



3 1761 05215337 6

FAMILY  
BOTANIC GUIDE  
TO HEALTH

RZ  
440  
.F6  
1852  
GERSTM

William Hardy

Rosebury

Y.  
Zepher

June 11<sup>th</sup> / 56

---

Presented by

W<sup>m</sup> Zepher B

Sheffield

March 1856











*Yours respectfully*  
*Wm Fox M B*

---

THE WORKING MAN'S  
FAMILY BOTANIC GUIDE;

OR

Every Man his own Doctor :

BEING

AN EXPOSITION

OF

THE BOTANIC SYSTEM,

GIVING A CLEAR AND EXPLICIT EXPLANATION OF  
THE BOTANIC PRACTICE, THE CAUSE, CURE,  
AND PREVENTION OF DISEASE.

---

**EMBELLISHED WITH ENGRAVINGS**

OF THE HUMAN BODY, AND HERBS USED IN THE BOTANIC PRACTICE.

---

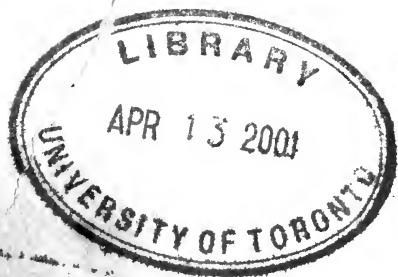
BY

WILLIAM FOX, M. B., AND JOSEPH NADIN, M. B.

Sheffield :

DAWSONS, PRINTERS, ALBION OFFICES.

1852.



## PREFACE.

---

IN presenting this Work to the Public, we do so with the greatest confidence, feeling assured that our readers will appreciate our endeavours to alleviate the sum of human misery. We are aware there are many works written on medical science, by men of scholastic education; but these works are either too dear, or written in a language which the bulk of the people do not understand, and the remedies are of such a nature that it is like putting a sword into the hand of a child. In this Work we have avoided all technicalities; it is written in a plain manner, that "all who run may read."

Not only is this a "GUIDE" for the curing of all diseases incidental to man, but it lays down the plan of prevention, which is far better than cure. We recommend nothing on theory, but from practical experience. We avoid the use of poisons, whether as remedial agents, or as stimulants for the body. We recommend not the use of the lancet, leech, or cupping-glass; nor that formidable enemy—the sheet anchor, the Goliath of medicine—that all-potent remedial agent of the medical profession, which, according to their own acknowledgement, has destroyed more lives than the sword, fire, or

pestilence—mercury. The means we recommend are sanatory—assisting nature to overcome disease by giving those remedies which act in harmony with the eternal laws of nature, those remedies are from the vegetable world, and when taken properly, will arouse the dormant energies of the body to fulfil their proper functions, and make life's wheel run smoothly on; as our poet has sung—

That men may live in health and joy,  
And all their varied powers employ,  
And die by weight of years,

is also the prayer of

THE AUTHORS.

## INTRODUCTION.

---

“The poor Indian, whose untutored mind,  
Sees God in clouds, and hears him in the wind.”

IN publishing our little “GUIDE,” we do not profess to bring out any new theory : our object is to give our quota in strengthening the bulwarks of MEDICAL BOTANY. Our little messenger is not only to bear the title of “*The Working Man’s Family Guide*,” but we feel confident it will be so in practice. The price is such that every man will be enabled to become his own family physician. That great, good, and noble-minded man, Dr. RUSK, after bewailing the defects and disasters of medical science, consoled himself with the animating prospect that the day would arrive when medical knowledge should have attained that apex of perfection that it would be able to remove all diseases of man, and leave not for life a single outlet, a single door of retreat, but old age ; for such is my confidence in the benevolence of the Deity, that he has placed on earth remedies for all the maladies of man ; and how distant that prospect may be it is impossible to state ; we feel certain that we have taken a step in the right direction to hasten on that desideratum. So conflicting are the opinions and practices of the medical profession, so arrayed are they against each other, that one has compared their practice to an unroofed temple, cracked at the sides, and rotten at the foundation.

We are indebted for the origin of medical science to Egypt, that universal school of the ancient world. There knowledge of medical science was famous, even in the days of Moses, and her physicians are celebrated in his history. The aliment and ablutions recorded in his books, so congenial to the health of an eastern clime, enforced on the observation of the Israelites, have been ascribed to his knowledge of the Egyptian science of medicine, by those who have denied to him the high prerogative of having acted under the inspiration of the Almighty.

The invention of medicine is generally ascribed to Toth Toauties, or the first Hermes, he was regent or king of Egypt, of the second dynasty, Manetho and the tutor of Queen Isis Juli. Africanus and Sincellus, make him the same as Sydic, Brother to the Caberri; he published six books on physic, the first treated on anatomy; the name of Esculapius, was given him on account of his great skill in healing diseases, meaning in Greek—*Merciful Healer*. And this name he richly deserves. He taught the healing art to Queen Isis, who invented several medicines herself, and is called by the Egyptians the goddess of health.

