In some isolated cases, blisters may produce an apparent good effect, but the amount of injury is so much greater than the amount of good accruing from their use, that they may well be dispensed with.

BLEEDING.—Blood-letting was introduced as a frequent remedial agent, by Sydenham, in the early part of the 16th century; since which time it has consigned millions to the tomb, and cut off the fond hopes of many a tender parent, affectionate husband and wife, and dutiful child.

Dr. J. J. STEELE, a member of the medical faculty of New York, says, "Bleeding in every case, both of health and disease, according to the amount taken, destroys the balance of circulation, and robs the system of its most valuable treasure and support. This balance must be restored and this treasure replaced, before a healthful action can be complete in the system."

Dr. REID says, "If the employment of the lancet were abolished altogether, it would perhaps save annually a greater number of lives, than in any one year the sword has ever destroyed."

Dr. BEACH, a member of the Medical Society of New York, says, "Among the various means made use of to restore the sick to health, there is none so inconsistent and absurd as blood-letting. Those who were so unfortunate as to fall victims to disease, were doomed to suffer the most extra-

vagant effusion of blood, and were soon hurried to an untimely grave."

Dr. LOBSTEIN, late physician of the hospital and army of France, reprobates, in strong terms, the use of the lancet. He says, "During my residence of fourteen years past, in this happy land of liberty and independence—the United States—I am bound to say that in all my practice as a physician of twenty-seven years, never have I seen in any part of Europe such extravagance of blood-letting as I have seen in this country. It is productive of the most serious and fatal effects—a cruel practice—a scourge to humanity. How many thousands of our fellow-creatures are sent by it to an untimely grave? How many parents are deprived of their lovely children? How many husbands of their wives? How many wives of their husbands? Without blood there is no heat—no life in the system. In the blood is the life. He who takes blood from a patient, takes not only an organ of life, but a part of life itself."

This testimony of Prof. Lobstein is deserving the consideration of every individual, on account of his high standing in the medical profession, and his opportunity of judging from experience and observation of the effects of blood-letting.

Dr. THATCHER, a celebrated medical author, says, "We have no infallible index to direct us in the use of the lancet. The state of the pulse is often ambiguous and deceptive. A precipitate decision is fraught with danger, AND A MISTAKE MAY BE CERTAIN DEATH." Here is a tacit acknowledgment that the most discriminating and cautious physician cannot decide when bleeding is safe, and he has no certain criterion by which to decide, whether bleeding will relieve his patient—place

him beyond the reach of a cure, or immediately destroy life. Well may such a science of medicine be called the science of guessing.

Think of man within the short space of twenty-four hours being deprived of eighty or ninety ounces of blood, taking three portions of calomel, five or six grains of tartar emetic, and blisters applied to the extremities and the throat. *Such was the treatment of the illustrious Washington*; of him who was first in war, first in peace, and first in the hearts of his countrymen. To have resisted the fatal operation of such herculean remedies, one would imagine this venerable old man should have retained the vigor of his earliest youth.

Says Magendie, an eminent French physiologist, "I assert, then, loudly, and fear not to affirm it, that *blood-letting* induces, both in the blood itself and in our tissues certain modifications and pathological phenomena which resemble, to a certain extent, those we have seen developed in animals deprived of atmospheric oxygen, or drink, and of solid food. You shall have the material proof of the fact. Here are three glasses containing blood drawn from a dog on three different occasions, at intervals of two days. The animal was in good health, and I took care to supply him with abundance of nourishing food. In the first glass you see the serum and clot are in just proportions to each other. The latter, which is perfectly coagulated, forms about four fifths of the entire mass. This specimen of blood, consequently, appears to possess the desirable qualities. Now turn your attention to the second glass. The animal was still well fed when its contents were drawn, and yet you perceive an evident increase

in the quantity of serum. The clot forms, at the most, only two thirds of the whole. But here is the produce of the third venesection. Although the animal's diet remained unchanged, we find a still greater difference. Not only is the proportion of serum more considerable, but its color is changed. It has acquired a reddish yellow tinge, owing to the commencing solution of the globular substance."

If it was a fact, that the science of medicine that teaches the doctrine, that the most powerful poisons are the best medicines—that drawing from man his heart's blood is the best way to restore him to health when sick, is based on the immutable principles of truth, and proved itself true by the practice, then we should be bound to admit its principles, however inconsistent they might appear. But if there is a shade of doubt resting upon our minds, let us rather trust to the unassisted and undisturbed powers of nature, than to remedies that require the banishment of reason from her throne, before a thinking man can consistently use them. Give a sick man poison that we have positive evidence will destroy the life of a well man, to cure him? Take from a feeble man his blood, on which his little remaining strength depends, to strengthen him? Does it appear reasonable, or does it carry with it the evidence of its truth, by immediately curing the sick, or strengthening the weak?

There is not, in my opinion, and I am not alone in that opinion, to be found, in all the superstition and ignorance of this or any previous age, a more complete inadaptness of means to ends, than the old school system of medical practice to cure disease. As consistently might we attempt to

heat an oven with ice, put out a fire with alcohol, or fatten a horse with grindstones or shingle nails.

It is now the wonder of the more enlightened of the present generation, how the belief in witchcraft could have obtained among the most learned of the 16th century. So it will be the wonder of future generations, that their forefathers of the 19th century should be so hoodwinked, as to swallow down deadly poisons, be bled, blistered, and physicked; sacrificing their own common sense, for the pretensions of a class of men, whose gain depended on the ignorance of the people of the result of their remedies.

Are there not, besides, a sufficient number of influences brought to bear upon mankind to drag them down to the grave? Is not alcohol slaying its thousands? war its millions? and the transgression of the physical laws of nature in food, exercise, and dress, its tens of millions? Why, then, should Pandora's box be opened for another outlet for human life?

CHAPTER IV.

THE HOMŒOPATHIC SYSTEM.

As this system of practice is different in many particulars from the allopathic or old school system, and is gaining the attention of the American people, it may be expected that we should give it a passing notice.

Dr. Samuel Hahnemann, of Germany, the author of this system, was formerly a physician of the old school, and was said to be a man of talent

and learning. Like many of his predecessors, after wandering in the shades of night for many years in search of truth, he deplored the healing art as altogether "uncertain and incomprehensible." He saw the danger of striking at random with such deadly weapons as mercury, antimony, opium & Co., and therefore labored to prove that the ten millionth part of a grain of calomel was better than 250 grains. This one fact he has clearly proved, and we challenge the world to refute it, that the patient who takes infinitesimal doses of poison will recover sooner, and be less injured, than the patient who takes large doses. Another fact can as easily be proved, that the patient who takes no poison does better than either.

The views entertained by Hahnemann of disease and the method of cure, are original, and remain yet to be proved. The distinguishing features of his system appear to us visionary, and the remedies inefficient, but generally harmless, though not always. He includes in his *Materia Medica* the most deadly poisons, given in such small quantities, however, as to do little harm or good, but sometimes increased so as to produce the most alarming effect. Dr. Beach, of New York city, says he was called to a distinguished dentist of that city, (Dr. Burdell,) who was taken unwell, and called a homœopathic physician to attend him. He requested him to give him no mercury; but contrary to his express desire, he gave him both mercury and arsenic; and he now states that he has been injured, particularly by the latter. He thinks the absorbents have taken up the poison, and that it has settled in all his joints. They are now swollen, stiff, and contracted; and he is unable to walk. So indignant does he feel against

the practice, that he proposes to caricature it, by exhibiting two rats, one in a healthy state, and the other, after having passed through the ordeal of taking ratsbane or arsenic, with the hair off. The fundamental principle is, that in all diseases we are to use a medicine in small doses to cure a disease that will produce the same symptoms as are manifested by the disease we wish to cure, and that a medicine can be made to operate on the particular portion of the system designed by the prescriber, without effecting any other portion.

The position taken by the advocates of Hahnemann's system cannot be successfully defended, there being too many well-established facts in contrariety in it. But however much the old school physicians may *ridicule* this system, the light of truth now dawning upon the world will show, that the consequences of *their* system (the allopathic) are too *serious to be ridiculed*. While Hahnemann may divert the patient with his grain of calomel, mixed with a barrel of sugar, and a grain of the compound divided into infinitesimal doses, requiring him to regard the physical laws of his nature in food, exercise, &c., allowing nature all her power to contend against disease; the old school physician lifts his fatal club and strikes at random, the force of which oftener comes on the head of the only healing principle that exists in man, termed nature, than on his enemy, disease. Much good, therefore, may result from this system of practice, in the present benighted state of the world on all medical subjects, by diverting the patient while nature effects a cure.

A large majority of the homœopathic physicians are seceders from the old school, and condemn in unqualified terms the extravagant use of poisons,

bleeding, blistering, and physicking ; having themselves seen enough of their destructive effects to arouse their better feelings, and lead them to adopt a system more in accordance with humanity. Although we differ from them in theory and practice, we cannot but respect them for the uncompromising stand they have taken against the pernicious practice in which they themselves were once engaged, and to remove which they have sacrificed their standing with the medical faculty, been cast out from their society, and are now the objects of their ridicule. An enlightened community will do them justice, which is all, we presume, *they* ask.

CHAPTER V.

HYDROPATHY, OR THE COLD WATER CURE.

There is no individual who appreciates the value of cold water, both as the most natural and healthy drink for man and beast, and as a valuable remedial agent, than we do ; but we are not prepared to admit that it will accomplish every indication in the cure of disease. There are cases in which an immediate relief cannot be obtained without the use of some medicine besides cold water. We think, however, it may be successfully applied in a great variety of cases where there is sufficient vitality to produce reaction ; but much caution is necessary in its application, or serious injury might accrue from its indiscriminate use. The time is not far distant when the virtue of pure cold water will be more generally

appreciated, and occupy an important place in the consistent physician's *Materia Medica*. If it is a fact that pure water *will* accomplish every indication in the cure of disease, we sincerely pray that the time may speedily come when the fact will be known to the world. Many, in whose judgment and sincerity we have much confidence, thus believe; but we cannot so believe until we have the evidence. We intend to thoroughly investigate the subject, and shall always be governed in our theory and practice by the light we receive.

A hospital has been recently established at Graeffenberg, by Vincent Preissnitz, who makes no pretensions to book learning or a knowledge of medicine. He treats all forms of disease with cold water alone, internally and externally, with a success that is perfectly astonishing. It has been stated on good authority that out of 7600 patients, the most of whom had applied to nearly every other source for relief, he has lost but thirty-six.

But little is known in this country of his method of applying this valuable remedial agent.

Mr. Henry C. Wright, of Philadelphia, a distinguished anti-slavery and peace-lecturer, has been at Graeffenberg, and entirely cured of a pulmonary disease: he writes thus to the editor of the *Liberator* in relation to the Principal of the hospital and the mode of cure:—

“It requires the constant exercise of a desperate resolution to carry on the *cure* amid such snows and ice. With such a temperature, to have our bodies packed up, twice a day, in a sheet wrung out of water, whose temperature is down to freezing—(last evening, the sheet in which I was packed,

three minutes before I saw spread out on the snow before my window, frozen stiff as ice)—to lie in that wet sheet till I get warm, and then go down into a bath-room, often full of snow and ice, and there throw all off, and smoking, plunge into that dreadful bath, and stay in it one or two minutes—then to be rubbed dry, and have a long wet bandage tied around the whole body—then dress, and go out and face these fierce, howling tempests, the snow all blowing into your eyes, ears, hair, neck, and bosom; and then to have to sit down in cold water, and there sit fifteen minutes at a time—sure, such a fearful process must *kill* or *cure*. Strange to say, not one here seems to have the least fear of the former. It kills no one—it invigorates and strengthens all, and produces a pretty thorough indignation in each at himself, that he should ever have subjected his body to the healing process generally pursued by the medical faculty. I am certain that the process—though so fearful that I almost catch my breath and shiver all over to think of it—has done me great good.

“Four days ago, a woman who had taken cold during the day, and was not aware of the enemy lurking in her, was seized in the night with a most violent fever. I saw her in the morning, and she looked exactly like a person in scarlet fever. A wet sheet was at once wrapped about her whole body, and changed and wet again every twenty or thirty minutes. This was pursued about twenty hours, and water was applied in other ways. The next day, I saw her up and dressed, and looking as well and eating as hearty as usual. Not a particle of medicine was administered. I do not believe that out of the three hundred patients now here, or out of several thousands that have

been here, there is one who has the least fear of fevers or colds. Each seems to feel that, so far as fevers and colds are concerned, a certain remedy is always at hand. I do think it is the duty of all who have young children, to learn to apply this remedy. How many diseases in little children originate in cold!

“Vincent Preissnitz is certainly an extraordinary man—has a countenance on which one loves to look—a man of unpretending simplicity, of quiet look and demeanor, but of dauntless resolution and unyielding firmness. If a patient puts himself under his control, and he assumes the responsibility of the case, the patient must conform. He is a man of very limited *book* learning—pretends to none, has none—says but little to his patients—has no *theory* at all—and would be probably incapable of giving a written account of his system. Cold air and cold water are the only remedies with which he attempts to combat disease, and he does not pretend that he can cure *all* diseases with these. But he makes his patients *work* for health. We can't sit down in an easy chair, or stretch out on a soft sofa, in a warm room, with a warm wrapper gown on, and take little *nice* things, and be petted and comforted, and all that! No—we have to work, work, work—no rest day or night—have but little heat, and *no* comforts at all, (comfort is unknown here, in any thing.) Our food is plentiful, but of the coarsest kind—no tea, no coffee, no condiments but *salt*—milk and cold water for drink; dry, stale rye bread, butter, boiled beef, soup, &c., for food. To *cut* our rye bread is a labor of no small magnitude, and each must cut for himself; and to see barons, counts, princes, cavaliers, priests, generals, doctors, and what

not, all mixed up together, cutting and gnawing away at this coarse food, like hungry wolves—you would suppose that the genius of famine had come forth from the desert of Sahara, and was at our table.”

CHAPTER VI.

THE THOMSONIAN SYSTEM.

This system of medical practice, unlike most other systems, is the result of experience. Facts were first established, and then a theory based on such facts. Without facts it is as impossible to establish a correct theory as to commence building a chimney at the top. There would be no difficulty if the first brick could be made to stick. So in medical science. Establish one important fact, and you have a foundation on which you may build with safety.

Dr. Thomson, the author of the system that bears his name, was altogether unacquainted with the prevailing theories of medicine. His mind was therefore untrammelled. If, as Dr. Rush has said, those physicians become most eminent who soonest *emancipate* themselves from the tyranny of the schools of physic; was it good reason why Dr. Thomson could not be a reformer, because he had never been enslaved by these theories? He took reason and common sense for his guide, and established every principle by long experience. It was the inefficiency of the regular practice that induced him to turn his attention to the subject of medicine. His children were attacked by disease,

a regular physician was called, exhausted his skill, and abandoned them to the cold embrace of death. At this critical period, Dr. Thomson resolved to call into exercise his own judgment in the use of such remedies as he had become acquainted with in his earlier days. Necessity is the mother of invention. He applied these remedies, and succeeded beyond his most sanguine expectations. All of them recovered under his treatment, besides his companion who was given up by five physicians.

In this simple manner originated a system of medical practice, based on the immutable principles of truth, that has saved thousands of suffering human beings from the jaws of death, who had been abandoned by the medical faculty to die. It soon became a topic of conversation, in the region around, that Mr. Thomson, an illiterate farmer, had cured five of his family after the doctors had given them up to die. Soon he was called to administer to his neighbors after all other remedies failed, and such universal success attended his practice, that his name and unexampled success were soon known abroad: and so numerous were his calls to attend the sick, that he was under the necessity of relinquishing his farm and devoting himself exclusively to the practice of medicine. We now find the illiterate farmer a doctor—a graduate of the school of nature, with almost universal success for his diploma.

Little did he think, when he yielded to the pressing requests of the suffering and dying to administer to their relief, that he should call down upon his head the curses and denunciations of the whole medical faculty, whose craft they now saw to be in danger. But he soon fully realized that

the sentiment of the celebrated Dr. Harvey was true—"that he who attempts a reform in medicine, runs the risk of the sacrifice of his life, reputation, and estate." Such was his success in curing the incurables of the faculty, that their indignation was aroused against him, and poured on his devoted head without mercy. Every means within their power were used to destroy him and his followers. If one in a thousand of his patients died, although they might have been incurable when he commenced upon them, he was charged with murder, and in one instance was prosecuted and put into prison. Notwithstanding the deep-rooted prejudice, and time-honored usages of the people, and the hellish animosity and unprecedented persecution of a profession whose influence was almost omnipotent, Thomsonism has flourished and progressed until its remedial agents have found admittance into nearly every hamlet and mansion in the United States.

CHAPTER VII.

THE TESTIMONY OF OLD SCHOOL PHYSICIANS IN ITS FAVOR.

Notwithstanding the medical faculty as a body violently persecuted Dr. Thomson, and ridiculed his system of practice, some of the most candid and humane had the magnanimity to express their conviction that his system was far more philosophical than their own.

Among the first and most unwavering of the friends of Dr. Thomson, was Prof. Waterhouse, of Harvard University. He says in a letter to

the editor of the Boston Courier, "I remain firm in the opinion that the system and practice of Dr. Thomson is superior to any now extant; for by his remedies, as much can be accomplished in three or four days, as can be done by the regular system in as many weeks, and that too without injuring the patient."

Dr. THOMAS HERSEY, too, of Columbus, Ohio, an eminent physician and surgeon, who was surgeon in the United States army during the last war; after thoroughly investigating Dr. Thomson's system, publicly renounced a system he had practised forty years, and adopted the more philosophical system of Thomson. He says, "More than forty years of life have been devoted to the ancient or regular practice. Ten years have been spent in ascertaining the claims of the Thomsonian system. A partial learning was the first step, and the result was a mixed practice, which I found could not succeed. I found I must be a Thomsonian altogether, or abandon the cause. The result has been, that thus resolutely pursuing this course, I became astonished at its success. This outrivalled any thing with which I had ever been acquainted in private practice, or in my former official capacity as surgeon in the United States army, or any public or private station I had ever been called to fill." He says also in a letter to Dr. John Thomson, "My practice has been extensive—my experience and opportunity for observation has seldom been exceeded; but I venture to pledge myself upon all I hold sacred in the profession, that in my estimation the discoveries made by your honored father have a decided preference, and stand unrivalled by all that bears the stamp of ancient or modern skill."

Dr. SAMUEL ROBERTSON, of Cincinnati, Ohio, who pursued his studies in England, and afterwards under the celebrated Dr. Rush, of Philadelphia, says, "I have renounced the depleting and poisoning system altogether; and hereafter, from this day, my life shall be spent in diffusing a knowledge of the superiority of the Thomsonian system, however much I may be abused by my former brethren."

Dr. W. K. GRIFFIN, of Clinton, N. Y., also embraced this system. He says, "After having attended three courses of lectures at the college of physicians and surgeons at Fairfield, and obtained the degree of Doctor of Medicine, I commenced using calomel, opium, and the like, with the most unshaken confidence. Frequent failures I was wont to attribute to the inveteracy of the disease. But experience soon taught me a different lesson. I had frequent occasions to notice, that when circumstances prevented the administration of the popular remedies, nature performed a cure much sooner, and left the patient in a more favorable condition, than in cases where the scientific medical books were followed. I communicated this discovery to my confidential friends in the profession, and found to my no small surprise, that many of them were equally conscious of the fact. '*But,*' said they, '*the people love to be deceived, and in this respect it promotes our interest to accommodate them.*' They call on us to prescribe, and by crying down our own medicines, we should at once throw ourselves out of business.'

"Though I had always possessed the strongest prejudice against that class of men vulgarly called steam doctors, yet testimony in their favor had at

length become so abundant, that I was forced to relinquish in some measure my preconceived opinions, so far at least as to give their system a fair investigation. When I entered upon the Thomsonian practice, I was convinced that it possessed rare virtues, yet it was natural for me to suppose that those virtues had been much exaggerated by the friends of the system. But in this respect I was happily disappointed, for I discovered, as my practical knowledge of the system increased, that half its virtues had not been told."

STEPHEN DEAN, M. D., of Hamburg, N. Y., who was seventeen years a "regular," in giving his reasons for renouncing the old system and embracing Thomson's, says, "I tried the same remedies upon myself that I used upon my patients, and they nearly ruined me, and I accordingly threw away my lance, and all my poisonous drugs, and adopted the safe, simple and efficacious system of Dr. Thomson."

DR. THOMAS EVELEIGH, M. D., of Charleston, S. C., in a letter to the editor of the Thomsonian Recorder, says, "The theory of disease upon which is based the Thomsonian system of practice, I consider as approaching nearer the truth than any other theory with which I am acquainted; and so perfectly satisfied am I of this fact, that I have abandoned the old practice altogether, and have adopted Thomson's in preference; and every day's experience tends to confirm me in the opinion I first formed, that the system is based on the immutable principles of truth, and wants nothing but faithful and intelligent practitioners, to evince to the world its superiority over every other system. I am persuaded that as soon as the public

mind becomes enlightened upon the subject, it must and will supersede every other practice."

We could fill this volume with the encomiums of those who have practised many years on the old school system, who have renounced the same, and become thorough-going Thomsonians; but enough have already been introduced, to show that the advocates of Thomsonism are not all an illiterate, ignorant class of men. About three hundred more might be added, whose testimony would be in accordance with those whose names we have inserted, who have spent the usual time in studying the works of the faculty, attended medical lectures, and practised many years, poisoning people well. After a thorough and candid examination of the Thomsonian system, with all their prepossessions against it, and a trial of its remedial agents, in all the different forms of disease, they were compelled, by the force of evidence, to abandon their poisoning system, and adopt one more in accordance with nature, reason, and common sense. Thousands of others have adopted a mixed practice to secure the patronage of all parties.

PART II.

CHAPTER I.

HEALTH.

Health—the poor man's riches, and the rich man's bliss.

A STATE of health consists in the power of all the different organs to perform, in an easy and regular manner, all their proper offices. This state, on which our happiness so much depends, is the legitimate result of a correct mode of living. The man, woman, or child, who daily transgresses the physical laws of their nature, can no more expect to be healthy, than they can expect to breathe without air or live under water.

Ask the man who has not been free from pain a single day for a series of years, what he considers the greatest earthly blessing, and he will tell you, health. When deprived of this, all nature wears a gloomy aspect. The glistening sunbeams, the opening flowers, the green-clad trees, the rippling streams, or the soul-cheering notes of the feathered songsters, have for him no charms. The aching head, the hacking cough, and the hectic flush, admonish him, that soon he must close his eyes on all things earthly. Then it is he looks back with sorrow and deep remorse on a life spent in constant violation of the laws of nature, the result of which is always to produce misery

and disease in proportion to the extent of those violations.

Thousands there are, who are this moment rolling in wealth, who would give a quit-claim deed of all creation, and place themselves in the condition of the man who depends on his daily labor for his daily bread, if they could enjoy perfect health.

If health be thus valuable, that the miser will pour out his gold, the epicure give up his sumptuous fare, and the young lady bid defiance to the life-destroying fashions of the age, that they may obtain it when lost, is it not worth preserving?

How then can we preserve our health? Here is a question of more importance than any other of the great questions that are now agitating the world. Any question or enterprise, having for its object the accumulation or preservation of wealth, would weigh as little in comparison with this, as the bubble in the opposite scale with the mountain. It may be argued that health is a blessing conferred upon us by Divine Providence, and He continues or destroys it according to his own pleasure, without any agency of our own. This doctrine has prevailed to an alarming extent, and has been sanctioned by those who profess to know more about the mysterious dealings of Providence than they do the physiological laws of our nature. Is it not the height of injustice to charge upon Him, whose "tender mercies are over all the works of his hands," "our own folly? He, in infinite wisdom and goodness, has established certain unchangeable laws, by which all matter, animate and inanimate, is governed. Obedience to these laws secures to us health and all its blessings, with as much certainty as obedience to moral laws secures peace of mind.

In order therefore to preserve health, a proper regard must be had to food, drink, clothing, exercise, air, and bathing.

