



THE  
SICK MAN'S COMPANION,  
OR  
FAMILY GUIDE TO HEALTH;  
BEING  
A CONCISE AND COMPLETE SYSTEM,  
OF THE  
ART OF HEALING  
ON THE IMPROVED BOTANIC SYSTEM:  
ARRANGED IN  
FOUR PARTS;

CONTAINING A DESCRIPTION OF ALL THE NECESSARY HERBS,  
AND ROOTS, WITH THE MANNER OF PREPARING AND  
ADMINISTERING THE SAME IN ALL CASES OF DIS-  
EASES TO WHICH THE HUMAN FAMILY  
ARE SUBJECT.

BY JAMES M. PEARSON.

“Why should we conceal from mankind,  
That which relieves the distresses of our fellow beings!”



MADISONVILLE:

Printed for the Proprietors.

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1836.

*District of East Tennessee.*

BE IT REMEMBERED, That on this 27th day of April, 1836, James M. Pearson of said District, hath deposited in this office the title of a Book, the title of which is in the words and figures following, to wit: "The Sick Man's Companion, or Family Guide to Health; being a concise and complete system, arranged in four parts, the right whereof he claims as Author.

In conformity with an act of Congress entitled, an Act to amend the several acts, respecting copy rights.

W. C. MYNATT, CLERK  
of the District of E. Tennessee.

*United States of America.*

*District of East Tennessee.*

I, Wm. C. Mynatt, Clerk of the District Court of the United States, for the District of East Tennessee, do hereby certify, that the foregoing is truly copied from the words in this office. Given under my hand and seal of office, at office in Knoxville, this 27th day of April, 1836.

W. C. MYNATT Clerk, &c.



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552  
1836

# PREFACE



As the practice of medicine, has hitherto been clothed with a vocabulary of innumerable technical phrases and unimportant terms; we deem it necessary to the health, happiness and comfort of mankind, to lay before them a work; not only divested of all technicalities; but containing a development of the general principles, upon which the practice of medicine should be conducted. With these views, connected with a firm belief, that this system should be made known to the human family as far as practicable, we sanction and consent, that the careful observer, of the effects of remedies upon the human body in all diseases, should impart that knowledge, drawn from experience, observation and reflection, to his fellow beings; who, like himself may be liable to the attack of disease, and situated in a remote section of country; far from the aid of a physician with whom they could trust their lives.

The great leading principles of the Healing Art, are few, short and easily understood; and, they are applicable in every disease to which the human frame is subject; although, in some instances, they may not prove equally successful. A medicine that could be applied generally, with beneficial effects in all diseases; has undoubtedly, long been sought for; and we are confident, from the experience, study, and practice of thirty years, that this great and efficacious object is accomplished, that this general medicine so long sought for is found, that it is universally applicable in all cases of disease, and that it may be used with perfect safety, and universal success in the hands of the people. In a matter of so much importance to every individual of this country, it would seem necessary then, that these principles should be as widely disseminated, and in as plain words as possible, in order that every one may know how, and when, to administer; as also to know and understand the effect which they are to produce. To do this, is the duty of every man, who has the knowledge to bestow; as well as his interest; for independent of his own life,

## PREFACE.

which is frequently put in jeopardy by the want of such knowledge, that of his neighbor or family, is often by circumstances or accident submitted to his care. To some particular sections of the western country, this consideration is of the utmost importance. The professed object of this small work, is then, to disseminate that knowledge; and, to give a correct and comprehensive view of the present reformed system of practice, which the experience of many years, has taught the citizens of the United States, to be far superior to any system heretofore known; and which, by its simplicity can be understood by every individual. And to every family, more especially to those in remote situations throughout the country, the possession of this small Book must unquestionably, be of incalculable value; for, conducted by such a guide, it will not be unreasonable to say that any person of even tolerable capacity, and reasonable attention, may be enabled to practice in his own family with safety and advantage, in all cases of disease most common to our climate; and for such purposes this little work is humbly submitted to your care and examination, feeling confident that the price will meet the approbation and circumstances of the poor man, as well as the rich. Therefore, believing it to be the duty of every man, to instruct his debilitated neighbor in the *art of healing* his own infirmities, and being well aware, that many of our deserving citizens have not the means of paying *twenty dollars* for so small a work as this, we have considered it our duty, to furnish the poor man with that knowledge sufficient to heal his wounds and maladies, at the moderate sum of one twentieth part of that price, which has hitherto been extorted from the pockets of those, who laboring under bodily disease, were compelled to purchase. As it has been acknowledged by every wise and competent Author, of the healing art, that, "his instructions were designed for the poor, and those laboring under infirmities," we deem it a justice due to him, and a duty we owe ourselves, to offer those instructions to the poor man, in such a form, that he will be able to obtain them, and for that purpose is this work now presented to the world. *Monroe County, April 27, 1836.*

## PART FIRST.

### DIRECTIONS FOR PREPARING AND USING VEGETABLE MEDICINES.

#### NUMBER ONE—EMETIC HERB.

*To cleanse the Stomach, over-power the Cold, and promote a free perspiration.*

This herb may be prepared for use in three different ways, namely; 1st. The powdered leaves and pods. 2d. A tincture made from the green herb with spirits. 3d. The seeds reduced to a fine powder and compounded with Nos. 2 and 6.

1st. preparation.—After the leaves and pods are separated from the stalks, pound or grind them in a mortar to a fine powder, sift it through a fine sieve, and preserve it from the air. This is the most common preparation, and may be given in many different ways, either by itself or compounded with other articles. For a common dose, take a tea spoonful of this powder with the same quantity of sugar, in a tea-cup half full of warm water; or a tea of No. 3, may be used instead of the water; to be taken two or three times, at intervals of ten or fifteen minutes. For young children, strain off the liquor and give a part as circumstances may require. There is but one way in which this herb can be prepared that it will refuse its services, and that is when boiled or scalded; it is therefore important

to bear in mind that there must never be any thing put to it warmer than blood heat. The powdered leaves and pods, is the common form of using this medicine; and from half to a tea-spoonful may be taken in warm water sweetened; or the same quantity may be put into either of the other numbers when taken to cleanse the stomach, overpower the cold and promote perspiration. This preparation should be taken in sweet milk, in place of the No. 3 or warm water; or in water sweetened.

2d. To prepare the tincture, take the green herb in any stage of its growth, (if the small plants are used take roots and all,) put them into a mortar and pound or bruise them well, then add the same quantity of good spirits; when well pounded and worked together, strain it through a fine cloth, squeeze it hard to get out all the juice, and save the liquor in bottles close stopped, for use. Good vinegar may be used instead of the spirits, prepared in this manner, it is an effectual counter poison, either taken inwardly, or externally applied. It is also an effectual remedy for the asthma, and all complaints of the lungs. This tincture is used to counteract the effects of poison; to be either internally or externally used: and for asthma, and other complaints of the lungs. For a dose, take a tea-spoonful, adding about the same quantity of No. 2, in a tea-cup half full

of warm water sweetened, and in cases of nervous affections add half a tea-spoonful of nerve powder. For the external effects of poison, take the above dose, and bathe the parts affected with the tincture, repeating it till cured. To one gill of this tincture add one tea-spoonful of wild ipecac finely powdered.

3d. *Preparation of Emetic Herb.*—Reduce the seeds to a fine powder in a mortar and take half an ounce of it, or about a large spoonful, with the same quantity of No. 2, made fine and put them in a gill of No. 6, adding a tea-spoonful of nerve powder; and half a tea-spoonful of ipecac, to be kept close stopped for use, in a bottle. This preparation is intended for the most violent attacks of disease, such as lockjaw, hydrophobia, drowned persons, fits, spasms, and in all cases of suspended animation, where the vital spark is nearly extinct. It will go through the whole system like electricity, giving heat and life to every part. In cases where the spasms are so violent that they are stiff, and the jaws become set, by pouring some of this liquid into the mouth between the teeth and cheek, so soon as it touches the glands at the roots of the tongue the spasms will relax, and the jaws will become loosened so that the mouth will open; then give a dose of it, and afterwards give a tea of No. 3. for canker. This course I never knew to fail of giving relief. It is good in less violent cases,

to bring out the measles and small pox; and if applied to pimples, warts, &c., will remove them. I have cured three dogs with this preparation, which were under the most violent symptoms of Hydrophobia. One of our friends cured a man with it, who had been bitten by a mad-dog; and we have not the least doubt of its being a specific for that disease. For a dose give a tea-spoonful and repeat it till relief is obtained; then follow with a tea of No. 3, for canker. For children the dose must be regulated according to their age. If very young, steep a dose of the powder in half a tea-cupful of water, or a tea of raspberry leaves, and give a tea-spoonful at a time of the tea, strained through a fine cloth and sweetened, repeating the dose every ten minutes, till it operates; and give pennyroyal, or some other herb tea for drink.

## NUMBER TWO.

*To retain the internal vital heat of the system,  
and cause a free perspiration.*

No. 2, Cayenne Pepper. This is a medicine of great value in the practice, and may be safely used in all cases of disease, to raise and retain the vital heat of the system, cause a free perspiration, and keep the determining powers to the surface. The only preparation is to have it reduced to a fine powder. For a dose, take from half to a whole tea-spoonful, in hot water, or a

tea of number three, sweetened; or the same quantity, may be mixed with a dose of either of the other numbers when taken. The dose should be repeated every ten or fifteen minutes till the desired object is effected, and continued occasionally until health is restored. When this number is given, the patient should be kept warm, by sitting near the fire, covered with a blanket, or in a warm bed. It will produce a free perspiration, which should be kept up by repeating the dose till the disease is removed. A spoonful, with an equal quantity of salt, put into a gill of vinegar, makes a very good sauce, to be eaten on meat, and will assist the appetite and strengthen the digestion. One spoonful of this preparation may be taken to good advantage, and will remove faint, sinking feelings, which some are subject to, especially in the spring of the year. Pepper sauce is good for the same purpose. A tea-spoonful of cayenne, may be taken in a tumbler of cider, and is much better than ardent spirits. There is scarce any preparation of medicine that we make use of, in which we do not put some of this article. It will cure the ague in the face, by taking a dose, and tying a small quantity in fine cloth, and putting it between the cheek and teeth on the side that is affected, at the same time sitting by the fire covered with a blanket. It is also good to put on old sores. In this preparation, No. 2, when

cayenne pepper cannot be obtained, the common red peppers may be substituted, or ginger, answers a very good purpose, and black pepper may be used to good advantage as a substitute for the foregoing articles, when they are not to be had, and may be prepared and administered in the same manner. These four that we have mentioned are all the articles that we have been able to find that would hold the heat of the body for any length of time; all the other articles that we have tried, are so volatile that they do but very little good.

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### NUMBER THREE.

*To scour the stomach and bowels, and remove canker.*

No. 3, For Canker. Take bayberry root bark, white pond lily root, and the inner bark of the hemlock, equal parts of each, pounded and well mixed together; steep one ounce of the powder in a pint of the boiling water, and give for a dose, a common wine glassful, sweetened. To each pound of the above powder add one quarter of a pound of the bark of sumach root, finely powdered.

If the above cannot be had, take as a substitute sumach, (bark, leaves, or berries,) red raspberry or witch-hazel leaves, marsh rosemary, or or either of the other articles described under the head of No. 3; they are all good for canker,

and may be used together or separate. When the violence of the disease requires a course of medicine, steep one ounce of the above mentioned powder, No. 2, in a pint of boiling water, strain off a wine glass full while hot, and add a tea-spoonful of No. 3, and the same quantity of sugar; when cool enough to take, add a tea-spoonful of No. 1, and half that quantity of nerve powder. Let this dose be given three times at intervals of fifteen minutes; and let the same compound be given by injection, and if the case requires it, again, repeat it. If mortification is apprehended, a tea-spoonful of No. 6, may be added to each dose, and to the injections.

After the patient has recovered sufficiently from the operation of the medicine; which is usually in two or three hours, place him over the steam as directed under the head of steaming.

This operation is sufficient for one time, and must be repeated each day, or every other day, as the circumstances of the case may require, till the disorder is removed. Three times will generally be sufficient and sometimes once or twice will answer the purpose; but in bad chronic cases it may be necessary to continue to carry him through a regular course, two or three times a week, for a considerable length of time.

Great care must be taken to keep up an internal heat, so as to produce perspiration, after they have been through the operation, by giving

occasionally No. 2, or the composition powders: for if this is not attended to, the patient may have a relapse, in which case it will be very difficult to raise it again, as they will fall as much below a natural heat as they have been raised above it by artificial means. During the operation give milk porrage, or gruel well sweetened, with a little cayenne in it, and after it is over; they may eat any kind of nourishing food that the stomach may crave. A tea-cupful of the tea of No. 3, should be taken night and morning to prevent a relapse of the disease, and during the day, drink freely of a tea made of poplar bark; and if costive, use the bitter root.

As soon as the disorder is removed, use the bitters (No. 4,) to correct the bile and restore digestion; and half a wine glass-full of the syrup, No. 5, taken two or three times a day, will strengthen the stomach and assist in regulating the digestive powers. The above directions are calculated for the more violent attacks of disease, and such as have become settled; but those of a less violent nature must be treated according to circumstances. In the first stage of a disease, it may be most generally thrown off by a dose of the emetic herb, with No. 2, to raise a free perspiration, followed by a tea of No. 3, to remove the causer, and the bitters, or a tea of poplar bark, to regulate the digestion. For a sudden cold take a dose of the composition powder on

going to bed, and put a hot stone, wrapped in wet cloths at the feet, which will, in most cases remove the complaint; but if these applications do not answer the purpose, the patient should be carried through a regular course of medicine, as soon as possible. Steaming is safe, and will always do good, and the injections must not be neglected, particularly where the bowels are disordered. In consumption and old lingering complaints, give the composition powder for two or three days before going through a regular course of medicine.

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## NUMBER FOUR.

*Bitters for correcting the bile, and restoring digestion.*

No. 4. Bitters. Take the bitter herb, or balmoney, bayberry and poplar bark, equal parts, pulverized, one ounce of the powder to a pint of hot water, and half a pint of spirits. For a dose take half a wine glassful. For hot bitters, add a tea-spoonful of No. 2. This preparation is calculated to correct the bile, and create an appetite, by restoring the digestive powers; and may be freely used, both as a restorative and to prevent disease.

When the above articles cannot be had either of those described under No. 4, which are all good for the same purpose, may be used as a substitute. To each pound of this powder add two

table spoonfuls of the inner bark of white walnut finely powdered.