The Egyptians divided the distribution of medicine into different compartments; one physician having to cure the eyes, another the teeth, the head, the bowels, the lungs, surgery, anatomy, embalming. They confined the physicians to fixed rules and recipes set down in their sacred registers, collected from experiments and observations; and so long as the physician practised according to those rules, he was safe, let the effect of his medicine on the patient be what it would. But the moment he dared to depart and follow his own judgment, it was at the hazard of his own life, which he most assuredly did, if he lost his patient. Their medicines were simple prescriptions, prepared from herbs, and these were generally purgatives, which they effected by injections, emetics, fastings, and the waters of the Nile: these they repeated every day, or third day, till the patient was relieved. It will be impossible to go through the whole history of medicine, in the space allotted us; but we shall give the reader a bird's-eye view of its progress from the early ages down to the present time.

The Egyptian kings caused bodies to be dissected, in order to perfect them in the art of of physic.

We will just allude to two curious notions they have left on record. 1st.—A particular nerve, which proceeds direct from the heart to the little finger; on this finger they always wore their rings, and the priests dipped that finger into perfumed ointments, to sprinkle the victim and the worshippers. 2nd.—That a man cannot live longer than a hundred years and they give this as the reason: that the heart of a child



at the age of one year, weighed two drachms ; that it increased by the ratio of two every second year, till fifty ; when it decreased in the same proportion, till one hundred, when the aged actually died for want of heart.

Chiron, the learned sage, brought medicine from Egypt to Greece. Esculapius, the scholar of Chiron, flourished before the Trojan war. In his infancy, he was exposed on a mountain, and was suckled by a goat, and defended by a dog. The shepherd having lost his goat and dog, went to seek them on the mountains, and found the child, who was possessed of extraordinary beauty, he brought him up with the greatest care, and placed him under the sage Chiron ; and he profited by his instructions, and his fame far surpassed that of his master : he dedicated his days to the relief of the sick ; the most dangerous wounds, diseases, and maladies yielded to his operations and remedies. The secrets of his art he communicated to his children, and they were retained in his family until they burst forth with peculiar splendour, and shone out to the possession of the world, in the writings and character of the great Hippocrates, who was born in the island of Cos. He is called "The Father of Medicine." It was he who caused tablets to be hung in the temples describing the names of diseases, and the mode of their cure. His noble mind soon rectified the defects in the system of his ancestors, and he found out and applied the remedy equal to its vast importance. As the grand sum of all medical skill consists in reason and experience, and these form the accomplished and successful practitioner, he silently effected a revolution which changed the face of medicine, and caused it to rank with the sublimest part of human science. From what is related of him in history, there was but one sentiment in his soul—the act of doing good.

Celsus was the next : he was born in Rome. He followed in the same path as Hippocrates ; he wrote eight books on medical science : he died much beloved, and was held in estimation by the emperors of Rome.

Galen was born at Pergamos. He was a most diligent and laborious student : he closely followed his great leader, Hippocrates ; but, like all other great men, he had to pass

through the fire of persecution, his skill aroused the jealousy of the Roman physicians, which made his situation unpleasant; he left Rome and went back to Pergamos; he afterwards was sent for by the emperor, to see his two sons, who were smitten with the plague, and he cured them. After this, all hostilities against him ceased. He died at a good old age, in the year A. D. 200. His fame was great: he wrote five hundred volumes on philosophy and medicine.

A pleasing melancholy pervades the soul as we trace the memorials of these devoted and magnanimous men, benefactors of the human race. They seem to redeem the very character of man from all the vile aspersions that have been cast upon it; they shine as splendid beacons on the solitudes of time, to point out to the traveller the road to glory, and the haven of immortality and peace.

After Celsus and Galen, medical science stood stationary. In the agitation and decline of the Roman empire, all learning was arrested in its progress; and when it fell, the arts and sciences perished in the shock. The few fragments that remained were concealed among the priests and monks, and secular clergy. But a dreary and dark desolation spread over the universe of mind. The knowledge of a few simples answered all the wants of the people. The dressing of wounds was committed to the ladies; the cure of fractures and broken bones the knights took upon them: all was simple and soon despatched. In those awful scenes of broil and battle, when nothing was to be heard or seen but the alarm of war, and garments rolled in blood, there was no time to die of disease. No! it was on the bloody field of martial strife that Death reaped the harvest of his millions. All the finer feelings and causes of disease were absorbed and swallowed up in the vortex of war.

Thus, through the long and dreary night of a thousand years, a morbid melancholy and mortal death sat brooding, like an incubus, on the nations of Europe. But, as Dr. Robinson has beautifully said, man cannot be enslaved for ever. At length, Superstition broke her chains; Science aroused her giant form, and shook off the slumber of ages. The spirit of man rebounded from the crush of its long depression,

and took her place on the sublime and awful elevation of freedom and range of thought: for it is one of the most indubitable characteristics of her divine origin which the Deity has impressed upon the human soul, that she cannot be trampled down for ever. In despite of the most formidable opposition of the wrath and rage of enemies, she will arise and reassert the dignity of her own nature, and take her mighty and majestic course along the great ocean of being. Religious liberty, civil liberty, the diffusion of science, the equity of laws, and the amelioration of the condition of the miserable, all, all proclaim her bright and rapid progress to the uncreated splendour of eternal day.