FOOD AND DRINK.—On no one thing does perfect health so much depend, as on the quantity, quality, and proper mastication of food; notwithstanding which, a majority of mankind swallow down, half chewed, and in large quantities, a heterogeneous mass of beef, pork, butter, cheese, mince pies, cakes, &c., regardless of consequences or the object of eating and drinking. So long as we thus transgress nature's laws, so long we must suffer the consequences; which are pain, debility, and untimely death, in spite of physicians, regular or irregular, homœopathic, hydropathic, or Thomsonian even. Such is the difference in the habits and constitution of man, that no universal system of diet can be prescribed, adapted to the circumstances of all; but a few simple rules should always be observed. Eat, three times a day *only*, a moderate quantity of such food as is the most easily digested, which should be well chewed or mixed with the saliva before it is swallowed. The best food is coarse wheat bread, potatoes, rice, ripe fruit, rye pudding, peas, beans, &c., and the best drink is pure cold water; avoiding tea, coffee, fat meat, butter, cheese, &c. The real object of eating should be kept in view, viz. to supply the system with a proper amount of nutriment, varying according to the amount of active exercise taken, and the power of the digestive apparatus, and not to gratify a depraved appetite. Every man and woman should become acquainted with the physiological laws of their nature, so as to eat and drink and provide for their children in accordance therewith.

CLOTHING.—The principal object of clothing is to protect the body from cold and inclement weather, and therefore should be adapted to the climate, season of the year, age, &c. The practice of dressing children very warm, serves to enfeeble and relax the system, rendering them subject to colds and all their attendant evils. They should be accustomed to wear but little clothing when in doors, and that perfectly loose about them. It will be observed that those children who, from necessity, are poorly clad and coarsely fed, are usually more robust than those who are warmly clad, and are pampered with all the nice things a fond mother can obtain; the good intentions of whom do not prevent the suffering she is unavoidably bringing upon herself and offspring. This consideration only should be kept in view in dress, regardless of fashion, that is, its adaptedness to the convenience and comfort of the wearer, and the season of the year. Too much cannot be said against compressing the chest, as is the custom of many females, who have thereby sacrificed themselves to the goddess fashion, and we fear many more must be sacrificed at the same shrine before the practice will be abandoned. Tight bandages about the neck, or any part of the system, should be avoided, as they obstruct the free circulation of blood.

If a man would live in accordance with his nature, take proper exercise in the open air, and thereby produce a free circulation of blood, but little clothing would be required; but as he is enfeebled by disease, want of exercise, &c., he must keep himself warm by flannels, stoves, and stimulating meats and drinks, until exhausted nature gives up the struggle to sustain its requisite

quantity of heat, which suddenly sinks to the temperature of the ground six feet from the surface.

The real object of clothing seems, at the present day, to be almost entirely overlooked; fashion, instead of convenience and comfort, must be consulted. How many render themselves miserable because they have not the means of following every foolish fashion that is introduced! while others toil incessantly, giving themselves no opportunity for the improvement of the mind or innocent amusement, destroying their health and happiness to obtain the means of rendering themselves ridiculous in the eyes of the really wise. But so the world goes, and so it must continue to go, until dress and shape become so ridiculous and fantastical as to be a laughing-stock for each other. Says the celebrated Cobbett on this subject, "Let our dress be as cheap as may be without shabbiness; attend more to the color of your shirt than to the gloss and texture of your coat; be always clean as your situation will, without inconvenience, permit; but never, no, not for one moment, believe that any human being, with sense in his skull, will love or respect you on account of your fine, costly clothes."

The man or woman, who has independence enough to dare dress consistently and decently, in defiance of a foolish and pernicious fashion, if holding a rank in society that gives them influence, will do much for the benefit of his or her race. Ye professed followers of the despised Nazarene, shall we not look to you for the example? or must Christianity itself yield to fashion, and its professors vie with each other in obtaining the most gaudy and costly apparel?

EXERCISE.—It is a law of our nature that a cer-

tain amount of active exercise in the open air must be taken every day in order to be perfectly healthy ; and it is supposed that the amount necessary to procure all the food, clothing, &c., for the whole, together with what would be naturally taken in amusement and walks of pleasure, if divided equally among those who were competent to labor, would be the proper amount of exercise for each ; but in the present arrangement of society, the few must labor incessantly in active employment, exhausting the powers of nature, and leaving the moral and intellectual powers uncultivated ; while the many are engaged entirely in sedentary employments, or no employment, except to consume what the hard labor of the few produces. Both classes transgress the laws of nature—the one, in not exercising enough ; the other, in exercising too much. The facilities for locomotion are such at the present time, and the disposition of man to avail himself of them so general, that nearly all action of the lower extremities will be suspended by those who have the means of paying the expense of being trucked or cabbed to the cars, and by the cars to their desired town or city, and then trucked or cabbed again to the residence of a friend or the traveller's home. The result of which is invariably, coldness of the extremities, costiveness, head-ache, indigestion, lowness of spirits, weakness ; then come Indian purgative pills, calomel, blue pills, steam and lobelia, a visit to the springs, a miserable existence, and premature death. This is no picture of the imagination, but a *fac simile* of what is daily transpiring around us, and he whose eyes are open cannot help seeing it. But we do not expect to turn the tide that is thus carrying so many on the

bosom of its waters to the grave. But the law and its penalties cannot be evaded by its violators.

Walking is probably the most healthy exercise; riding on horseback, sawing wood, digging the soil, are also excellent modes of exercise. Those who cannot exercise in the open air in consequence of ill-health or the inclemency of the weather, should engage in such exercise as they can bear within doors; and if not able to take active exercise, make use of the flesh-brush or a coarse towel two or three times a day.

AIR.—But few are aware of the importance of inhaling pure air, or duly consider the consequences of inhaling that which is impure. A fruitful cause of pulmonary complaints, colds, coughs, &c., at the present time, is the practice of heating rooms with stoves, which destroy, to a certain extent, the oxygen, and leave the air unfit for respiration; and if the rooms were kept perfectly tight, the air would soon be rendered incapable of sustaining life. Our forefathers, by living in houses well ventilated, and being almost constantly in the open air, and sleeping in apartments where the pure air of heaven was permitted to circulate freely, were robust and healthy; while their posterity are so enfeebled by the pernicious customs of the age, as to be under the necessity of wrapping up head, ears and mouth, when they go out, lest they should take cold, and by this very means predispose the system to take cold.

BATHING.—Ablution, or bathing the surface once a day in cold water, is a very important means of preserving health. It invigorates and strengthens the system, cleanses the surface, and renders a person less liable to take cold. It should be done in the morning on rising from bed. Take a bowl of

water, and with the hand bathe the whole surface, and rub briskly with a coarse towel. Those who are feeble can use the tepid weak lye-water, followed by brisk friction. We shall treat of baths as remedial agents in another part of this work.

Let those who consider health of more importance than the gratification of a depraved appetite, or conformity to foolish and destructive fashions, seek them a healthy location in the country, if they are not already thus situated; eat the fruits of the field and garden alone; dress consistently, with reference to comfort rather than fashion; construct houses so as to be well ventilated; throw aside feather beds, air-tight stoves, tea and coffee, beef, pork, butter, &c., take four hours active exercise in the open air every day when the weather will permit, and bathe the surface in cold water every day; and above all, keep a conscience void of offence: and with as much certainty as the earth revolves round the sun, or water inclines to run down hill, will they enjoy health, peace, and competence. But those who are determined to follow the foolish customs of the age; live in indolence or in constant toil, breathe the contaminated air of cities and large villages; eat hogs and sheep, rich pies and cakes, and live in constant violation of the laws of nature, must suffer the consequences—pain, suffering, anxiety, parting with loved children, constant sickness, &c. When will mankind be wise, and observe the laws of their nature, and thereby avoid the suffering that inevitably follows their transgression? In consequence of the unnatural state in which man lives, his body is constantly diseased, requiring the aid of medicine to assist nature in her efforts to regain lost energy. To supply this demand, physicians

and secret medicine-manufacturers, as thick as the frogs of Egypt, have sprung up in every town and city, many of whose remedies are as well adapted to cure disease as a hand-saw would be for shaving, and the aggregate of whom, undoubtedly, increase vastly the amount of disease and suffering.

The following remarks on the promotion of health and longevity are from the pen of the celebrated Dr. COURTNEY, surgeon, R. N., of Ramsgate, England:—

“The human frame is so constituted that it may, by wise training, not only be brought to bear with impunity every vicissitude of climate, but even be strengthened and hardened thereby. The stomach—the great store-house of the body, and without the integrity of whose functions life itself is but a burden—can be rendered capable of digesting any kind of food, and our bodies of performing almost any amount of labor, so long as we observe the rules which experience, physiology, reason and common sense dictate. Of these rules, the most important, perhaps, are the following:—moderation in eating and drinking, great personal cleanliness, early rising, fearless and daily frequent exposure to the weather in all its vicissitudes, and total abstinence from intoxicating liquors. Persons who would enjoy health and length of days must give up the effeminate and luxurious habits now so fashionable; and must not live in rooms defended from the breath of heaven, by means of closely-fitting doors and windows, and heated by enormous fires to a temperature that must relax and enervate—rendering them living barometers, or like so many hot-house plants, to whom every change is blight or death. The so-

called "comforts" of life are the very bane of health. Lounging on sofas and in carriages, late hours, soft beds, lying in bed till nine or ten in the morning—these, and the like luxurious habits, combined with the sedentary amusements of card-playing, novel-reading, &c., are of themselves sufficient to dilapidate the strongest constitution.

"The more exercise any person takes, the larger is the quantity of oxygen he inhales, and the warmer he becomes; consequently the person who takes but little exercise, inhaling little oxygen, loses in a great measure its warming, vivifying, and strengthening agency. When there is a deficiency of oxygen in the system, the black blood from the veins is but imperfectly changed by the air in the lungs, and a blood unfit for the purposes of life flows through the body; the consequence of which is—*must* be, a falling off in the health, to a greater or less extent. Hence arise those very prevalent affections—chilliness, languor, low spirits, head-aches of different kinds, faintness, palpitations, stupor, apoplexy, &c.

"It has been imagined by persons ignorant of the mechanism and physiology of the human frame, that females cannot bear much exercise or exposure to atmospherical vicissitudes, and that passive exercise is more suited to their constitutions. This is a mistake altogether—an error which has caused the loss of health in thousands of instances. Constant and daily exercise in the open air, early rising, a daily ablution of the body with cold water, and the avoidance of over-heated and badly-ventilated rooms, are essentials in the code of health, which can no more be dispensed with by the female than the male. Indeed, when we take into consideration the many causes that

tend to weaken and impair the health of the female, which do not at all interfere with man, the necessity of the avoidance of enervating habits is even more requisite on the part of the weaker sex. To both sexes we would say, avoid easy chairs, and cushioned sofas and carriages, and sleep not on beds of down, but on hard mattresses, and keep not on these beyond the time that nature requires for repose. Let the pure breath of heaven gain free admission to your apartments, but especially to your sleeping apartments: and if you would not, as you ought not, respire over and over again the same corrupted air, do not stop its free circulation by surrounding your bed with curtains. Our fashionable habits are "the silken fetters of delicious ease," which entail spleen, melancholy, &c., on so many of the fair sex, and too many of whom contrast, alas! too forcibly, with Gay's vivid but correct description of a country girl:—

"She never felt the spleen's imagined pains,
Nor melancholy stagnates in her veins;
She never loses life in thoughtless ease,
Nor on the velvet couch invites disease."

"It is more essential to have our bed-rooms well ventilated than our drawing-rooms, because we pass more time in them; and when we consider that the oxygen (oxygen is the great supporter of life and heat) contained in a gallon of air is consumed by one person in a minute, and that a lighted candle consumes about the same quantity in the same time, it must be evident to all that thorough ventilation is essential to health—that perfect health, in fact, cannot be maintained without it; and that lights in our bed-rooms, when a frequent renewal of the air in them cannot be maintained, are exceedingly pernicious. Accord-

ing to Dr. Arbuthnot's calculation, three thousand human beings, within the compass of an acre of ground, would make an atmosphere of their own steam, about seventy-one feet high ; which, if not carried away by winds, would become pestiferous in a moment. It should be remembered that the same air cannot enter the lungs more than four times without carrying with it properties inimical to the principles of life. A moment's consideration of the state in which the air must be, that is confined all night within bed-curtains, and is respired innumerable times, will explain how it is that many persons rise in the morning with pale faces, bad taste in the mouth, want of appetite, &c.; symptoms, however, which often arise from other causes, and especially from the use of intoxicating liquors. 'Being buried every night in feathers,' says the celebrated Locke, 'melts and dissolves the body, is often the cause of weakness, and is the forerunner of an early grave.'"

The following remarks on health are from the pen of O. S. Fowler, who combines in his writings sound reason and a firm and fearless advocacy of unpopular truths. He attacks the inconsistencies and physiological errors of the age with the spirit of a Luther.

"The plain inference drawn from this principle; that the principal temperaments and functions of our nature require to be *equally balanced*, is that mankind should exercise his muscular system by labor, or being on foot in the open air, about one third of the time ; should eat and sleep, (that is, lay in his re-supply of animal life,) about one third of the time ; and exercise his brain in thinking, studying, &c., about the other third of his time—*each day.*" * * *

“I fully concur with Jefferson’s opinion that mankind have probably *lost* more by subduing the horse, than they have gained by his labor. Riding in carriages is so easy, so luxurious, to the dainty belle, that all classes are, as it were, *horse crazy*, and by shifting all their burdens, and most of their locomotion, upon the horse, they stand in the light of their own muscular action, which bids fair soon to be obliged to employ horse-power, (or perhaps steam-power,) with which to *breathe* and *eat*.” * * * * *

“Let us open our eyes upon what we see daily and continually in our city. See that young merchant, or lawyer, or clerk, or broker, whose business shuts him up all day in his store, or at his desk, till his circulation, digestion, cerebral action, and all the powers of life are enfeebled, walk merely from his door on to the side-walk, possibly one or two blocks, and wait for an *omnibus*, to carry him a few blocks farther to his meals or bed! One would think that, starved almost to death as he is for want of exercise, he would embrace every opportunity to take exercise, instead of which, he embraces every opportunity to *avoid* it. As well avoid *living*, which indeed it is. And then too, see that delicate, fashionable lady, so very prim, nice, refined, delicate, and all this besides much more, that she does not get out of doors once a week, order her *carriage* just to take her and her pale-faced, sickly child to *church* on Sunday, because it is two or three blocks off—too far for them to *walk*.” * * *

“And what shall we say of those who sit and sew all day, or work at any of the confining branches of industry that preclude the exercise except of a few muscles, and perhaps keep them-

selves bent over forward on to their stomachs, lungs, heart, bowels, and over eat at that! Oh! when will man learn to live—learn by what constitutional laws he is governed, and how to obey these laws? When *Physiology and Phrenology* are studied; never till then.

“Fly swifter round, ye wheels of time,
And bring that welcome day.”—WATTS.

CHAPTER II.

DISEASE.

Medical theorists have arranged diseases into different orders, classes, and kinds, according to their symptoms, giving to each a different name, and recommending for each a different mode of treatment. This course has involved the practice of medicine in darkness, perplexity, and doubt. No physician can decide for a certainty, what organ is primarily affected, or what name to give the disease. He must therefore do nothing until the symptoms are so far developed as to enable him to give it a name, or lift his club and strike at random.

Said Dr. Abercrombie, a distinguished physician, “I am under the necessity of acknowledging, that since medicine was first cultivated as a science, a leading object of attention has ever been to ascertain the characters and symptoms by which particular internal diseases are indicated, and by which they are distinguished from other diseases, which resemble them. But, with the accumulated experience of ages bearing upon this

important subject, our extended observation has only served to convince us how deficient we are in this department, and how often, in the first step of our progress, we are left to conjecture. A writer of high eminence, Morgagni, has even hazarded the assertion that persons are the most confident in regard to the characters of disease, whose knowledge is most limited, and that more extended observation generally leads to doubt."

Disease is nothing more nor less than a deviation from a state of health, consisting in, or depending on, an obstruction or diminution of the vital energies; exhibiting different symptoms according to the extent of the deviation, the importance of the organ affected, or peculiar state of the person coming under influences capable of producing a state of disease.

He who does not enjoy perfect health is more or less under the influence of disease; the cause of which being continued, disease progresses, acting on different organs, deranging different functions, and exhibiting new symptoms, until the powers of nature yield, and death is the result.

A disease is either general or local, functional or organic. It is general, when the whole system is affected; and local, when it is confined to a particular part. A disease is functional, when an organ is laboring under some derangement; and organic, when there is an alteration in the structure of the organ.

CHAPTER III.

THE UNITY OF DISEASE.

The doctrine of the unity of disease, as advocated by Thomsonians, has not generally been understood, and therefore the medical faculty have endeavored to bring the Thomsonian system into disrepute by ridiculing it. We do not say every form of disease is characterized by the same symptoms, or is located primarily or principally on the same organ; but that for the purpose of applying medicine safely and scientifically, a division of disease into classes, orders, and kinds, is not necessary, neither is it possible. When we transgress the laws of nature by constantly overloading the stomach, the effect is general, every organ is more or less deranged and debilitated, consequently not capable of performing its functions. To what organ then, should medicine be applied to remove the cause and effect of disease? Would not the only rational course be to remove the first cause by taking food in a proper quantity and quality, and then, by general stimulants and relaxants, arouse the different organs to action to throw off the morbid accumulations, and thereby relieve nature by removing the obstructions to her free operations? Let the form of disease or symptoms be what they may, the only business of the physician is to remove the obstructions to nature's efforts, and assist her in her operations. We may as consistently divide hunger into a thousand different kinds, and prescribe one particular article of food to nourish one portion of the system, and another article to nourish another part, as to prescribe a medicine to remove disease from a

particular portion of the system, without having its natural effect on the whole system. An experience of fifty years by millions of patients afflicted with every conceivable form of disease, has sufficiently tested and established the fact, that a Thomsonian course of medicine, judiciously administered, is adapted to the cure of every form of disease, that is curable; although in many cases it may not be necessary to resort to it, as something more mild and pleasant in its operation will frequently accomplish the object in the early stage of disease; neither is it necessary to administer it when the powers of nature are so far exhausted as to render a recovery impossible. On this one fact does the safety of the Thomsonian system depend in the hands of the people—that disease, wherever located in the human system, whatever its form or the symptoms by which it is characterized, may be successfully treated on general principles, with remedies operating in harmony with the laws of nature. So that the mother may administer to her child, the husband to the wife, and the wife to the husband, with the most unshaken confidence; and thereby avoiding the quackery for which the present age will ever be memorable.

CHAPTER IV.

THE CAUSES OF DISEASE.

We stated in the first chapter that health was secured by obeying the physical laws of our nature; and in the second chapter, that disease was a deviation from a state of health, or an obstruction

or diminution of vital energy. The cause of disease must therefore be a transgression or violation of the laws of our nature. This violation may be voluntary on our part, with or without a knowledge of the consequences; it may be produced by circumstances beyond our control, as when we come in contact, inhale or take into our stomachs poisonous substances or gases, or it may be, according to the proverb, "the fathers [or mothers] have eaten sour grapes and the children's teeth are set on edge," or hereditary disease, depending on the transgressions of our forefathers.

A fruitful cause of disease is the pernicious fashions of the age. While reason and experience would lead us to obey the laws of our nature, fashion says, Follow me—I will lead you into the paths of pleasure: My laws require no self-denial;—eat, drink, sleep, dress, just as the fancy of my directors may dictate, which you will find pleasing to the eye and gratifying to the taste, after you have become accustomed to their use.—Disease you need not fear, as my friends, the medical faculty, are always ready to administer to you relief; and although they may give you poisons, calculated to produce incurable disease, you should submit patiently, and kiss the rod that inflicts the fatal blow.—Who would not rather live fashionable, though it produces constant headache, debility, nervous disease, palsy, consumption, rheumatism, gout, &c., and employ fashionable physicians, and take fashionable medicines, though death was the result, than to be called a **Grahamite** or a **Thomsonian**?

To be sure, says fashion, the pleasures I offer you are but for a season, but who would not rather be respected by the rich, and flattered by all,

though it lead to sorrow and death, than to live consistently and die in obscurity?

It is so refined to enjoy a social glass of wine, so beautiful to appear at church with waists of the size of a broom-handle, net-work stockings and slippers in the month of March—so delicious to eat hogs and sheep swimming in grease, rich cakes and pies, bread well buttered and washed down with strong tea and coffee—so gentleman and lady-like to lie in bed till nine o'clock, ride out at eleven, dine at three, and eat a hearty supper at ten—so exquisitely beautiful to appear abroad in curls and ruffles, cane and spectacles, with feet and waists compressed into fashionable shape, with delicate hands and unbrowned face, it is evidence that one does not have to labor for a living. Labor! says fashion, the bare mention of such a thing would shock the feeble nerves of any of my followers. Labor!! never!—cheat, lie, steal, rob, any thing, rather than submit to work for a living. Let them do the labor who have not wit enough to get a living without, or so much of that foolish conscientiousness, that they will not cheat when they have an opportunity, to obtain the means of following me.

Thus following such pernicious and foolish fashions is one of the most common causes of disease.

The evils of fashionable life are not confined to the rich, but the laboring portion of community have so mistaken their true interest, as to sacrifice their health and comfort to obtain the means of imitating the rich, and also by the using those means when obtained.

He noble is who noble does. The farmer, mechanic, and manufacturer of that which is useful, are the true nobility. Let them, then, take their

proper station in the scale of beings—establish their own customs in accordance with reason and the laws of our nature, so that a proper amount of labor would be made attractive to all, and all be under the necessity of doing their proportion of all the needful labor—none exempt except from inability, and consequently none over-taxed or over-burdened. All would then have time and opportunity to become acquainted with the physiological laws of their nature, so as to avoid those customs and agents that bring upon them so much disease.

The cause of all disease can be clearly traced to the violation of some one or more of the laws of our nature:—

1st. By our forefathers; producing in us *hereditary taints*, such as consumption, scrofula, liver complaints, &c.

2d. Insufficient or too great an amount of *exercise*. The former producing an inactive state of the organs—the latter producing an exhaustion, in both of which states they do not perform their proper offices. The stomach ceases to secrete the necessary quantity of gastric juice to carry on digestion, the bowels are costive, the morbid agents generated in the system retained, the wheels of life clogged until exhausted nature gives up the struggle to keep in motion its machinery.

3d. Sudden changes from heat to cold, or cold to heat.

4th. Eating and drinking that which is injurious in itself, or if not injurious in itself, made so by the quantity taken.

5th. Poisons, coming in contact with the surface, taken into the stomach, inhaled into the lungs, or inoculated into the veins; such as the

miasma of swamps and lakes, the bite of snakes or any poisonous reptile or animal ; the inhalation or inoculation of a poison virus, as the small pox, measles, &c. ; taking any substance into the stomach capable of destroying life, in small quantities, although the destruction of life may be prevented by the efforts of nature in expelling it from the system, or protecting herself against its immediate destructive effect, yet rapidly diminishing the vitality of the system, and dragging its victim slowly but surely to the grave.

6th. Mechanical or chemical injuries ; such as wounds, cuts, burns, freezes, &c. These causes, acting separately or combined on the human system a length of time, impede the vital functions, obstruct the free operation of the organs, and produce disease.

CHAPTER V.

THE EFFECTS OF DISEASE.

We have said that disease was an obstruction or diminution of vital energy, caused by a violation of the laws of nature. The effects of this obstruction are various, depending on the organ obstructed or disenabled, the extent of that obstruction, and the vital power existing in the system to overcome the offending causes. The different symptoms by which the different forms of disease are characterized, are arranged by medical authors into classes or kinds, giving to each class a different name, as fever, which is subdivided into ten or twelve kinds or colors, as scarlet, yellow, &c. ; consumption, fits, dropsy, rheumatism, &c. These

are not separate and distinct diseases, but a manifestation or effect of disease.

Fever is not a disease, but the effect of an effort of nature to overcome disease. Let an individual be exposed to the cold after sweating, without any exercise, and what is the result? Pain in the head and back, cold chills succeeded by a preternatural degree of heat, pulse strong and quick. What is the cause of these symptoms? A contraction of the minute blood-vessels of the surface and the pores of the skin, in consequence of which the circulation is thrown upon the large blood-vessels, occasioning fulness and pain in the head, back, &c., and retention of morbid agents, occasioning an increased action of the heart and arteries. This increased action generates more heat than in a healthy state, which is retained in consequence of the pores of the skin being closed, through which medium the extra heat escapes in a healthy state. This retained heat gives a name to the disease, as fever means heat. It must appear evident that this retained heat, called fever, is not the disease, but the effect of disease. Disease assumes the most dangerous forms when there is a deficiency of fever, as in low typhus fever, cholera, cold plague, paralysis, &c. Fever is an evidence that nature is active; whereas a loss of fever, before the cause is removed, would be a certain indication of approaching death.