## NUMBER FIVE.

*Syrup for the dysentary, to strengthen the stomach and bowels, and restore weak patients.*

The articles used in this preparation, are the bark of poplar and bayberry, (which see,) peach meats, or meats of cherry stones, sugar and brandy, and the inner bark of white walnut.

No. 5. Syrup. Take poplar bark and the bark of the root of bayberry, one pound each, and boil them in two gallons of water, strain off and add seven pounds of good sugar, then scald and skim it, and add half a pound of peach meats; or the same quantity of cherry stone meats pounded fine. When cold, add a gallon of good brandy; and keep it in bottles for use. Take half a wine glassful two or three times a day. Any other quantity may be prepared by observing the same proportion of the different articles. This syrup is very good to strengthen the stomach and bowels, and restore weak patients, and is particularly useful in dysentary, which generally leaves the stomach and bowels sore. In a relax, or the first stages of dysentary, by using a tea of No. 3, freely, and giving this syrup, it will generally cure it, and will also prevent those exposed, from taking the disease. To the two

gallons of water, the bayberry and poplar bark, add two ounces of the inner bark of white walnut while boiling.

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## NUMBER SIX.

*Rheumatic drops, to remove pain, prevent mortification, and promote a natural heat.*

The principal articles used in this preparation are high wines, or fourth proof brandy, english rosin, gum myrrh and cayenne; for external application, spirits of turpentine is added, and sometimes gum myrrh. The manner of preparing No, 6, is as follows.

No. 6. Rhenmatic Drops. Take one gallon of good fourth proof brandy, or any kind of high wine, or proof whiskey, one pound of gum myrrh, and one ounce of double refined english rosin, pounded fine, one ounce of No. 2, and put them into a stone jug and boil it a few minutes in a kettle of water, leaving the jug unstopped; when settled, bottle it up for use. It may be prepared without boiling, by letting it stand in the jug for five or six days, shaking it well every day, when it will be fit for use.

These drops are to remove pain and prevent mortification; to be taken or applied externally, or to be put into the injections. One or two teaspoonfuls of these drops may be given alone, or

the same quantity may be put into either of the other medicines, each, dose; and may also be used to bathe with, in all cases of external swellings or pains. It is an excellent remedy for rheumatism, by taking a dose, and bathing the part affected with it.

In the head-ache, by taking a swallow, bathing the head, and snuffing a little up the nose, it will remove the pain. It is good for bruises, sprains, swelled joints and old sores; as it will allay the inflammation, bring down the swelling, ease pain, and produce a tendency to heal; in fact there is hardly a complaint in which this useful medicine cannot be used to advantage. It is the best preventative against mortification, of any medicine known at the present time. For bathing, in Rheumatism, Itch, or other humors, or in any swelling or external pain, add one quarter part of spirits of turpentine, and for sprains and bruises, a little gum camphor may be added, and a small portion of balsam of fir.

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## NERVE POWDER.

This powder is prepared from the roots of the American valerian, or lady slipper, (which see,) and is a valuable and safe medicine, and may be used in all cases without danger; and when there are nervous symptoms, it must never be dispensed with. For a dose, take a half a

tea spoonful in hot water, sweetened; or the same quantity should be put into a dose of either of the other medicines, and also in the injections in all nervous cases.

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#### COMPOSITION OR VEGETABLE POWDER.

Take two pounds of the bayberry root bark, one pound of the inner bark of hemlock, one pound of ginger, two ounces of sweat weed, the leaves; two ounces of cayenne, two ounces of cloves, all pounded fine, sifted through a fine sieve, and well mixed together. For a dose take a tea spoonful of this powder, with an equal quantity of sugar, and put to it half a tea cupful of boiling water; to be taken as soon as sufficiently cool, the patient being in bed, or by the fire, covered with a blanket. This composition is calculated for the first stages, and in less violent attacks of disease. It is a medicine of much value, and may be safely used in all complaints of male or female, and for children. It is good for relax, dysentary, pain in the stomach and bowels, and to remove all obstructions caused by cold, or loss of inward heat. By taking a dose on going to bed, and putting a hot stone at the feet, wrapped in wet cloths, it will cure a bad cold, and will generally throw off a disease in its first stages, if repeated two or three times. If the symptoms are violent, with much pain,

add to each dose a tea spoonful of No. 6, and half a tea spoonful of No. 1. and in nervous symptoms, add half a tea spoonful of nerve powder; at the same time give an injection of the same. If these should not answer the purpose, the patient must be carried through a regular course of the medicine, which see under steaming.

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### COUGH POWDERS.

Take four tea spoonfuls of skunk cabbage, two of hoarhound, one of the inner bark of white walnut, one of wakerobin, one of No. 1, one of No. 2, one of bayberry bark, one of bitter root, and one of nerve powder, all made fine and well mixed together. When taken to be mixed with molasses. Take half a tea spoonful of the powder on going to bed; keep warm and continue taking it till relief is obtained, particularly, on going to bed. Where the cough has been of long standing, it will be best, while taking this preparation, to go through a regular course of medicine; and repeat it if necessary.

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### CANCER PLASTER.

Take the heads of red clover and fill a brass kettle, and boil them in water for one hour, then take them out and fill the kettle again with fresh

ones, and boil them as before in the same liquor. Strain it off and press the heads to get out all the juice, add two ounces of the balsam of fir, then simmer it over a slow fire, till it is about the consistence of tar, when it will be fit for use. Be careful not to let it burn. When used, it should be spread on a piece of bladder, split and made soft.—It is good for cancers, sore lips and old sores, and will cure.

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SALVE.

Take one pound of bees-wax, one do. of fresh butter, one and a half do. of turpentine, twelve ounces of balsam of fir; melt and simmer them together; then strain it off into a basin, and keep it for use. It may be used to heal fresh wounds, burns, scalds, and all bad sores, after the inflammation is allayed, and the wound cleansed.

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STRENGTHENING PLASTER.

Take burdock leaves and mullen leaves, bruise them and put them into a kettle, with a sufficient quantity of water, and boil them well; then strain off the liquor, press and squeeze the leaves, and boil it down till about half as thick as molasses: then add three parts of rosin, one ounce of balsam of fir, and one of turpentine, and simmer them well together, until the water is evaporated; then pour it into cold water and

and work it like Shoemaker's wax; if too hard, put in more turpentine, when it will be fit for use. It should be spread on soft leather and applied to the part affected; and it is good to strengthen weakness in the back, and other parts of the body.

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### VOLATILE SALTS.

Take crude sal ammoniac one ounce, pearl-ash two ounces, and pound each by itself, and mix them well together, and keep them well stopped in a bottle for use. Dampung with spirits or essence will increase the strength. This applied to the nose is good for faintness and to remove pain in the head; and is much better than what is generally sold by the apothecaries.

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### NERVE OINTMENT.

Take of the root of bitter-sweet two parts, of wormwood, the leaves of seat weed, and camomile, each, equal, one part, when given, or if dry, moisten them with hot water; which put into any kind of animal oil, and simmer them over a slow fire for twelve hours; then strain it off and add one ounce of spirits of turpentine to each pound of ointment. To be used for a bruise, swelling, or for corns.

## INJECTIONS OR CLYSTERS.

This manner of administering medicine is of the greatest importance to the sick; it will frequently give relief when all other applications fail. It is supposed that the use of them is of great antiquity; but whether this be true or not, the using them to relieve the sick, was certainly a valuable discovery; and no doubt thousands of lives have been saved by it. According to the plan now adopted, there are certain important objects aimed at in the administration of medicine to remove disease, viz, to raise the internal heat, promote perspiration, remove the canker, guard against mortification, and restore the digestion. To accomplish these objects, the medicine necessary to remove the complaint must be applied to that part where the disease is seated; if in the stomach only, by taking the medicine it may be removed; but if in the bowels, the same compound must be administered by injection. Whatever is good to cure disease if taken into the stomach, is likewise good for the same purpose if given by injection, as the grand object is to warm the bowels, and remove the canker. In all cases of dysentery, cholera, piles, and other complaints where the bowels are badly affected, injections should never be dispensed with. They are perfectly safe in all cases, and better that they be used ten times when not needed, than once neglected when they are. In many

violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, when there would be no chance in any other. And it is, therefore, most seriously advised, that these considerations be always borne in mind; and that this important way of giving relief, be never neglected where there is any chance for it to do good. In many complaints peculiar to females, they are of the greatest importance in giving relief, when properly attended to; for which purpose it is only necessary to repeat what has been before stated; let the remedy be applied with judgment and discretion, to that part where the disease is seated. The common preparation for an injection or clyster, is to have a tea cupful of strong tea of No. 3, strain it off when hot, add half a tea spoonful of No. 2, and a tea spoonful of No. 6; when cool enough to give, add a tea spoonful of No. 1, and the same quantity of nerve powder. Let it be given with a large syringe made for that purpose, or when this cannot be had, a bladder and pipe may be used. They must be repeated as occasion may require till relief is obtained. Many other articles may be used to advantage in the injections; a tea of witch hazle and red raspberry leaves, either or both together are very good in many cases. For canker, a tea of either of the articles described under the head of No. 3, will answer a good purpose.

When canker is removed, the bowels will be left sore, in which case, give injections of witch hazle, or raspberry tea, with slippery elm bark; when injections are used to move the bowels only, No. 1 should be left out.—It is always safe to add the nerve powder, and if there are nervous symptoms, it must not be omitted.

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***Stock of Medicines for a family.***

- 1 oz. of the emetic herb.
- 2 ozs. of cayenne.
- $\frac{1}{2}$  lb. bayberry root bark in powder.
- 1 lb. of poplar bark.
- 1 pint of the rheumatic drops.
- $\frac{1}{2}$  lb. of white walnut bark pulverized, or
- 1 oz. of the extract.

This stock of medecines will be sufficient for a family for one year, with such articles as they can easily procure themselves when wanted, and will enable them to cure any disease, which a family of common size may be afflicted with during that time. The expense will be small, and much better than to employ a doctor, and have his extravagant bill to pay.

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**CLARIFIED CHOLERA SYRUP.**

Take of copaiva root, called also cholic root, or star grass 1lb. bayberry bark, the leaves of sweat weed, umbil roots, and Ohio Kercuma, of each, 1lb. coarsely pounded, pour on one gallon

of boiling water, steep it for several hours on hot embers; pour it off; add half a gallon more of boiling water and steep as before; then strain through a thick cloth, or first let it settle and pour it off; add one gallon of sugar house molasses. To the whole add one gallon of West India rum, in which three ounces of cayenne, and two ounces of cloves, have been tinctured for ten days. Then add one gallon of No. 6. When cool, beat up the white of two or three eggs and mix well with half a pint of the syrup; then mix the whole together; put it over a coal fire; as it comes to a scald, carefully skim off the filth as it rises on the top, and bottle the remainder for use. This makes a very pure and valuable cholera syrup, and the spirit being heated over a fire, becomes somewhat reduced, and it is an excellent preparation for the summer complaint of the bowels of children, called Cholera Infantum. Adults may take a table spoonful at a time, and repeat at discretion, as in the use of common cholera syrup. It admirably relieves colic pains. Children may take one, two, or three tea spoonfuls, according to their age, and the violence of the disease.

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#### BAYBERRY AND NO. 6.

An infusion of the powder of the bark of the root of bayberry, made strong in boiling water,

and to every table spoonful of the boiled liquor, add one or two tea spoonfuls of No. 6, and sweeten the whole well with loaf sugar, is an excellent remedy for the bowel complaint in children. It makes a valuable restorative after a course of medicine.

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#### TOOTHACHE POWDER.

Take two parts of finely pulverized bayberry, and one of kercuma or golden seal, and with the finger rub the teeth well, let the powder that gets in between the teeth remain till morning, if done at night, brush the teeth with a soft brush, and clean water in the morning. This will preserve the gums and teeth, and cure the scurvy, and most diseases the teeth are subject to.

*For thirty gallons of wine bitters,*

Take 9ozs. of bayberry, 10ozs. of nerve powder, 12ozs. of golden seal, 14ozs. of bitter root, 8ozs. of prickly ash berries; pour one gallon of boiling water on the articles, let it boil ten minutes closely covered, then set it by to cool. when cool put it into the wine, stir it well for two or three minutes at a time about every half hour for two hours; enough oil or essence of winter green to give it a pleasant flavor.

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#### EYE WATER.

Take green ozier, the bark scraped fine, one handful, add half a pint of soft water, about milk

warm; let them stand and steep about the same warmth, for two hours or more, add a piece of pure pearl-ash, as large as a large sugar pea, a table spoonful of refined sugar, and a wine glass full of french brandy; filtered through a paper and bottle it for use. This preparation, or a simple infusion of the green bark in winter, is very useful in inflammations of the eyes, and for sore eyes of every description.

**GREEN OZIER**,—Sometimes called pigeon berry, is a shrub that grows from six to eight feet in height, by hedges, and by water courses. It has oval shaped leaves, and white blossoms, succeeded by small blue berries. The bark is of a dark green color, interspersed with white specks. It is the kinnekinic of the Indians. The dried bark smoked is very useful for the relief of asthma. The Indians smoke it as a substitute for tobacco. For sores and inflamed eyes, the infusion, or the eye water, as prescribed above, may be applied by the finger, or by a soft linen rag; and is an excellent eye water.

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**SORE EYES.** This is generally caused by being exposed to sudden changes of heat and cold, which produces canker, and, where this is, there will be inflammation. There are many things good for this complaint, and among the best now known, is, white pond lily root, marsh rosemary, witch hazle and red raspberry leaves;

make a tea with all or either of them, and add one third as much of No. 6, with a little No. 2; both the eyes several times in a day; and every morning put your face in cold water, open and shut your eyes till well washed; and repeat this till a cure is effected. At the same time take the tea to clear the system of canker.

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*Poultice.* Make a strong tea of raspberry leaves, or the leaves of sweet weed; or No. 3; take a cracker pounded fine, and slippery elm bark pulverized, with ginger, and make a poultice of the same. This is to cure old sores, felons, and for bad burns, scalds, and parts frozen. Apply this poultice and renew it as often as every twelve hours, - and wash with soap suds at every renewal; wetting it in the interim with cold water, or a tea of raspberry leaves, till it discharges; then apply the salve till a cure is effected.