After the revival of learning, the works of the ancients were held in great repute. They were searched out and sought after with an avidity which showed how earnestly men were bent on the culture and improvement of the mind. Sennerius and Riverius collected with the greatest diligence the opinions and writings of the ancients, especially of Hippocrates, Celsus, and Galen.

In the early part of the sixteenth century, the far-famed Paracelsus advanced his chemical system to the world. It was he who first introduced quicksilver or mercury as a medicine. He burnt the works of Galen, who was one of the greatest spirits that ever lived; and at the same time he stated that he possessed more knowledge in his little finger than Galen had in his whole carcase. He professed to have found out the elixir of life, that would prolong our mortal existence to any period; but he died at the age of forty-eight.

Such, then, was the man to whom we are indebted for the introduction of the mineral practice, which has continued up to the present day, entailing misery on the human race to an amount beyond all computation.

In the middle of the seventeenth century, the circulation of the blood was discovered by Harvey: and this knowledge, together with that of the discovery of the receptacle of the chyle and of the thoracic duct, caused a great revolution to take place in the system of natural philosophy. Lord Bacon proposed to the world his new mode of reasoning by an induction of facts. This new mode of philosophising soon made

a visible change in the science of medicine. A disposition to observe facts and make experiments began to prevail in the schools, and to fix the attention of keen and accurate inquirers.

The great Sydenham, the first of the moderns, was the father of medical science in its present robes of modern fashion. His writings will be esteemed a standard, says Dr. Cullen, as long as they shall be known, or shall endure. He did not entangle himself in the thorny paths which lead to the mysteries of animal life. His pathology was simple and comprehensive; the oppressed and exhausted state of the system comprised his *rationale* of disease, and mode of cure. The simplicity of his views seems to have laid the foundation of the theories of Rush and Brown.

To add to the science of medicine, said Sydenham, two facts must be kept in view: 1st.—To give a full and complete description or history of disease. And 2nd.—To discover a fixed and perfect remedy, or mode of cure. And to these great objects did Dr. Sydenham dedicate the labours of his long and useful life, preferring their great importance to fruitless and unprofitable speculations on the principles of life. By neglecting these desiderata, he observes, the *materia* has been swelled to an unreasonable size, and filled with great uncertainty. The new system introduced by Stahl, Hoffman, and Boerhaäve, was intended to supply a remedy; but, alas, it was equally deficient as it was new; and instead of removing the disorder, they only operated to its augmentation, and inflamed the wound they designed to heal. Dr. Stahl's leading principle was, that the rational soul of man must govern the whole economy of man. This doctrine was opposed by Drs. Nichols, Cullen, and Hoffman.

Dr. Brown, who studied under Cullen, states he had to forget all that he had learned, in order to start his medical life again, led by the hand of Nature, which never errs. He was led to observe that the cause of disease was a deficiency of stimulus in the body. This light broke upon him when he had an attack of the gout, in the thirty-sixth year of his age. His mode of living had been generous until the six months previous to this fit of the gout, during which time he

had been most sparing in his diet. The disease spent its force in six weeks, and did not return until after an interval of six years, and an abstemious diet of six months.

The theory of the physicians was, that the gout was caused by plethora, and excessive vigour. Vegetable aliment was enjoined as the only mode of cure. Dr. Brown discovered that error lay in the proximate cause, and of course must defeat the remedy; for during a whole year of strict adherence to the prescribed regimen, he suffered four severe attacks. In fact, he says, the whole year, excepting fourteen days, was spent between limping and excruciating pain.

Upon these facts and observations he constructed his theory. Why was it that when he lived well he was exempt from the disease? and when dieting himself he was attacked in a manner so formidable and unrelenting? The solution of these questions opened his eyes, and led him forward to an enquiry more comprehensive.

What are the effects of food and drink, the aliment with which we support life? They produce strength.

What are their effects afterwards? Always less and less.

What are their effects towards the end of life? So far from giving strength, they prove weakening: and finally, the very powers that supported life at first, prove its destruction at last, but generally through the intervention of disease.

By thus reasoning, he perceived that his disease was occasioned by a deficiency of blood, and not by a redundancy of that fluid. That debility was the cause of his disorder, and the remedy must be sought in a sustaining and stimulating diet: this he called direct debility. Such was the success of this new treatment, that for two years he had only a very slight attack, and this soon yielded to increased stimuli.

Dr. Rush agrees with Dr. Brown that life is a forced state, and the effect of stimuli. He divides these, as Brown does, into external and internal; but for the matter of the principle of life itself, he adds sensibility to Brown's excitability. He will not admit, with Brown, that debility is a disease, but only a predisposing cause of disease.

Disease consists in a morbid excitement; and the cure of disease consists in restoring the equal diffusion over the whole

body. Air, says Dr. Rush, by exciting respiration, gave the first impulse to life. When man was formed, God breathed into him the breath of life. That is, says the Doctor, atmospheric air, dilating his nostrils, inflating his lungs, and thus exciting in him the whole phenomena of animal, intellectual, and spiritual life. And hence, life is the effect of stimuli, acting on the organised body.