The effect of disease, then, is to produce all those different phenomena that physicians have classed under different names, as so many different diseases.

CHAPTER VI.

TREATMENT OF DISEASE.

We have so long been accustomed to consider the most prominent symptom attending any form of disease to be the disease itself, to destroy which all our efforts should be employed, that it will be somewhat difficult to present the subject in a true light, and be clearly understood.

The belief generally prevails, that each form of disease has a specific remedy, the knowledge of which may be obtained by study or experience. But I ask what specific remedy has the medical faculty discovered for any form of disease? Have they a remedy for fever? If so, why let it run three or four weeks? — for consumption? if so, why so many die? — for dropsy? if so, why fail to cure in nearly every instance? — for dyspepsia? if so, why send patients to the salt water, or some fashionable place of resort? Perhaps we must admit that the four thousand years' experience and study of the learned and wise have made the discovery that brimstone will cure the itch sometimes; but we are not quite sure that this discovery was not made by some old lady!

The reason why so much unwearied effort, so much experimenting, so much hard study and close thinking, as has been bestowed on this subject, has not led to the discovery of a cure for disease, is that, in their eagerness to grasp some mysterious theory, far above the comprehension of the unlearned, to discover some far-fetched and dear-bought remedy; they have overlooked plain, simple truth, that lies directly in their path, over which they have stumbled into darkness and error.

They have trampled under feet the simple plants of nature's garden, and ransacked the bowels of the earth for poisons that would operate *scientifically*. But so long as the physical system is under the control of established laws, so long will such remedies fail to accomplish the object of medical science, viz. to prevent and cure disease.

We have said that disease was obstructed or diminished vital action, exhibiting different symptoms, according to the extent of the obstruction, the importance of the organs affected, and the vigor of constitution, &c., caused by a violation of the physical laws of our natures; the effects of which are fever, consumption, rheumatism, &c.

One or more of the following indications should be accomplished in the cure of every form of disease, viz., relaxation, contraction, stimulation, soothing, nutrition, and neutralization. These indications assist nature in her efforts to remove obstructions, and regain lost energy.

The only remedial agents necessary to be used in the cure of any form of disease, are those that are innocent in themselves, acting in harmony with the laws of nature.

In order to make the subject plain, simple, and intelligible to all, we shall give a description of the roots, plants, barks, and other remedial agents and processes used in accomplishing the necessary indications, under the head of "*MATERIA MEDICA*;" also a description of a general process adapted to the cure of nearly every form of disease, with some variations; usually termed a "*COURSE OF MEDICINE*." And for the satisfaction of those who may expect to find each form of disease, as classed by regular physicians, treated upon separately, we will do so in a brief but plain manner.

CHAPTER VII.

MATERIA MEDICA.

Having mentioned the indications necessary to be accomplished in the cure of different forms of disease, we will now describe the articles calculated to answer each of these indications, and arrange them under their appropriate heads. It will not be necessary for us to describe all the remedies that might be used, but only such as are the best, and will accomplish the object in the shortest time. This course will reduce our *Materia Medica* to a small compass, but sufficiently extensive to answer all practical purposes. A few simple remedies, properly applied, will do all to cure disease that ever medicine was ever designed to do; air, exercise, diet, bathing, &c., must do the remainder, and they will often do more alone for the cure of disease than all other remedial agents.

The following classification of remedies has been adopted, in conformity with the theory advocated in this work. Under each head we shall mention those articles that may be used as a substitute for those we have described.

<i>Relaxants</i>	{	Lobelia inflata, Boneset, Vapor bath, Crawley root, &c.
<i>General Stimulants</i> .	{	Cayenne, Ginger, Prickly ash, Pennyroyal, Canada snakeroot, &c.

TONICS.	}	<i>Astringent.</i>	{ Bayberry, Bethroot, Sumach, Red raspberry, Witch hazel, Hemlock bark, White pond lily.
		<i>Bitter.....</i>	{ Golden seal, Poplar bark, Balmony, Unicorn root, Winter green, Gum myrrh.
LOCAL STIMULANTS.	}	<i>Laxatives.....</i>	{ Bitter root, Dandelion root, Butternut, Cayenne, Boneset.
		<i>Diuretics.....</i>	{ Queen of the meadow, Cleavers, Strawberry leaves, Elder bark, Coolwort, Burdock root, &c.
		<i>Expectorants...</i>	{ Lobelia, Skunk cabbage, Pleurisy root, Hoarhound, Boneset, Cayenne.
		<i>Rubefacients...</i>	{ Cayenne, red pepper, Oil of hemlock, " " cedar.





LOBELIA.

<i>Nervines</i>	{ Lady's slipper, Scullcap, Hops.
<i>Demulcents</i>	{ Slippery elm, Comfrey, Irish moss, Buck-horn brake.

RELAXANTS.

Relaxants are those substances that have the power of relaxing muscular fibre, and alleviating spasm. The best and most powerful is **LOBELIA INFLATA**.

LOBELIA INFLATA.

Common names—**INDIAN TOBACCO, PUKE-WEED, EYE-BRIGHT, &c.**

Lobelia Inflata is a common herb, growing plentifully in pastures, stubble fields, by the road sides, and on the banks of streams, in almost every part of the United States. It is a *biennial* plant, growing from ten to eighteen inches high, much branched. The flowers are palish blue, succeeded by pods, or seed-vessels, which contain a multitude of brownish and very minute seeds. It blooms about the middle of July, at which time the herb should be gathered for tincture; but the seed should not be gathered until the month of September, or October.

PROPERTIES AND USES.—*Lobelia*, when first taken into the mouth, is nearly insipid, but soon produces a burning, acrid sensation upon the back part of the tongue and palate, attended with a flow of saliva. The plant yields readily its medical

qualities to water and alcohol, and may be preserved and used in a fluid state.

Lobelia is the most powerful, certain, and harmless relaxant that has ever been discovered; and as relaxation is an important indication in the cure of the majority of the various forms of disease, this article is almost indispensable in the Thomsonian *Materia Medica*.

“The true therapeutic action of lobelia,” says Dr. Curtis, “I think is not generally understood. Most persons are under the impression that it is the principal agent in producing the action which we call vomiting. But this must certainly be incorrect. All practitioners, regular and irregular, who habitually use it, agree that its effect is antispasmodic, as it instantly relieves cramps, spasms, fits, lock-jaw, &c., and relaxes contracted sinews. It is also agreed that vomiting is produced by muscular contraction, either of the chest, abdomen, or stomach, or all combined. If this were the effect of the irritation produced by lobelia, that article would not be, as it certainly is, a sovereign remedy for spasms. Where there is no disease, that is, debility of the organs, the lobelia has not the power to relax the system much, and hence there is no room for any remarkable degree of reaction, and of course there is little or no vomiting. ‘But,’ says one, ‘are you sure that lobelia possesses no other control over the living body, than simply to relax its several organs?’ I answer, not quite sure; but am perfectly convinced that, if it have fifty other influences, this one of relaxation so far predominates over them all, as to throw them entirely into the shade. ‘But is not lobelia a sudorific?’ Yes; but its mode of producing this effect is by relaxing, through nervous action, the con-

tracted mouths of the emunctories or pores of the skin, and letting off the portion of the blood called perspiration. It also promotes the secretion of the bile and urine, by relaxing vessels whose unnatural constriction is the cause of the retention of these fluids." "*Lobelia is to be considered, at all times, and under all circumstances, and wherever applied, not only a pure relaxant, but the most powerful and innocent yet known.* This fact puts to flight from obstetrics the use of instruments, and even manual force, in every case except perhaps the few patients whose pelves are known to be remarkably deformed by rickets or some other unfortunate circumstance."

Some have been led to suppose, in consequence of what appeared to them the alarming effects of lobelia, in cases where there is but little vitality, or it is improperly administered, that it is a poison, the administration of which is very dangerous. But nothing can be farther from the truth.

In proof that lobelia is not a poison, we shall adduce the testimony of some of the most enlightened professors and practitioners of medicine of the present age.

Says Prof. Tully, of Yale College, New Haven, in a letter to Dr. Lee, "I have been in the habit of employing lobelia inflata for twenty-seven years, and of witnessing its employment by others for the same length of time, and in large quantities, and for a long period, without the least trace of any narcotic effect. I have used the very best officinal tincture in the quantity of three fluid ounces in twenty-four hours, and for seven days in succession; and I have likewise given three large table-spoonfuls of it within half an hour, without the least indication of any narcotic opera-

tion. I have likewise given it in substance, and in other forms, and still without any degree of this operation. * * * I am confident (the old women's stories to the contrary notwithstanding,) that lobelia inflata is a valuable, a safe, and a sufficiently gentle article of medicine."

Here is the testimony of a celebrated professor of Yale College, who had ample opportunity of judging, from experience and observation, whether lobelia was a poison or not.

Says Prof. Waterhouse, of Harvard University, Cambridge, "The efficacy and safety of lobelia inflata, I have had ample and repeated proofs of, in a number of cases, and on my own person, and have reason to value it equal with any article in our *Materia Medica*."

Says Dr. Thomas Hersey, surgeon in the United States army in the last war, practising physician and surgeon at Columbus, Ohio, "The lobelia inflata has been denounced as a deadly poison. The imposition intended to be practised by such an assertion, is too notorious to merit a serious reply. I have administered lobelia successfully to the child of thirty minutes, and to the hoary adult of eighty years of age, and never knew any danger result from its use."

We could bring forward the testimony of thousands of others, who have used lobelia for five, ten, twenty, and some forty years, in proof that it is perfectly innocent, acting in harmony with the laws of life and motion. Those who have asserted that lobelia is poison, have, in nine cases out of ten, without any doubt, been such persons as never used it, or saw it used, and therefore their testimony is not to be depended on.

"But lobelia," says Dr. Peckham, "is some-

times given when the vitality of the system is so nearly extinguished by disease, that little or no effect is obtained from it. Nature is exhausted, though the spark of life be not quite extinct. Death will take place, and the lobelia may be retained, and a like result would have followed if so much warm water had been taken. If nature be wanting, the best remedial process will be exhibited in vain. She may be assisted to a certain extent to save life; but she has her bounds, and she declares that thus far shalt thou come, and no farther, and here shall thy remedial waves be stayed. But because lobelia cannot go beyond these bounds, and save life where nature, in her omnipotence, has declared that life should no longer be, such deaths are laid at the door of this herb, and it is made answerable for a wrongly imputed sin."

The different modes of preparing and administering lobelia, will be given under the head of compounds and course of medicine.

CRAWLEY, OR FEVER ROOT.

This plant occupies high, sandy banks, in sandy woods. The leaves spring forth all around the bottom of the stem, at the top of the root. The stock rises from six to eight inches high, bearing yellow blossoms. The upper side exhibits a smooth, dark green surface; underneath they have a silvery appearance. The roots are of a dark brown or blackish color, are tender, and easily broken, resembling the claw of the dunghill fowl. It grows plentifully in almost all the United States.

PROPERTIES AND USES.—The pulverized root of this plant composes the fever powder, so often re-

commended in Dr. Elisha Smith's botanical work. It is not commonly known among botanical practitioners, and as we have not sufficiently tested it ourself, shall depend on the testimony of Dr. Smith, of New York. "It is," says he, "a powerful febrifuge, and an agreeable anodyne. I have found it a sure and quick medicine to excite perspiration, without increasing the heat of the body. This root is effectual in all remittent, typhus, nervous, and inflammatory fevers, and will relieve cramps, constrictions, and all pains caused by colds, &c. It produces a general relaxation of the system, equalizes the circulation, and brings a moisture on the surface. It is an excellent medicine in pleurisy, inflammation of the chest and brain, and is a sure remedy in erysipelatous inflammation."

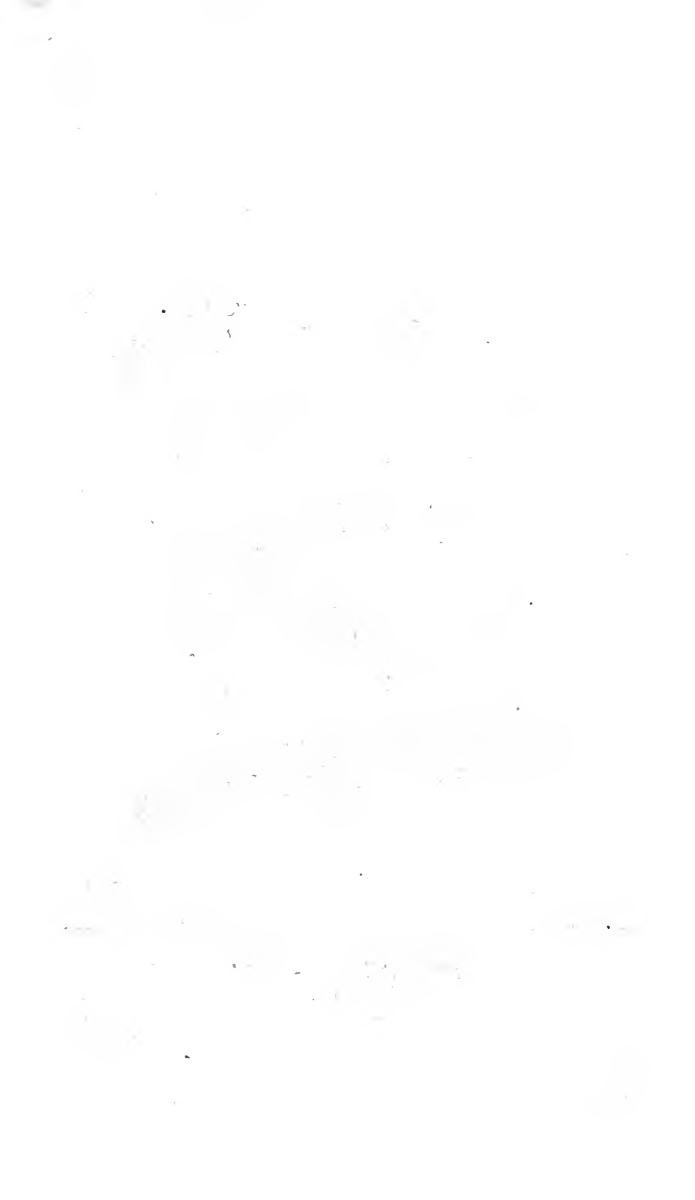
"Pulverize the root fine, sift it, and put it in bottles well stopped from the air. After proper evacuation of the stomach and bowels, a small tea-spoonful of this powder may be given every twenty minutes, in a little pennyroyal or other herb tea, till a gentle breathing moisture appears on the skin, or till from four to six are taken, which has never failed in my practice of answering the purpose."

BONESET.—*The Leaves and Flowers.*

This plant is also called thoroughwort, Indian sage, feverwort, sweating plant, &c. It grows plentifully in almost every part of the United States, and may be found in meadows and in low, moist land. It grows from two to five feet high, branched at the top. The leaves are the broadest where they are connected with the stock, and taper off each way to a point. It remains in bloom



THOROUGHWORT.



from August to October. The flowers are of a dullish-white color, and are found on the top of the stem and branches. It should be collected when in bloom, and carefully dried.

PROPERTIES AND USES.—The warm infusion of boneset, in large doses, operates as an emetic; in small doses it produces perspiration, and promotes all the secretions. The decoction, administered cold, is both laxative and tonic. It acts as a gentle laxative without irritating the bowels. Many families use the boneset alone in the cure of every form of disease, and are seldom disappointed in the result. There is no article in the *Materia Medica* more general in its application than boneset, either the infusion or decoction; it being a relaxant, sudorific, antiseptic, stimulant, diuretic, and tonic.

Dose.—To produce vomiting, take two ounces steeped in a quart of water, but not boil; drink a cupful every fifteen minutes until it operates. — For sweating, take the same in small doses, often repeated; for a tonic and laxative, drink a cupful of the decoction once in two hours.

STIMULANTS.

Stimulants are substances capable of increasing the action or energy of the living body. Pure, diffusible stimulants act in harmony with the laws of life, and therefore assist nature in her efforts to overcome disease; while acrid and narcotic stimulants produce local irritation, exhausting the powers of nature. The most pure and healthy stimulant is Cayenne.

CAYENNE. *Capsicum*.—*The Pods and Seed-Vessels.*

The Cayenne most commonly used by Thomsonians is imported from Africa and the West Indies, being more permanent and gently stimulating than the American Cayenne. It is somewhat difficult to get a pure article, such is the propensity to defraud for gain. The African Cayenne is frequently mixed with a cheaper kind, called Bombay, or chilly peppers. Even those who profess to be friends of the Thomsonian system, have been known to mix Indian meal, ginger, red lead, logwood, &c., with pure Cayenne, when grinding it, and color it with dye-stuffs and red saunders.

Capsicum annum, (Cayenne,) says Hooper, "is one of the strongest and purest stimulants known. This pepper has been successfully employed in a species of the *cynanche maligna*, (putrid sore throat,) which proved very fatal in the West Indies, resisting the use of the Peruvian bark, wine, and other remedies commonly employed. In ophthalmia from relaxation, the diluted juice is found to be a valuable remedy."

PROPERTIES AND USES.—Cayenne is the purest and undoubtedly the most powerful stimulant known, and as stimulation is an important indication to be accomplished in nearly every form of disease, this invaluable article is among the indispensables. Taken into the mouth, it produces a pungent, biting sensation; and if taken in large quantities into an empty stomach, it will frequently occasion considerable distress, so as to be alarming to those unacquainted with it. This is attended with no danger, as it will soon pass away. It should always be given in small doses at first, increasing the quantity according to the emergency

of the case. The burning sensation produced by Cayenne may be relieved by taking or applying a small quantity of milk or cream. Cayenne may be used with advantage in all cases of coldness, debility, indigestion, costiveness, and in combination with other medicines in nearly every form of disease to which mankind are subject.

DOSE.—From one fourth to a whole tea-spoonful in hot water, if designed to produce perspiration; if for costiveness, one half tea-spoonful in cold water or molasses three or four times a day.

GINGER.—*The Root.*

Ginger is obtained from the East and West Indies. It is a perennial shrub, growing about three feet high. Care should be observed in purchasing it, as it is generally mixed with other articles. For medicine, it is better to purchase the root unpulverized.

PROPERTIES AND USES.—Ginger is warming and moderately aromatic, and may be used in mild cases as a substitute for Cayenne. It is used principally in combination with other articles, and externally for poultices.

DOSE.—From a half to a whole tea-spoonful in warm water, sweetened.

PRICKLY ASH.—*The Bark and Seed-Vessels.*

This shrub is found in the Southern, Middle, and Western States, growing in rich and commonly wettish soil, to the height of from ten to fifteen feet. The bark is of an ash color, leaves somewhat similar to those of the elder. The branches are usually prickly, from which it derives its most popular name. The seed-vessels are

greenish red ; in the autumn they assume a brownish color.

PROPERTIES AND USES.—The seed-vessels have a warm, pungent taste, and are an excellent stimulant ; the bark of the stem and root are also pungent, but in an inferior degree. It is a valuable remedy in all cases where stimulants are required, as rheumatism, cold hands and feet, ague and fever, &c. The bark is sometimes chewed for the toothache.

PENNYROYAL.—*The Herb.*

This plant, which the God of nature has scattered over almost every part of this country, is one of the most valuable of the Thomsonian Materia Medica. Its qualities are a strong and hardly aromatic but pleasant smell, a warm and pungent taste. The medical principle resides in an essential oil, possessing the same smell and taste of the herb. Its medical properties are carminative, (having power to remove wind from the stomach and bowels,) stimulant, (possessing the property of exciting increased action in the system,) diaphoretic, (promoting moderate perspiration.) It also relieves spasms, hysterics, promotes expectoration in consumptive coughs, and is a good medicine in the whooping cough. It is good also to take away marks and bruises in the face, being bruised in vinegar, and applied in fomentations.

A tea of this plant is perhaps the best drink that can be given, together with the composition powder, Cayenne, &c., to warm the stomach, and assist an emetic in its operations. The tea should be made and given warm, freely and frequently. A person upon taking a "bad cold," (by the way, he never has a good one,) by taking freely of this

tea may throw it off, and of course prevent fever, it being caused by cold. This is a popular remedy all over the country for female complaints; but still few persons are aware of its extensive medicinal properties.

The best time for gathering this herb is about the month of August. It should be tied up in bundles, and hung in a warm, dry, and shady place until dry; then wrapped in paper, as the best means of excluding the air, by which, if exposed, it will lose a large part of its strength and virtue. This plant, simple as it is, will do more in the curing of the sick than all the poisonous preparations invented since the age of Paracelsus; bleeding and blistering into the bargain. No family should let the season for gathering it pass without securing a good supply.

CANADA SNAKEROOT.—*The Root.*

This plant is found in almost every part of the United States, particularly in the Northern and Eastern States, in the woods, and dry, shady places. The root only is used.

PROPERTIES AND USES.—This is a pleasant, warming stimulant and nervine. It is very useful in all affections of the lungs, as colds, asthma, croup, consumption, &c. The ordinary dose is a moderate tea-spoonful, which may be taken in warm water sweetened. A decoction with saffron is excellent to give children when attacked with any eruptive form of disease.

Black pepper, cinnamon, tansy, red pepper, bayberry, yarrow, &c., may also be used where stimulants are required.

ASTRINGENTS.

Astringents are those substances that, when taken internally or applied externally, contract the muscular tissue, or make it more dense and firm. They depend for their astringency on *tannin*, a substance well known as being used in the tanning of leather.

BAYBERRY.

This shrub grows most plentifully in towns bordering on the sea, although it is found in the interior, in neglected fields, and on the side of stony hills. It grows in the New England States from three to five feet high, and bears small berries, of which candles are sometimes manufactured, combined with tallow.

The bark of the root is the only part used for medicinal purposes, and should be gathered in the spring before the bush vegetates, or in the autumn before it has shed its foliage, as the sap is then in the bark, and consequently possesses a greater degree of medical virtues. The roots should be dug and thoroughly cleansed from dirt, and while green the rind may be easily separated from the trunk by pounding it with a wooden mallet; after which, dry the bark well, and pulverize it to the consistency of ordinary flour, and it is then ready for use.

PROPERTIES AND USES.—Bayberry is both astringent and stimulant, producing a pungent sensation upon the glands; it is therefore an invaluable medicine for canker, whether located in the mouth, throat, stomach, or bowels. It is an excellent article for bowel complaints, and if given freely in the commencement, will generally cure. It makes



BAYBERRY.



an excellent tooth-powder to cleanse the mouth and gums. There are many other articles useful for canker, but bayberry is decidedly the best.

DOSE.—It may be used either in the powder, about a tea-spoonful at a dose, by mixing a little sugar and warm water to it, or making an infusion, and drinking freely of the tea.

BETHROOT.—*The Root.*

The bethroot is found in damp, rocky woods, delighting in a rich soil, and grows from one to two feet high, surmounted at the top with three leaves. It blooms in the month of May, bearing a white flower.

PROPERTIES AND USES.—The bethroot being an astringent, is useful in all kinds of hemorrhage, immoderate menstruation, diarrhœa, dysentery, fluor albus, flooding, &c.

DOSE.—The pulverized root may be taken in tea-spoonful doses, or it may be steeped, one ounce to the pint, and given in gill doses.

SUMACH.—*The Bark, Leaves, and Berries.*

The common upland sumach rises to the height of from five to ten feet, producing many long compound leaves, which turn red in autumn. The berries are also red when ripe, and are of an agreeable, but very sharp, acid taste. The bark, leaves, and berries are astringents, tonics, and diuretics; either of which may be used in strong decoction in all cases in which medicines of this class are needed.

WHITE POND LILY.—*The Root*

This herb grows in low wet grounds, and ponds and pools of water, as indicated by its name.

The leaves are large, round, and cleft from the edge to the stem in the centre, each lobe or portion of the leaf ending in a short, acute point; the upper surface being smooth, glassy, and without veins, and the lower surface reddish, with branching nerves.

The flowers are large and white, giving out a very delicious, sweet odor; opening to the sun in the morning, and closing at night with the setting of the sun.