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*Bilious Cholic.* The name of this complaint is erroneous, for bilious, means the bile and no one ever heard of a bile cholic, or pain caused by gall, as it is a friend to health and never caused disease or death. This pain is caused by a disordered state of the stomach and want of digestion; the stomach is filled with canker, which gets into the narrow passage from the stomach, when the action of the bowels cease; after the

pain subsides, these parts where it was, are very sore. To cure it, raise the inward heat by giving the medicine; (cayenne, &c.) remove the canker with No. 3, and give the bitters to correct the bile, and repeat it till a cure is effected. If the case is bad, carry them through a course of medicine, and often give the injections.

**DROPSY.** There are two kinds of this complaint; one is caused by losing the inward heat so as to stop natural perspiration, which causes the water that is usually thrown off in this way, to collect in the body and limbs. This may be cured by raising the internal heat and causing a free perspiration, when the water will pass off in the natural way, then make use of such medicine as will remove canker and restore the digestive powers, when the food being digested, will keep up the natural heat of the body and also the perspiration. The other kind is caused by cold and obstruction; but, instead of the water collecting and remaining in the body and limbs, a leak forms in the glands, and lets it into the trunk of the body, where there is no vent to let it off. This cannot be cured without tapping, and is very seldom completely cured. We have never known but two in this situation to be perfectly restored. One was a girl whom we attended, tapped her and took away seventeen pounds of water; and then swathed her up close, and gave medicine to keep up perspiration; she

did not fill again and was completely cured. The other was a man, he had been tapped twice. We carried him through a course of medicine several times, and gave the juniper ashes, with molasses and gin, which carried off large quantities of water, and he entirely recovered from the disorder. We have cured a number who had the first mentioned complaint, by a common course of medicine; one woman was cured by taking the wild lettuce bruised and steeped in hot water alone.

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**FITS.** These are produced by the same cause that other complaints are, that is, cold and obstruction, and may be caused by a regular course of medicine, which overpowers the cold, promotes perspiration, and restores the digestive powers. Poison or any thing else, which gives the cold power over the inward heat, will cause fits, because the natural tone of the muscular power is thereby destroyed, which produces violent spasms in the whole system.

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*Strangury or Gravel.* This disorder is often caused by hard labor and exposure to cold, in the early part of life; and when they grow old, their heat diminishes, the bile becomes thick; and a sediment collects on the bladder, which obstructs the passages; the glands through which the urine passes, are clogged and become disea-

sed, so that there is a difficulty in voiding the water, which causes great pain. It is seldom that there is a cure in such cases; but relief may be obtained by a course of medicine, and making free use of the poplar bark tea. A tea made of hemlock boughs is very good; and we have also known great relief from the use of wild lettuce and pipsisaway, the tops and roots bruised and steeped in hot water. Many other articles that are good to promote the urine may be used to advantage.

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*Relax* This complaint is caused by indigestion, or loss of the powers of the gall, which becomes thick in consequence of cold, or loss of inward heat, when the stomach will be sour. The best remedy is to give No. 2, which will thin the gall; cleanse the stomach with No. 1, and give the bitters to correct the digestion. A dose of composition powders with a dose of No. 6 in it, will, in most cases, effect a cure. The bayberry and poplar bark are good, and also many other articles that have been described as good to restore the digestive powers.

## PART SECOND.

We will now proceed to give a description of the vegetable roots, and such other articles as are necessary to prepare the medicines already described under the heads of the different numbers. This is arranged in such a manner that each two numbers correspond, viz: the herbs and roots, for instance, described under No. 3, in this part of the work, are all good for canker, as is described under the head of *Number Three*, in the first part of the work, where the mode of preparing that compound is fully described.

### No 1. TO CLEANSE THE STOMACH, &c.

EMETIC HERB,—sometimes called, *Lobelia Inflata*, *Lobelia Emetic*, *emetic weed*, *puke weed*, and *Indian tobacco*. This plant, grows sometimes simple, but almost always compound, namely, full of branches which commence near the root, and grow, from opposite sides and alternate points, something like two-thirds of the way to the top. Beneath each of these branches is a leaf without a foot stalk. These leaves are lance-shaped, slightly toothed at their edges, pretty smooth, except a few fine, close-pressed bristles beneath. The stem and branches are irregularly grooved and covered with short stiff hairs. The upper part of the stems and branches are lined with fruit pods, supported by a fine stem about as long as the pod, (say from a third to a half inch) under each of which, as under

the branches, is a small leaf. The leaves and pods grow smaller as they ascend towards the top of the plant, where the small pale-blue flowers continue to shoot forth after the lower pods have ripened, dried, opened and discharged their seeds, and the lower leaves have turned yellow and withered. The thread-like flower leaves dry up and remain on the pod. The lower leaves differ a little in shape from the others, and have short foot-stalks. The taste of the plant, resembles that of tobacco more than any other known. This plant may be found in the first stages of its growth, at all times through the summer, from the size of a six cent piece to that of a dollar, and larger, lying flat on the ground, in a round form, like a rose pressed flat; in order to bear the weight of snow which lies on it during the winter; and, it is subject to be winter killed, like wheat. In the spring it looks yellow and pale, like other plants suffering from wet and cold; but when the returning summer spreads forth enlivening rays, it lifts up its leaves, and shoots forth a stalk to the height of from twelve to eighteen inches, with a number of branches. In June or July, it begins to put forth small pointed pale-blue flowers, which are followed by small bladder-like pods about the size of a white bean, containing a great quantity of very small seeds. It comes to maturity about the first of September, when the

leaves and pods turn a little yellow; this is the best time to gather and preserve it for use. It is a native of this country, and in seasons when it is plenty, it may be found growing in highways and pastures, by the sides of old turnpikes, and in stubble land; particularly when such ground has been laid down to grass the year before. When grass is scarce it is eaten by the cattle, and is hard to be found when full grown. It differs in one very important particular, from all other plants known, that is, the same quantity will produce the same effect in all stages of its growth, from its first appearance till it comes to maturity. This plant may be prepared and used in three different forms, as directed under the head of number one, in Part First, of this work, which see.

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*No. 2, To retain the internal heat, and cause perspiration.*

*Cayenne pepper.* This plant is said to be a native of South America; but it grows very well in many other parts of the world; and is cultivated in large quantities in the West India Islands. The pods of these peppers are long, pointed, and pendulous, at first of a green color, and afterwards of a bright orange red. That which comes to the United States, is mostly brought from Demarara and Jamaica. When the pods are green they are gathered and preserved in salt

and water, and brought to this country in bottles, after which, vinegar is put to them, and they are sold under the name of pepper sauce. The ripe pods, ground or pounded to a fine powder, is the preparation used in medicine; but the pepper sauce, is very good to be taken as a medicine and also to apply externally. The cayenne pepper, when ripe, is the most powerful and useful stimulant known at the present time; it is perfectly harmless, entirely congenial to nature, may be used in all kinds of diseases to great advantage, and may be administered to patients of all ages, and under any circumstances whatever. The preparation necessary, is to have it made into a fine powder, for a dose, take from half to a whole tea spoonful, in hot water, sweetened, or the same quantity may be put into either of the other preparations when used. See under the head number two.

*Red Peppers.* These are the common red peppers of this country, generally cultivated in gardens, for pickling, when green; but for medical use they should not be gathered until perfectly ripe, when they are of a bright red color. When dry, reduce them to a fine powder, and use them in the place of cayenne, when that article cannot be got.

*Ginger.* This is the common ginger root sold at almost every store throughout the country. It is best to get the roots, and grind or pound

them to a fine powder yourself, as that that sold already powdered, is sometimes mixed with other articles to make it weigh. This is also a powerful stimulant, and produces a warming and very agreeable effect on the stomach, it is the next best article to raise the inward heat and promote perspiration, and may be used with good success, as a substitute for cayenne, when that or the red peppers cannot be obtained. The dose must be regulated according to circumstances; if given to raise the internal heat, and cause perspiration, it must be repeated until it has that effect. It may be taken in a tea of No. 3, or in hot water sweetened.

*Black Pepper.* The cayenne black pepper, sold in the stores, may be used to good advantage in place of the above three articles when they cannot be procured. It may be prepared and administered in the same manner as the others above mentioned. These four are the only articles, now known, capable of raising and holding the internal heat of the body a sufficient length of time to produce the desired effect. See under the head of number two in the first part of this work.

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No. 3. To scour the stomach and bowels, & remove canker.

Under this head, such plants, roots, leaves, &c. will be described as are known to be good for canker, and to remove the thrush from the

throat, stomach and bowels, caused by cold, as there is more or less of it, in all cases of disease. When cold gets the power over inward heat, the stomach and bowels become coated with canker, which prevents the numerous little vessels calculated to nourish the system, (and designed for that purpose;) from performing their proper duty. A cure, therefore, cannot be effected, untill this difficulty is removed, which must be done, by such articles as are best calculated to scour off the canker, and leave the juices flowing freely. The best rule to ascertain what is good for canker, (when you find any unknown herb or root,) and which may be a universal guide; is, to chew some of the articles, and if it causes the saliva, or (spittle,) to flow freely, and leave the mouth clean and moist, it is good; but if it dries up the juices, and leaves the mouth rough and dry; it is bad, and *should not be used*.

*Bayberry*,—Sometimes called candleberry, is a species of myrtle from which wax is obtained from the berries, and grows common in many parts of the United State. It is a shrub growing from two to four feet high, and may be easily known by the berries it produces annually, containing wax in abundance; these grow close to the branches, similar to the juniper; the leaves are of a deep green. The bark of the roots is what is used for medicine, and should be collected in the spring before it puts forth its leaves, or

in the fall, after done growing; then the sap is in the roots. This must always be attended to in getting all kinds of medical roots; but when the tops of plants are used; collect them in the summer when nearly full grown; then the sap is in the top. This root should be dug and cleaned from all dirt, and pounded with a mallet or club, to separate the bark, which may be done with very little trouble; dry it in a chamber or loft, where it will not be exposed to the weather; and when dry, pound it to a fine powder. This is an excellent article, either taken by itself, or compounded with other medicines; and is the best thing for canker now known. It is highly stimulating and very pungent, prickling the glands and causing the saliva and other juices to flow freely. It is good used as a tooth powder, cleanses the teeth and gums, and cures scurvy; taken as snuff, it relieves the head-ache; it is good for bowel complaints and relax. When the stomach is very foul, it will frequently operate as an emetic. For a dose, take a tea spoonful in hot water sweetened.

*Whitepond Lily.* This is a very beautiful aquatic plant, with sweet smelling white flowers, opening mostly to the sun, and closing again at night. It grows in ponds, and is common in many parts of the western country. It has large roots, which should be dug, washed clean, split in strips and dried as has been directed for the

bayberry bark. When perfectly dry it should be powdered and preserved for use. This is a very good medicine for canker and all bowel complaints, given in tea alone, or with other medicines.

*Hemlock.* The inner bark is used only; it is the common hemlock tree, and grows in many parts of this country. The best for medicine, is to peel the bark from the young tree, shave off the out side, and preserve the inner bark; dry it carefully, and pound it to a fine powder. A tea made by putting boiling water to this bark, is very good and may be used freely; it is good to give No 2, and the emetic in, and may be used for drink in all cases of sickness, especially when going through a course of medicine and steaming. This with the bayberry bark, and lily root, forms No. 3, or what is commonly called coffee, though many other things may be added, or either may be used to advantage alone. The boughs made into a tea is very good for the gravel, other obstructions of the urinary passage, and for rheumatism.

*Marsh Rosemary.* This is a well known plant, and the roots alone, are used for medicine; it is good for canker and sore mouth. It is very binding, and should only be used with a large proportion of bayberry.

*Sumach.* This is a well known plant, and is found in all parts of this country; some of it

grows from eight to twelve feet high, with large spreading branches, when ripe, of a deep red color, a pleasant sour taste, and are used to dye with. The bark, leaves, and berries are used for medicine: the bark should be peeled when full of sap, the leaves when full grown, and the berries when ripe; they should be carefully dried and when used as part of No 3, should be pounded and may be used altogether, or separately. A tea made of either of these articles is very good, and may be given with safety in all complaints, and put into the injections. It will scour the stomach and bowels; is good for strengthening; promotes urine, and relieves difficulties in the kidneys, by removing obstructions and strengthening the parts.

*Witch Hazel.* This is a small tree, from ten to fifteen feet high, known by the circumstances of its flowering in the first winter month, and sometimes in October, while its leaves are yellow and falling; the flowers are yellow. A tea made of the leaves, is an excellent medicine in many complaints, and may be used freely to advantage. It is the best thing for bleeding at the stomach of any medicine known, either by giving a tea of the dried leaves, or chewing them when green. It is caused by canker eating off the small blood vessels, and this medicine will remove the canker and stop the bleeding. It is good used in injections, and in all complaints of the bowels ve-

ry servicable. An injection of this tea with a little No. 2, is good for piles, and many other complaints common to females; and in bearing down pains it will afford immediate relief, if properly administered. These leaves may be used in No. 3, as a substitute for either of the other articles, or alone for the same purpose.

*Red Raspberry.* This superb shrub is very much esteemed and often cultivated in gardens; the leaves are large, and the flowers of a deep rose red and large. The leaves are used for medicine, and are good for canker, and other complaints; particularly the relax and bowel complaints common to children. This when given as a tea, or as a component part of injections, never fails to give immediate relief. For women in travail, it is the best thing known. Give a strong tea with a little No. 2, sweetened, and it will regulate all things that nature requires. If the pains are untimely it will make all things quiet; if timely and lingering, give more No 2, & umbil in the tea. When the child is born give it some of the tea with sugar and milk in it; this prevents sore mouth, and the tea is good to wash the nipples with. A poultice made of this tea and cracker, or slippery-elm bark is very good for burns and scalds; if the skin is off, this poultice will harden and stop the smarting; wash with the tea. It may be used in No. 3, as a

substitute for other articles, or alone, to good advantage.

*Squaw Weed.* This plant, is known in the country by the name of frost weed, meadow scabbish, and the Indian name cocash; it grows in wet land by the side of brooks, the stalk grows four or five feet high, is rough or woolly, has narrow leaves and bears a blue flower late in the fall, which remains till the frost kills it. The root lives through the winter, and in the spring puts forth a new stalk; the bottom leaves remaining green all winter. The roots and top are used for medicine, it has a fragrant taste, smells like lovage, and is very good for canker. Take the green leaves and roots, bruise them, pour on hot water, and give this tea sweetened. By adding a little spirits, it may be kept, and is good for rheumatism and nervous affections. It is very safe, and may be used freely. When tintured with hot water and spirits, it makes a good bitter; and when thus prepared, it is good for cold hands and feet, and for dizziness in the head.