While these opinions were producing convulsions in the whole medical school, Dr. THOMSON, the founder of the American botanic practice, a man who was educated in the school of adversity, but led by the unerring hand of Providence, brought out of chaos the science of medicine, and placed it on a simple but firm foundation, taking the laws of nature for his guide, for his principle of life, and the field of nature for his cure. All bodies, says Thomson, are composed of the four elements,—earth, air, fire, and water. Earth and water constitute the solids, air and fire the fluids of the body. The healthy state consists in the proper balance and distribution of these four elements, and disease in their disarrangement.

All disease is caused by obstruction: the mode of cure is to remove it, by diffusing heat over the system, for heat is life, the absence of heat death. All disease is the effect of one general cause, and, therefore requires a general remedy. Whatever supports the internal heat, and directs the determining powers to the surface, will expel the disease, and save the patient.

This is our theory of the cause of disease: and with what success, we leave the people of this town to judge. We believe the Botanic System is yet destined to revolutionize the whole medical world, and to this end we give our labour. The botanic system will yet gain the ascendancy, and shine with greater brilliancy than it did in the time of Hippocrates or Galen. It will come out of the fire of persecution like “gold seven times purified.”

Dr. Thomson, in calling heat *life*, has more philosophy on his side than most people imagine. Light, heat, and fire are the same substance in different states or conditions, and acting in a different manner. Some of the ancients affirmed that light gave organization, sensation, and thought to the

primitive chaos, and is the beginning of all living things. It is the purest, brightest, and most beautiful of all that we behold of the works of the Creator. Plato asserts, in *Timæus*, that fire and heat beget and govern all things: he accounts for the animal functions from air and fire, joined, acting through the whole body: fire expanding within, air compressing without.

The abbe le Pluche says there are but three fluids, which, by their continual activity, cause all motion; these are fire, air, and light: and they are the breath of life. These active agents the heathens held to be intelligent, and the gods that govern the world. Fire and air they called the acting, moving powers, and water the passive element.

These opinions correspond with those of the founder of the Botanic System. He thinks with them, that the circulation of the blood is caused by the expanding power of heat within, and the compression of air without. The activity he has assigned to them agrees with the most reputed system of ancient philosophy. An egg cannot hatch without air and heat: they have absolute dominion over all things. The circulation of the blood is from internal heat, and the external air pressing into the lungs: they serve as a pump to draw the blood from the heart, and the air keeps this pump in motion. The air is to the body what the weight is to a clock; and the heart with its valves is as a pendulum, to regulate its motion.

These opinions coincide with those of DR. COFFIN, the founder of the Botanic System in England. The name of Dr. Coffin will long be cherished by the people of this country, and long may his life be spared to minister to the wants of the sick. He has caused many a tear to be dried up, and many a widow's heart to leap for joy. And when he is gathered to his fathers, he will leave a monument behind that will never moulder nor decay,—the offerings of a faithful heart. Whatever sect or party may have risen up in the botanic cause, whether Thomsonians, Stevenites, Beechites, Skeltonites, all owe their origin in this country to Dr. Coffin. We reiterate our sentiments over again: peace to the evening of his life; and may Heaven grant him a happy morrow!

We shall now proceed to give a short description of Dr. Thomson's theory, and, also, a brief sketch of his life, which, we think, will not be uninteresting to our readers, and not without profit to them.

---

## DR. THOMSON'S THEORY.

1. Clearly to understand the laws of life and motion, the radical principles of animalization is of infinite moment. Without some adequate views and conceptions of these, the nature of disease cannot be correctly understood, neither can we have knowledge to prescribe a rational, safe, sure, and certain remedy for the removal of disease when found in the human system.

2. Through many long and tedious seasons, these subjects had revolved in my mind, before I could form what I considered a correct opinion. I witnessed many distresses in the family of man; my heart was pierced with many sorrows, until my mind was established in those simple truths that have laid the foundation of my practice, that has been so successful in subsequent years.

3. Persecution raged against me—all the presses in the country were closed against me—priests, doctors, lawyers, and legislators, were combined against me—*ex post facto* laws were put in operation—prosecutions commenced—false witnesses arose—bigotry, prejudice, and superstition, like Salem witchcraft, waved their magic wand, but all in vain—truth has prevailed. The darkness of the ancient philosophers is passing away, and those simple truths, which are the genuine *philosophy of life*, and the fruits of the labours of my life, begin to prosper beyond my former expectations.

4. As I have never been a man of extensive reading, and make no pretensions to *school* learning and *book* knowledge, if medical or philosophical writers have taught the same doctrines before me, it is what I am not apprised of. It is for the truth of this doctrine, and not for any claims of reputation as an original writer, that I would more strenuously contend.



5. When Napoleon stood in arms, and was acknowledged Emperor of France, the nations were frightened—when a prisoner, the kings of the earth trembled for fear of him—they dared not suffer him to go at large on main land, but assigned him a more safe retreat in the solitudes of St. Helena.

6. The writer is aware that the success of his system has carried equal terrors into the ranks of medical opposition. Their malice and persecution that brought him to the dungeon and chains, were the fruits of envy and fear. I have driven the college faculty to fly to *law-legs* to stand upon, because the strong tide of public opinion, confirmed by testimony, set so heavily against them, that they had no other way to rise over the steam-doctors and keep them down.