The root, which is the part used as medicine, is perennial, very long, somewhat hairy, blackish, knotty, and nearly as large as a man's wrist. It is a valuable article, used internally or externally. Internally, it is a mild astringent tonic, very useful in dysentery, diarrhœa, &c. Externally, it is used in poultices for biles, tumors, inflammations, &c.

The powdered root given in tea-spoonful doses in warm water sweetened, is almost a sure remedy for bowel complaints in children, if given in the first stages.

It is said that the fresh juice of the root, mixed with the juice of the lemon, will remove freckles, pimples, blotches, &c. from the skin.

An infusion of the root is good for sore or inflamed eyes.

RED RASPBERRY.—*The Leaves.*

The red raspberry is so well known that it needs no description. The leaves are a valuable astringent, useful in bowel complaints, and for ex-

ternal applications to moisten poultices for burns, &c., and for washing sore nipples. A strong tea is an excellent article, says Dr. Thomson, to regulate the labor pains of women in travail.

WITCH HAZEL.—*The Leaves.*

This shrub grows on high lands and the stony banks of streams, from New England to Carolina and Ohio, from eight to ten feet high.

PROPERTIES AND USES.—Astringent, stimulant, and slightly bitter. This is the best article in our *Materia Medica*, says Dr. Curtis, for stopping hemorrhage. We have used it in hemorrhage from the lungs, stomach, and other parts of the system, and have not yet seen a failure. A strong decoction, drunk and used by injection "*per vagina*," is the best article we have ever used for profuse menstruation, fluor albus, or uterine hemorrhage.

HEMLOCK.—*The Bark.*

This is a well-known astringent, being commonly employed in tanning leather. A decoction of the bark is useful given by injection for bowel complaints, and for the piles. Applied to sore nipples it is a never-failing remedy. The oil combined with other articles makes a valuable article for bathing in rheumatism, &c.

Black birch, red and white oak bark, evan root, marsh rosemary, hardhack, and yarrow, are also valuable astringents.

TONICS.

Tonics are those substances, that when applied to the living body, increase the strength by rendering the muscular tissue firmer and more compact. They should usually be combined with stimulants, unless they possess a stimulant property.

GOLDEN SEAL.—*The Root.*

Golden seal grows in great abundance in Ohio and the Western and Southern States, but is seldom found in the Northern and Eastern. It is sometimes called Ohio kucuma, yellow puccoon, &c. The root is one or two inches long, and rough or knotted, giving off a number of yellow fibres. It grows from one to two feet high in rich, shady moist lands.

PROPERTIES AND USES.—Bitter, stimulant and tonic. It is useful in all cases of debility, indigestion, &c. Combined with one part Cayenne and one fourth part saleratus, it will aid digestion, and prevent pain in the stomach after eating. A strong decoction is excellent to wash sore eyes and all old sores.

POPLAR.—*The Bark.*

This noble tree, which is found throughout the United States, is so well known that it needs no description. It is the common white poplar of Maine and New Hampshire. Its qualities are, bitter, diuretic, and astringent—it is also a tonic, and somewhat stimulant. It is a first-rate article for indigestion, canker in the stomach, consumption, liver complaints; also in diarrhœal affections and other complaints, occasioned by debility—





SNAKEHEAD.

acting as a universal tonic ; restoring the tone of the organs, and producing a healthy action of the liver ; creating an appetite, and giving strength and vigor to the whole system. Poplar bark is perhaps the most universally applicable tonic of Dr. Thomson's *Materia Medica*. It possesses valuable febrifuge qualities, and on account of its diuretic qualities, it is a good article in gravel and dropsy. Dr. J. Young says, "I have prescribed the poplar bark in a variety of cases of intermittent fever, and can declare from experience that it is equally efficacious with the Peruvian bark, if properly administered. There is not," says he, "in all the *Materia Medica*, a more certain, speedy and effectual remedy in hysterics than the poplar bark." This, let it be remembered, is "regular" testimony. This article should be used in combination with other articles forming "bitters," after the system is cleansed with courses of medicine, and all morbid matter expelled—the system is then ready to receive medicines of a strengthening character. The mode of procuring the bark is to strip it from the tree, any time when the sap prevents it from adhering to the wood. The outer bark should be shaved off; the inner cut into strips and dried in the shade. The mode of administering it is to infuse it in water—an ounce of the bark to a pint of water, and give freely.

BALMONY.—*The Herb.*

This herb is found in low, damp places, and rich shaded soils, in all parts of the United States. It is called bitter herb, snake head, &c. The flowers are reddish white, and grow in clusters, and do not bloom until late in autumn.

PROPERTIES AND USES.—This herb is an excellent bitter tonic and laxative, and is useful in costiveness, dyspepsia, loss of appetite, &c. It is an important ingredient in the *Spiced Bitters*. It may be given in a tea—drank freely for worms in children, or jaundice, yellowness of the skin, &c.

UNICORN.—*The Root.*

The unicorn grows abundantly in Pennsylvania, New York, and Connecticut, and may be found in meadows and wood lands. It is known by the name of blazing star, devil's bit, &c. It grows about a foot in height, and terminates in a long, graceful spike of flowers, of a whitish color. It blooms in June. It has a tapering fibrous root, which is an inch and a quarter long, and not quite so thick as the little finger.

PROPERTIES AND USES.—It is a very excellent bitter tonic and stimulant, and has been found very useful in cases of suppressed menstruation, and whenever a tonic and stimulant are required.

WINTERGREEN.—*The Root and Leaves.*

This evergreen is found on pine plains and in light shaded soils, in all parts of the United States. It blossoms in midsummer. It is called pipsissaway, pyrola, white leaf, &c.

PROPERTIES AND USES.—The whole plant has a pungent and bitter sweet taste. It is diuretic, sudorific, and tonic. It is useful in all eruptive forms of disease, and in cancerous or scrofulous habits. It is frequently used in combination with other articles in the form of syrups. (See *Compounds*.)



WINTER GREEN.



1000

GUM MYRRH.

This gum exudes from the body of a small tree growing in Arabia Felix and Abyssinia. As the juice exudes, it hardens and adheres to the bark. There are two kinds of myrrh to be found in the market—the India and Turkey myrrh; the former imported from the East Indies, the latter from the Levant. There is a great difference in the quality of this article. The Turkey myrrh is usually the most free from impurities, and when of good quality it is reddish-yellow—of a strong, peculiar, and somewhat fragrant odor, and a bitter aromatic taste.

PROPERTIES AND USES.—Myrrh is a tonic and stimulant, and possesses anti-septic properties in a high degree. It is therefore a useful article in all cases of putrescency or tendency to mortification, for chronic diarrhœa, and general debility. For a dose, take half a tea-spoonful pulverized, in half a cup of warm water, sweetened, and taken before it settles. It constitutes the most essential ingredient in the Rheumatic Drops. In the form of tincture, combined with the tincture of lobelia, it is useful applied to fresh wounds, eruptions, old sores, bruises, &c.

BARBERRY.—*The Bark.*

This shrub grows plentifully in the New England States, and is found usually in rocky or stony fields, rising to the height of eight or ten feet. The berries are oblong, of a scarlet color, and a sharp acid taste.

PROPERTIES AND USES.—The bark of barberry possesses qualities similar to the golden seal, and is frequently used as a substitute. It is a bitter

tonic, improving the appetite, and removing the yellow tinge from the skin and eyes, and a valuable article to take in the spring of the year for the jaundice.

Camomile, archangel, elecampane, wormwood, and tansey, are also good tonics.

LAXATIVES.

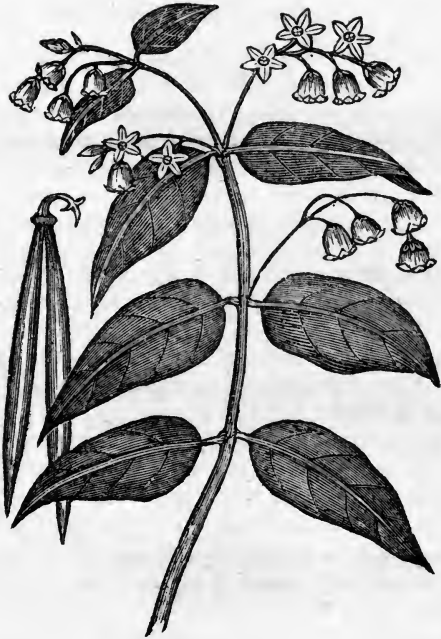
Laxatives are those medicines that increase the peristaltic motion of the bowels, without purging or producing a fluid discharge.

BITTER ROOT.—*Bark of the Root.*

Bitter root is found in all parts of the United States where the soil is light and sandy. The root is perennial, from a third to half an inch in diameter, very long and intensely bitter. It grows from two to three feet high, with bell-shaped, white flowers.

PROPERTIES AND USES.—Dr. Thomson says in one of the earlier editions of his work, "Bitter root is one of the best correctors of the bile with which I am acquainted, and is an excellent medicine to remove costiveness, as it will cause the bowels to move in a natural manner. A strong decoction of the root, made by steeping it in hot water, will operate as a cathartic if taken freely, and sometimes as an emetic, and is almost sure to throw off a fever in its first stages."

It is a tonic, anti-spasmodic, secernent, and stimulant. Dr. Curtis says he has found it an excellent article in all cases of torpidity of the lower viscera, particularly of the liver and kid-



BITTER ROOT.



neys. This article alone has cured cases of dropsy that had baffled all the skill of the regular practice. It will be found an important auxiliary to the general treatment in removing obstructions peculiar to females.

BUTTERNUT.—*Inner Bark.*

This tree is too well known to need any description, being found in rich, moist, rocky soils, near streams, in almost all parts of the country. The inner bark of the butternut tree, says Howard, and especially of the root, "is a mild and efficacious purge, leaving the bowels in a better condition perhaps than almost any other in use. In diarrhœa, dysentery, and worms, it is the best cathartic we have ever employed. It may be prepared in extract, pills, syrup, or cordial. For making the cordial, take any quantity of the fresh bark, split it into slips, of half an inch wide, beat it with a hammer, so as to reduce it to a soft, stringy state; then put it into an earthen vessel, packing it close, and pour on it boiling water sufficient to cover the bruised bark; set the vessel on coals near the fire, having it closely covered, and allow it to stand and simmer one or two hours. Then strain off the liquor, and add sugar or molasses sufficient to make a syrup,—when it may be bottled, and one quarter of the quantity of proof spirits added to preserve it. Dose for a child, from half to two great-spoonfuls, repeated at intervals of half or a whole hour, until it operates. For grown persons the dose must be much larger. This preparation is mild, but highly efficacious for the bowel complaints of children or adults, and will cure without giving enough to

operate as physic ; but for dysentery and worms, enough should be administered to operate freely on the bowels. It may be given in all ordinary diseases of children with the happiest effect, being a most valuable family medicine.

“The syrup is made in a similar manner, only it is boiled down so as to make it much stronger and more actively purgative.”

DANDELION.—*The Leaves and Root.*

This plant is too common to need description, growing almost every where, on improved lands that are not ploughed, as pastures, meadows, yards, &c.

PROPERTIES AND USES.—The dandelion is diuretic, stimulant, tonic, anti-spasmodic, aperient, and alterative. It is therefore useful in all cases of urinary obstructions, jaundice, costiveness, consumption, nervous debility, biliary obstructions, &c. It should be used freely and perseveringly, as its effects are gradual but sure upon the system. It may be used in the form of extract made into pills, combined with Cayenne and lobelia, or in syrup.

DIURETICS.

Diuretics are those medicines, that, when taken internally, increase the action of the urinary apparatus.

QUEEN OF THE MEADOW.—*The Root.*

Queen of the meadow, or gravel root, has long, fibrous roots, white or brownish color. It

grows from three to six feet high, with pale reddish blossoms. It is found in wet ground, or near streams, though sometimes on high land.

PROPERTIES AND USES.—This is a powerful diuretic, useful in all obstructions of the urinary organs. It is considered by those who have proved it, an unfailing remedy for the gravel. Used in strong decoction, freely.

COOLWORT.—*The Leaves.*

This herb is found in woods, on shady banks, and in rich cedar swamps, where the ground is not very wet. The leaves are heart-shaped, divided into lobes, and supported on footstalks eight or ten inches high. The flowers are white, and make their appearance in June. The green leaves have the taste and smell of a cucumber. They should be collected in July or first of August, and dried without exposure to a damp atmosphere, and preserved in sealed papers, or covered boxes.

PROPERTIES AND USES.—Coolwort is beneficial in all cases of suppression of the urine or gravelly complaints. The dried leaves may be steeped and drank freely.

JUNIPER.—*The Fruit.*

This shrub is so well known as to need no description. The berries, the only part used, are ripe in August. It grows in abundance in all the New England States bordering on the sea.

PROPERTIES AND USES.—The berries possess powerful diuretic properties, and are useful in all cases of strangury, dropsy, gravel, and all urinary obstructions.

Cleavers, poplar, fir balsam, sumach, strawberry

leaves, elder bark and blows, burdock root, and spearmint, are also valuable diuretics; but are so well known as to need no description.

EXPECTORANTS.

Expectorants are medicines that promote the discharge of matter from the lungs, whether it be mucus, pus, or any other morbid accumulation. The best expectorant known is lobelia.

SKUNK CABBAGE.—*The Root.*

This plant is found plentifully in the Northern and Middle States. It grows in wet lands, having many fibrous roots, sending up many large, bright green leaves, but without any stem or stalk. Its smell resembles the peculiar odor of the skunk, from which it derives its name.

PROPERTIES AND USES.—It is expectorant, anti-spasmodic, and nervine; useful in asthma, consumption, cough, hysterics, and all spasmodic affections. One third of a tea-spoonful of the pulverized root is enough for a dose, combined with Cayenne and slippery elm. An over-dose produces vomiting, head-ache, vertigo, and temporary blindness.

PLEURISY ROOT.—*The Root.*

This plant is sometimes called butterfly weed, flux root, white root, &c. It is a beautiful perennial plant, flourishing best in a light sandy soil by the way side, under fences, and near old stumps in rye fields. There are sometimes fifteen or twenty stalks the size of a pipe stem, proceed-



PLEURISY ROOT.



Very faint, illegible text, likely a species name or description.





LADIES' SLIPPER.

ing from one root, rising from one to two feet in height, and spreading to a considerable extent. The flowers are of a bright orange color, and appear in July and August. These are succeeded by long slender pods, containing the seeds. It has a carrot-shaped root, of a light brownish color.

PROPERTIES AND USES.—This root is diaphoretic, expectorant, and anti-spasmodic, and is therefore useful in cough, pleurisy, colic, flatulence, and to promote perspiration. It may be given in decoction, or in powder, a tea-spoonful at a dose, in some warming herb tea, until relief is obtained.

NERVINES.

Nervines are those medicines that have a soothing influence, and quiet the nerves without destroying their sensibility. They are beneficial in all cases of extreme irritability, restlessness, and inability to sleep.

LADY'S SLIPPER.—*The Root.*

This valuable plant has various names—valerian, nerve root, yellow umbil, &c. “There are three or four species of lady’s slipper, as the white, red, and yellow, from the color of their flowers, but the qualities are the same. It grows from one to two feet high, and sometimes has leaves all the way up the stock; but more frequently they lie on the ground;—the stock has one flower on it, in the form of a purse or round bag, with a small entrance near where it joins the stalk, and is something like a moccason slipper, from which resem-

blance it probably derived the name of lady's slipper." The roots are fibrous, and thickly matted together. It is found in all parts of the United States. The roots have a bitter, mucilaginous taste and a peculiar smell, somewhat nauseous. Its properties are sedative, nervine, and anti-spasmodic. It is good in all nervous diseases and hysterical affections, allaying pain, quieting the nerves, and producing sleep. It is used in nervous head-aches, tremors, nervous fevers, &c. It is far preferable to opium, having no baneful nor narcotic effects. It has produced sleep when opium has failed. The dose is a tea-spoonful of the powdered root to a cup of pennyroyal tea, or an ounce of the root may be infused in a pint of water, and drunk freely in nervous disorders. In giving courses of medicine in all cases where the patient is nervous, it should be given with the other medicine, say a tea-spoonful to each cup of the emetic. The root should be dug late in autumn, or early in the spring, and dried in the sun; it should then be pounded and sifted through a fine sieve, and bottled for use.

SCULLCAP.—*The Herb.*

This plant grows in damp places, and by the side of streams. It has a small fibrous root, stem four-cornered, and from ten inches to two feet high. The flowers are blue, making their appearance in July, and the seed-vessels of a light green color, each one containing four seeds.

PROPERTIES AND USES.—"Scullcap has a prominently bitter taste," says Mattson, "and is the best nervine I ever employed; it is also tonic and anti-spasmodic. It is particularly useful in delirium tremens, St. Vitus' dance, convulsions, lock-

jaw, tremors, ague and fever, tic doloureux, and all nervous affections. It may be given with advantage to children, when health is impaired from the effects of teething."

"The warm infusion may be drunk freely through the day, or a heaped tea-spoonful of the powdered leaves, with rather more than an equal quantity of sugar, steeped in a tea-cupful of boiling water, may be taken at a dose, and repeated as often as the symptoms require."

DEMULCENTS.

Demulcents are those medicines that possess soothing mucilaginous properties, shielding the surface or membrane from the contact of any irritating substance.

SLIPPERY ELM.—*The Bark.*

This tree, which grows in the Northern and Eastern States, attains to the height of about thirty feet, trunk slender, dividing in numerous branches, furnished with a rough and light-colored bark, and oblong leaves. The bark may be cut into small pieces and put into water, either hot or cold, and it will give out much of its mucilage; but the best way is to take the bark and dry it thoroughly, then reduce it to a fine powder. It is useful in cough, bowel complaints, strangury, sore throat, inflammation of the lungs and stomach, eruptions, &c. As an external application, in the form of poultice, it is a valuable remedy far exceeding any known production, for ulcers, tumors, swellings, chilblains, burns, sore mouth, thrush, and as a wash.

The surgeons in the revolutionary army experienced the most happy effects from its application to gun-shot wounds, which were soon brought to a suppuration, and a disposition to heal. When a tendency to mortification was evident, this bark bruised and boiled in water produced the most surprising good effects. The infusion of the bark is highly esteemed as a diet drink in pleurisy and catarrh, and also in diarrhœa and dysentery. It is very nutritious, and much used as food for the sick.

COMFREY.—*The Root.*

This plant is cultivated in gardens, and may be found growing spontaneously by road sides. It grows from three to four feet high, with yellowish flowers.

PROPERTIES AND USES.—Comfrey is mucilaginous, and is therefore useful in coughs, dysentery, soreness of the bowels, and for poultices. It may be used in powder, half a tea-spoonful in two thirds of a cupful of hot water.

Irish moss, buck-horn brake, hollyhock blossoms, flaxseed, marshmallows, &c., are also mucilaginous, and may be used in all cases of irritation, internally or externally.

Synopsis of the medical properties of Plants used occasionally.

CAMOMILE.—An infusion drank warm is useful in pulmonary complaints, and in all cases of debility; applied as a fomentation in glandular swellings.

MAYWEED.—The infusion may be given to promote perspiration, and used externally in fomentations for white swellings, rheumatism, &c.

BLACK COHOSH.—A syrup of this plant is useful in coughs; and a poultice made by thickening the decoction with slippery elm is useful in all kinds of inflammation.

INDIAN HEMP.—This root has been used with success in dropsy, by steeping an ounce in a quart of water, and taking half a glass three or four times a day.

SPIKENARD.—The root of this plant has a warm, aromatic, balsamic, fragrant taste, and is useful in all pulmonary complaints, taken in infusion, decoction, or syrup.

SOLOMON'S SEAL.—An infusion of the roots is useful in all cases of *fluor albus*, (whites,) and in immoderate flowing of the menses, arising from female weakness.

SAFFRON.—This plant is an excellent article to promote perspiration, a tea of which is very valuable in all eruptive forms of disease, as canker rash, measles, &c.

CRANE'S BILL is a good astringent, useful in bleeding, internally or externally, or in hemorrhage from the lungs, bowels, or womb.

YELLOW-DOCK.—A syrup made of this root, with equal parts of wintergreen and sarsaparilla, is excellent to eradicate scrofulous and other taints of the system.

EVAN ROOT.—This plant grows in low, marshy land, and is sometimes called chocolate root. It possesses slightly astringent and tonic properties, and may be used with benefit in diarrhœa, dysentery, and bowel complaints in general.

HOPS.—Hop tea may be used with benefit as a means of quieting nervous agitation, and promoting sleep. It is useful in cases of delirium tremens. The yellow powder which may be very

readily obtained from hops by rubbing and sifting them, contains the active principle of hops. This powder, (called lupulin,) by being rubbed up in a warm mortar, will form a paste, which may be made into pills, and taken for the purposes above mentioned.

MEADOW FERN.—A strong decoction of the leaves and burs of the meadow fern have been found very useful in erysipelas, taken freely, and bathing the part affected. It is also a valuable external application for all eruptions and troublesome humors.

HORSEMINT.—A strong tea affords relief in gravel and suppression of the urine.

UVA URSI.—A tea drank freely is useful in ulceration of the kidneys and bladder, and all uneasy obstructions.

HIGH CRANBERRY.—A strong tea drank freely (says Smith) is very effectual in relaxing spasms and cramps of all kinds.

GUM ARABIC makes a fine mucilage for strangury and scalding of the urine.

OX GALL, made into pills, combined with golden seal and Cayenne, says Dr. Osgood, is of inestimable value in those cases of dyspepsia accompanied with flatulency, sour eructations, and obstinate constipation of the bowels. For the method of preparing it for use, see *Compounds*.

Directions for gathering and preparing Medicines.

The remedies used for the cure of disease should be gathered with much care, and by persons who have a sufficient knowledge of the roots and plants they wish to gather, to be a guarantee against any mistake being made. The season of the year in

which they are gathered is to be regarded, without which the medicine cannot be depended on. Every practitioner should gather as much of his own medicine as possible.

Herbs and leaves should be gathered while in blossom. If left till they have gone to seed, the strength is much diminished. They should be dried and carefully kept from the air. Herb tea, to do any good, should be made very strong.

Barks and roots should be collected in the spring or autumn. They should not be pulverized a long time before they are required for use, as they lose their strength.

Flowers should be gathered when in perfection, and in dry weather, dried in the shade, and kept from the air.

Seeds should be gathered when they are fully ripe, separated from chaff and dirt, and kept in bottles or jars for use.

CHAPTER VIII.

COMPOUNDS.

The principal objects in combining medicines are, to increase their strength, accomplish different indications at the same time, or to render them more pleasant and agreeable. A large number of the compounds offered to the public, are prepared without any regard to either of these objects, but according to the fancy of the one who prepares them. Much imposition is practised on the people by compounds, that could not be done with simple medicines, as a knowledge of their component parts would destroy their value.

We do not say that the compounds hereafter mentioned are the best that could be prepared, or that they will invariably effect a cure; but we know them to be useful in the cases for which they were designed.

Dose of Medicine.

The quantity of medicine to be taken at a dose, depends on the age, sex, or peculiarity of constitution. The quantity mentioned in this work is an average dose for a full-grown man. Females require less. For children the doses may be graduated by the following rule:—

For a youth of fifteen years, the dose may be two thirds the quantity for a grown person; for a child of ten years, one half the quantity; for one of two years, one sixth the quantity; for a child of one year, one tenth the quantity.

COMPOSITION POWDER.

Take of bayberry.....	2 lbs.
“ “ ginger.....	1 lb.
“ “ Cayenne.....	2 oz.
“ “ cinnamon.....	2 oz.
“ “ prickly ash.....	2 oz.

All to be finely pulverized, and sifted through a fine sieve, and well mixed.

Dose.—One tea-spoonful in two thirds of a cupful of hot water, sweetened; milk or cream may be added to make it more agreeable.

This compound, being stimulant, astringent, and tonic, is an invaluable family medicine, being adapted to all forms of disease, in connection with laxatives, if costiveness be a prominent symptom, or relaxants in cases of constriction.

SPICED BITTERS.

Take of	poplar bark.....	2 lbs.
“ “	golden seal.....	8 oz.
“ “	prickly ash bark.....	12 oz.
“ “	ginger.....	8 oz.
“ “	cloves.....	8 oz.
“ “	cinnamon.....	4 oz.
“ “	balmony.....	8 oz.
“ “	Cayenne.....	6 oz.
“ “	white sugar.....	5 lbs.