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No. 4. *Bitters to correct the bile, and restore digestion.*

*Bitter Root.*—also called, wandering milk weed, and Indian hemp. This valuable medicine grows in meadows and in hedges; and looks somewhat like buckwheat, having similar small

white blossoms; when the stalk is broken it discharges a milky substance; it has two small pods about the size of a cabbage pod, with a silky substance in them. The roots are wandering running under ground to some distance, and producing many stalks, which grow about two feet high. The kind, called wandering milk weed, grows only on upland. The other kind, grows near rivers, in wet places, and differs a little from the other in appearance; it has leaves and pods, like the other, and both are good for medicine; the bark of the root is used. The roots when cleaned and dried, may be pounded in a mortar; the bark is then easily separated from the woody part. The root is very bitter, and is one of the greatest correctors of bile known, and is an excellent medicine to remove costiveness, as it will cause the bowels to move in the natural way. A strong decoction of the root, made by steeping it in hot water, if drank freely, will operate as a cathartic, and sometimes as an emetic. It should be used in all costiveness, and is sure to throw off a fever if taken in time.

*Bitter Herb*,—sometimes called balmoney, and snake-head, grows in wet land by the side of brooks; the stalk is four-square, the leaves somewhat longer than mint, of a dark green color, and sweetish bitter taste. The flower is white, and somewhat resembles a snake's head with the mouth open. This bark is very good to

correct the bile and create an appetite. A tea may be used alone, or may be added to the other articles described under this number, which are all good, to restore the digestive powers.

*Poplar Bark.* These are well known trees, both the white poplar, and the stinking poplar, the bark of both are good for medicine; but the latter is best, being the most bitter. It has tags hanging on the limbs, which remain on, till it leaves out, which is about a week later than the other. A tea of the inner bark, is one of the best articles to regulate the bile, and restore the digestive powers, of any thing known. The bark may be taken from the body, the limbs, or the roots, the outside shaved off, the inner bark dried, and carefully preserved for use. To make bitters No. 4, it should be pounded fine, and mixed with the other articles, or it may be used alone for the same purpos. To make a tea, take a handful of the bark pounded or cut into small strips, put it into a quart mug, and fill it with boiling water, which if taken freely will relieve a relax, head-ache, sickness at the stomach, and many other complaints caused by indigestion. It is good for obstructions of the urine, and weakness in the loins; and those of a consumptive habit will find great relief by using this tea freely.

*Bayberry, the bark.* This is a well known shrub, producing red berries of a pleasant sour

taste, which are much used as a pickle, and are also preserved with sugar or molasses. The bark of the root or top, is a good bitter, and useful to correct the bile and assist digestion. The bark should be collected at the proper season, carefully dried and pounded to a fine powder; it is used as a part of the bitters No. 4. A tea made of this bark, is very good for all cases of indigestion, and may be freely used.

*Golden seal*,—called also, Ohio kercuma yellow root, and yellow puccoon. This is a well known plant, and grows plentifully throughout the western country. The main stem divides at top something like the may-apple, with one leaf on each stem; between which shoots up a slender flower stalk, with one small yellow blossom on the top; the root is yellow, and yields a good yellow dye. As a medicine, when dried and powdered, the root is an excellent bitter, and in cases where the food in the stomach of a weak patient causes distress, a tea spoonful of the powder given in hot water, sweetened, will give immediate relief. It is an excellent corrector of bile, and may be used for that purpose alone, or with the bitter root, or may be compounded with either or all of the articles described under this number, to restore the powers of the digestive organs. The purpose for which the articles described under this head are used, is to regulate the stomach, so that the food, when taken into it,

may be properly digested, and enough has been said, to enable any person to make use of such articles, as have been described, to effect the designed object if properly attended to. As life depends upon a natural, and constant flow of heat; this part of the practice is very important; for, unless, the food is regularly digested, the vital heat cannot be kept up, and consequently the animal frame must sink.

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*No. 5. Syrup for the dysentary, to strengthen the stomach and bowels, and restore weak patients.*

The articles used in this preparation, are the bark of poplar, and bayberry, (which have been described,) peach meats, or meats of cherry stones, sugar and brandy.

*Peach Meats.* The meats, or kernels of peach stones have long been used as medicine, and need little to be said about them, except that they are of great value to strengthen the stomach and bowels, and restore the digestive powers. These articles made into a cordial, with others, (as is directed under numbers five, Part First of this book,) are externally beneficial, and form one of the best remedies known, to recover the natural tone of the stomach after long sickness; and to restore weak patients, particularly in dysentary. A tea made of the leaves of the peach

tree is very good for complaints of children and young people, and will remove cholic; it is also good for affections of the kidneys, and suppression of urine.

*Cherry stones.* The kernels of the wild cherry stones are very useful, and may be used in place of peach kernels. Get these stones as clean as possible; when well dried, pound them in a mortar, and separate the kernels from the hulls, which is done with very little trouble; take the same quantity as is directed of the peach kernels, and it will answer as well. A tea made of the cherries pounded with the stones, and steeped in hot water, sweetened, to which add a little brandy, is good to restore the digestive powers, and create an appetite. Bitter almonds may be used as a substitute for either, when they cannot be obtained.

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No. 6. *Rheumatic drops, to remove pain, prevent  
[mortification, &c.]*

The manner of preparing this medicine is already described under the head of number six Part First, of the work, and the following articles being well known, will need but little said about them.

*Gum myrrh.* This gum is obtained from a tree which grows in the East Indies, is brought to this country and sold at the drug stores, and

almost every store throughout the western country. As a medicine it is extremely useful, and in this preparation cannot be dispensed with. In selecting myrrh for use, take that of a light brown color, somewhat transparent, of a bitter taste, and a little pungent. It should be pounded in a mortar to a fine powder, then it is ready for use.

*Spirits of turpentine.* A portion of this article should be added to the rheumatic drops, when used for itch, or other bad humour. It is a powerful article and should be used with caution.

*Gum camphor.* A little of this gum may be added to No. 6, in cases of bad sprains, and will be found useful. The tincture, or that preparation in spirits commonly used, may be taken to warm the stomach, but there are many other articles much better. Any of those under number 2, are better.

*Nerve powder,*—American valerian, or ladies slipper, sometimes called umbil, or male and female nervine. Of this valuable vegetable, there are four species, one male and three female; the male is called yellow umbil, and grows in swamps and wet places; has a large cluster of fibrous roots matted together, joined to a single knot which puts forth several stalks that grow about two feet high; the leaves somewhat resemble the poke leaf. The female kinds are distinguished

by the color of the flowers, which are *red, red and white* and *white*. The red has but two leaves, which grow out of the ground and lean over to the right and left, between which shoots up a single stalk to the height of eight or ten inches, bearing on its top, a red flower of a very singular form, that gives it the name of female umbil. This kind is found on high banks and in swamps. The red and white, and white species of umbil grow only in swamps, and are in larger clusters of roots than the yellow, but in a similar form; the top is similar to the red, except the color of the flower. The yellow and red are best for medicine; the roots should be dug in the fall when done growing, or in the spring before the tops come up. When the roots are dug, they should be washed clean, carefully dried, pounded to a fine powder, sifted through a fine sieve, and preserved from the air. This powder is the best nervine known, produces the most beneficial effects in all cases of nervous affections, in hysterical symptoms, and may be used with the greatest confidence in all cases where it has been common to administer opium or laudanum. It may be administered in all diseases, with good effect, and perfect safety. It quiets the nerves and produces sleep. When nature requires sleep to restore the natural tone of the system; half a tea-spoonful may be given in hot water, sweetened, and the dose repeated if necessary; or the same

quantity may be added to a dose of either of the other numbers, when given, & also added to the clysters. It may here be remarked that this is a medicine of great value in nervous disorders, and is particularly useful in epilepsies proceeding from a debility of the nervous system; it is also very serviceable in affections of the hysterical kind, and highly useful in procuring sleep, even where laudanum and opium fails. In cases of nervous affections, it may, therefore, be used with great success, and should always be employed, both internally, with other medicines, and a proportionate quantity administered with the injections.

*Dog-Wood.* This is such a common and well known tree throughout the United States, as to need no description whatever. A tea made of the inside bark of this tree, and used as a common drink, three or four tea cupfuls a day; is a most excellent remedy for clap. This, with a tea made of the bark of black alder, (sometimes called also, candle alder, a small shrub about ten or twelve feet high, which grows common along all of our small water courses,) used as a wash, and also as injections several times during the day, will, in the course of a very few days, affectually cure that very common and disagreeably filthy complaint.

*Sweat Weed.* This plant is sometimes called wild tansey, which it somewhat resembles in ap-

pearance, only it grows in much smaller bunches, seldom more than one flower stalk from the same root, growing about six or eight inches high, and bearing early in the spring, many small blue or purple flowers, growing thick all around the stem, especially towards the top, somewhat in shape of the flower of garden sage. The leaves, which are frequently five or six inches long, mostly grow from the root, and are cut in deep on each side of the middle rib, much like a tansy leaf, but not of such a green color, and very fuzzy, or hairy, and commonly lay tolerable flat on the ground. The leaves are the part used for medicine, and may be found, almost any season of the year in this country, mostly growing in open woods, and in dry thickets where cattle do not range much, for early in the spring they eat them close off to the ground, and they are hard to find. They may be gathered at any season of the year, and dried for use. A tea made of these leaves, either in a green or a dried state, is a most powerful medicine to produce perspiration or sweating. A pint of boiling water, poured on a small handful of green or fresh leaves, and one or two tea-cupfuls taken when going to bed, will mostly cure a cold in one night, and if taken on the first attack of a fever, is almost sure to throw it off, and relieve the patient. For combining with other medicines, they should be carefully dried, pounded to a fine powder,

and used as we have directed in the different compositions of part first of this work. A tea-spoonful of the fine powder, with half that quantity of ginger, may be taken in a tea-cup of warm water, sweetened, on going to bed, to remove cold and produce a moisture on the skin.

*Rattle-weed.* This plant is well known among the people of the western country by the name of papoose root, and squaw-weed, and is said to have taken the latter name from the extensive use the Indian women make of it in female complaints. It will be found growing to the height of four or five feet on almost any fertile land along the foot of ridges, or mountains, and near small streams. The stalk is about the thickness of a large goose-quill, nearly round, and about two or three feet from the ground it divides into several parts, with many leaves on each, about the size of an apple tree leaf; the stalk which bears the flowers, shoots out from the main stalk some distance below the leaves, and continues up above the leaves sometimes two or three feet, bearing many flowers at the top, which form a capsule or seed case, containing many seeds, and when they become dry, make a rattling noise, which has given it the name of rattle-weed; the leaves are of a deep green on top and lighter underneath; the ear at the end of each main leaf stalk, is mostly three lobed; and all saw-toothed. The root is the part made use

of for medicinal purposes, and should always be collected in the fall or early in the spring before the leaves make their appearance, as should always be recollected in the collection of all roots. A decoction or tea made of this root is an excellent medicine to promote the monthly discharges in women, and either in decoction or tinctured in spirits, it is one of the best medicines for rheumatism that can be used. It is also an excellent article for liver complaints, to remove pains and obstructions of the system caused by cold, and when combined with other articles as you will find under the head *rheumatic syrup*, it is a most excellent article for that complaint, & also for colic, dyspepsia, pains in the back, and other painful affections of the system. The tincture, made by steeping about one handful of the fresh roots in a quart of good spirits for four days, and taken in doses of a wine glassful three or four times a day, is, in almost every case, a certain and lasting cure for rheumatic complaints.

*Archangel.* This plant is sometimes called great henbit, dead-nettle, and henbit archangel; it will mostly be found about moist meadows, in all cultivated ground and particularly on the borders of fields, growing from six inches to a foot high, with reddish purple flowers. The leaves are about the size of mint leaves, but have no stems, and clasp around the stalk. The flowers grow around the stalk at the joints, and are succeeded by a capsule containing four naked seeds.

There is commonly another kind growing with it, and they both look very much alike, but one has a rough and balsamic taste, and the other is remarkably bitter. Both may be used together, in the form of a tea or syrup, and answer a very important purpose; the bitter corrects the bile, and the rough removes the canker and other obstructions; and by adding a little cayenne or red pepper, you have a compound containing the three great principles of the healing art, hot, rough, and bitter.

*Iron weed.*—This is sometimes called Devil's bit, and commonly grows about five or six feet high, with tolerable large leaves, scattered around the main stalk, which is seldom if ever divided only near the top, where it produces large clusters of bluish purple flowers. It will be found mostly in poor craw-fish meadow grounds, and along streams in moderately rich bottoms. The roots are long and tough, frequently almost destroying meadow grounds where it takes a start. This root is a good tonic bitter, giving strength and tone to the stomach, and removing canker and other obstructions. A tea made of the roots, is also an excellent medicine to destroy worms in children, and to give strength to the system in such cases. By steeping the root in spirits it makes a good stomach bitter, for weak constitutions and those who require a little stimulus. It is also a valuable article when combin-

ed with other ingredients, for making different medicines, as you will find under the head of *beer for consumption*, and other medicines described in this work.