7. The difficulty appears to have been, that the steam faculty were, in many instances, so inclined to receive instruction, that they become natural philosophers in faith and practice. Following nature, they were successful practitioners—they could relieve distress and remove disease, when, by the regular doctors, hundreds were hurried to their long home.

8. Among those physicians called regular, I have found many who appeared to be as ignorant of the laws of life and motion, and how the functional powers of life are kept in operation, as though they themselves had never possessed an animal body.

I have now commenced a chapter, *separate discourse*, or SERMON, if you like that name better.—It will fall to my lot to show that my text is one that has never been preached from before by any man, also that there never has been a sermon preached without it, and when the text and sermon are fairly before you, and correctly understood, a philosophical reason can be assigned for the cause of life and motion in all that lives and moves.

10. My text is recorded in the mouth of every thing that breathes. "BREATHING" is my text. If it has been a text for texturians before, it is unknown to me. They may have treated on respiration, but if they have not understood their subject, they might as well have been silent. If any

dispute the first proposition, they will sustain the second, and contend with me, that a sermon has never been preached without it.

11. *Breathing* is a demonstration of the existence of animal life. The principle of life has been taught to be **SUPER-natural**; leave out the **SUPER**, and say the cause of life and motion is **NATURAL**, perfectly and entirely natural, and we will concede to the truth of the assertion.

12. The cause of breathing, or of animal life and motion, where there is no animal life. we shall carefully examine. Steam machinery is propelled by steam, which is a species or kind of breathing; these possess not the capacity for animalization.

13. In animal or human bodies, the constituent or component parts are essentially the same in man or beast. Animal bodies are composed of earth and water; these constitute the substances, dimensions, shape, and size of bodies, &c., and give or constitute solidity, in what are denominated **SOLIDS**. These elements being constituted of various, still more simple elementary principles, which may be subdivided again and again, does not militate more against our position, than the infinite divisibility of numbers by decimal arithmetic destroys the unity of numbers.

14. **FIRE** and **AIR** are properly the fluids that pervade and fill and actuate the living animal; their operation is life—the elementary principles of life which keep the animal machine in motion. Where heat is extinct the animal is dead. **HEAT** and **AIR** combined, are so modified in the living moving animal, as to constitute a living state, and justify the assertion that cold and inaction is a state of death, or rather death itself; and a specific degree of heat and motion so combined and modified, is the essential principle of life in the living animal, yea, rather life itself.

15. Waiving all the minutia of chemical divisions and subdivisions, in simplifying elementary combinations that constitute **BODIES** *dead* or *living*, the four great original elements of **AIR**, **EARTH**, **FIRE** and **WATER**, contain and comprise all the more simple elements of which they may be respectively composed.

16. A specific association, due proportion, mixture, or combination of these four great elements, in an organic animal body, constitutes the living state, and prolongs life; an improper disproportion, combination and modification, destroys life.

17. To illustrate the nature and cause of respiration, or breathing of the living animal, we will refer to the operation of fire and water. Put a skillet of cold water over the fire; in a few minutes examine it by immersing your hand therein, you will perceive the first warmth of the water is at the top or upper surface; the coldest water is at the bottom of the skillet, nearest to the fire; the reason is, as soon as it becomes warm, it becomes rarified and lighter, and rises; just in proportion as it grows warm it becomes active, until it is all in a fluttering, fluctuating state of ebullition, and wastes by steam, sweat, or breath, perspiring or respiring, until it will evaporate. This shows that heat rarifies and lightens water.

18. The subject may be further illustrated by reference to the effect of heat on the atmospheric air. You build your house in the open atmosphere—the house is filled with air within—the air within is a counterbalance, or resistance to the weight or power of the surrounding air without; the balance within and without is equal in coldness and inaction, resembling a state of death. To produce action, motion, or breath, build a fire in the house, the doors and windows being closed in the usual manner, in a few minutes every door and window begins to hum and sound the march of air. The air within becomes rarified and lighter than the air without; the air without presses in at every crevice to restore or form an equilibrium with the air within; the hotter and stronger the fire, the stronger will be the current of breath, or force of breathing air—as the heat diminishes the noise and breathing current of air will decline in force of operation, and the noise and motion will cease when the heat becomes extinct, and the equilibrium is restored.

19. The effects of heat rarifying and lightening the water

and air, and occasioning a breathing motion, resemble and illustrate in some good degree, the breathing, sweating, and functional motions of the animal machine. The constituent, or component part of men's bodies, give organic shape and size, and form, and functional structure or organization to the machine. The peculiar mixture, composition, proportion, and modification of these elements, constitute its aptitude or adaptation to the animalizing influence of fire, lightening air, and exciting breathing motion, and all the concatenations of motion connected with this original or primary action, all evincing that heat is an essential principle of life, and cold, or an extinction of heat, is death.