The whole finely pulverized, sifted, and well mixed. This is an excellent tonic compound, useful in all cases of indigestion, loss of appetite, jaundice, general debility, and all other cases where the system is in a weak, relaxed state. They should not be used in cases of constriction, as in fevers or tightness of the lungs.

DOSE.—Take a tea-spoonful of the powder, in half a cupful of hot water, three times a day, before eating; or take the same quantity into the mouth dry, and wash down with cold water.

DIARRHŒA POWDERS.

Take of	bayberry.....	4 oz.
“ “	golden seal.....	4 oz.
“ “	rhubarb.....	4 oz.
“ “	saleratus.....	1 oz.
“ “	gum myrrh.....	$\frac{1}{2}$ oz.
“ “	cinnamon.....	$\frac{2}{2}$ oz.
“ “	peppermint plant.....	2 oz.
“ “	loaf sugar.....	1 lb.

All finely pulverized, sifted through a fine sieve, and well mixed.

This is one of the most valuable preparations known for diarrhœa, cholera morbus, summer com-

plaint of children, dysentery, &c. It comes the nearest to a specific for these forms of disease, in the early stages, of any medicine we have ever used.

DOSE.—Put a tea-spoonful of the powder into two thirds of a cupful of hot water, and add two tea-spoonfuls of loaf sugar; and for a child one year old, give one or two tea-spoonfuls of the tea once in fifteen minutes, until the desired object is accomplished.

FEMALE RESTORATIVE.

Take of poplar bark.....	5 lbs.
“ “ cloves.....	8 oz.
“ “ cinnamon.....	8 oz.
“ “ bethroot.....	1 lb.
“ “ witch hazel leaves.....	1 lb.
“ “ loaf sugar.....	8 lbs.
“ “ Cayenne.....	6 oz.

All finely pulverized, sifted, and well mixed.

This compound is particularly designed for weakly complaints of females, such as fluor albus, bearing down, weakness, profuse menstruation, &c.

DOSE.—A tea-spoonful in half a cupful of hot water, three times a day.

FEMALE STRENGTHENING SYRUP.

Take of comfrey root.....	4 oz.
“ “ elecampane root.....	2 oz.
“ “ hoarhound.....	1 oz.

Boil them in three quarts of water down to three pints; strain and add while warm—

Bethroot pulverized.....	$\frac{1}{2}$ oz.
Loaf sugar.....	1 lb.
Brandy.....	1 pt.

Dose.—From half to two thirds of a wine glassful, three or four times a day.

This is used in female weakness, bearing down of the womb, fluor albus, debility, barrenness, &c.

THE MOTHER'S CORDIAL.

Take of partridge-berry vine, dried...1 lb.
 “ “ high cranberry or cramp bark 4 oz.
 “ “ unicorn root.....4 oz.
 “ “ blue cohosh4 oz.

Boil in two gallons of water to one; strain and add one pound and a half of sugar, and three pints of brandy. Its effects are to shorten and diminish the sufferings of child-birth, and thus place both mother and child in a state of safety. It should be used daily for two weeks immediately preceding confinement as a preparatory.

Dose.—From half to a wine-glassful two or three times a day, and one at bed-time, in a little hot water. [Dr. P. F. Sweet.]

FEMALE POWDERS

Take of gum myrrh.....4 oz.
 “ “ Cayenne4 oz.
 “ “ unicorn4 oz.
 “ “ tansy.....4 oz.
 “ “ gum aloes..... $\frac{1}{2}$ oz.

All finely pulverized, sifted, and well mixed.

Dose.—Half a tea-spoonful in molasses or honey, three or four times a day. This compound is designed for obstructed or suppressed menstruation.

COMPOUND FOR CANKER.

Take of bayberry.....4 oz.
 “ “ white pond lily.....4 oz.
 “ “ Cayenne1 oz.
 “ “ loaf sugar2 lbs.

All finely pulverized, sifted, and well mixed.

DOSE.—Half a tea-spoonful in honey, or a tea-spoonful steeped in a cupful of water, to gargle the mouth and throat. Useful in all cases of canker in the mouth, stomach, or bowels.

ANTI-DYSPEPTIC POWDER.

Take of Cayenne.....	2 oz.
“ “ golden seal.....	2 oz.
“ “ salerátus.....	$\frac{1}{2}$ oz.

DOSE.—Half a tea-spoonful, when well mixed, in half a cupful of hot water about fifteen minutes after eating. Useful in all cases of indigestion or pain in the stomach after eating.

PILLS.—No. 1.

Take of lobelia seed.....	4 oz.
“ “ Cayenne.....	4 oz.
“ “ valerian.....	4 oz.
“ “ slippery elm.....	2 oz.
“ “ dandelion extract....	4 oz.

Mix and roll in slippery elm. Designed to relax the system gradually, so as not to produce vomiting. Useful in all cases of constriction or fever, head-ache, liver complaint, &c.

DOSE.—From one to four at night, or as often as the nature of the case may require.

PILLS.—No. 2.

Take of butternut extract....	2 oz.
“ “ rhubarb.....	2 oz.
“ “ Cayenne.....	1 oz.
“ “ cinnamon.....	1 oz.
“ “ lobelia seed.....	1 oz.
“ “ aloes.....	$\frac{1}{2}$ oz.
“ “ golden seal.....	2 oz.
“ “ slippery elm.....	4 oz.

Moisten with gum arabic water. Mix and make into pills. These pills are designed for universal application in all cases not accompanied with looseness of the bowels. Their efficacy in biliary obstructions and costiveness has been unprecedented.

INJECTION POWDER

Take of bayberry.....	4 oz.
“ “ Cayenne.....	1 oz.
“ “ lobelia herb	4 oz.
“ “ slippery elm.....	2 oz.
“ “ valerian.....	2 oz.

All finely pulverized, and well mixed.

Dose.—Two tea-spoonfuls in a gill of hot water, given about blood warm.

ELDER SALVE.

Take the white-pithed elder sticks, run them quickly through hot embers, and the cuticle will easily slip off. Then scrape off the green bark, and make a strong decoction. Put into a quart of this, a half-pint of mutton tallow, as much neat's foot oil, and a table-spoonful of balsam of fir. (Sweet oil or fresh butter, and pine turpentine will do, instead of neat's foot oil and balsam, when these cannot be had.) Boil till it ceases to sparkle and make a noise, when it will be done. More mutton tallow would make it harder; less of this, and more oil, would make it softer. It should be very soft for cancers and burns, and pretty hard for fresh wounds that contain no canker. No better salve is made than this. It combines the properties of a protector and healer, while it is entirely permeable to the matter of the sore, and if often changed, will effectually remove it. [Dr. Curtis.]

HEALING SALVE.

Take of beeswax.....	1 lb.
“ “ white turpentine.....	1 lb.
“ “ balsam fir.....	1 lb.
“ “ fresh butter.....	1 lb.

Melt and simmer them together, then strain off for use ; to be applied to cuts, bruises, ulcers, &c. after the inflammation is removed.

ADHESIVE AND STRENGTHENING PLASTER.

Take of rosin.....	2 lbs.
“ “ beeswax.....	2½ oz.
“ “ mutton tallow.....	2½ oz.
“ “ camphor.....	1 oz.
“ “ brandy.....	1 gill.
“ “ oil of hemlock.....	½ oz.

The beeswax and tallow to be put in first, then the rosin ; melt over a slow fire, stirring them till melted ; then add the camphor ; after it is dissolved, add the brandy gradually, then turn it into cold water, and work it until it will remain on the top of the water. This is a valuable application for pain in the side, back, &c., rheumatism, or weakness in any part of the system where it can be applied. It may also be applied to ulcers, wounds, &c., as a salve. It may be used also to confine the edges of deep or large wounds, and thus enable them to heal with greater facility.

ANTI-SPASMODIC TINCTURE,

OR THIRD PREPARATION OF LOBELIA.

Take of lobelia seed, pulverized...	1 lb.
“ “ Cayenne.....	4 oz.
“ “ valerian.....	4 oz.
“ “ Holland gin.....	1 gal.

Infuse for ten days in a closely-stopped vessel, shaking it every day; then strain off for use.

This preparation is valuable in violent attacks of any form of disease, such as lock-jaw, fits, hydrophobia, suspended animation, to expel poison of any kind from the system; as an external application, it is useful in sprains, bruises, rheumatic pains, &c.

Dose.—A tea-spoonful, repeated as often as the nature of the case requires, in some warming tea.

DYSENTERY OR CHOLERA SYRUP.

Take of white pond lily, root.....4 oz.
 “ “ green peppermint plant...8 oz.
 “ “ bayberry4 oz.

Boil in one and a half gallons of water down to one gallon, strain and add—

Gum myrrh.....1 oz.
 Cayenne $\frac{1}{4}$ oz.
 Rhubarb4 oz.
 Saleratus $\frac{1}{2}$ oz.
 Loaf sugar.....1 lb.
 Fourth proof brandy.....1 pt.

Dose.—Half a wine-glass once in two hours. This syrup is an invaluable remedy for diarrhœa, dysentery, cholera morbus, and the summer complaints of children.

WORM SYRUP.

Take of butternut bark4 oz.
 “ “ sage2 oz.
 “ “ gum myrrh.....2 oz.
 “ “ poplar bark.....2 oz.
 “ “ bitter root.....4 oz.

Boil in one gallon of water down to two quarts,

strain and add two pounds white sugar and a half pint of Holland gin.

DOSE.—Four tea-spoonfuls once an hour until it acts gently on the bowels. Designed to expel worms from the stomach and bowels.

EMETIC POWDER.

Take of lobelia, herb.....	4 oz.
“ “ lobelia, seed.....	4 oz.
“ “ bayberry.....	2 oz.
“ “ Cayenne.....	4 oz.
“ “ valerian.....	2 oz.

All finely pulverized, and well mixed.

DOSE.—Put four tea-spoonfuls in a cup of hot water, and give four tea-spoonfuls of the tea, after the sediment settles, once in ten minutes until it operates freely as an emetic.

STIMULATING LINIMENT.

Add 1 oz. oil hemlock, 1 oz. oil cedar, 1 oz. oil spearmint, to a pint of the anti-spasmodic tincture. Useful in all cases of pain, not attended with inflammation and paralytic affections.

COUGH POWDER.

Take of Cayenne.....	$\frac{1}{4}$ oz.
“ “ lobelia, herb.....	1 oz.
“ “ slippery elm.....	2 oz.
“ “ skunk cabbage.....	1 oz.
“ “ wake robin.....	1 oz.
“ “ valerian.....	1 oz.
“ “ prickly ash.....	1 oz.

All finely pulverized, and well mixed.

DOSE.—Half a tea-spoonful in hot water, sweetened, once in two or three hours. Valuable in all

cases of cough, consumption, croup, asthma, hoarseness, &c.

COUGH DROPS.

Take of lobelia herb	4 oz.
“ “ hoarhound	2 oz.
“ “ comfrey	2 oz.
“ “ elecampane	2 oz.
“ “ boneset	4 oz.

Boil in three quarts of water to three pints, strain and add two pounds of white sugar and one pint of Holland gin.

Dose.—Two or three tea-spoonfuls once an hour; for asthma, croup, cough, whooping cough, consumption, &c.

TINCTURE OF MYRRH.

Take of gum myrrh	4 oz.
“ “ alcohol	1 qt.

Infuse for twelve days, and strain. This is an excellent wash for offensive ulcers, and for all wounds where there is a tendency to mortification.

TINCTURE OF LOBELIA.

Take of lobelia, herb	4 oz.
“ “ alcohol	1 pt.
“ “ water	1 pt.

Infuse twelve days, and strain. This is a convenient form to administer in many cases, especially for children, and for external application in eruptive forms of disease.

An acid tincture is prepared by putting 4 oz. lobelia herb into a quart of vinegar.

TINCTURE OF CAYENNE.

Take of Cayenne 4 oz.
 “ “ alcohol or vinegar 1 pt.

Infuse for ten days, and strain. Used in all cases of paralysis for bathing, and for rheumatism, swelled joints, &c.

COMPOUND TINCTURE OF MYRRH,
OR HOT DROPS.

Take of gum myrrh 12 oz.
 “ “ Cayenne 1 oz.
 “ “ fourth proof brandy 1 gal.

Put them into a jug or glass demi-john, and shake them several times a day for a week, when the liquor may be poured off and bottled for use.

This preparation is useful for bathing in cases of debility or a relaxed state of the surface, as in night sweats—to check diarrhœa, relieve pain in the stomach or bowels, and also for the tooth-ache.

Dose.—From one to four tea-spoonfuls in hot water. For the tooth-ache, wet a piece of cotton in it, and put it into the tooth.

STIMULATING CONSERVE.

Take of golden seal 2 oz.
 “ “ poplar bark 2 oz.
 “ “ prickly ash 2 oz.
 “ “ cinnamon 2 oz.
 “ “ Cayenne 1 oz.
 “ “ loaf sugar 4 lbs.

All pulverized and well mixed. Knead them into a stiff dough with the mucilage of slippery elm, adding 1-4 oz. each of the oils of pennyroyal and peppermint. It may be made into cakes or loaves

of a convenient size. This preparation is useful for coughs, colds, sore throat, hoarseness, &c. It may be carried in the pocket and eaten freely.

TINCTURE OF FIR BALSAM.

Take of fir balsam.....1 oz.

“ “ alcohol.....1 pt.

Shake them well together. To be applied to fresh wounds, burns, and ulcers. A tea-spoonful taken two or three times a day is beneficial in coughs, soreness of the bowels, &c.

ESSENCES.

Take, of the essential oil of the essence you wish to make, one ounce, alcohol one pint, shaking them well together.

PILE OINTMENT.

Take of hemlock bark, finely pulverized, one ounce, fresh lard six ounces; mix them together thoroughly. It may be confined to the parts by means of a bandage, and a piece of cotton.

DIURETIC SYRUP.

Take of queen of the meadow....4 oz.

“ “ juniper berries.....4 oz.

“ “ cleavers.....4 oz.

“ “ burdock root or seed.....4 oz.

Make a strong decoction; strain and add two pounds of honey and half as much Holland gin as there is of the tea, and bottle for use.

Dose.—Take half a glass three times a day. This preparation is very useful in gravel, strangury, dropsy, &c.

HEAD-ACHE SNUFF.

Take of bayberry..... 1 oz.
 “ “ blood root..... $\frac{1}{2}$ oz.
 “ “ sassafras bark..... 1 oz.

Finely pulverized and mixed.

SMELLING SALTS.

Take of pearlash..... 1 oz.
 “ “ sal ammoniac..... $\frac{1}{2}$ oz.

Pulverize each by itself, and mix. Preserve in a closely stopped bottle.

ELM POULTICE.

Take of slippery elm.... 2 tea-spoonfuls.
 “ “ lobelia herb.... 1 do.
 “ “ ginger..... 1 do.

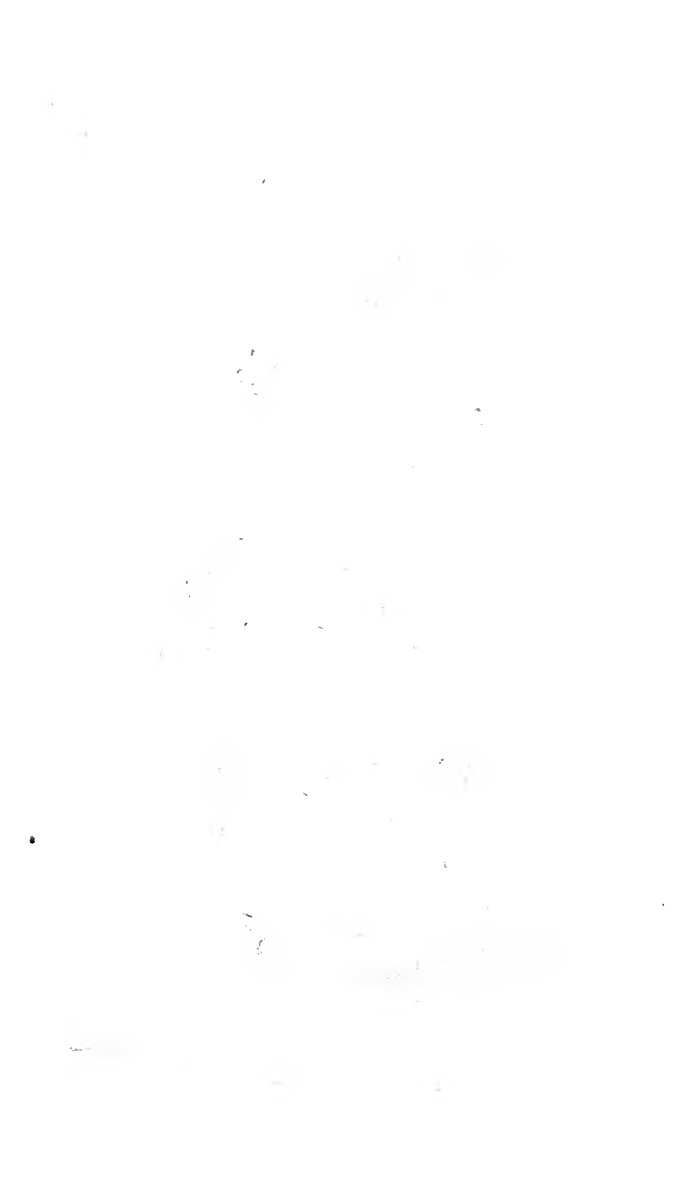
Mix in warm water. Useful in all cases of pain and inflammation; if the skin is off, the ginger may be omitted.

ANTI-DYSPEPTIC PILLS

Empty the contents of three large ox galls into a quart bowl, immerse into a vessel of boiling water, and keep the water boiling quite gently for the space of six or eight hours, or until the gall shall have acquired the consistency of thick molasses; then remove it from the fire, and let it stand until it becomes cool; then mix with it a powder, composed of five parts of finely pulverized golden seal, and one part Cayenne, and mould it into a pill-mass; then divide it into five grain pills. Administer from two to four, according to the nature of the case, three times in twenty-four



BLOOD ROOT.



hours. They rectify the acidity of the stomach and remove the distress, and regulate the bowels. [Thomsonian Advertiser.]

ANTI-EMETIC DROPS.

Take of salt 2 oz.
 “ “ Cayenne 1 oz.
 “ “ vinegar 1 qt.

Mix. Dose, a table-spoonful whenever there is great nausea or vomiting.

TOOTH-ACHE DROPS.

Take of oil of sassafras $\frac{1}{2}$ oz.
 “ “ oil of summer savory $\frac{1}{2}$ oz.
 “ “ oil of cloves $\frac{1}{2}$ oz.

Mix ; dip a piece of cotton in the drops, and put it in the tooth.

WINE BITTERS.

Take of poplar bark 3 lbs.
 “ “ golden seal 1 lb.
 “ “ balmony 1 lb.
 “ “ scullcap 8 oz.
 “ “ unicorn 8 oz.
 “ “ Cayenne 4 oz.

Put these materials into a convenient vessel, add four gallons of water, and boil gently for half an hour, or until the liquid is reduced to about three gallons, keeping the vessel in the mean time closely covered ; strain through a coarse cloth, and add fifteen pounds of sugar, and boil again until the scum ceases to rise, which will be in about five minutes. This done, strain the liquor a second time through a cloth or sieve, and when nearly

cool add the infusion of half a pound of prickly ash berries and a pound of cinnamon, prepared by steeping them in a close vessel with twelve gallons of sweet Malaga wine. The preparation is then fit for use, and should be put into clean bottles or kegs.

DOSE.—Half a wine glass three times a day before eating. Useful in dyspepsia, loss of appetite, debility, sinking at the stomach, drowsiness, headache, &c.

FOR POLYPUS IN THE NOSE.

Take blood root, bayberry, and black pepper, equal parts, all finely pulverized and well mixed. To be taken as snuff, or blown into the nose through a quill.

SYRUP FOR PURIFYING THE BLOOD.

Take of yellow dock root....	4 oz.
“ “ dandelion root.....	4 oz.
“ “ wintergreen.....	4 oz.
“ “ sarsaparilla.....	4 oz.
“ “ blue cohosh.....	2 oz.

Boil in one gallon of water; strain and add one pint of Holland gin. Dose, a wine-glassful once a day. Useful in all cases of scrofula, mercurial disease, cancer, or any eruption of the surface, depending on an impurity of the blood.

SPRUCE BEER.

Take four gallons of water, boil half of it; let the other half be put cold into a barrel, and upon this pour the boiling water; then add three quarts of molasses and a little of the essence of spruce, stir them together; add a gill of yeast, and keep

the whole in a moderate heat, with the bung out, for two days, till the fermentation has subsided; then bottle it, and it will be fit for use in a week or ten days.

DR. HULL'S BILIOUS PHYSIC.

Take eight ounces aloes, one ounce each of mace, myrrh, cinnamon, cloves, saffron and ginger; four ounces of the dried leaves of the garden sunflower. Pulverize the articles separately, and mix them thoroughly. Dose, a tea-spoonful.

We insert this recipe for the benefit of those who wish to take occasionally a portion of physic; it is probably as good as any thing of the kind.

SUDORIFIC POWDERS.

Take of lobelia, herb.....	4 oz.
“ “ pleurisy root.....	4 oz.
“ “ skunk cabbage.....	4 oz.
“ “ crawley root.....	4 oz.

Dose.—A quarter of a tea-spoonful once an hour, until a gentle perspiration is produced. In typhus or scarlet fever it may be increased as the case may require. Valuable for producing perspiration and equalizing the circulation; highly useful for a cough, and admirably adapted to break up a cold.

FEMALE TONIC POWDERS.

Take of comfrey.....	2 oz.
“ “ elecampane.....	2 oz.
“ “ rosin.....	1 oz.
“ “ loaf sugar.....	8 oz.

All finely pulverized and well mixed. Dose, a tea-spoonful once a day in hot water. A valuable remedy for the fluor albus or whites.

ITCH OINTMENT.

Take of tincture of myrrh....1 qt.
 " " tincture of lobelia....1 qt.
 " " spirits turpentine.... $\frac{1}{2}$ pt.

Mix and apply to the entire surface night and morning.

CANCER PLASTER.

Take of red clover blossoms any desirable quantity, and water sufficient to cover them; boil gently until the strength of the blossoms is extracted, which will be in about an hour; strain through a coarse cloth, and use pressure sufficient to force out all the liquid; pour this into some convenient vessel, and place it in a kettle of water over the fire; boil until the liquid is of the consistence of tar.

Spread this on a piece of linen, or soft leather. It is one of the best applications for open or running cancers and ill-conditioned sores or ulcers of every description, deep, ragged-edged and otherwise badly conditioned burns.

CATARRH SNUFF.

Take of blood root.....2 oz.
 " " skunk cabbage.....1 oz.
 " " lobelia $\frac{1}{2}$ oz.
 " " snake root..... $\frac{1}{2}$ oz.
 " " slippery elm1 oz.

All finely pulverized, sifted and well mixed. Useful in catarrh and stoppage in the nose.





BLUE FLAG.

MEADOW-FERN OINTMENT.

Take of meadow-fern leaves and balm of Gilead buds, well bruised or pounded, each three ounces; fresh lard, a pound. Moisten the buds with water, and simmer them in the lard over a slow fire until they cease to be glutinous, which will be in three or four hours; then add the meadow-fern burs, also moistened with water, and continue the simmering until their strength is extracted, which may be determined by rubbing them through the fingers, and ascertaining that they do not emit a fragrant smell. Pass the ointment through a coarse cloth or sieve, and pour it into some convenient vessel.

An excellent application in tetter, scald head, soreness of the lips, itch, poison from ivy or dog-wood, and various cutaneous eruptions.

DR. ELISHA SMITH'S ANTI-MERCURIAL SYRUP.

Take of sarsaparilla.....	2 lbs.
“ “ guiac. chips.....	1 lb.
“ “ blue flag.....	6 oz.
“ “ prickly ash bark	3 oz.
“ “ liquorice.....	4 oz.
“ “ stramonium* seeds.....	$\frac{1}{2}$ oz.

Boil in two or three waters, until the strength is obtained, forming two gallons of the decoction; to which is to be added, when cold, one and a half gallon of molasses and two ounces of the oil of saffras; the whole to be well shaken together and bottled for use.

This compound is highly recommended by Dr.

* This article we always reject from the compound, for reasons well known to Thomsonians.