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We have so far given a description of all the most important vegetables made use of in the present system of practice, together with the mode of preparing all the different compounds, and the way in which they are to be used; but there are many other plants made use of, for the purpose of restoring the sick to health, which every person living in this country, is already acquainted with, and would therefore be useless to describe. It may, however, be remarked, in this place, that many plants, of late years, have been discovered; proving eminently beneficial in the art of healing, which has hitherto been known only to the wandering tribes of western Indians, and from them purchased; or remained hidden in the more secluded recesses of the western forest, till the energetic spirit of research, in the present age, dispelled the dark cloud of medical immolation, and revealed their healing virtues to a suffering and afflicted people. Such has been the result of the exertions and researches of a few philanthropic patriarchs of the age in which we live, and the dark veil of mysterious duration which has so long concealed the natural features of medical knowledge from the view of

mankind, is in some degree withdrawn. Mankind begin to view the science of medicine with a more natural eye, and the number in whose hands it has hitherto been detained by a combination of foreign and impenetrable technicalities, have themselves in a great measure relinquished their umpire, and agree with the more modern system, its utility, and the efficacy of simples from the vegetable kingdom: a kingdom, or part of creation which is fully sufficient to afford the helpless and afflicted a due portion of medicinal materials to heal their maladies and relieve their sufferings. The present accepted and promulgated system of practice; so justly appreciated by the thousands who have experienced its utility, is acknowledged to be founded upon the true properties, or healing virtues of vegetation alone; and not combined with the administration of deleterious and poisonous minerals or vegetables, as has hitherto been the practice of former ages. You are also well aware, we presume, of the poisonous and dangerous effects of many plants on the human system, both externally and internally, which are found in great profusion throughout the western country; such plants, we do not profess to use, or recommend, and those we have described, or will hereafter mention; as regards their poisonous or deleterious properties, may be looked upon as harmless and inoffensive materials of medicine; but all of them

highly medicinal, and many of them powerfully so. In every instance throughout this small work, the most implicit confidence may be placed on the operation of the different preparations if administered as directed under the several heads; which should be strictly and minutely observed; for, on the minuteness and accuracy of the compounds, depends much, if not all of their efficacious medicinal powers, and here, I wish to impress it upon the minds of my readers, for their own particular family benefit, and also that they may not be deceived in the operation of the medicine if timely and properly administered, that every individual compound, or preparation, made use of by the authority of this work, must be prepared and compounded, or mixed together, according to the directions laid down in this work connected with each preparation, or the responsibility, for the operations, or effects, of such preparations, or compounds, will not be acknowledged by the Author: on the other hand, if they are minutely prepared and employed, as therein directed under the proper heads, we pledge ourself for the faithful and efficacious operations and effects, of such compounds or preparations; as from the long experience and practice of thirty years, we are well convinced, that such preparations are highly useful; and in many cases, indispensibly necessary to the recovery of the sick and afflicted. In my practice, I have

made use of many other compounds, in some of which I have found the smallest fraction of some particular ingredient, to produce the most contrary and opposite effects from those intended, and in such cases have been compelled to make a new quantity of the same compound or medicine with the precision and exactness of half a grain, or possibly less, before it would produce the desired effect; and in these cases, even when made of the same lot or parcle, of the several ingredients that the first was made, it has produced with much satisfaction to myself and patient, the intended and desired effect. Many of the compounds described and recommended in part first of this work, I have frequently found to operate in a contrary manner, or not at all, when not properly and minutely prepared, and long experience has taught me the great propriety of having every composition correctly and minutely prepared. Under these impressions, connected with the experience and practice of upwards of thirty years, I therefore, must again, and probably for the last time in this book, strictly enjoin, and distinctly request, that all those who make use of such medicines as I have recommended in this work, either for themselves or others, must be careful in the selection of each article, watchful and careful in the preparation of the same, and minute, and precise in the combination of such ingredients, to form the different compounds,

or the responsibility, for the operation or effects, that may be produced, by using such medicines, must rest on themselves, and not on me nor my directions. This is enjoined, for the express purpose as stated above, that the articles may be properly prepared, that the person who makes use of them may be precise in the combination, and that they may have the desired effect; in which case, as we have before stated, I do recommend and become responsible for their operations and effects. These plants, and preparations from them, are all useful when properly employed; and, independent of the few plants which we will here name for the purpose of recalling to your mind their medicinal virtues, we are fully aware, that there are many others, known either to yourselves or friends, which may possess properties highly valuable, in the art of healing; and we will here remind you, that, another fifty years of time to come, may bring to view, a valuable addition to the already accepted collection of medicinal vegetables. Many of the following plants may have been in use, perhaps, much longer than any we have described; their common accepted medicinal use is generally known, and their external appearance so familiar to the eye of every observer, that it needs but the mere names to recall them to your memory.—White walnut, Pennyroyal, peppermint, may-weed or dog-fennel, summer savory,

hoarhound, elecampane, chamomile, wormwood, tansy, mullen, wake robin or Indian turnip, spearmint, horse-mint or mountain balm, boxset, or thoroughwort, skunk cabbage, featherfew, snakeroot, ginseng, slippery elm, black birch bark, balsam fir tree, mustard, balm of gilead, a species of poplar, horseradish, prickly ash, prickly sumach, pipsiseway, spikenard, goldenrod, yellow dock, wild cherry tree, peach tree bark.— All of these plants and others which are very common both in gardens and fields, may be usefully employed in many diseases, as colds, coughs, hoarsness, sore throat, bruises, sprains, obstinate and hard swellings, ulcers, for sweating, in steaming water, in fevers, ague and fever, rheumatism, scrofulous eruptions, consumptions, complaints of the lungs, and kidneys, and many other diseases common to mankind in this country, all of which, almost any old lady or some one of each family will know how, when and for what purpose to use them.

## PART THIRD.

### MIDWIFERY, OR A GUIDE TO HEALTH IN THE HOUR OF TRAVAIL.

“The Hebrew women are lively, and are delivered ere the midwives come in unto them.—Exodus, 1.—19.”

This part of our work, as will be observed by the head, is designed as a short treatise on the duties and labour incumbent upon women at frequent periods of their existence. It is one of the complaints peculiar to women of which men share but little of the troubles and pangs, with the exception of their inward feelings, affections, ties, and the duties they owe their tender and affectionate wives at these critical moments; but as our work is so limited, and this part, of so much importance to the female part of the community, we have but little if any room to expaciate on the duties of husbands in this, the most frequently precarious and laborious of all female complaints.

As the subject we are about to embrace is a very difficult one to pursue with correctness and justice without proper room, we are fully convinced that this short treatise will be but illy constructed, but our principal object will be, to explain in as few and as plain terms as possible, our own views, together with the best and most approved course to pursue during the hours of

labour, and should we be so fortunate as to satisfy our fair readers on this difficult subject, we will be highly gratified and amply paid by their sanction to our feeble efforts, in aiding them to undergo that painful and arduous task so often incumbent upon them, but we are well aware that we will, at many times be at a great loss for language to explain what can only be effected by the presence of a skilful and experienced midwife. In this place we may remark, that it would appear from the text which we have quoted above, that this business in days long past, was generally and very properly too, conducted and carefully attended to by the aid and assistance of women who (as they should be at the present time,) were well skilled in the art, and performed their duty with but little trouble; so much so, that in the days of the ancient Egyptians, and at the time the Hebrews were captives under Pharaoh the king, who ordered the two midwives of that country to destroy all the male children of the Hebrew women at the time of their birth, they in reply to the King's interrogatory, made use of the above expression, and saved themselves from the conscientious condemnation of infantile murder, on the grounds that the Hebrew women were lively, and able to deliver themselves, before they could render assistance.

Altho this was not truly the case, that the women did deliver themselves we still find that at

that early period of creation, this important business was wholly confined in the hands of the women; an acquisition most devoutly to be wished for at the present time; as we are well aware, that to a woman in the hour of travail, a female friend and midwife would be far more acceptable than a strange and unskilled Doctor whom she had not before heard tell of. For this reason connected with many others, which a few moments reflection will teach almost every person, and which we have not in this place, room to explain, we do most sincerely desire that the whole business of midwifery be restored to the hands of the women, the rightful attendants, from whom it has been wrested by a merciless and inexperienced association of thoughtless physicians, who like the most of their predecessors, think of but little else than an attempt to relieve the helpless and suffering females by force, and in many cases this is attempted with such unskillful means, that the suffering infant is completely destroyed, whilst the mother is on the brink of the grave. From this unnatural and unnecessary mode of practice, among what is commonly called the regular physicians, may be traced the miserable and debilitated state of many women, who after an operation of the kind, are frequently unable to stand on their feet for weeks and months, many of whom, perhaps, never recover their strength again. This my

female friends, is what may frequently be expected from being delivered—unnaturally delivered with instruments, which not only extends the passage for the child, but also for the instruments. In this unnatural and dangerous operation the head of the child is very often crushed and life totally destroyed; and it is also very frequently the case that the neck of the bladder is materially and very dangerously injured, in consequence of which there is an involuntary discharge of urine; bearing down pains, &c. &c., insomuch that life becomes a burthen, accompanied by pain and misery without the hope of relief. This is, of late years, a very common occurrence, and how often do you hear of late years many women date the beginning of their pains, miseries, debilitated constitution and unusual bad health, from the time they were delivered of their first or second child, (as the case may be,) by Doctor Pincers, with his abominable instruments? How often do you hear those delicate and injured females relate with a heart full of sadness and sorrow, that their first child was taken from them with instruments, destroyed in the operation, and they themselves nearly sent to eternity from the evil consequences of which they have never recovered? How often do you also hear them affirm, that had it not have been for Dr. Pincers, with his instruments of steel their child would have been alive and well, and themselves enjoy-

ing the blessings of health? but, such questions may be continued to an unlimited extent, which a moments reflection will recall to every person's mind who are concerned, and we feel confident that they will decide with us, that never was the like heard of among the women of old, when the midwives delivered them without the aid of such deathly contrivances. Who ever heard of such a circumstance among the squaws of our western Indians? no one. Who ever heard of the like among the first settlers of America? no one. Who ever heard of these misfortunes taking place some thirty or forty years ago, even, when the whole business of midwifery was performed by skilful and attentive women? But very few of these disasterous occurrences ever happened till the practice of midwifery was taken from the rightful operators, by the regular physicians, and even then they were seldom, till the introduction of the life destroying instruments. Can there be such a vast difference in the conformation of women of the present day as to need a *patented piece of steel* to deliver them of a child, when such a thing was never heard of till lately? we think not; we believe the natural conformation or proper disposition of parts, necessarily relative to each other in women to be the same now, that they always were, and consequently require nothing more than the natural aid employed in former ages to assist them in perform-

ing the duty they were made for; and the experience of upwards of thirty years has clearly convinced me, that it is highly important to keep up the natural strength of women in a state of pregnancy, to invigorate all the faculties of the body and mind; and to keep the system as clear from canker and disease as possible, in order that they may be the better able to withstand the most laborous efforts that nature is called upon to perform. *In most cases of pregnancy* it is highly necessary that women should undergo a course of medicine several times previous to the delivery, and in all cases it is remarkably beneficial—especially a little before the time of delivery; and during the time of, and after delivery, it is highly necessary to keep them in a moderate perspiration, in which case, all after-pains, and other complaints common in such cases, will be but slight, or totally prevented. In these very important matters I have had a great deal of experience, employed many means, remedies, and paliative medicines, both internally and externally, to relieve the pains and sufferings of the tender mother in the hours of travail; I have also been an eye witness to the dangerous and death-like practice pursued by some of the regular physicians; and never, since the first of my recollection could I be reconciled to the stupifying, depleting or blood-drawing and reducing system. I will here relate for your instruction, and

information, as well as to caution you against the practice of using instruments; a circumstance which happened some few years since near the city of Lexington Kentucky, at a house in the country where I had put up for the night. After supper, which was tolerably early, the gentleman of the house informed me that his son's wife was about to have a *little one*, and wished to know if I could tell him who was the best physician in the city or in the settlement, as it was her first child and she in a very delicate state of health. I named over several physicians, none of which seemed to please him, and then informed him that I had practiced for several years in that line of business, with some considerable degree of success myself; and having all the necessary medicine along, would be happy to afford her all the relief in my power if the parties were all agreed. I was accordingly introduced to give my opinion, and found the case to be truly, as he had stated, a very delicate one indeed; accompanied with a violent and obstinate flooding, which the midwife, who was already there, informed me she could not manage, and was much alarmed for the safety of the lady. This matter I very soon relieved, by giving a portion of composition powders, in warm water, sweetened, with an extra addition of cayenne pepper; with which the midwife was remarkably well pleased, wished to know what it was, and inquired if I

was a steam Doctor, as there had been some in the neighborhood, that had done a great deal of harm, and others again that were very highly thought of, and done a good deal of good, as she expressed herself with a knowing-like nod or shake of the head. I informed her, (as the lady was doing very well at the time,) for her own satisfaction, that I had practiced in several ways during my life, both under the old system, the new system, or steam system as she was pleased to call it, and under a system of my own, which was, to be governed by experience, reflection, and judgment, and use such remedies as I thought, best calculated to suit the complaint, and restore the patient in the shortest time. During our conversation, however, the young lady was properly attended to, matters about the bed and room, were put in proper order, and she was doing remarkably well, much better than I expected; but to my astonishment and the dissatisfaction of the midwife, the young lady's husband returned from Lexington a little after dark, bringing with him his favorite physician, whom he wished to attend on his wife; and as he was of the old school of practitioners, and a thorough one too, I concluded there would be some clashing, and therefore let him take the command, and had but very little to say. The midwife informed him of the circumstance in which I had found the young lady, and how she was then, which

was tolerably far advanced, and doing very well; he examined her, and informed me that she had been well managed. Not long after his arrival, however, he began to use too much exertion, for which the midwife reprimanded him, and told him of the danger of the case, but not paying any attention to her, he persisted in his rough, forcing treatment for about five or six hours, frequently trying to put on his patent steel instruments, till at length the lady shrunk from her labor, the child drew back, he became perfectly tired down, and requested me to examine the case, and take charge of her. I examined her case, and told the Doctor that I did not feel willing to take charge of her, in the situation she was then in, that I was a stranger in that country, and would not bear the blame of any accident, as she had been well managed before he came; the midwife intreated, but I still refused, seeing that she had been badly treated. This somewhat ruffled the Doctor's feathers, and for satisfaction he attached to me the epithet of mountebank steam Doctor, which I thanked him very politely for, and begged he would proceed with his case. He, however, became more cool, in a few minutes, and despatched a messenger, post haste, for another physician who lived in the neighborhood, during which time he done nothing; and while out of the room, the midwife gave her a little more of my warm medicine, which helped

her considerably, and by the time the second quack arrived, the medicine, time, and *nature*, which is the all powerful operator in such cases, had advanced her labor amazingly, and she was a second time in a fair way for delivery. The country Doctor had but very little to say, but after examining the lady, observed, in a low voice, "*now is the time to do the job:*" for the child had so far advanced, that the instruments could easily be put on; which in my estimation, and that of the midwife, was clearly evident that time and a little more of the medicine was all that nature required to effect the delivery; but the Doctor with the assistance of his country friend, embraced the opportunity and used the instruments; but with such force as almost to distract the mother and leave her in a very alarming situation. The child was dead, its head was literally crushed. so much so, that they concluded it to be useless to use any means to restore it. This is one of the many cases which is almost daily heard of among those who use instruments instead of letting nature have her course, and it would appear clearly evident, from the numerous cases we hear of every few days or weeks, that this barbarous method of using art, instead of letting nature have her course with proper assistance, is not only the cause of thousands of infant deaths, but mothers also, or leaving them in such a wretched situation, that it takes them months, or years to

recover, and frequently then be invalids the balance of their days.