20. A still-born child was resuscitated by placing the placentia or after-birth on live embers, still connected with the child by the umbilical cord or navel string, and as the after-birth began to heat, and had gained warmth sufficient to begin to fill and dilate the navel cord with warmth and moisture, it was stripped towards, the body of the child, and through this medium a sufficient degree of warmth was conveyed to the body, the lungs expanded, and life was restored. This may serve in some measure to illustrate and confirm our ideas of life and motion.

21. "In every thing that breathes, the breathing is from the same general cause. The principle of life and motion is radically the same in all animated bodies." Without heat there is no breathing; but when heat is continually generated or evolved in a confined room, excepting at one avenue, as in the lungs, there must be breathing, or what is the same, an inhaling of cold air, and an exhaling of a gaseous vapour from them."

22. Every animated body has its proportion of caloric or heating principle, suited to its size, adapted to its nature, proportioned to that degree of living power requisite to keep up the operation of all the animal functions, essential to the perpetuating of the peculiar specific form and mode of being in such animal.

23. The heat of animal fire, or that degree and condition of it that constitutes the living state of animalized existence,

is maintained and continued by a suitable supply of appropriate fuel, or materials that are naturally adapted to that end or use; these are, *food and medicines*. These harmonize with each other in their salutary effect, or natural influence on animal bodies.

24 Food and medicine originate from the same munificent Hand, grow in the same field, and are adapted to the same end or design, viz., to supply fuel to the fire of life, to sustain and nourish the animal machine. by warming, dilating, filling the vascular system, maintaining the action, and supplying the wasting powers of the living state. Medicine removes disease, not only by removing obstructions, but by restoring and repairing the waste and decay of nature.

25. On these supplies our life depends, viz., the continuance of that state of warmth and action which constitutes the living state. When food is masticated and taken into the stomach, the process of digestion commences. By the warmth and action of the organs of digestion, and the gastric juices, the food is decomposed or consumed like fuel consuming in a fire. The breath and respirable vapour are the smoke arising from this fire. The fecal matter of dejections are as the ashes or earthly substance remaining after the consumption of fuel.

26. To understand the cause and nature of life and death, or of warmth and motion, of cold and inaction, it is necessary to advert to general principles, and the analogies of nature. —There is one general cause of the natural sensations of hunger, and one general method to relieve that want, or satisfy and relieve that sensation. Suitable food relieves hunger when taken into the stomach.

27. In perfect accordance with this, there is but one immediate cause of disease—however varied the remote cause may be, the immediate cause of the sensation of disease is uniformly and invariably the same, differing only in degree, and incidental diversity of symptoms, occasioned by local injuries, organic lesion, or functional derangement, dependent on these, or whatever might predispose to a diseased state.

28. As there is one general cause of the sensation of hun-

ger, to be relieved by one general method, viz.: by food, and this food may consist of sundry articles adapted to the same general end, so there is one general or immediate cause of the sensation of disease, to be relieved or removed upon one general principle, though a variety of articles may be used. But as a few simple articles of diet are better suited to maintain a healthy state of body than an epicurean variety, so disease is more readily and certainly removed by a few simple remedies, that are best adapted to the human constitution.

29. That medicine that will most readily and safely open obstructions, promote perspiration, and restore a salutary operation of the digestive powers, by exciting and maintaining a due degree of heat and action through the system, is best suited to every state or form of disease, and must be universally applicable to a diseased state of the human system.

30. Thus I have given a summary view of the outlines of my conceptions of the construction and elementary composition and constitution of the human body, in a living state, whether healthy or diseased. The power or faculty of breathing is a capacity or condition to be acted on with effect, rather than any inherent power or faculty of acting. *HEAT rarifying and lightening air*, excites respiration—rarifying and lightening water excites perspiration. Rarifying and lightening air and water, the vapour of breathing and sweat are produced and thrown off.

31. By heating water in the stomach, we lighten the air in, and expand the lungs—the weight of the cool, condensed and weightier external air, presses out the light and rarified air; these circumstances of the living state of the animal body, occasion the alternate contractions and dilations of the lungs, that constitute the action of breathing, indispensable to the living state.

32. By heating water in the stomach, and air in the lungs, we put the steam engine into operation. The operation of the animal machine strongly resembles the mechanical operations of the steam engine. Some of the fundamental principles of action are the same. In inspiration, cool fresh air is inhaled; in respiration, the rarified lightened air and vapour are ex-

haled out of, or from the *steam pipe*. This action, by which steam is expended, the whole machinery of the living animal is kept in operation—the great fountain pump of the heart is kept in play, and pumps the blood through the lungs and arteries to the extremities, deep in the flesh and near the bones, which is returned in the veins. The warmth and action commencing at the fountain, are propagated through the system to the remotest extremities.

33. So long as the fire keeps up that state, and degree of warmth essential to the living state of the animal body, or, to speak figuratively, so long as the fire is kept good in the boiler, to keep the engine at work, so long the pump will go.

34. Our regular meals supply regular fuel to keep up animal heat, as the regular teasing and tending a fire with wood will keep it burning. Drink supplies the boiler with water, which creates the steam ; condensed water is discharged through its natural channel.

35. On these principles of the philosophy of life we may expect a regular well-formed machine to continue its operation, until worn out, or broken by the indiscretion and bad management of the engineers.