Smith of New York, for cancerous, scrofulous, and all other humors and taints, particularly for those forms of disease produced by mercury that every where exhibit themselves, and venereal.

CHAPTER IX.

A COURSE OF MEDICINE.

This does not consist in the application of a single remedy, as many have supposed, but of a series of remedies, following each other in quick succession, by which disease is overcome immediately, instead of allowing it to progress a great length of time. It includes injections to evacuate the bowels, and stimulate them to action; vapor bath, to promote perspiration, and throw from the system the morbid matter that has been retained; relaxants and stimulants, to arouse nature to throw off the morbid accumulations of the stomach; a second administration of the injection and application of the vapor bath; concluding with washing over with cold or warm saleratus water.

ENEMAS OR INJECTIONS.

This mode of administering medicine constitutes a very important part of the Thomsonian practice, and ought not to be omitted in consequence of a false delicacy on the part of the patient, or to avoid the labor on the part of the physician. In no other way can medicine be administered to accomplish so much, in obstinate cases, as by injections. They not only act on the

bowels to remove fæcal matter, but also produce the effect with much more promptness, than the medicines composing the injections will produce, when taken into the stomach. In all cases of irritability of the stomach, colic, stoppage in the bowels, costiveness, fits, lock-jaw, &c., injections are indispensable. They should be prepared in reference to the indications to be accomplished.

If the object is simply to evacuate the bowels, half a tea-spoonful of composition, and as much slippery elm in a gill of hot water, will answer the purpose. If to check a diarrhœa, or for the piles, a strong tea of hemlock bark should be used instead of hot water. But the formula under the head of compounds, (see Index,) will be the best for ordinary cases, increasing or diminishing the quantity of lobelia, &c., as the case may require. Dr. Thomson says, with much truth, that it is better to administer injections ten times when they are not necessary, than omit them once when needed.

VAPOR BATH.

This invaluable remedial agent has been in use from time immemorial. Among the Russians, Egyptians, and Turks, it has been used for centuries as a luxury, and as a cure and preventive of disease. It is a well-known fact that for five hundred years Rome had no physician but her baths, which they frequented at least once a week, and by many daily, whether in a state of health or sickness. The Rev. W. Tooke says that he has no doubt but that the Russians owe their great longevity, their extraordinary robust health, and their entire exemption from certain moral diseases, to their daily use of the vapor bath.

The use of the vapor bath is quite common among the Turkish ladies, who probably would not suffer in point of beauty and delicacy, by comparison with the females of any other country, yet they use the vapor bath, followed immediately by the cold shower bath, which gives them a ruddy, florid glow of countenance, unknown to but few females. The American aborigines have their baths, out of which they rush, and plunge into cold running water, beside which their baths are purposely built. In view of the fact, that three fifths of all we take into the system is thrown out through the pores of the skin, what can be more important to health, than an unobstructed state of that organ? and what remedial agent better adapted to remove the cause of disease than the vapor bath? which tends to remove obstructions from the skin, and arouse a healthy action in the system, determines the blood to the surface, and throws from the circulating fluid the various impurities with which it is loaded.

The modes of applying the vapor are various. The most convenient and economical mode we have ever seen, is a tin box, about four inches square, with a horizontal partition, about one and a half inches from the top, in which are inserted five tubes, the size of common lamp tubes, to come even with the top of the box, with a hole for turning in alcohol, which should be stopped tight, and the partition wiped dry before lighting the wicks; this is to be used for a lamp to generate heat, after putting in wicking and filling it with alcohol; another box of the same size, with legs about four inches long, the cover soldered on to the top, and a half inch tube inserted to allow the steam to pass off; this box should be nearly filled

with water and placed over the lamp, after lighting the wicks. Place this under a chair in which the patient is to sit, divested of all his clothes. Take a blanket or a piece of oiled cloth or silk, the size of a blanket, sew the sides together, and run a string into the top, so as to draw it up, around the neck. Put this over the patient and chair; the feet should be immersed in warm water at the same time; and warming teas or composition administered while steaming. A pipe may be fixed to convey the steam from the boiler to the bed, if the patient is unable to sit up, or to apply it to any portion of the system. When there is sufficient vitality in the system to favor re-action, the last vapor bath of the course should be followed by a cold hand-bath or washed all over with cold water; after which the patient should be rubbed briskly two or three minutes, and dressed, if able. After remaining in doors an hour or two, he may take exercise in the open air, if the weather is sufficiently mild and pleasant, and he feels able so to do.

DIRECTIONS FOR A COURSE.

Put four tea-spoonfuls of composition, one of valerian, and 1-2 do. of cayenne into a pitcher, pour on it a quart of boiling water. Give the patient two thirds of a cupful of the tea. Then administer an injection according to the directions under that head. As soon as the injection has done operating, administer the vapor bath according to the directions on the preceding page, giving the composition tea two or three times while steaming. After the patient has remained in the bath fifteen or twenty minutes, he should be wiped

dry, put on his shirt and get into bed, and a steaming brick be put to his feet. He is then ready for the administration of the lobelia.

ADMINISTERING LOBELIA.

Put one tea-spoonful of the seed of lobelia, and two of the herb, well pulverized, into a cup, add one tea-spoonful of Cayenne, one of nerve powder, and a few drops of the oil of sassafras, and fill the cup with hot water. After it settles, give four tea-spoonfuls of the tea once in ten minutes until the patient vomits freely; give in the mean time half a cupful of the tea from the pitcher or pennyroyal tea once in five minutes. If the patient is sick at the stomach and does not vomit, give half a cupful of the tea from the pitcher, with a little saleratus in it. After the patient has vomited once, give porridge and pennyroyal tea freely. If the quantity of lobelia mentioned above does not produce vomiting and nausea, add a tea-spoonful of the seed to the sediment, fill it up with hot water, and give the tea of it at one dose. After the vomiting is over and the stomach well settled, another injection should be administered, after which the patient should be steamed a second time, and washed over with cold water, if there be sufficient heat in the system to produce a re-action. After the course is completed, he may eat a light meal, and if the weather is very mild and pleasant he can go out; if not, he should remain within doors.

CHAPTER X.

THE TREATMENT OF DIFFERENT MANIFESTATIONS OF DISEASE.

Having arrived at the knowledge of what disease is, its cause, the indications necessary to be accomplished, and the means to be used to accomplish those indications, we have now to point out the particular circumstances or symptoms requiring the accomplishment of each of these indications, and the mode of applying the remedy. This we shall endeavor to do in a manner so plain and simple, that any person may not be at a loss to know what course to pursue in any form of disease.

A large proportion of the different forms of disease depends on constriction or spasm, either general or local, producing an obstruction of the secretions, and a retention of the morbid impurities of the system. The cause is cold, or any irritating substance applied to, or taken into the system. The result is local or general excitement, usually termed fever or inflammation. Other forms of disease depend on relaxation, paralysis, injuries, or change in structure of some organ. Notwithstanding the general adaptedness of "a course of medicine," as described in this work, for the cure of every form of disease, yet some of the different manifestations of disease may require a modification of the treatment, so as to accomplish the object sooner and with less suffering and inconvenience to the patient; we shall therefore give a particular description of such forms of disease and their symptoms and peculiar treatment.

FEVER.

This manifestation of disease is but the effect of an effort of nature to expel from the system some irritating substance. Its division into colors and classes is unnecessary, as these different symptoms are but the same cause acting on different organs. The usual symptoms are pain in the head, back and limbs; full, quick pulse; chilliness, succeeded by a preternatural degree of heat on the surface; thirst; tongue coated, and general weakness.

Treatment.—In the first stages, a full course of medicine is the best process to remove the cause of fever. If this fails to remove the cause, and the pulse is full and quick, and the surface hot and dry, give a half tea-spoonful of crawley root in some warming tea once an hour, and bathe the surface in saleratus water, nearly cold, every two hours. Give an injection once in two hours until free perspiration appears on the surface, after which rub with a dry woollen cloth once an hour, and change the sheets twice a day. If this course fails to produce perspiration, put two tea-spoonfuls of the emetic powder into a cup of hot water, and give two tea-spoonfuls of the tea every half hour until vomiting is produced. If there is a coldness of the surface or extremities, steam freely and add a tea-spoonful of Cayenne to the emetic powder, and continue its use until the surface becomes warm and moist, and the pulse regular. In some forms of fever there appears to be a paralyzation of the nervous system, as in putrid fever, where the common portions of medicine will have no effect; in which cases, give the anti-spasmodic

tincture in great spoonful doses, by injection and into the stomach, until free vomiting is produced.

In the treatment of fever, as well as in every other form of disease, the quantity and power of the medicine should depend on the obstinacy of the disease. The indications to be accomplished in all colors and forms of fever, are to produce a free, easy and general perspiration, and maintain it; and to remove obstructions from every part of the system. If pennyroyal or catmint tea will do this, it is all that is required,—but stop not short of giving a pound of lobelia, and other things in proportion, until you have accomplished those objects. Many Thomsonian physicians fail to cure fevers, by depending on fixed potions of medicine, or going through a certain process as directed by some medical author; instead of keeping in view the object for which the medicine is given, and persevering until that object is accomplished. We would therefore urge upon all who undertake to cure fever, especially of the typhoid type, to pursue a thorough course of treatment in the early stage, and they will seldom fail of success. If friends object, let them take the responsibility and manage the case in their own way. Suffer no one to take charge of the patient who is not friendly to the medicine, if it can be possibly avoided, or you will be disappointed in the result. Caution should be used, after the cause is removed, that the patient does not take cold or over-load the stomach and bring on a relapse, which is always more difficult to overcome than the first attack. After the fever abates, and the coating comes off the tongue, give a tea-spoonful of the spiced bitters three times a day.

AGUE AND FEVER.

The first symptoms of this form of disease are—general debility, loss of appetite, more or less distress at the pit of the stomach, obstructed perspiration, restlessness and languor, aching in the back and limbs, and increased sensibility to cold.

The cold stage, or chill.—The chill comes on with a coldness along the back, and an irresistible desire to yawn and stretch. There is a general coldness and contracted state of the skin, and a sensation down the back as from the trickling of cold water. The jaws begin to quiver or chatter, and a general shivering takes place over the whole body; which, in some instances, continues but a few minutes, and in others for several hours. The chill is succeeded by flashes of heat, which continue to increase until the fever is fully developed. Distressing vomiting often occurs at this period.

The re-action, or hot stage.—In this stage of the disease the countenance becomes flushed, and the skin dry and hot; the pulse rises and becomes full and strong; there is pain in the head, back and extremities, and not unfrequently more or less delirium. The duration of the fever varies in different cases, but finally effects a crisis by a restoration of the secretions from the skin and kidneys, and thus terminating in

The sweating stage, or crisis.—As perspiration takes place, the breathing becomes less difficult; the pulse softens, and a general abatement of all the distressing symptoms takes place. These three stages form what is called a paroxysm of the fever, which occur every day, every other day, or once in three days, and generally about the same hour

of the day—the patient remaining tolerably comfortable between the paroxysms.

Treatment.—The indications of cure are to aid nature in her efforts to expel from the system morbid matter on which the disease depends. To do this, administer a full and thorough course of Thomsonian medicine, commencing an hour or two before the time at which the chill comes on. Bathe the surface with the stimulating liniment after the last steaming. Then take a tea-spoon twice full of Cayenne, and as much bayberry and golden seal, and steep it in a pint of hot water, and take half a cupful once in three hours, and four of the pills No. 1, at bed time. Avoid for a short time any exposure to damp or cold air—live temperately—exercise moderately, and bathe the surface every morning in cold water if the weather be warm, or Cayenne and vinegar if it be cold. If, after this process, there are any symptoms indicating a return of the disease, take another course of medicine, and repeat every day until the symptoms entirely disappear.

ABORTION.

The premature expulsion of the fœtus has become quite common among those who, though they *designedly* use no means to produce it, yet their habits of compressing the chest or tight lacing does do so, and still more so among those who resort to poisons to accomplish that object. Language cannot portray the wickedness of the latter, or folly of the former. Says Dr. Curtis, “Of the multitudes that have sunk under the premature expulsion of the fœtus, the dark and silent regions of the grave alone contain the record. I

have no doubt that if all who have thus committed suicide, could array themselves before us, the effect would be insupportable to the most hardened feelings of our nature."

Other causes than those mentioned tend to produce abortion, such as falls, reaching too high, frights, lifting, hard labor, grief, &c. The usual symptoms are pain in the back, loins, and lower part of the abdomen, chills, nausea, flowing and palpitation of the heart.

Treatment.—In this case, the old adage is emphatically applicable, that "an ounce of prevention is worth a pound of cure." Let those who are expecting to become mothers, whose habits of compressing the chest predisposes them to an abortion, take one or two courses of medicine to relax the muscles of the abdomen, and two of the pills No. 1, at night. When the symptoms of abortion are exhibited, take freely of composition, and put a jug of warm water at the feet. If this does not relieve, take a full course of medicine, which, if it has not progressed too far, will prevent it; if so, it will assist nature to expel the fœtus, the life of which has now become extinct in consequence of the detachment of the placenta; after which take the Female Restorative three times a day before eating, and two of the pills No. 1, at night.

AGUE IN THE FACE.

The face on one side, or both, frequently becomes swollen and exceedingly painful, depending on decayed or ulcerated teeth or a cold.

Treatment.—Inhale the steam of Cayenne and vinegar, and tie up a tea-spoonful of Cayenne in a

thin rag and put it between the gum and cheek, and it will produce a free discharge of saliva, which usually affords relief. If this does not remove the pain and swelling, a full course of medicine should be resorted to.

ASTHMA AND PHTHISIC.

The symptoms of these forms of disease are, difficulty of breathing, which generally comes on towards night, tightness across the chest, together with a peculiar wheezing, being frequently threatened with immediate suffocation on attempting to lie down. Towards morning the symptoms abate, and the patient feels much easier. At other times the symptoms are so mild as to subject the patient to little inconvenience, and in children it is usually called phthisic.

Treatment.—Half a tea-spoonful of tincture lobelia, or half tea-spoonful of skunk cabbage, repeated as occasion requires, in half a cupful of pennyroyal tea, will usually afford immediate relief. For a permanent cure, take two or three full courses of medicine in as many days, after which take spiced bitters, composition, and pills No. 1, according to directions, for two or three weeks.

ABSCESS AND BOILS.

An abscess or boil is produced by an effort of nature to throw from the system morbid matter.

Treatment.—Apply a poultice of slippery elm, lobelia and a little soft soap, which will soon bring it to a head. When it is fit for opening, which may be known by the thinness of the skin in the most prominent part of it, it should be punctured with a lancet or some sharp-pointed instrument.

BLEEDING FROM THE NOSE.

The blood-vessels of the nose are more easily ruptured than in any other part of the system; when, therefore, there is a determination of blood to the head, or any external violence, a profuse discharge sometimes takes place.

Treatment.—Immerse the feet in warm water, and drink freely of composition or pennyroyal tea to equalize the circulation; and it will soon cease.

BLEEDING FROM THE LUNGS AND STOMACH.

These are usually considered dangerous forms of disease; but their danger depends on other symptoms. If there are other symptoms of consumption, bleeding from the lungs is difficult to cure.

Treatment.—A strong tea of witch hazel leaves will usually check bleeding from the lungs or stomach. If this does not check it, give a tea-spoonful of composition once in fifteen minutes, and immerse the feet in hot water. After giving composition two or three times, add half a tea-spoonful of anti-spasmodic tincture to the same, and continue it until vomiting is produced. No danger need be apprehended in taking an emetic of lobelia. I have given them repeatedly in these cases with the happiest result.

BRUISES OR INJURIES FROM BLOWS OR FALLS

If the injury be not very severe, bathing with cold water, hot drops, or wormwood moistened with spirits, and taking a tea-spoonful of composition, is all that is required. But if very severe, the vapor bath should be immediately administered, with a free use of composition, which is far

preferable to bleeding. If the patient is injured so as to be insensible, put down the throat or give by injection a great spoonful of anti-spasmodic tincture, which will restore sensibility. In some cases, a thorough course of medicine ought to be administered.

BURNS OR SCALDS.

The best application that can be made to burns or scalds, when first done, is cold water. Take a cloth wet in cold water, and wrap several thicknesses round or lay on the part, to be wet as often as the pain returns. Give warm medicine internally. If the skin is broken, apply a poultice of slippery elm, wet with raspberry leaf tea.

CANCER.

Cancer usually seats upon the fleshy portions of the system, as the breast, lip, &c. It commences with a small hard bunch, gradually increasing, attended with sharp, lancinating pains, as though needles were being run through it. It sometimes continues in this way a number of years, at other times it proceeds rapidly to ulceration, discharging a thin, acrimonious fluid, corroding and destroying the contiguous parts.

Treatment.—If suppuration has not already commenced, the sorrel salve or the dried juice of wood sorrel should be applied; or if this fail to produce suppuration, the caustic potash, prepared by burning red oak bark to ashes, in a stove or on a clean hearth, drain boiling water through them till the strength is obtained; boil the lye to the consistence of brown sugar. Keep it in a glass-stopped bottle, as it destroys cork. Put some on

the cancer for fifteen minutes. If it smarts much, sponge it with vinegar; wash it off with warm soap suds, made of Castile soap. The cancer plaster mentioned in this work should then be applied. Then poultice with lobelia, slippery elm, and catmint. After which apply the elder salve. Courses of medicine should be frequently given, and a syrup of pipsissiway, sarsaparilla, and yellow dock root taken freely.

CHICKEN POX.

This eruption is usually preceded by feverish symptoms. About the second or third day, the pimples become filled with a watery fluid, which is never converted into yellow matter as in the small pox; and about the fifth day, they usually dry away, and are formed into crusts or scabs.

Treatment.—Give composition or saffron and snake root tea, which is all the medicine that is usually required in this form of disease. Should the constitution of the patient be so feeble that the eruption is not well thrown out, a course of medicine should be administered, and repeated if necessary.

COLIC.

This form of disease is attended with severe pain in the bowels, nausea, and sometimes vomiting, and distention of the stomach. It is usually occasioned by some acrid substance taken into or generated in the stomach, such as unripe fruit, vitiated bile or gas, undigested food, &c.

Treatment.—Some cases require thorough treatment. Nothing will afford relief so quick as enemas, which should be given every ten minutes

until relief is obtained ; then cleanse the syringe, and administer a pint of slippery elm tea by injection, to soothe the bowels. It is sometimes necessary to give a full course of medicine. Mild cases may be cured by taking a tea-spoonful of composition, hot drops, or some aromatic tea. A few drops of anti-spasmodic tincture in peppermint tea, is excellent.

CONSUMPTION.

Pulmonary consumption is characterized by emaciation, debility, cough, hectic fever, and purulent expectoration, night sweats, &c. One writer enumerates thirty different species of consumption ; but this enumeration seems unnecessary for practical purposes. When one lobe is affected, the disease is very slow in its progress, often lasting for many years ; but when the substance of both lungs is affected, the disease progresses rapidly, commonly called the galloping consumption.

This disease has prevailed extensively from the earliest periods of history to the present time, and has swept more from the earth than the sword or famine. In all northern climates it commits the most terrible ravages. A writer, some years since, computed that out of a population of eleven millions, in the island of Great Britain, fifty-five thousand annually died of the consumption ; and the same fatality attends the disease in this climate. I presume one third of all those who die in this country are taken off by pneumonic diseases, or affections of the lungs ; all which shows not only the prevalence and fatality of the complaint, but likewise the inefficacy of the various methods of treatment, including the vast number of boasted nostrums of the day, with

which the community are now so shamefully deceived and imposed upon.

A consumptive taint may be transmitted from parents to children, and produce a development of the disease at different periods of their lives, owing to those circumstances which are calculated to call this consumptive predisposition into action. A whole family has enjoyed comparative good health, till a certain period of life, when, upon a sudden attack of severe cold, or some other exciting cause, consumption has supervened and proved fatal to all; no doubt, some such case has come under the observation of the reader.

Among the remote causes, we may enumerate the particular formation of the body; such as prominent shoulders, narrow chests, &c.; scrofulous habit, bronchitis, pneumonia scrofula, and the sequel of eruptive diseases; particular employments, exposing the person to inhalation of dusty particles of matter, and fumes of metals and minerals; sedentary life, depressing passions, great evacuations, intemperance, nursing of infants too long, and whatever else induces debility; tight lacing, which serves to compress the chest and circumscribe the action of the pulmonary muscles; and lastly, the application of cold to the body, when in a state of perspiration, which is by far the most common of all causes; which shows the danger of the ball-room, where exercise is performed till the pores are opened, and suddenly closed by the application of cold, which ends in consumption; nearly every patient who applies for medical aid, in speaking of the cause of his disease, refers to the time when he experienced a sudden check of perspiration, and dates it from that period.

I may also mention those positions of the body which oblige the person to continue long in a stooping posture, as at the desk, in the manufacture of shoes, factories, sewing, &c.; also such employments as keep the hands and feet unnaturally cold.

The proximate or immediate cause may be ascribed to irritation on the delicate coat of the lungs, producing organic change or lesion of their structure, subsequently inducing tubercles or ulcers. There is a deleterious agent or fluid carried to this organ, which all of us daily receive into the system in our food and drink, instead of being carried off by the excretory vessels of the system. As an evidence of this, we find that as soon as a person whose lungs are weak, or who is predisposed to consumption, experiences a check of perspiration, or to use a common expression, takes cold, he immediately feels an irritation on the lungs, and begins to cough. This demonstrates that there is an offending matter, or noxious agent, which should be carried off by perspiration; hence the importance of keeping up a uniform determination to the surface, in order to preserve health.

Treatment.—It is generally supposed that pulmonary consumption is incurable. But the success of the Thomsonian practice in curing this form of disease, goes to prove that in many cases it can be cured. The patient, in order to be cured, must be willing to pursue strictly the prescribed course; denying himself of every indulgence that is injurious, and faithfully attending to every prescription calculated to benefit him.

It is generally necessary to administer two or three courses of medicine in a week, after having

prepared the system for them by taking warming medicines a number of days previously. Between the courses, take one of the pills No. 1, every four hours, and the composition and spiced bitters according to the directions under the head of compounds.

A proper regard to diet, exercise and air, is very important in consumptive cases. The food should consist of coarse wheat bread, rice, ripe fruit, &c., eaten at regular meals only, and regular exercise in the open air, if the strength and weather permit. An effort should be made to exercise as much as possible, as many persons have been cured by a persevering effort of this kind. The surface should be bathed all over twice a day in cold water, if there be sufficient vitality to produce re-action; or if not, brandy and water, followed by friction with a coarse towel fifteen or twenty minutes. The feet should be protected from wet and cold.

CHOLERA MORBUS, DIARRHŒA, AND DYSENTERY.

These forms of disease are considered somewhat different; but the same method of treatment may be properly applied to each. In the first stages, or in mild attacks, the diarrhœa powder or syrup taken according to directions will effect a cure. If the attack is severe, a full course of medicine should be given, followed up by injections, containing a large proportion of slippery elm, every half hour; until relief is obtained. For children, a tea of slippery elm and loaf sugar should be given freely; also the diarrhœa powders, and injections of hemlock bark.

CONVULSIONS OR FITS.

Fits are occasioned by an effort of nature to overcome some obstruction.

Treatment.—In cases of fits of every description, an injection should be administered, composed of slippery elm and anti-spasmodic tincture, in quantity according to age and severity of the attack, as soon as possible. If the jaws are locked, put some of the anti-spasmodic tincture into the back part of the mouth, and they will soon become relaxed, then give a great spoonful in some kind of warming tea. In order to effect a permanent cure, full courses of medicine should be resorted to, with a constant stimulant and tonic treatment. Regard should also be had to diet and exercise in the open air, which are a *sine qua non* in the cure of all cases.

CORNS.

To cure these troublesome consequences of tight shoes, avoid the first cause, or wear shoes sufficiently large for the foot, and wear a piece of India rubber over the corn, and a cure is certain.

CROUP.