But in our present case, what was the sequel? the lady from whom her infant had been taken by force, and herself almost exhausted in the operation, was still in a situation to lead her quickly to the grave; she flooded to such an alarming extent that every one became interested for her safety; the two attending physicians requested water to be brought as soon as possible, cold as ice or ice itself, if it could be procured; but finding her in this situation, and about to be sent to futurity by their management, at the best; I told the two gentlemen, that I would now take charge of her by their consent, being fully convinced that their course would be the death of her in a very short time. This they very readily consented to, and observed that they would no longer be responsible, as they had done their duty, and believed she could not live but a very short time. They immediately departed and I soon prepared a warm tea of fine bayberry, cayenne, and No. 6, about a spoonful of each; the midwife gave it to her, and we got her in bed as quick as we could; the very alarming flooding soon abated, but her senses had departed, and her nervous system was in a most dreadful irritation from the injury she had sustained in the delivery. I then put a hot stone at her feet, wrapped in cloths wet with vinegar, and another at her bowels and back, repeated the

dose with the additon of a spoonful of nerve powders; she soon got warm and composed, and her nervous system soon became calm and less irritable; but from the injuries she had sustained through the course of delivery, all her natural evacuations had stopped; and the midwife tried in vain, to produce a natural passage, I however, in a very short time succeeded, and saved her from the perilous approach to mortification and death. From this time she began, perceptibly to recover and the midwife with herself and relations were very thankful for the great service I had rendered, and believed firmly, that, if the course I had commenced at first, had have been continued, that the child would have been alive and well, and the mother saved from the excruciating pains and the dangerous situation in which she was placed, by undergoing such harsh and unnatural treatment. Through the persuasion of herself and relations, together with the interest I felt for her recovery, I staid with her for three days, and to the astonishment and mortification of the steel instrument Doctors, I left her at that time, with medicine, directions; and in a lively and fair way to recover which she did, as I afterwards understood, in three or four weeks. The first day, I took her through a course of medicine, steaming her in bed, as she could not be taken up, being so much injured by the Doctor and his instruments. The second and third

days, I took her safely through three regular courses of medicine, and then left her, as I have before stated lively and able to help herself, and commenced my journey homewards with the pleasing sensation that I had done nothing more than my duty. About three years afterwards I was passing through the neighborhood, and was received by the family like a long lost relation. During the interval, she had been delivered of another child! but it was done by a steam Doctor, and she declared on the honor of a lady that "she never would have any other kind of children!!" She observed also that "she had experienced so much satisfaction in the manner she was treated in the second labor, that it was rather a pleasure than a pain, when compared with her former treatment and she would always avoid and protest against the admittance of Dr. Pincers and his instruments."

This, my fair female readers, is a fair statement in plain terms of but one case out of the many which could be adduced to convince you of the great impropriety of using force instead of assisting nature, of using warm and agreeable medicines, instead of cold water, ergot, and steel instruments; and in fact of employing a person who is willing to *assist nature* in her operations, instead of *forcing her*, into measures contrary to her own laws and unerring operation.

## OUTLINES OF TREATMENT IN THE HOUR OF LABOR.

As there are but very few women, who have had children, but what know the necessity of having every thing in readiness before it can possibly be needed, especially the baby-linen, and such articles of dress as the mother may require, it will only be necessary to remark that the dress of the woman, during labor, should be simple, light, and constructed in such a way that it may be quickly and easily removed with very little trouble. The bed, on which the patient is to be delivered, should be properly prepared, that it may not continue wet and disagreeable after the woman is delivered; and it should also be placed in such a situation that the room may be ventilated, without the patient being exposed to a current of air. In these cases it would always be preferable to put the mattrass uppermost, as it is more comfortable than a feather bed, when not daily made up. A dressed sheep skin, or folded blanket should be laid on top of this, that it may not be wet or soiled; and over this a bed sheet is thrown, and the bed made up as usual. When this is done, a sheet, in five or six folds, is laid across the bed; so that when the child is born, this removed, and the woman laid up, she finds herself clean and dry, without any other

trouble. Premature labor is sometimes threatened by pains, which produce for a while, some real change in the womb sufficient even to give an experienced practitioner just grounds to expect that they will terminate in a delivery; but things again, very often recover their usual state, and the alarm of nature subsides; in this way the woman proceeds on in her pregnancy for days, and not unfrequently for weeks. As this change in the womb above mentioned does certainly happen, even on a false alarm, it should put inexperienced practitioners on their guard, lest they promote labor too hastily, either by a general treatment, or any manual operations: however, in cases of this kind, where sufficient doubts existed, it has always been my practice to give a strong tea of witch hazle, sweetened, with a small portion of cayenne in it, or a tea of composition powders is sometimes used, in which case, if the pains are timely yet lingering, it will hasten on the delivery, if not, they will usually subside, and all things will again become quiet and easy. If the pains appear timely and unusually lingering, make use of the witch hazle tea, with half a spoonful of nerve powder, and more cayenne in it, or the composition, with an additional quantity of cayenne. This will bring on a safe, and speedy delivery, and in most cases, is better than any other article you can use. If in consequence of the irregular, premature pains,

the membranes containing the water with which the child is surrounded have been broken before labor has really commenced, it may then be expected to take place very soon; though, if the pains have entirely ceased, on the discharge of the waters, the delivery may be delayed for some days; but it most frequently happens in about twenty-four hours or sooner. This circumstance, may occasion the first part of the labor to be more slow, but not less safe in the end, and should occasion no alarm, as it arises wholly from the firmness of the membranes, which contain the waters, and which must rupture in every labor, at some period or other, in consequence of which the waters are unexpectedly discharged, in a sudden manner, and frequently, without the least preceding uneasiness or pain. A woman of reflection, will always be perfectly aware that, in a slow labor, she may be afflicted with many distressing, or what have been called false pains, but there are very few in which nature does not intend some good in the end, and may be assisted, or retarded, as we have before observed, by some warming and agreeable medicine. In the first stages of labor it is highly necessary, in most cases, to empty the bowels, which may be done by injections, or a dose of any gentle laxative medicine; and in most cases, previous to the commencement of labor, the patient should go through a regular course of med-

icine, and keep in a gentle perspiration during the operation of delivery, at which time, or a little before, you will receive great advantages by applying a cloth of several thicknesses, wet with warm water, to relax the muscles; which may be repeated till nature is ready for the operation; at which time, the waters, that we before mentioned, usually begin to flow, the bearing down pains continue, and the child enters the world gradually. When the head of the child is passed, the woman is somewhat relieved and should be allowed a little rest; you are by no means to force out the body of the child in any way, for by so doing, you may very easily injure the softer parts, and render the after-birth more difficult to deliver. The woman should rather be encouraged to slacken her exertion, and not continue to force and bear down for the purpose of expelling the child too soon, as in that case it might cause the rupture of the perineum, or that thin part between the fundament and birth-place; which would leave the mother in a wretched situation, perhaps for life. And here it may be remarked, that it is the duty of the physician or midwife, as the child's head passes, to keep one hand cautiously but firmly pressed against this part; and at the same time, gently incline the head of the child upwards. After sufficient rest, and the pains are again renewed, the hand must be continued on the perenium, with steadiness

and care, till the shoulders and hips are received, at the same time supporting the child with care, and the delivery is over. The child should at this time have a few minutes rest, and breathe the fresh air, after which the pulsation in the navel cord, (which should be suffered to subside of itself before you separate the child from the mother;) will begin to diminish; when, with a string or waxed thread, you may make a tolerably firm tie, about three inches from the navel of the child, and another, three inches from that, between which you may then separate the navel cord with a knife or scissors, and hand the child over to a proper attendant who will carefully cleanse the face with tenderness and caution, with a little milk and water made pleasantly warm, and then cover the body with thin soft muslin, over which is to be put the flannel. In a few days, the mealy covering, which nature has intended to shield the child from the irritation of the air, and other friction, will entirely peel off, and exhibit a healthy, delicate, and beautiful skin, entirely exempt from all those painful and eruptive diseases, so often occasioned by scalding the skin of the child, by the old method of washing it with brandy or rum. You must now recollect, that in taking the after birth, there is as much caution to be observed, as there was in the delivery of the child; for many alarming and fatal consequences have resulted from taking

away the placenta by force; which should always be avoided. In this situation, you are to take the navel string between the thumb and finger, and gradually slip it forward, till you find the more solid part to which it is attached; and after waiting for the natural after-pains, (which generally come on, in the laps of fifteen minutes or an hour after the first birth,) and which you can also assist as at first with warm medicines; you are to gently and steadily pull at every exertion of the mother; till it begins to give way, which is mostly in a very short time. If, however, it should stick fast, be careful not to break or loose the string, and let the patient take freely of the warm tea, or composition, with plenty of cayenne, which will prevent flooding; and if the object is not then accomplished, take her through a course of medicine, which in most cases will effect the object without any further trouble. Time and nature, with the assistance of the warm medicine, will invariably complete the operation, which is far better than to use any forcible means whatever. In some cases, if the woman be healthy and strong, the operation will be easier performed by her standing up, and leaning on the shoulders of the operator. We would further remark, that there can hardly ever be any occasion for a woman to bear down during the delivery of the placenta; indeed, in many cases it must be carefully avoided. The

throes, which take place naturally, are caused by the contraction of the womb; and with them alone the practitioner can, in proper season, safely bring it away. It is altogether a mistaken notion, that in general some *external* mechanical force is necessary in order to expel the placenta, or after-birth: we cannot, therefore, approve of the modes occasionally recommended, of coughing, sneezing, blowing in the hands, or making general pressure over the belly, with a view of helping its descent, or by any kind of tight bandage applied to the abdomen, immediately after the birth of the child. There is, however, a general action of the hand on the belly, which the patient herself may perform, by which the uterus is tenderly excited to contract, and the placenta of course detached in the most favorable manner, that will be found more useful than any bandage, or any extraordinary exertions of the patient, for that purpose. But as this may not be necessary in every case, it must be left to the judgment of the practitioner to direct. When the effects of nature do not tend to disengage the after birth within an hour after the birth of the infant, the interference of art ought to be submitted to. For if it be not thrown off, in a short time after the infant is born, it becomes putrid, and induces alarming consequences. But in assisting the expulsion of the after-birth, unless the practitioner wait for the contraction of

the womb, that part may be turned inside out; and this circumstance should be properly understood by all those who happen to be out of reach of regular assistance; for the patient's life, after an easy labor, may easily be destroyed by an ignorant and rash practitioner.

By explaining, however, the case of danger, those who are prevented from being under the care of a proper or skilful attendant, may thereby escape those hazards to which they might otherwise be exposed. The placenta or after-birth is generally fixed to the bottom of the womb, and as the greater portion of the womb, at the full period of pregnancy, is not attached to the adjoining part, if the navel string be violently pulled before the after-birth be separated, the womb must be turned inside out, the ordinary consequence of which is fatal. When the grinding paines are felt by which the contraction of the womb is distinguished, the practitioner should assist by pulling gently the navel string during a pain, and by endeavoring to bring down the after-birth through the bason; in such a manner that its progress be not interrupted by any of the neighboring parts. Until the after-birth is expelled, the patient and midwife should be very attentive lest there be too great a discharge, and if this should occur, no time should be lost in checking it; as it is one of the most dangerous cases among females. This may be done by giv-

ing a portion of the composition powders, with an additional quantity of cayenne pepper, in warm water sweetened; or fine bayberry, with a portion of the pepper, in warm water, sweetened, with the addition of a spoonful or so of number six. Or in case the pains begin to die away, and the patient becomes fatigued and worn out, it will then be necessary to administer a small portion of number three, together with the composition, and a littleneve powder or valerian root pulverized; which will allay the irritation and calm the system, rest or reinforce nature, and promote the delivery of the placenta. Another mode which is frequently, and sometimes unnecessarily resorted to, is the introduction of the hand of the midwife to stimulate the womb. Some do this, however, with the sole object of extracting the placenta or after-birth, considering the retention of this as the cause of the flooding. But this opinion is wrong, and the mere extraction of the placenta can only do good, so far as the introduction of the hand and the means used to effect this, serve to excite the action of the womb itself. In case of a plurality of children, or in other language *twins*, it has been supposed by many that there are certain symptoms before delivery by which that circumstance can be ascertained; but there are no sure indications of the existence of two, till after the birth of one child; when this takes place it is very ex-

sy to determine, if there be another remaining, by feeling the state of the belly alone; in this way, a judicious practitioner is very seldom mistaken on the occasion. When only one child has been originally contained in the womb, that organ, soon after delivery, diminishes very much in size, while the bowels, which are kept out of their natural situation; in the latter months of pregnancy, immediately get forward to the fore part of the belly, and render it soft and yielding; but, when a second child remains, the womb does not appear to diminish in size. The intestines, remain behind and at the sides, and the fore part of the belly has the same hardness as before delivery. It soon happens that the pains advance rapidly, and the second infant comes soon after the first. In such cases all the practitioner has to do is to be assured that the second infant is in a proper position, and to take care so to conduct the extraction of the after birth that no alarming discharge may follow its expulsion. In this case, however, the warm medicines may be resorted to as in the birth of only one child. But, when the labor-throes cease, or become trifling on the birth of the first child, the object of the attendant should be neither to interfere before the woman has recruited sufficiently from her fatigue, nor to delay the extracting the second child so long that the passages become contracted, or the after-birth of the first born be separated.

Inattention to this important rule has been the cause of the loss of many valuable lives. In more than a majority of cases, no more than an hour should be allowed to intervene between the birth of both children. If the delivery be conducted on this simple and obvious principle, altho' in many instances it becomes necessary to alter the position of the second infant, and in that way the woman must be put to a little pain, yet all hazard, both to the mother and child may be almost certainly avoided. It requires, however, considerable attention after delivery, to guard against loss of blood, which is a very common occurrence where there had been a plurality of children in the womb. A child-led woman, so soon as all the circumstances of her labor have been adjusted, may with propriety, consider herself still in a state of health, and as requiring little more than common cautions, and good management on all occasions necessary to preserve it. The first hours after the delivery, provided some proper nourishment has been taken, (which should be attended to on all occasions of the kind if the appetite craves it,) should be dedicated to quiet and sleep, and no person should be allowed to enter the patient's chamber, except such as are absolutely necessary. The chamber door, and the windows, if the weather be warm, should be opened, and the room, in every respect, kept

as clean, and as free from any disagreeable smell, as any other part of the house.