36. If the machine be entrusted to the management of an ignorant, incompetent engineer, who has no correct conceptions of the principles of life and motion, and is negligent in the discharge of his duty, your *steam boat*, if I may so speak, will begin to fall in its speed, for lack of fuel to keep up the fire, and water to supply the steam, or the engineer may conclude the *cholera* affects the machine, and will cast ice into the boiler to cool it down, or tap the boiler as a preventative or remedy, and draw off the hot water.—his boat begins to sink rapidly down stream. This is often done by the lancet.

37. If you would keep your steam-boat's *steam breath* motions going on, keep up a supply of water in the boiler, and a supply of fuel to keep it sufficiently warm ; raise the steam, and the actions of life will proceed regularly.

38. Concerning the doctrine of *vital principle* diffused through the whole organic structure of the animal machine, inducing an elementary mode of union, or specific union of the component elements, differing in nature from all chemical

union and affinities, and from all the laws of physical union with which we are acquainted, we would just observe that this subject has employed the minds and pens of many talented writers, who have cast but little valuable light upon the intricate theme.

39. When we are asked what constitutes a living fibre, we might as well ask what constitutes any other property of living matter. What constitutes that in which the life of a leaf or stem of a living tree consists? "What can we reason, but from what we know?" Every living thing has something peculiar to the nature or life with which it is endowed in the living state, whether vegetable or animal—but a living animal has heat and motion; without this animal heat and motion, the animal becomes dead—without a due proportion of heat inward and outward, or outward and inward, there is no animal motion, no animal life.

40. We know not of any vital principle, except a capacity to be brought into that peculiar mode, state and degree of warmth and action constituting animalization, or the sensitive living state of animal bodies.

41. Warmth and action do not constitute animal life, in unorganized matter—they do not constitute animal life without an organized animal structure, to which heat gives the impulse applied to and connected with the animal structure, caloric or the principle of heat rarifying and lightening air, excites action, which circumstance of being constitutes animalization, or the living state.

42. Warmth and action do not constitute animal life, only as applied to, connected with, and exercised in an organized animal body, possessing a capacity inherent in its nature to be put in operation, in which state or condition of being, sensation, perception, and consciousness of identity, or individual existence, are gradually developed; but these circumstances of life are not life itself—there may be animal life, viz.: breath and motion, in an animal body where these functional powers are totally deranged or utterly extinct.

43. Fire and steam are necessary to propel a steam boat, but notwithstanding the capacity or adaptation of the mechanical structure to be propelled, the boat will not go until the



fire is kindled and steam raised to put it in motion.

44. The animal body is the machine so constructed, so modified, endowed with such a capacity of life, call it vital principle, or what you please, that heat rarifying and lightening air, stimulating and expanding the lungs, puts the machinery in motion, and pumps the tide of life through all its crimson channels. This combination of circumstances constitutes the living state of the living animal ; for where those circumstances do not exist, there is no animal life—the animal form is dead.

45. Suppose a man in all the vigour of life falls into the water and sinks ; in a few minutes he is taken out apparently dead, the warmth and motions of life, if not extinct, are at a low ebb—as soon as you can kindle up the decayed spark, and restore inward heat by medicine, friction, or any appropriate means, if the capacity for the action of life is not utterly extinct, an energy is given to the system, the air in his lungs becoming warm, rarifies and expands, and heaves them into action—the machinery begins to move—the wheels of life no longer wallow in back water—the proper state and proportion of heat inward and outward is recovered—nature rises to its wonted strength and vigour.

46. All that is requisite in such a case is, to supply fuel to raise the latent spark of the fire of life. The same holds good in a collapsed state of disease, whether it appears in a cholera form, or whatever shape it may wear. The vascular system loses its wonted tone—the whole system is sinking—the power of life is unable to distend and expand the lungs—the heart and arteries no longer propel their contents by maintaining the requisite action. The spark of life is becoming extinct—the water that should breathe, exhale, and perspire away, becomes condensed, and extinguishes the spark of living fire. The coolness and weight of the internal air is too much for the small degree of heat remaining in the lungs, heart, &c. ; the power of life, or rather the power or capacity to live, to keep the powers of animal life in their warm and moving, or living state, become measurably extinct. For lack of heat, the air in the lungs is not rarified and lightened so as to give the necessary action, &c.

47. In this case, shield the sufferer from surrounding cold air by wrapping in a blanket, placing warm in bed, and gradually raising a steam around him, Administer gradually, frequently, and perseveringly, the warming medicines, and giving injections, which all acquainted with my system will readily understand—proceed until you can gain a sufficient degree of inward heat to expand freely, to rouse the sinking, fainting, I might say, drowning patient, to a proper degree of warmth and action; when they have pursued a proper course, they will sweat freely; and when they crave food, give them enough to keep up the steam; the pump of life will begin to work freely, and the patient to rejoice in the warmth and action arising from the resuscitated powers of departing life.