This heretofore frightful form of disease, which has ever baffled the skill of the faculty, and proved so almost universally fatal under their treatment, is generally too well known in this country, from unpleasant experience and observation, to need much explanation by way of description, for every American mother must sooner or later have witnessed more or less cases. It is a form of disease peculiar to children, and has seldom or never been

known to attack a person who has arrived at years of puberty. It mostly attacks infants, who are suddenly seized with difficulty of breathing, attended with a rattling noise—and like a multiplicity of other forms of disease, is caused by the application of cold, or, which is synonymous, a loss of the requisite quantity of heat for maintaining a healthy action in the animal economy, and consequently occurs more frequently in the winter and spring than in other seasons. In cases of croup, the mucous membrane of the trachea or windpipe becomes greatly inflamed, which induces a great secretion of a very tenacious coagulated lymph or mucous matter in the windpipe and bronchial vessels, which greatly impedes respiration, and if not relieved, in most cases will sooner or later prove fatal by suffocation, or total obstruction of the respiratory organs.

Treatment.—In treating croup, thorough, and sometimes often-repeated emetics should never be neglected, as they are almost the only prescription upon which much reliance can be placed; and lobelia is undoubtedly the most safe and effectual for this purpose of any thing known. It may be administered in powder or in an infusion, and in cases in which children are obstinate in taking medicine, the latter is preferable. A sufficient quantity should be given in all cases, to produce a thorough evacuation of the stomach, as there is little or no danger from the size of the dose, as no more will be used in the stomach than is necessary to produce the requisite cleansing and evacuation, the excess being thrown off as useless. The tincture or infusion of lobelia may be continued in small doses of a tea-spoonful or so, after the stomach has been well cleansed and evacuated,

and it will produce an excellent effect of arousing action in the stomach, loosening the viscid secretions upon the mucous membrane of the trachea or windpipe, promote expectoration, and allay the inflammation which usually accompanies and particularly affects the bronchial vessels. If the emetic in cases of croup does not operate freely and effectually, enemas or injections, well charged with tincture or third preparation, should be repeated until the stomach is effectually cleansed from all impurities. The child during the operation of the medicine should, if possible, be made to perspire freely, which may be done by feeding it with warm herb drinks and composition tea, by warm bathing, putting warm bricks or boiled blocks about the child in the cradle or bed.

CATARRH IN THE HEAD.

The glands and membranes of the head secrete a fluid to keep the mouth, nose and eyes moist, which sometimes become obstructed, causing a flow from the nostrils, makes the eyes tender, irritates the nose and occasions sneezing, or falls into the throat and windpipe, and causes coughing, and, if long continued, the consumption.

Treatment.—Take one or two full courses of medicine, then use the catarrh snuff mentioned in this work. Dr. Beach recommends the following remedy: “Take common sage a table-spoonful, black pepper a tea-spoonful; pulverize, and smoke two or three pipes during the day, and force the smoke through the nose.” Dr. Leavitt, of New York, recommends a snuff of blood root, gum arabic, and gum myrrh. equal parts, pulverized.

CHILBLAINS.

These are painful swellings, attended with intolerable itching, which make their appearance on the hands, feet, nose, ears, and lips, in cold weather.

Treatment.—Bathe frequently in the rheumatic drops, and apply the meadow-fern ointment. If there is much pain or inflammation, apply the elm poultice.

COLDS AND COUGHS.

The application of cold to the body, giving a check to perspiration, is the general cause of these complaints. A cold is usually attended with difficulty of breathing, a sense of fulness and stopping in the nose, head-ache, cough, &c.

Treatment.—Take a tea-spoonful of composition and two of the pills No. 1, at night, which will generally cure. If the cough should continue troublesome, take the cough drops or powders mentioned in this work. Should these fail to break up the cold, take a full course of medicine and avoid exposure for a few days, and a cure is certain.

COSTIVENESS.

Costiveness is generally occasioned by improper food and sedentary habits; and the best remedy is to take active exercise in the open air, and live principally on coarse wheat bread, fruit, rye pudding, &c.; avoiding tea, coffee, fine flour bread, and physic.

DIABETES.

The diabetes is an excessive, frequent, and sometimes an involuntary flow of urine. It is accompanied with great debility, costiveness, voracious appetite, emaciation, &c.

Treatment.—The most important indication in this form of disease is to increase the action of the skin and produce free perspiration. For this purpose the vapor bath should be frequently used, and the sudorific powders taken at night. The spiced bitters should be taken three times a day, and the surface bathed in Cayenne and vinegar every morning. If the patient is advanced in years and the constitution broken down, if the course prescribed above does not cure, it may be considered incurable. But if young and tolerably healthy in other respects, apply thorough courses of medicine until a cure is effected.

DELIRIUM TREMENS.

This horrid disease is confined principally to those who are addicted to the free use of ardent spirits. The patient imagines he is surrounded by robbers, reptiles, or wild animals, and flies to the door or window to escape. His hands become tremulous, and he is restless and talkative.

Treatment.—A full course of medicine should be administered, steaming the patient in bed with heated stones wrapped in a damp cloth, placed at the feet and back. Give frequently of valerian or scullcap tea during its operation. The injections should be repeated and their strength increased, until the patient is quiet and inclined to sleep. It is found that kind treatment is much more suc-

cessful in restoring the patient than violence, as is usually the case under all other circumstances.

DROPSY.

Dropsy is an accumulation of watery fluid in the cellular membrane, or any of the cavities of the body. It is caused by a weakness of the absorbent vessels, which are unable to take up the fluid and discharge it from the system through the natural channels.

Treatment.—In the early stages, this form of disease may be cured by a free use of the diuretic syrup, stimulating conserve and pills No. 2, with a vapor bath occasionally. But in the more advanced stages, full courses of medicine are required, repeated once or twice a week. The patient should avoid drinking much, and live principally on dry food.

DISLOCATIONS AND FRACTURES.

Simple fractures or dislocations may be reduced by any person of common mechanical ingenuity. The first object is to relax the muscles. The world is indebted to Dr. Thomson for the best mode of accomplishing this object. He directs the patient to take a dose of Cayenne and valerian, to promote perspiration, &c. Then wet a large cloth in hot water, and apply as hot as can be borne, around the injured part, and for some distance above and below it. This being done, hold a vessel under, and pour on water as hot as can be applied without pain, and so continue for fifteen or twenty minutes, when the cloth must be taken off, and the bone or bones placed in their proper position. If the case be a broken bone, it must

be splintered; but if it be a joint out of place, nothing more will be necessary than to pour cold water on the part, which will contract the muscles and keep the bone in its proper position. Lobelia taken in broken doses, will also produce relaxation of the muscles, and is often very necessary in dislocation or fracture of large bones. Difficult cases of this kind will, of course, require the aid of experienced surgeons.

DYSPEPSIA, OR INDIGESTION.

This form of disease may depend on any cause tending to produce weakness or inaction of the stomach, or obstruction in the secretion of gastric juice or bile. It is usually attended with pain after eating, costiveness, emaciation, colic, lowness of spirits, languor, &c.

Treatment.—The symptoms attending this form of disease may be relieved by medicine, but the cure can alone be effected by proper diet and exercise. The anti-dyspeptic powders will relieve the pain and soreness of the stomach after eating; pills No. 2 and injections should be used for the costiveness, and a course of medicine occasionally, to throw off the morbid accumulations, and stimulate the different organs to action. The diet should be simple, avoiding tea, coffee, butter, pork, and use but little meat of any kind. The coarse wheat bread is one of the very best articles of food in the complaint. Four or five hours' active exercise in the open air should be taken every day, and the whole body bathed in cold water every morning, followed by brisk friction with a coarse towel. Sedentary occupation should be given up, and those more in accordance with the laws of nature substituted.

ERYSIPELAS, OR ST. ANTHONY'S FIRE.

This form of disease sometimes attacks all parts of the body, but is usually confined to the face and extremities. The inflammation appears in a small spot, and gradually spreads to a greater or less extent over the surrounding surface. When confined to the face, the symptoms are sometimes violent, swelling so as to close the eye-lids. On the fourth or fifth day, blisters of different sizes make their appearance on the inflamed surface, containing a clear and watery fluid which afterwards becomes of a straw color and more or less glutinous. In twenty-four or forty-eight hours the blisters break, when the redness and swelling begin to subside, and the adjacent cuticle peels off in the form of scales.

Treatment.—In mild cases of this form of disease, a tea of meadow fern, taken freely and used for bathing, is all that is required. In more severe cases, composition and injections should be used, and if necessary a full course of medicine, repeated as occasion may require. A poultice of slippery elm will soothe the irritation and relieve the pain.

EAR-ACHE.

Children are peculiarly liable to this distressing form of disease, occasioned by exposure to cold and dampness, or an abscess forming in the ear.

Treatment.—The ear-ache may be relieved by steaming the side of the head, and using the warm foot bath. The heart of a roasted onion, put into the ear as hot as it can be borne, will generally relieve. Syringing the ear with warm soap-suds

will sometimes relieve the pain. A bath of hops, simmered in vinegar and applied warm, has been found very beneficial.

FALLING OF THE FUNDAMENT.

This is often met with in children, occasioned by debility and relaxation of the parts.

Treatment.—It should be gently replaced with the fingers, smeared in lard or sweet oil. If inflammation and swelling have taken place, so that it cannot be easily returned, steam the part and poultice with slippery elm. Injections of hemlock, witch hazel or sumach will be found useful to strengthen the debilitated parts. The bowels should be kept free.

FELONS AND WHITLOWS.

Felons and whitlows are very painful, being an inflammation of the covering membrane of the bone, and usually attack the finger joints.

Treatment.—As soon as matter forms, an incision may be made with a lancet to let it out. Dr. Thomson recommends burning a piece of punk the size of a pea on the affected part, covering the other portions of the finger with a cloth or napkin wetted with cold water. The burning may be repeated, if necessary; and the pain, it is said, is very slight. As soon as the vitality of the skin is destroyed, it is to be punctured with a needle, slightly elevated, and a small portion of it cut away, so that the pus may escape. This accomplished, the elm and ginger poultice may be applied as on any other sore.

FLUOR ALBUS, OR WHITES,

Is so called from its appearance, which, though at first it is generally milky, sometimes changes to green, yellow or even brown, shows itself in an irregular discharge from the uterus and vagina. It is often attended with severe pain in the back and loins, weakness, loss of appetite, dejection of spirits, paleness and chilliness, and sometimes by difficult respiration, palpitations, faintings, and swelling of the lower extremities.

Treatment.—Full courses of medicine should be administered twice a week, and the composition and pills No. 1 intermediately, with injections "*per vaginam*" of a strong tea of witch hazel, and the female restorative three times a day, until a cure is effected.

GOUT.

This is a very painful form of disease, generally attacking the small joints. It usually attacks men who indulge in high living, and lead a sedentary life. A celebrated physician recommended to a person afflicted with the gout, that he live upon a sixpence a day, and earn it. Attacks of this complaint rarely occur before the age of thirty-five or forty.

Treatment.—The affected part should be bathed with the stimulating liniment, and full courses of medicine repeated until relief is obtained. The elm poultice should also be used.

GRAVEL, OR STONE.

The formation of small, sand-like concretions in the passage from the kidneys is called the *gravel*; but if they are formed of so large size

that they cannot pass the *ureters*, or *urethra*, it is called the *stone*. The gravel often afflicts aged persons; the stone, children from infancy to fifteen years of age. They are attended with fixed pain in the loins or small of the back, sometimes shooting down the thighs, numbness of the thigh or leg on the side affected, frequent disposition to pass water, which flows in a small quantity, sometimes attended with a discharge of bloody urine.

Treatment.—The best article we have ever used as a solvent for the stone, is queen of the meadow root and cleavers, a strong decoction, drunk freely. The diuretic syrup will usually afford relief. In violent paroxysms of pain, fomentations should be applied to the painful part, of hops and wormwood, and a full course of medicine given. I knew an instance where the stone was passed with the water while in the steam box, and a cure immediately effected.

Persons afflicted with the gravel or stone, should avoid the use of fermented liquors, such as cider, beer, and especially wines, and all sour substances; at the same time giving preference to soft, instead of hard water.

INFLAMMATION OF ANY INTERNAL ORGAN OR MEMBRANE.

In all cases of internal, local inflammation, the great object to be accomplished is to equalize the circulation, which the faithful administration of full courses of medicine seldom fails to accomplish; fomentations should be applied to the part affected, of wormwood, hops and tansy, wet in vinegar. The intermediate treatment should be the spiced bitters three times a day, and composi-

tion at night, with the daily use of injections. If costive, take two of the pills No. 2, at night. A free use should be made of a tea of slippery elm, and milk porridge should be the principal article of diet. Chronic inflammations can only be cured by a proper regulation of the diet, exercise, bathing, &c.

EXTERNAL INFLAMMATION.

All cases of external inflammation should be bathed often in weak lye water, or a tea of meadow fern, and poulticed with the elm poultice, omitting the ginger. If very violent, the same course should be pursued as in internal inflammation.

JAUNDICE.

This form of disease is characterized by yellowness of the skin, drowsiness, pain in the right side, clay-colored stools, &c. It is occasioned by an obstruction of the bile in its passage through the biliary ducts into the duodenum; it is absorbed, going into the circulation, rendering the blood impure, and deranging the operations of all the organs.

Treatment.—The spiced bitters, composition, and pills No. 2, taken according to the directions under the head of each, will almost invariably cure jaundice. If they should fail, two or three courses of medicine should be taken in connection with the above-named articles.

MEASLES.

This form of disease is attended with feverish symptoms, hoarseness, vomiting, swelling and

redness of eyes, a hoarse, dry cough, drowsiness, sneezing, and a thin, watery discharge from the eyes and nose. The tongue is covered with a white coat, and the breath very offensive. On the third or fourth day, the eruption makes its appearance about the face and forehead. It consists of small, red spots, which run into each other and form patches, which begin to disappear in three or four days.

Treatment.—In mild cases, all that is necessary is to give composition, or saffron and snake-root tea, to keep the skin moist, with an occasional injection to open the bowels. If the eruption does not make its appearance, and the feverish excitement continues, it will be necessary to give lobelia enough to produce vomiting, and injections often. The nettle rash, which this resembles, should be treated in precisely the same way.

MUMPS.

This form of disease comes on with a swelling, sometimes on one and sometimes on both sides of the face and neck, at or near the angle of the jaws. The glands begin to swell and continue to enlarge until the fourth day, when the swelling declines, and in a few days is entirely gone.

Some danger attends this form of disease when the patient takes cold, transferring the swelling to the breasts of females and testicles of males.

Treatment.—But little if any medicine is required in this form of disease unless the patient take cold, in which case a full course of medicine should be administered, repeated as often as the nature of the case requires.

OBSTRUCTED OR PROFUSE MENSTRUATION.

These forms of disease are characterized by general debility, pain in the head, coldness of the extremities, palpitation of the heart, &c.

Treatment.—The general treatment for each of these forms of disease should be precisely the same, viz.: full courses of medicine to remove the obstruction and equalize the circulation. In case of profuse menstruation, give the female restorative, a tea-spoonful three times a day, and inject a strong tea of witch hazel into the vagina.

In obstructed menstruation, in addition to full courses of medicine, steam frequently and administer the female powders and pills No. 1, according to directions.

PARALYSIS OR PALSY.

This form of disease is characterized by loss of sensibility and motion, generally of the left side, but sometimes confined to a particular part, as one or both hands, arms, or legs. It is occasioned by a loss of nervous energy, in consequence of an affection of the brain or spinal marrow, or a compression or injury of the nerves.

Treatment.—Full courses of medicine, combined with stimulating liniment applied to the part affected, will seldom fail to effect a cure. The spiced bitters, composition, injections, and pills No. 1, should be taken daily, according to directions, and the stimulating liniment applied twice a day.

PILES.

These tumors are occasioned by the passage of hardened fæces, forcing down the blood in the veins until the lining membrane is ruptured, and the blood presses out and forms small tumors; and when these are ruptured, profuse bleeding sometimes takes place.

Treatment.—The best remedy we have ever found for the piles is the pile ointment mentioned in this work; it seldom fails to relieve; injections should also be used of hemlock bark and slippery elm; a tea of mullen should be drunk freely, and the bowels kept open by using coarse wheat bread, rye pudding and ripe fruit. Physic of all kinds should be avoided, and costiveness prevented by diet and exercise.

PLEURISY.

Pleurisy is an inflammation of the membrane that lines the internal surface of the chest, commonly affecting the right side. It is attended with acute lancinating pain in the side; hurried and painful breathing; a short, dry cough; the skin dry and hot; the pulse hard and frequent; and the tongue coated. Inflammation of the pleura is very liable to produce adhesions between the side of the chest and lungs; an occurrence, however, not productive of much danger or inconvenience. But under unfavorable circumstances, an abscess is sometimes formed, which is always attended with more or less hazard to the patient.

Treatment.—Slight attacks will, in general, require nothing more than the vapor bath and warming teas; but in more violent attacks the

patient should be kept under the influence of lobelia until relief is obtained. A bath of hops or a poultice of lobelia and slippery elm may be applied to the side.

CANKER RASH, PUTRID SORE THROAT, AND SCARLET FEVER.

These forms of disease combined, have prevailed to an alarming extent in different sections of New England, consigning to the tomb the fond hopes of many a devoted parent. Notwithstanding their alarming fatality when treated by the old school practice of physicing, bleeding and blistering, they have been almost invariably cured by the simple remedies of Thomson. The Thomsonian treatment, as can be proved by statistical accounts, will cure ninety-nine cases out of a hundred of scarlet fever and canker rash.

“The scarlet fever,” says Beach, “is so denominated from the scarlet color and eruptions which appear on the body. It occurs at all seasons of the year, but generally in the fall or beginning of winter.”

The scarlet fever commences with a chill and shivering, like other kinds of fever, with nausea and vomiting, great sickness succeeded by heat, thirst, and head-ache; sometimes in a very mild degree, at others more violent. The pulse is accelerated, the breathing is frequent or interrupted, the eyes red, and the eye-lids swollen. In two or three days the flesh begins to swell, a pricking sensation is experienced, and an eruption appears on the body in the form of a red stain or blotch, or rather of a fiery redness. It usually appears first upon the face, breast and arms, then over the whole body, of a uniform red color.

In the progress of the disease, one uniform redness, unattended, however, by any pustular eruption, pervades the face, body, and limbs, which parts appear somewhat swollen. The eyes and nostrils partake likewise more or less of the redness, and, in proportion as the former have an inflamed appearance, so does the tendency to delirium prevail.

Treatment.—Thorough Thomsonian treatment, judiciously and perseveringly applied, has proved a certain cure in this form of disease. An emetic course should be given once or twice a day, with frequent injections. The surface should be bathed a number of times in a day with weak lye. Great care should be taken to prevent taking cold after the patient begins to recover.

Injections should be administered once in four hours, and the skin kept moist with a free use of cayenne and bayberry.

The throat should be frequently gargled with bayberry tea, or cayenne and vinegar. Mullen leaves, wet in vinegar, should be applied to the throat externally, and the entire surface frequently bathed with meadow-fern tea.

RHEUMATISM.

This form of disease is usually occasioned by checking perspiration, and is most prevalent when the weather is damp and variable. The pain is very acute, and frequently changes from one part of the system to another.

Treatment.—This form of disease yields readily to the Thomsonian practice. The patient should take three or four courses of medicine in as many days, if the attack is very violent. The part affected should be bathed with the stimulating

liniment, and the spiced bitters, composition and pills No. 1, used according to direction until a cure is effected. I have no doubt cold water, judiciously applied, will cure this form of disease ; but I have never proved it.

RÜPTURE OR HERNIA.

This is a protrusion of a portion of the bowels or omentum, forming a tumor or sack under the skin. It generally occurs at the groin and inner part of the thigh. When the portion of the bowels becomes confined in the sack by the contraction of the orifice, it produces alarming effects, such as vomiting, pain and stoppage in the bowels, and if relief is not soon obtained, mortification takes place. This is called strangulated hernia.

Treatment.—The first object to be accomplished, is to replace the protruded portion of the bowels, which may generally be done by pressure with the fingers, the patient lying on his back, with his thighs bent upon his body and his head elevated. A strangulated hernia cannot be returned until the inflammation and swelling are subdued. This can be speedily accomplished by a full course of medicine, or lobelia taken in small potions until the system is sufficiently relaxed, when it may be gently returned.

Dr. Logan, of Pennsylvania, recommends the application of a strong decoction of white oak bark to effect a permanent cure for hernia.

SCALD-HEAD.

This eruption usually commences with a brownish spot on some part of the head ; which soon discharges matter so acrid as to excoriate the skin, and spreads so as sometimes to entirely cover the

head. Children are particularly subject to this eruption, which is occasioned by improper diet, uncleanliness, or contagion.

Treatment.—It is necessary to administer two or three courses of medicine to cleanse the system from the impurities that occasion the eruption. First wash the head two or three times a day with Castile soap, then a strong tea of meadow fern burs and leaves; after which apply a poultice composed of slippery elm, pond lily root, and bayberry, using the composition tea internally to favor perspiration. Particular attention should be paid to diet, avoiding butter, tea or coffee.

SCROFULA OR KING'S EVIL.

The first appearance of this form of disease is commonly in small, round, movable tumors under the skin, without pain or discoloration, generally in the neck, behind the ears, and under the chin, which, after a while, suppurate and degenerate into ulcers, discharging a white matter instead of healthy pus. It is occasioned by impure air, unwholesome food, the use of mercury, or whatever tends to derange the health.

Treatment.—Thorough courses of medicine are absolutely necessary in this form of disease. Give three courses a week, and steam every day; giving in the mean time, and following up afterwards with the spiced bitters, composition, and pills No. 1, according to directions. Bathe the tumors with stimulating liniment, if there is no inflammation on the surface; if inflamed, apply the elm poultice. If ulceration has taken place, wash with Castile soap suds, and continue the elm poultice with the addition of pond lily root, until the discharge ceases.

The diet should consist of coarse wheat bread, rice, ripe fruit, rye pudding, &c., avoiding all grease, tea, coffee, and fermented or distilled liquors of all kinds. Perseverance is a very important requisite in this as well as most other chronic forms of disease.

SMALL POX.

In this form of disease, the eruption appears at first in small red spots, hardly prominent, but by degrees rising into pimples. There are generally but few on the face; but even when more numerous, they are separate and distinct from one another. On the fifth or sixth day a small vesicle, or bladder, containing an almost colorless fluid, appears on the top of each pimple; for two days these vesicles increase in breadth only, and there is a small pit in their middle, so that they are not raised into spheroidal or globular pustules or eruptions, till the eighth day.

As the pustules increase in size, the face swells considerably, if they are numerous on it; and the eyelids particularly are so much swelled, that the eyes are entirely shut. As the disease proceeds, the matter in the pustules becomes, by degrees, first more opaque or cloudy, then white, and then at length assumes a yellowish color. On the eleventh day the swelling of the face is abated, and the pustules seem quite full. On the top of each a darker spot appears; and at this place the pustule, on the eleventh day or soon after, is spontaneously broken, and a portion of the matter oozes out, in consequence of which the pustule is shrivelled, and subsides; while the matter oozing out dries, and forms a crust upon its surface.

Treatment.—No disease yields more readily to

thorough Thomsonian treatment than small pox. The patient should begin by drinking freely of composition and cayenne, after which a full course of medicine should be administered, and an emetic course with injections as often as the nature of the case requires. The intermediate treatment should be composition and raspberry tea, with Cayenne No. 2, and injections often administered. The patient should be in a room where the air can be kept pure, and should not be suffered to change from a mild to a cold atmosphere, without due precaution. His diet should be light, and chiefly vegetable. If costiveness prevails, injections are far preferable to cathartics. This course of treatment, with careful nursing, will effect a cure.

SORE OR INFLAMED BREAST.

This form of disease very commonly attacks females after child-birth, and frequently results in a broken breast.

Treatment.—Fomentation of bitter herbs and the elm poultice, with the internal use of composition, will usually afford immediate relief. Dr. Barrett, of Norfolk, Va., recommends the following application:

“Take the kernels of white oak acorns, either green or dry, (they will keep for years,) pound them fine, and stew them in hog’s lard over a slow fire, until you get the virtues of the acorn well incorporated with the lard. Add about lard enough to cover them, and make it as strong of the acorns as you well can, then strain and preserve them for use. This is to be applied with considerable friction two or three times a day, according to symptoms, and a piece of soft flannel

worn over the breast. You may cut a hole in the flannel, so as to nurse a child without removing it.

“If this is well applied before matter is formed, it will not fail one time in a hundred to prevent the breast from rising, whether the child is or is not nursed. It will soften every hard place, ease pain, and cause the milk to flow out naturally, so that the breast in no case will need drawing.”

He says, “I have seen and known so many cases, I speak with confidence.”