The patient should, often be supplied with clean linen, well aired; for cleanliness and free air, are very essential in this situation; and upon the strictest examination, it appears that there never was created a puerperal, or child-bed fever without tracing it to foul air. The heat of the room ought to be tempered so, that the patient may neither be chilled with the cold, nor yet suffer from too much heat. The strictest attention should be observed to have an evacuation daily by the use of proper medicines, by the use of injections, or if necessary to take the patient through several courses of medicine shortly after delivery; as it is the most certain security against fever and inflammation. An equal regard should always be observed to get the patient out of bed as soon as convenient, with propriety, and to set up as long as possible without fatigue at the commencement of her recovery. If the *lochia*, or that discharge mixed with blood and watery fluid, which takes place from the womb, and continues for four or five days, after the birth of a child, should not flow as plentifully as may be expected, or if it stops entirely, no regard need be paid to this circumstance, provided the patient be otherwise as well as can be wished. For we not only find this evacuation different in different women, but even in the same wo-

men in different lyings-in, from which she recovers equally as well. You will also look much to the improper use of bandages, for much mischief is often done by binding the belly too tight: if there be any occasion at all for support, a thin napkin pinned very slightly round the waist, is all that is absolutely necessary, and the sooner this is taken off the better. You will also observe, that but little change takes place in the breast, after the first months of pregnancy, until the second day after delivery; then it is usual to feel a great sensation of fullness in them, which varies in different women according to constitution and management. The child should always be put to the breast early, before the milk can have stagnated in them, or they can have acquired any great degree of hardness. It will also be beneficial both, to the mother and child, if this be done a few hours after delivery, for this is the most consistent with the operations of nature. If the woman do not suckle her child, (which is sometimes the case in large cities among the rich, and more unnatural part of the community, in this respect at least,) no method should be used, either, to repell the milk, or invite it into the breasts. Nature will be certain to do her part, for she is soon made sensible, that the blood determined to them is not wanted, and therefore, there will be but little further effort made on her part to continue it, consequent-

ly it will in the course of a very short time cease of itself. During this time it will be proper, however, to keep the bowels well regulated and open with some suitable cathartic, or opening medicine, and not indulge too much in gross and improper food. No degree of fever in child-bed should be passed over unattended to, or be thought lightly of, for even the most serious are often slight at the beginning. Neither should any local pain, or tenderness, or fullness of the bowels, be neglected, least they should arise from the incipient stage of some inflammation, which, if not checked at first by proper medicines, and suitable diet, might, in a short time, put on some alarming appearance: and here let me remind you, that it is much easier to prevent diseases, than it is to cure them. It may here be remarked also, that no woman after child bearing is to be half starved, as some physicians have so often recommended. Proper regard in this respect, should always be paid to her habit, former manner of living and her present state. Too great indulgence and too great abstinence, are both to be dreaded, and both extremes should be equally avoided. Women in former times, were obliged, or thought so, to remain in bed for a certain number of days after delivery, and by this unnecessary practice, pursued more for a kind of sham modesty, than any regard to health, they become very much fatigued and weakened. In

modern times however this practice has passed from one extreme to another, and both should be avoided or pursued, agreeable to the health and strength of the patient. When the woman feels that she can easily undergo the fatigue of rising, she ought to be taken out of bed that it may be properly adjusted. If she be made to sit upright, she will suffer much uneasiness; and, at the same time, by the bulky womb, (for that organ does not resume its natural state, till two or three weeks after delivery,) pressing forcibly on the soft parts at the bottom of the bason, the foundation for a very troublesome and disagreeable complaint, namely, the falling down of the womb, must unavoidably be laid. This complaint should always be guarded against as much as possible, and of course, too much walking, at least as the lochial discharge continues, is altogether improper. The importance of cleanliness, as long as the lochial discharge continues, does not require being pointed out; but when this evacuation has a bad smell, common attention in that respect is not alone sufficient; for unless the most scrupulous regard be paid to prevent its stagnation in the passage of the womb, excoriations or inflammations, with all its formidable consequences, will ensue. The nurse should, therefore, on such occasions, be directed to wash that organ by means of a syringe, twice or three times a day, with warm milk and water,

or with an infusion of chamomile flowers, witch hazle leaves, or a decoction of oak bark. This discharge is in some women very trifling, and may even stop very soon without any bad effect. But when it is suddenly checked by exposure to cold, or other causes, most painful consequences may follow, such as swelling of the belly, great pain throughout the system, and fever. In such cases the evacuation should be promoted by a course of medicine, by setting in a tub of warm water, or by the application of warm fomentations to the parts, and the exhibition of some mild laxative medicine, and afterwards produce a perspiration by a dose of composition powders. I here wish to impress upon the minds of my readers, and these inexperienced in the delivery of a woman in labor, the great necessity of being extremely cautious in the delivery of the after-birth, as rash and ill-directed endeavors, may produce an inversion of the womb, and very frequently the death of the patient. There are two degrees of the inversion of the womb, namely, the partial and the complete. The first, which is the more common one, appears in the shape of a swelling as large as a child's head, protruding without the passages immediately after the expulsion of the after-birth, accompanied with violent forcing and bearing down pains, and followed by flooding, faintings, and many fruitless attempts of making water. This arises from a part, more

or less, of that portion of the womb, which had extended, previous to delivery, above the bones of the basin, being turned inside out. The other degree is so complete an inversion of the womb, that it is torn away from its attachments to the sides of the basin, the immediate consequence of which is instant death. Such accidents can only happen from rash and ill directed endeavors to extract the after-birth, by drawing down the navel string before it can be completely separated. But whatever be the cause, the part must be immediately restored, or the consequence will soon prove fatal; for its orifice will contract in this unnatural state, and so prevent the return of that part which is outside. Therefore, without delay, place the patient on her back, with her hips raised, and gently return the uterus into the vagina with three fingers, and then with the whole hand place it in its natural position; after which, clench the fist, and keep it in the womb, until the uterus contract upon it; and lastly, apply bandages around the whole belly with a moderate degree of firmness. In child-bed, women have hitherto been apt to be attacked, with a more or less degree of fever, and a fever happening from any disease in consequence of pregnancy, or delivery of a child, and happening during the time of lying-in, is called by physicians a *puerperal*, or *child-bed fever*. The symptoms which characterize this disease are, pain and tightness of

the belly, short anxious breathing, uncommon quickness of the pulse, increased temperature of the body, tensive pain over the forehead, peculiar wildness of the eyes, prostration of the vital powers, suppression or diminution of the milk and lochia, a flaccid state of the breast, and upon drawing them, blood instead of milk is frequently discharged. The progress of a child bed fever is sometimes so very rapid, particularly in warm climates and hot seasons, as to destroy the patient in forty-eight hours. Even in cases seemingly the most favorable, you should look on the event as doubtful, as the complaint is to be accompanied with delusive remissions, and indications arise in its progress, which are by no means equal to the danger. The causes are various, and sometimes the disorder is inflammatory, but it soon tends to the putrid kind, and sometimes from the beginning a putrid fever. In the first stages of this complaint, the internal heat must be increased by giving hot medicine, and the patient carried through a regular course of medicine, or if necessary, several courses following each other. By pursuing this course strictly, you overpower the cold, the natural heat returns to the inside where it properly belongs, and the surface of the body becomes cool and pleasant; in this way you may save the life of your patient. If a gentle purging arises in the first stage or commencement of this complaint, it

ought not to be too hastily stopped, as the fever has in many instances been carried off by such a spontaneous evacuation. To alleviate the soreness and distention of the abdomen, you should apply fomentation both inwardly and externally; inwardly by injections or clysters, from time to time, and externally, by applying flannel cloths, wrung out of a warm decoction of chamomile flowers, or some bitter herbs, with the addition of one-fourth spirits, to a gallon of the decoction, over the whole region of the abdomen; and these ought to be renewed as often as they become cold, taking due care that they are not so wet as to run over the bed and incommode the patient. Women are sometimes, attacked in child-bed, with delirium, or wandering of the mind, which, however, seldom occurs sooner in the cases, than eight or ten days after delivery, and sometimes not for a much longer time. It makes its appearance very suddenly, the patient not unfrequently awaking terrified from a dream, or all at once she breaks out in some absurd or furious conduct. There is often but very little increase of heat upon the skin, or other appearance of fever; though in some instances there is considerable heat, and the pulse is very quick, and this is especially the case where there has just been some strong exertion, or much speaking. But, as in all other cases of nervous constitutions, the state of the pulse is subject to considerable and sudden vari-

ations. The patient is usually extremely talkative, and sometimes speaks with wonderful volubility. In some cases one idea seems to possess the mind only; and in others the object of apprehension or consideration is rapidly varied. Some can, however, for a short time be commanded, and at times, appears perfectly sensible of what is going on beside her. It is not easy to say what cause produces this complaint, for it does not appear to be connected with a tendency to mental derangement in other circumstances. It is, however, a curious and important fact, that sometimes suckling the infant produces melancholy, or other modifications of this disease. When delirium accompanies the milk fever, it is only a temporary symptom, and ceases upon the original disease being removed. In this dangerous situation your principal object will be, to take your patient through a course of medicine as soon as possible, and if necessary, let it be followed about two or three hours with another full course, steaming her in bed if she is not able to be taken out, by which means the system will soon become calm and composed; when she should be permitted to sleep until she wakes of herself. If there should be much nervous irritation, make free use of the nerve powder with additional portions of cayenne in your teas, and all these symptoms will soon abate and your patient again be restored to her proper mind. It

may however, be necessary to take her through several courses of medicine before the complaint is entirely removed, during which time the most soothing mild conduct towards her, ought to be invariably pursued, and the most suitable means to promote general good health should always be adopted. These few remarks on the treatment of women in the hour of labor, may be closed by observing that a careful and attentive reader, especially an affectionate husband, with the assistance of an experienced midwife, may successfully deliver his wife, without the aid of a physician, and save much trouble, besides the danger of instruments, and the expense of fifteen or twenty dollars; which is no small sum to be taken out of the hard earnings of many of our deserving citizens. Midwives and those who are in the habit of officiating in the delivery of pregnant women, will find much good result from a careful perusal of these remarks, as it may not only serve to refresh their memory, but to those who have been practicing under the old system of medicine, it will advance some new and beneficial ideas, which the experience of many years has taught me to be far superior to any practice hitherto offered to the public.

## PART FOURTH.

In this part of the work, we will explain in as plain language as possible, what is to be understood by a regular course of medicine, which may answer as a general text in all cases of disease; yet the ingenious practitioner, or studious attendant will, in many instances, at once see the propriety of numerous variations from, and additions to, the *minutia* as laid down under this head; notwithstanding, the leading principles to be arrived at, are in all cases the same.

### COURSE OF MEDICINE.

*To prepare the patient for the steam or vapor bath.* To accomplish this object it has been my common course of practice in cases of an attack of fever, or any violent attack of disease whatever, to make use of the following preparation previous to placing the patient over the steam; however, other articles, (which will be herein mentioned) are frequently used as a substitute, and in most of cases answer every purpose.

This compound preparation; however, I have found to be the best, and in all cases where it can be conveniently procured, I would recommend it in preference to any other compound.— Take of black snake root, and cayenne pepper each, half a tea spoonful; of bayberry and bitter root, each, two tea spoonsful; of nerve powder,

one tea spoonful, and of pleurisy root, sometimes called butterfly weed, four tea spoonful. —The whole of these articles are to be (previously) finely pulverised, and as they are measured out, put them into an earthen or tin vessel, pour on one pint of boiling water, stir the whole well together, and let it stand to settle, on untill it becomes sufficiently cool to be taken:—then you are to administer to the patient three or four table spoonful at a time, repeatedly, with about the same of quantity red pepper tea, until the throat and mouth of the patient become moist, and the saliva or spittle is discharged freely. At the same time make some strong canker tea (which may be prepared of either of the following articles, sumach leaves or bark, bayberry root bark, hemlock bark, or witch hazle leaves,) and let the patient drink freely of this, together with the above compound infusion, frequently wetting the face, hands and feet with cold water, until you succeed in raising the internal heat, by which means you will perceive that the external heat is let down; or in other words, so far diminished as to have raised the fountain of life above the stream, sufficiently to have produced a natural action, & caused a perspiration to appear on the forehead and breast. When this is accomplished, the patient is ready for the steam bath.

It may here be remarked, that, as a substitute

for the above compound infusion, you may use a warm tea of cayenne or good red pepper, with a portion of nerve powder and bitter root in it; but in either case, if the patient should have vomited so as to have thrown up the medicine, the dose should be repeated, with an occasional drink of spearmint tea, until the stomach retains a sufficient quantity to enable him to undergo the operation of the vapor bath. It may not be amiss to remark in this place also, that other articles (with the exception of cayenne or good red pepper upon which there is much dependence to be placed,) may, in some cases, be substituted; such as pennyroyal, spice-wood roots, sassafras, ginger, or sweat-weed, and seneka snake root and camphor, in decoction, given occasionally, with either of the above teas, is also a very excellent article: in cases of pleurisy, when the patient is preparing for the steam bath, much dependence may be placed on a decoction or infusion of red pepper, pleurisy root, and spice-wood roots. These articles I have frequently tried, and in many cases have found them to be extremely useful when preparing the patient for the operation of steaming.

*Plan of steaming.* By the time the foregoing treatment is completed, and the perspiration appears on the forehead and breast, the experienced practitioner, or attendant should have stones and water hot, and other necessary articles in

readiness for the operation of steaming. For this purpose you should select several stones of different sizes, and of coarse open grain. Put them in the fire till red hot; prepare two vessels of hot water; place one on each side of an open bottomed chair, upon which the patient may sit if he is unable to stand up; let one of the hot stones be about half emersed in each vessel of hot water, and then let the patient be undressed all but his shirt, place him over the steam, and let him be well protected from the surrounding air by a blanket, secured closely around his neck, and so closed around him as to prevent the steam from escaping. As fast as the stones become cool, take them out and replace hot ones, so as to keep up a lively steam for fifteen or twenty minutes, which is about the usual time for remaining over the steam. However, the steam should be continued as long, and raised as high, as it can be conveniently borne, always bearing in mind, that the higher the heat can be raised in the system, the more free and perfect will be the operation of the medicine. If the patient should become faint, while undergoing this operation, throw a little cold water on the face and stomach, which will reduce the outward heat and restore the strength. After this operation has been continued for the proper length of time, the patient, must be washed all over with cold water, a dry shirt put on, and then immediately

put to bed, with a stone that has been partially cooled in steaming wrapped in wet cloths and placed at his feet. It may sometimes happen that the patient will permit, it may always be acceded to, but in either case, the emetic should be immediately administered. In case the heat has been sufficiently raised, and the stomach contains a sufficient portion of cayenne, (which is very essential at this time,) the emetic may be given in the canker tea, or any other common warm tea alone; but, if from any cause the steaming has not been thoroughly performed, or if the cayenne has been thrown from the stomach, a portion of it must be added to the tea with the emetic when it is administered. Three doses of the lobelia, will generally be sufficient, but it must be continued until the stomach is thoroughly closed.

In most of cases, when the course has been thus far pursued and conducted to the best advantage, the patient will, soon after the commencement of the puking, begin to run down, or in other words, he will generally become pale and weak, and continue to sink as it were, until he has not strength to move, or even speak; sometimes his breathing may vary from short and soft, to loud and long, and from the most free and easy, to the most laborious and jerking, in fact, almost every symptom and appearance, that can well be imagined, calculated to alarm and

terrify those who are unacquainted with this system of practice, will be presented to the spectator. But to the experienced practitioner, or to one who is perfectly acquainted with the true cause, and effect, these scenes are looked upon with pleasure, because he knows this to be a certain presage of his patient's recovery. It sometimes happens, however, instead of the symptoms which we have described above, that the patient will appear to be in the greatest distress, will tumble in every direction, and talk in the most incoherent manner, even in all appearance, to raving insanity. These extraordinary symptoms, however, but very seldom appear, unless in the most desperate and deadly attacks, or in cases of long standing, where the system has become extremely obstructed, and the vital heat and action nearly overcome. In other cases of a more mild type, but very few alarming symptoms occur, and in all cases they are succeeded by composure and relief and every indication of a successful victory over the monster disease.

It should also be remembered in this place, that injections, (see under that head,) may be administered at all times, and in all cases of disease to the greatest advantage; and, where there is the slightest occasion, they should never be omitted, as they can never do harm, and in most cases they may be considered as indispensably necessary, particularly where there are any in-

dication of the existence of canker or inflammation of the bowels, and the approach to mortification is apprehended. Should there be any apprehension of mortification taking place, the injections should be administered at the very commencement of the course of medicine, or at the time of taking the infusion and the canker tea, and a tea-spoonful of number six, should be added to each injection. These directions and remarks are sufficient to give the attendant or practitioner a correct conception of the proper course of medicine thus far, and of the situation in which the first operation of steaming, and the emetic, may in some cases, leave the patient; but in this course of medicine, we are supposing the most desparate attack of disease.

*Second steaming.* We will now approach our patient, who may be supposed to have recovered sufficient strength to converse with the attendant. In all cases, as soon as the operation of the emetic has been completed, and any uncommon symptoms which may have attended it have subsided, and the patient has in some degree regained his strength, a dose of the bitters should be administered, together with some chicken or beef soup, milk porridge, gruel, or other light and nourishing food, after which, he should be permitted to rest, and if he wish, to sleep until he wakes of himself. It will now be perceived, that the heat, (and consequently the strength,)

will continue to gain, and by giving one or two more doses of bitters, with a suitable portion of cayenne, and at the same time a sufficient quantity of light but nourishing food, the perspiration will soon begin to appear, and the patient will very readily, and willingly consent to change his wet, and now uncomfortable situation, for another operation of the steam bath. By this time the attendant or practitioner should have every thing in readiness for a second steaming, and place the patient a second time over the steam as before directed, not neglecting to raise the steam as high as it can possibly be borne. As soon as this operation has been properly performed for the second time, the patient's shirt should be taken off, the blanket held sufficiently loose around him, and about a gallon of cold water poured quickly over him, so as to spread as much as possible over every part of the body and limbs. He should now be immediately wiped dry, and as a clean dry shirt is put on, let the blanket be dropped, and the patient get immediately into bed, or if he prefer it, let him be comfortably dressed and sit up, but by no means to expose himself to a current of cold air. In most of cases after this course of medicine has been thoroughly and strictly administered, the patient will very readily partake of some nourishing food occasionally, which should by no means be prohibited: some warm teas or composition

should also be occasionally taken, sufficient to continue a slight perspiration, and prevent taking cold.

*Conclusion of the course and restorative means.*  
It is now to be supposed that the patient is more comfortable after the second steaming, and all possible pains should be taken to keep him in the same situation and to restore his natural health, and consequently his strength. No pains should be spared in keeping every thing comfortable around him, and care should be taken to administer the bitters and cayenne freely, the former to correct the bile and strengthen the digestive organs, in order that the food, the natural fuel which supports the fire of life, may keep up the heat, until a sufficient quantity of that food can be taken and properly digested to render the cayenne no longer necessary for that purpose. The bitters and the syrup, should be taken freely after this course of medicine, as they are both good to strengthen the stomach and bowels and restore weak patients. In most of disorders, especially those which are so very common and of a mild nature, one course of medicine will be highly sufficient to remove the disease, but in more violent attacks, and in cases of long standing and a stubborn character, it may require eight or ten, and even as high as twenty or thirty in the course of two or three weeks before the disease can be fairly conquered.

and the patient restored to health. And in all cases, after the first course of medicine, should the disease return, the same course must be pursued with such variations as may be suggested to the mind of the operator by carefully perusing the different parts of this work, and the patient must be taken through an other and an other course of medicine as directed above; until a complete victory is gained over the disease, and the patient is restored to health. *Remarks.* If the practitioner should find the patient in such a situation as not to be able to stand over the steam, it may be performed while lying in bed; this may be done by heating three stones, putting them in water until they are sufficiently cool; then wrap them up in wet cloths, put one to each side and an other at the feet, and if any fainting comes on, wet the face and stomach with cold water, and pursue the same course as is directed above. For steaming persons in bed, and those who are so weak as to be unable to stand, the best articles for that purpose, is white oak blocks, or large chips, which should be put into a pot of boiling water and suffered to remain until they are hot through, and then wrapped in one or two thickness of wet colth and placed around the patient. This is much better for steaming a person in bed than stones; for they not only produce a sufficient quantity of vapor but that which they do produce is highly med-

icated and conducive to health. Boiled corn, is also another excellent article for steaming a person in bed, and frequently produces the most salutary effects.

It should also be observed, that in cases of long standing, particularly in consumption and other complaints, where the digestive powers have been deranged for a considerable length of time, and the whole system consequently filled with morbid matter, it is in such cases indispensibly necessary to always have prepared some good pottage broth, guel, or other like food, and begin giving it as soon as the emetic commences operating; by this means the glands will be supplied with nourishment, so fast as the morbid matter with which they are charged, shall be removed by the medicine, and in this way the strength of the patient may be materially increased by every course of medicine which it may be proper to take him through. It may be remarked, that steaming is of the utmost importance in preventing disease, as well as in curing it; for when a person has been exposed to cold, and by that forerunner of almost all complaints, *catarrh*, is threatened with disease, it may very easily be prevented, and much sickness and expense saved by standing over steam, and following the above directions, till a lively perspiration is produced, and the cold entirely thrown off. These precautions, if strictly adhered to, together with

taking some warm tea, and putting a hot stone or block at the feet when going to bed, will in many instances save much expense, a tedious and dangerous sickness, and perhaps a great many valuable and interesting lives.

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### STOMACH CORDIAL.

Take of the bark of the root of yellow poplar, one pound; of the root of iron weed, also called devil's bit, half a pound; of columbo root, half a pound; of the bark of the root of barberly, one pound; of wild cherry tree bark, half a pound; of ginger root, coarsely pounded, two ounces, and one ounce of cayenne, or good red pepper finely powdered. When the barks, and roots, are properly, cleaned, put the whole into three gallons and a half of clear spring water, and boil it down to two; the barks and roots are then to be taken out, the liquor strained through a fine cloth, put into a clean vessel, and boiled down to one gallon.—That there shall be no sediment in it, strain the liquor again, and when cool, add one quart of clean honey, one pint of No. 6. and one quart of good whiskey, in which a handful or two, of hemlock or spruce pine boughs or leaves, have been steeped for two or three days. Let it stand for about a day, and then put it in a jug or in bottles for use.

This cordial is calculated to relieve sickness of the stomach, remove head-ache, and faintness, to strengthen the digestive powers, and create an appetite. Persons of a dyspeptic or consumptive habit, will find greatful and satisfactory relief from making use of the above stomach cordial; the good effects of which I have witnessed in my practice, for a number of years, and can recommend it, to those suffering under dyspepsia, and general debility, as one of the best articles made use of, in the present practice of medicine.

A dose for a grown person, is one table spoonful, three times a day. This is the common dose I have usuly made, use of, but patients may vary it, to suit their own constitutions and habits, as some may require more and some less, to produce the same good effects; and for younger or older persons, it must be given in less quantities, to suit the age and constitution; at first, small, and increasing the dose according to circumstances, habit and constitution of the patient.

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## RHEUMATIC SYRUP

Take of the bark of the root of bayberry, half a pound; of the root of rattle-weed, two pounds; of the root of lady-slipper, half a pound; of the inside bark of white walnut, quarter of a pound.

Clean the roots well, and put the whole into three gallons of spring water, while boiling, skim off the froth that rises, and let it boil down to about a gallon and a half, then strain the liquor into a clean vessel and boil it down to three quarts, when cool, add, one pint of No. 6, one pint of thick, strained honey; and one pound of maple or home made sugar. This preparation is, an excellent article, for the Rheumatism, and may be taken with great success by those afflicted with such pains. In dropsies, and in pains of the stomach and bowels, it is a valuable medicine, and may be used, in such cases with beneficial effects. In debilitated constitutions, arising from indigestion or dyspepsia, it will be found extremely useful and strengthening; operating on the digestive powers, giving tone to the stomach, and creating a good appetite.

I have long made use of this article, and can recommend it as an excellent medicine in dropsy, colic, and in rheumatic affections, it is one of the best articles, I have ever made use of, removing the pains, almost like a charm, and giving new strength to the limbs, or the affected parts. For severe cases of rheumatism, this syrup may be made much better, by adding, to the above quantity when made, one pint of good whiskey, in which, a half a pound of the root of rattle weed has been steeped for two or three days. With this addition, the above syrup, in my hands,

has never been known to fail in rheumatic complaints.

The dose for a grown person, is one table spoonful, three times a day, morning, noon, and just before going to bed. The dose for different persons, must be regulated, agreeable to age, constitution, and habit, some requiring more and some less, to produce the desired effect; the patient in these cases, or those who attend on him, will be the best judges, how to regulate the quantity, but the above mentioned dose, is about the common quantity, that I have usually made use of.

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### SYRUP FOR CONSUMPTION.

Take of yellow poplar bark, one pound; of cherry tree bark, one pound; of mountain birch bark, half a pound; of box-elm, a quarter of a pound; of the root of iron weed, half a pound; of columbo root, half a pound; of bitter-root, half a pound; of lady-slipper-root, half a pound; of spikenard-root, one pound; of ginger-root, coarsely pounded, two ounces; two ounces of cloves; and one ounce of cayenne pepper. After the roots have been well washed and cleaned, and the outside of the barks shaved off, of those that need it, put the whole into 6 gallons of clean spring water, and boil over a moderate fire down

to three gallons; strain the liquor while warm through a moderately fine cloth, and when cool, add one quart of No. 6, one quart of good whiskey, and half a gallon of honey or molasses, honey is the best if it can be procured, if not, white sugar is preferable to molasses, which may be used if the other cannot be had; home made sugar answers a very good purpose. After standing a few hours, and being well stirred together the syrup should be put into jugs or bottles for use; half the quantity, or any other portion may be made by observing the above direction, but it is much better to make about this quantity, as it improves considerably by age. The above syrup may be used with great advantage, by those affected with the liver complaint, or in consumption, of any description whatever, it operates beneficially. Persons of a weakly constitution, and bad digestive powers, will be doing themselves a great service, by making use of the above syrup. It has been long in use by me, and I can recommend it to my fellow beings, as one among the most valuable preparations that I have ever made use of, both in consumptions of every description and in complaints of the liver.

The dose for a grown person, is one table-spoonful, three times a day, morning, noon, and night, on an empty stomach; more or less may be taken, according to the age, constitution, & habit of the person, & it should be regulated accord-

ing to the effects it has on the patient, some requiring more and some less, to produce the same desired effect.

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## BEER FOR CONSUMPTION.

Take of the fresh roots of spikenard, two pounds; of the fresh leaves of liverwort, one pound; of wild cherry tree bark, half a pound; of seneka snake root, dried, three ounces; of the root of iron-weed, half a pound; of the root of wild sweet-potato, half a pound; of the root of sarsaparilla, half a pound, the black rooted sarsaparilla is the best; of the inside bark of white walnut half a pound; ginger root, three ounces, cloves one ounce. When the roots are well cleaned, put the whole into eight gallons of spring water, and boil it down to three; pour the liquor off the roots while boiling into a large jug or keg, and add three quarts of clean honey while the liquor is warm; in a few days, it will ferment, when it should be poured off into a clean vessel, one quart of No. 6, added to it, and corked up for use.

The above beer when well prepared is an excellent article for all persons of a debilitated constitution, and may be used in all cases of debility of long standing. It is a medicine which acts as a tonic, laxitive and stimulant, and may

be used by all patients affected with the liver complaint, or any kind of consumption whatever. The white walnut bark, is only intended to keep the bowels open, and as it is not at all times necessary, it may be left out of the beer, and be used when proper in the form of an extract, which may be made by boiling a quantity of the bark in water for a while, then strain off the liquor, and reboil it, till it becomes of the consistence of thick honey; when cool, it may be made into pills of the size of a common pea, and one to three or four taken according to circumstances; this is a better way than to put the white walnut in the above preparation; but if it is put in the beer the patient will have to judge for himself and put in more or less, as he finds it to act more or less powerful; and if the bowels are easily operated on, a less quantity of the beer may be taken, or regulated according to circumstances. The common quantity to be taken by a grown person, is one wine glassful, three times a day, just before eating, or the common meal times.

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