ST. VITUS' DANCE.

This disease is characterized by the involuntary action of some of the muscles. The disease first affects the legs by a kind of lameness, and the patient drags them after him in an unusual manner, nor can he hold his arms still, but is constantly throwing them about in an ungraceful manner, which it is impossible for him to avoid.

Treatment.—In the early stages this form of disease may be cured by a free use of composition and valerian, half a tea-spoonful of each at night, and two of the pills No. 1. If this does not cure, the courses of medicine must be resorted to, which in combination with nervines and tonics will effect a cure.

SHINGLES.

This form of disease is characterized by a cluster of blisters on an inflamed surface, commencing in most instances on the right side of the abdomen. It is attended with loss of appetite, lassitude, slight head-ache, nausea, more or less febrile irritation, together with scalding heat and tingling in the skin, and shooting pains through the chest and stomach.

Treatment.—Take composition and pennyroyal tea freely, and two of the pills No. 1, at night; and apply the meadow-fern ointment to the eruption, and it will generally soon disappear.

SUSPENDED ANIMATION FROM DROWNING.

When a person is taken out of the water soon after drowning, the face exhibits a turgid and livid appearance; the eyes are open and staring; the limbs somewhat stiff; the tongue thrust a little beyond the teeth; and the epigastrium tense and tumid. Under favorable circumstances, life may be restored even after the heart has ceased to act.

Treatment.—The patient should be taken to a suitable place and rubbed dry with warm flannels, and covered warm. The face should be turned somewhat downward to allow the water to run out of the mouth, but he should not be handled roughly. An injection should be administered, composed of third preparation, cayenne and slippery elm, and a table-spoonful of the same administered at once, in lukewarm water. No other means can be employed that are so well calculated to arouse the nervous influence and excite respiration, as powerful stimulants administered by injection to the bowels or introduced into the stomach. The injection should be frequently repeated. Rub the surface thoroughly in pepper-sauce, and put a bottle of hot water at the feet. The first symptoms that attend returning animation, are twitching of the muscles about the mouth; soon followed by efforts to breathe; sudden motion of the limbs; a small and weak pulse, beating at irregular intervals; and a discharge of frothy fluid from the mouth. As soon as the patient can swallow, stimulants, such as third preparation of lobelia or

pepper tea, must be given in small doses frequently repeated. Vomiting is often induced when animation is being restored, which is always a favorable symptom.

Suspended animation from the inhalation of gas from burning charcoal, or by lightning, or fainting, should be treated as above directed, if they do not recover after dashing cold water into the face, and coming to the air.

TIC DOLOUREUX.

This form of disease, though of rare occurrence, is probably the most painful of any malady that feeble nature has to contend with; and medical writers generally concur in opinion that nothing short of an operation, dividing the diseased nerve, can afford relief. Our experience, however, though limited, induces us to believe that the disease will readily yield to proper remedies. It is characterized by severe paroxysms of pain, affecting the nerves of the face.

Treatment.—Thorough courses of medicine will usually cure this form of disease. The worst case we ever saw, was cured by taking two thorough courses in twenty-four hours; no relief being obtained until after the operation of the second course, when the patient was entirely easy, and has not, to our knowledge, had an attack since.

WOUNDS.

Wounds are divided into incised, or those done by a sharp instrument, lacerated when done by a rough instrument, punctured when done by a pointed instrument, and poisoned or gun-shot wounds.

Wounds produced by a sharp instrument.—The

first object is to stop the bleeding. When an artery is cut, the blood is of a bright scarlet color, and gushes from the blood-vessel in a jet, with great force. When a vein is cut, the blood runs in an even, unbroken stream, and is of a purple-red color. The bleeding may be stopped with a pledget of lint rolled up and pressed directly upon the mouth of the artery. The next object is to cleanse the wound from all extraneous substances. The sides of the wound should then be placed together, and confined by narrow strips of sticking plaster. Over these strips should be placed a cushion of soft lint; and over the whole a bandage drawn agreeably tight, and making equal pressure.

In lacerated, punctured, and gun-shot wounds, inflammation sometimes takes place, requiring a poultice of slippery elm mixed with lye-water. They require much the same treatment as wounds produced by a sharp instrument, but are much more difficult to heal. Caution should be used to prevent taking cold, as serious consequences sometimes follow, especially in punctured wounds.

WHITE SWELLING.

The white swelling is a common and exceedingly painful disorder. It has been considered incurable by the faculty, who have frequently resorted to amputation as the only remedy.

The knee, ankle, wrist, and elbow, are the joints most subject to white swellings. As the name of the disease implies, the skin is not at all altered in color. In some instances, the swelling yields, in a certain degree, to pressure; but it never pits, and is almost always sufficiently firm to make an uninformed examiner believe that the bones contribute to the tumor. The pain is sometimes

vehement from the very first ; in other instances, there is hardly the least pain in the beginning of the disease. In the majority of scrofulous white swellings, let the pain be trivial or violent, it is particularly situated in one part of the joint, viz., either the centre of the articulation, or the head of the tibia, supposing the knee affected. In some cases, abscesses form a few months after the first affection of the joint ; on other occasions, several years elapse, and no suppuration of this kind makes its appearance.

Treatment.—Courses of medicine are indispensable in this form of disease. A thorough course should be administered once a week. During the intervals the knee should be bathed with the stimulating liniment, and poulticed with the elm poultice combined with the sediment of drops No. 6. Composition, spiced bitters, and pills No. 1, should be taken according to directions. The diet should consist of coarse wheat bread, rice, potatoes, ripe fruit, &c., avoiding butter, meat, tea and coffee, &c.

WHOOPIING COUGH

This form of disease usually attacks children, occurring but once in the same individual. The cough acquires a peculiar shrill and whooping sound, in many cases almost producing suffocation.

Treatment.—The bowels should be kept regular by injections, and the tincture of lobelia used in small quantities, to keep the cough loose. The patient should be kept from the evening air, the feet kept warm and dry, and particular regard paid to the diet.

PART III.

CHAPTER I.

MIDWIFERY.

THERE is no part of the practice of medicine or surgery, in which a reform is more loudly called for, than in that of midwifery. But few are fully conscious of the unnecessary suffering and destruction of human life, produced by the unnatural interference of male accoucheurs. Were the dictates of nature and the light of reason followed, instead of the false theories of those who profess to be learned and wise, the homes of many childless parents might now be made cheerful by the innocent merriment and fond caressing of their offspring. We do not charge upon the faculty a disregard for the sufferings of the female sex; we know them to be as humane, as benevolent as others, but a strong inducement is held out to them to retain this practice under their "exclusive jurisdiction," when they must know that females are fully competent and far better adapted to perform the office of midwife than males. That strong inducement is the fee. If this service was to be done gratuitously, the probability is, physicians would soon come to the conclusion that their presence was not necessary at the time of child-birth. No physician can have failed to notice that his

introduction into the chamber of parturition produces an unfavorable change in the patient, that frequently is not entirely overcome. Do they argue that females are not competent to officiate as midwives? If we search the annals of history, we shall find that females were the only midwives until the seventeenth century. It is said that during the latter part of the sixteenth century, a physician in Hamburg was publicly branded, because he was induced by curiosity to be present at a delivery, in female attire. Madame Boivin, the celebrated lecturer on midwifery, in Paris, has superintended the delivery of more than twenty thousand women. Many American women have devoted their time to the business, with a success seldom equalled by the other sex. Females who understand the Thomsonian system, and have given their attention to the practice of midwifery, have seldom met with any difficulty. My own experience and observation compel me to believe that ninety-nine in a hundred of the cases that are so very alarming and often fatal to mother or child, would be comparatively safe and expeditious under the management of such females. Mrs. Whitney, formerly of Nashua, has attended many cases with perfect success and satisfaction to all concerned. Any other woman may be equally successful, by obtaining a knowledge of the medicines and the management of such cases. If women cannot be obtained who will take the responsibility, let those husbands who are convinced of the impropriety of the present practice, inform themselves upon the subject, and attend upon their own wives. We know a Methodist minister in Maine, who has attended upon his wife with eight or nine children, without any trouble, and we know of many

others who do the same. We hazard the assertion, unpopular as it may be, that the presence of a physician is no more necessary to the safe delivery of ninety-nine cases in a hundred in child-birth, than it is when a healthy woman is eating wholesome fruit.

“Females have been made to believe, says Dr. Beach, “that physicians *only* are *competent* to assist them in the hour of child-birth, and that midwives are incompetent; by which, this branch of medicine has been very unjustly and improperly wrested from them, and monopolized by the faculty. Did females know the ignorance, the untimely and rash interference with the unwieldy hands of doctors, the exposure, the rash attempts to accomplish delivery, the injury done by bleeding, minerals, ergot, and instruments,—I state, did they know all this, the serpentine charm which now unfortunately deludes them would be broken, and they would shrink with disgust and horror at the very thought of employing males in parturition or child-birth. Nothing but the grossest ignorance leads them to embrace a practice so unnatural and revolting. In nearly every case, nature is quite sufficient to expel the child; and when aid is required, females are in every respect calculated to render all the assistance required, except perhaps on some rare or extraordinary cases. A very little instruction and experience will enable any sensible female to become proficient in this branch of medicine; and I venture to affirm that her success will be far greater than that of male practitioners. In proof, I refer to the practice of Mrs. Ruth Stebbins, of Westfield, Mass., Mrs. Halsey, of New York, and hundreds of others, whose great success is ample evidence of their

skill and competency. Also, Madame Boivin, and Lachapelle, of France, who have been present at the delivery of *more than forty thousand cases*, nearly all of which terminated favorably, even without aid; and observe also the great success of other midwives in Germany, Denmark, and other parts of the world. So stupidly or wilfully blind are many females, that they are ignorant that nature accomplishes the delivery, and that the doctors get the credit and the fee, while the worthy and skilful midwife is pronounced ignorant or incompetent. I cannot see why such a custom, so recent, unnatural, and novel in its character, should have prevailed and gained such an ascendancy, except in the same manner that every other foolish and absurd fashion prevails.

“I have practised this branch of medicine ever since I began my profession; but so fully convinced have I been that it is wrong, and belongs to the other sex, that I have abandoned it to its rightful owners, the female midwives; and I am therefore as anxious to bring about a reformation in this department as in other branches of medicine. I trust that I shall have at least the enlightened portion of community to sustain me in a cause of such vital importance both to the moral and physical well-being of the female sex. The tales that are told by designing physicians of the hair-breadth escape of numerous women, to whom they have been called just in time to save life, and of the danger of trusting to females, have filled those over whom they have an influence with awful apprehension, and thereby secured to themselves a branch of medicine that reason, experience, and the finer feelings of the female sex loudly proclaim, belongs only to females.”

Says Mrs. Arnold, of Westfield, Mass., in a letter to the editor of the Botanic Medical Reformer, "It (man-midwifery) is contrary to every principle of delicacy and refinement, and disgusting to every feeling of our nature. It is an unheard-of practice in most countries, except in some parts of Europe and enlightened America. It is degrading to our natures, and a reproach to any people who submit to the practice."

CHAPTER II.

GENERAL DIRECTIONS FOR TREATMENT IN CHILD-BIRTH.

PREVIOUS TREATMENT.—The mother's cordial, mentioned in this work, should be taken two or three weeks previous to confinement. If costive, take enough of the pills No. 1, to keep the bowels regular. If troubled with acidity of the stomach, take the anti-dyspeptic powder after eating. Take half a tea-spoonful of valerian and as much composition, occasionally at bed time.

TREATMENT DURING LABOR.—When labor commences, which may be known by the regular "*bearing-down pains*," send for the most experienced woman in your vicinity; if she will not take the responsibility, let the husband take it himself, provided he or the woman know how to proceed. If neither know any thing about it, get the best Thomsonian physician you can find, and in case there is none near, get the regular that gives the sick the least medicine. The physician or midwife should first ascertain whether the pains are true or false. True pains may be known by their location, being more concentrated in the

portion of the bowels, through the loins and hip, returning every ten or fifteen minutes, leaving the woman comparatively easy in the intervals.

It will be proper for the midwife, at this period, to examine, in order to ascertain what part of the child presents, which may be done by passing the largest finger, dipped in sweet oil or slippery elm mucilage, up the vagina, and the nature of the presentation can be determined. In ninety-nine cases in a hundred, the presentation will be natural, the head presenting. If the feet or breech presents, the labor should be allowed to progress without turning, as the most experienced midwives admit that more danger and suffering attends an interference, than when nature is left undisturbed. If the arm or shoulder present, the delivery is not impossible, but difficult, until the infant be turned, and the feet brought down into the passage.

When it is ascertained that the labor is natural, or that there are no impediments or obstacles, there will be but very little more to do than to superintend the person. It will be necessary to give instruction to the attendants to have every thing required in readiness. The usual custom is to turn the feather-bed back towards the head, and lay a folded coverlet or rug upon the under bed; the woman should lie on the left side, near the edge of the bed, with her feet in contact with the bed-post, and a pillow between the knees. The attendants should be cheerful, not exciting the fears of the woman by ominous looks or the relation of unfavorable cases of the kind. If the pains are severe and protracted, let the bed be immediately arranged, and all necessary provision made for the birth of the child. If labor pro-

gresses slowly, add a tea-spoonful each of composition cayenne and valerian to a pint of strong raspberry leaf tea, and give in half cupful doses. If the pains continue severe, in consequence of a rigidity of the muscles, and but little is accomplished thereby, administer an injection, composed of two tea-spoonfuls of the injection powder, and give the emetic powder, prepared the same as for an emetic, in small quantities, until the system becomes relaxed. Local relaxation may also be produced by applying warm baths to the parts. Dr. Burns, in his work on Obstetrics, remarks, "A fundamental principle in midwifery is, that relaxation or diminution of resistance is essential to an easy delivery; and could we discover any agent capable of effecting this rapidly and safely, we should have no tedious labors, except from the state of the pelvis or position of the child." The agent so earnestly desired by Dr. Burns, is found in the lobelia inflata, which "rapidly and safely" relaxes the muscular system, without producing permanent debility; the use of which will render unnecessary the barbarous steel, so frequently used by the faculty to kill the unborn child.

In the last stage of labor, the hand may be kept near the parts, to know the moment when the head of the child presents, as some little assistance at this time is called for, to remove the obstruction arising from the clothes, to support the head of the child in its passage and in the interval of pains, and keep it from pitching downward, and to detach the umbilical cord from the neck, when found around it. After the birth of the head, the pains follow each other in quick succession until the child is born.

TYING AND CUTTING THE NAVEL STRING.—After

the birth of the child, and all pulsation has ceased in the navel string, it should be tied with two ligatures, one about an inch, and the other two inches from the body, cutting the cord midway between the ligatures. The child should then be handed to the nurse to be washed clean and dressed.

MANAGEMENT OF THE PLACENTA OR AFTER-BIRTH.
—After the delivery of the child, the mother should take some warm porridge, and be allowed to remain quiet, until the labor pains are renewed, when the navel string may be gently drawn, and the placenta will be expelled. If it should be retained more than an hour, administer an injection the same as before, which will generally produce the desired effect in a few minutes. If the operation of the injection does not expel it, give the emetic powder as before directed, which will increase nature's efforts, and never fail to accomplish the object, without the necessity of manual force.

CHAPTER III.

TREATMENT AFTER DELIVERY.

Soon after the discharge of the after-birth, the mother should be got up, her clothes changed, her person washed with warm water by means of a sponge or cloth, and the bed properly arranged, into which she should be immediately placed. A broad bandage may be put around the abdomen, and a soft linen or cotton cloth should be provided to absorb whatever may be discharged, and removed as often as necessary. She should now take some warm porridge or gruel, and be allowed to remain quiet.

AFTER-PAINS.—These frequently come on soon after the delivery. A warm brick at the feet, composition tea and nerve powder will usually prevent or relieve after-pains in a few hours. If not, administer a course of medicine.

COSTIVENESS.—To prevent costiveness, take two of the pills No. 1 at night, and a mild injection every morning, for a few days, and avoid tea and coffee, and fine flour bread.

FLOODING.—But little danger need be apprehended from flooding, as it rarely takes place when the work is left to nature, with the aid of remedies that act in harmony with her. If, from any cause, it should take place, equalize the circulation by giving lobelia in small quantities until vomiting is produced. Put a warm brick at the feet, and inject, if necessary, per vaginam, a strong tea of witch hazel.

MILK LEG.—This is a white, elastic, and exquisitely sensible swelling, commencing in the hip, groin, or back, and proceeding down only one leg at a time, attended with heat, pain, and an inability to move the limb, and great suffering when moved. The effect usually extends to the other leg, and frequently becomes general. To prevent or cure this form of disease, steam the lower extremities, and bathe in stimulating liniment, give composition and pills No. 1. If this does not remove the cause, give a full course of medicine.

SORE NIPPLES.—This complaint is exceedingly troublesome to young mothers. Apply the meadow fern ointment mentioned in this work, and protect them with the nipple shields.

CHAPTER IV.

TREATMENT OF CHILDREN.

STILL-BORN INFANTS.—When the child does not show any signs of life, after being completely discharged, a little cool water should be dashed in the face, and along the spine, and upon the breast. If the sprinklings do not succeed, immerse in warm water, and rub the surface freely; also put a little Cayenne tea into the mouth from your own, or through a silver tube. There is no harm in persevering in the use of the means that have been found successful, for you can but fail; and instances have been known of success after an hour's apparently fruitless labor.

MECONIUM.—The first evacuation from the bowels is called the meconium. Much uneasiness is sometimes manifested among nurses lest it should not be discharged, and physic frequently resorted to. A little molasses and water is all that is required, and seldom any thing to promote its discharge, except the mother's milk.

FLATULENCY OR COLIC.—There is no custom more injurious than that of dosing children for every little appearance of uneasiness; it deranges the stomach and bowels, and leads to serious difficulty. A little weak composition will usually relieve flatulence or colic.

TONGUE-TIED.—Sometimes there is a thin, white membrane, extending under the tongue almost to the tip, so as to hold the tongue from projecting beyond the teeth. This membrane should be slightly cut with a pair of sharp scissors. If it does not prevent the child from nursing, it need not be cut until the child is a year old, and perhaps not at all.

RUPTURE.—Sometimes, from crying or other causes, infants are afflicted with ruptures; when this happens, the earliest attention is required. The infant or child should be placed in a recumbent position or on its back, then press the tumor or protruded part back, make a compression of linen, which has been previously wet in a decoction of oak bark, apply it over the rupture, and secure it with a bandage. If this fails to keep it in its proper situation, apply a truss.

TESTIMONY OF REGULAR PHYSICIANS IN FAVOR OF FEMALE MIDWIVES, AND AGAINST THE INTERFERENCE OF DOCTORS.

Says Dr. Beach, President of the Reformed Medical College of New York, "Thanks and blessings have been poured upon me, under the idea that I had saved lives in labor, when I had merely looked on and admired the perfectly adequate powers of Nature, and superintended the efforts of her work; and it is Nature that accomplishes all, while the accoucheur gets the credit of it. There is not one case in a thousand in which you can do more than remain a silent spectator, except to calm the fears of the ignorant and timid attendants. The mischief and injury that is done by the untimely interference of art, is incalculable. In pregnancy, women are bled till they have not strength enough to accomplish delivery; and, when it takes place, the forceps or other instruments are used, which often prove fatal to the mother or child, or both.

"Were all women instructed in this branch,

many lives would be saved. They ought to be instructed in midwifery, and those who are of a proper turn of mind should be well qualified to act in the capacity of midwives: NO MAN SHOULD EVER BE PERMITTED TO ENTER THE APARTMENT OF A WOMAN IN LABOR, EXCEPTING IN CONSULTATIONS OR ON EXTRAORDINARY OCCASIONS. THE PRACTICE IS UNNECESSARY, UNNATURAL, AND WRONG."

Dr. Bard, in speaking of the abominable interference of doctors under the pretence of making room for the child to pass, says, "It is impossible to censure this dangerous practice too severely; it is always wrong, nor can there be any period in labor—the most easy and natural, the most tedious and difficult, the most regular or preternatural—in which it can be of the least use; in which it will not unavoidably do great mischief: it will render an easy labor painful; one which would be short, tedious; and which, if left to nature, would terminate happily, highly dangerous."

Says Dr. McNair, "All that is proper to be done in a case of natural labor, from its commencement to its termination, will suggest itself to any person of common understanding; and I have long labored under the conviction that the office of attending women in their confinement should be entrusted to prudent females. There is not, according to my experience and the reports of the most eminent surgeons, more than one case in ten thousand that requires the least assistance. I am aware, however, that there are crafty physicians who attempt and often succeed in causing the distressed and alarmed female to believe that it would be altogether impossible for her to get over her trouble without their assistance; and for the pur-

pose of making it appear that their services are absolutely necessary, they will be continually interfering when there is not the least occasion for it. It is my confirmed opinion, after forty years' practice, that there would be much less danger in cases of confinement, if they were entrusted altogether to females. There is no doubt in my mind but that one half of the women attended by these men, are delivered before their proper period; and this is the reason why we see so many deformed children, and meet with so many females who have incurable complaints. If the business was entrusted to aged midwives, they would give more time, and nature would have an opportunity to do its work; and if necessary, advice might be had with more safety."

"It is a very common circumstance," says Dr. Beach, "for an inexperienced practitioner to rupture the bladder in the attempt to rupture the membrane, which would render the woman miserable during life. I am acquainted with twenty-five or thirty females who have met with this sad misfortune, and many of them were attended by those who were termed our most successful or old experienced physicians."

Dr. Rush, speaking of child-bearing among the Indians, says that "Nature is their only midwife. Their labors are short, and accompanied with but little pain, and she returns in a few days to her usual employment; so that she knows nothing of those accidents which proceed from the carelessness or ill management of midwives or doctors, or the weakness that arises from a month's confinement in a warm room."

Says Dr. Whitney, "I pledge myself as a physician, that all honest doctors will tell you that

labor is the work of nature; and she generally does it best when left to herself."

Says Dr. Curtis, Professor of the Medical Institute at Cincinnati, speaking of the use of instruments, the lancet, opium, and ergot in midwifery, "Strange to tell, these and similar are the means which men have introduced into the 'art of aiding women in child-birth,' on account of which they claim superiority of skill over the *proper* sex, whose highest ambition was to watch the indications of nature, to aid her timely and promptly. Sad change! when almost constant wretchedness takes the place of rare and partial inconvenience. I lay it down as a rational position, on the strength of historical testimony as well as sound logic, that women are as able as other animals to reproduce their species without extrinsic aid."

Says Dr. Dewees, a popular author on Midwifery, "It is a vulgar prejudice, that great and constant benefit can be derived from the agency of an accoucheur, especially during the active state of pain; and this feeling is but too often encouraged by the ignorant and designing, to the injury of the patient, and to the disgrace of the profession."

Dr. Blundell, in his *Obstetrics*, relates a case where he was called in consultation, after the scientific M. D. had *labored* two days to effect the delivery of a child. He says, "On entering the apartment, I saw the woman lying in state, with nurses, accoucheur, and all the formalities attending a delivery; one small point only was necessary to complete the labor, which was, *that she should be pregnant*; although the practitioner, one of the omnipotent class, had distinguished the child's head, there was in reality no child there. A few hours after, the patient died, and on examining

the abdomen, we found the peritoneum full of water, but the womb was unimpregnated, and no bigger than a pear."

Dr. Ewell, in speaking of *man* midwifery, after thirty years' practice, says, "I view the present increasing practice of calling upon men in ordinary births, as a source of serious evils in child-bearing, as an imposition upon the credulity of women, and upon the fears of their husbands; as a means of sacrificing delicacy, and consequently virtue—it is the secret history of adultery." In his remarks to the ladies on this subject, he says, "Away with your forebodings when pregnant; believe the truth, that in all human probability you will do perfectly well, that the most ordinary woman can render you every needful assistance without the interference of doctors. Their hurry, their spirit for acting, have done the sex more harm than all the injudicious management of midwives, of which they are so fond of talking. This Dr. Denman, Dr. Buchan, and many other really great physicians, have long since remarked."

In view of the facts here presented, coming from the highest authority, who that has candidly considered the subject, does not feel a spirit of indignation against a class of men who should thus dupe and deceive confiding and suffering females? Let light on this subject be diffused among the fair sex, and an eternal veto will be put upon the practice of male midwives. "*Even so let it be.*"

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