48. Much has been said about drawing in the breath; but the fact is, you cannot keep the breath air out, so long as there is a due degree, or natural proportion of heat in the lungs; neither can you prevent the motion of the pump-like action of your heart in its systole and diastole. But when the heart decays, or a state of living warmth declines, the lungs begin to labour like a wheel wading slowly in back water. The pump has not power to roll the blood along the arterial canals—the pulse falters—the extremities grow cold—the blood that maintained the warmth, by its active circulation, recedes from the extremities—there is not heat enough at the fountain or boiler to keep up the steam, and continue the living action—blood settles in the veins, not being supplied and propelled by the pulsation in the arteries—the fire becomes extinct—the pump no longer plays at the fountain; the man dies \* \* \* for want of breath, for want of capacity to breathe, or because the inward heat is reduced below the living point. The proper and natural proportion and modification of the inward and outward heat, as they exist in the living animal, becomes deranged, destroyed, and life is extinct. The disease is as contagious as though the man had been \* \* \* hanged or drowned.

49. The regular faculty are requested to inquire whether the depleting antiphlogistic practice, that has been popular, and notoriously mortal in its results, has not been the cause

of producing much disease, and many of the most fatal results that have attended on what has been called scarlet fever, yellow fever, cold plague, and now cholera.

50. I am aware of being accused of scepticism by some capricious critics; though I do not interfere with the polemic debates of those theological disputants, who too often confuse the minds and disturb the peace of society. If it may serve to pacify the ingenuous feelings of any honest enquirer after truth, I would just observe that the "breath of life" is inhaled or breathed into man; and by heat rarifying air, breathing commences, and man thus becomes, and is thus sustained, a living animal. How far my ideas contravene the declaration of Moses on this subject, let those who are wiser than myself determine.

51. In conclusion, I would remark, that the cause of vegetable and animal life are the same, viz., one common principle produces similar effects; nutritive life in animals and vegetables bear a striking resemblance to each other—vegetables, like animals, are constituted or formed of the four great cardinal elements—all vegetable life is under the control, influence, and operation of similar principles as that of an animal. Without earth, water, fire, and air, nothing like vegetation could exist. The winter season is a state of death to vegetation; just in proportion to the loss of heat is the degree of the suspension of life, we mean a loss of heat in that peculiar modification or elementary combination thereof, that constitutes the living state of a vegetable; this is a degree of death, or a degree of the suspension of animal life. In many instances the suspension is total.

52. In cold countries, after the winter has passed away, and the spring returns, suspended vegetation, and suspended animation, are again restored; the torpid reptile again inhales the breath of life. Heat in this case is not only an agent of restoration to life and vigour, but is so adapted to the condition of the being on which its influence is exerted, as to constitute a living principle. So, on the other hand, cold is not only an approximation to death, but that degree of cold which is inconsistent with, and contrary to the living state, is death itself.

53. Heat does not act alone and independent of its fraternal elements, but in harmony and accordance with the whole family. But without their elder brother, there is no life in the material universe. The elements would rest in everlasting silence and inactivity, if destitute of this generative principle of life and motion.

54. Abstract the element of fire from all the other elements, stillness and silence would be universal—the life of all that breathes and moves would be swallowed up in the stillness of eternal death. Earth and sea would be and remain a solid, unmoving, and immoveable mass—the fluid air would be consolidated to the flinty hardness of the diamond on its native rock; creation would be a blank; and—here I pause!

---

### A BRIEF SKETCH OF THE LIFE OF DR. THOMSON.

After things, that of events are most interesting to our minds. There is no thing on earth so great as man; and no events more interesting than the histories of great men.

The standard of true greatness is the joint amount of good done, and difficulty overcome.

While governed by this rule, and looking over the histories of physicians, whether of ancient or modern times, we find none that claims our attention before Samuel Thomson.

It seems that his father was one of those hardy and enterprising pioneers, who, infatuated with the love of improving the borders of the wilderness, have so much distinguished Americans.

He removed from Massachusetts, with his young family, into the newest settlements of New Hampshire, and there, about one year afterwards, in the town of Alstead, on the 9th of February, 1769, Samuel Thomson was born. It would seem, according to the common view, he has had to contend against almost every possible disadvantage to a life of science. His parents poor—in the wilderness, three miles from the nearest settlement—called at four to the occupations of the

farm—spent his youth in clearing the forest, and subduing the earth—attending school but one month. At nineteen, with his father, plunging again into the wilderness on Onion River, Vermont—yet through all these privations to intellect we discover the gleaming of a transcendant genius, which at length broke forth, and shone above all the lights of science in the western hemisphere.

That specific talent for medical botany, which beamed with unwaning splendour at threescore and ten, peeped out with a precocious light at the early age of four. It was then, when one day in the fields in pursuit of the cows, that he discovered and made an experiment upon the sensible qualities of the far-famed *Lobelia*. An experiment which he often repeated upon his companions, until his natural impulse for operating upon living bodies led him to discover it was a most powerful means of removing disease. At the age of eight, he says “I had at that time a very good knowledge of the principal roots and herbs to be found in that part of the country, with their names and medical uses; and the neighbours were in the habit of getting me to go with them to show them such roots and herbs as the doctors ordered to be made use of in syrups, &c.; and by way of sport they used to call me doctor.” It was fortunate for Thomson’s enquiring mind, that in early life he was privileged with the society of one of those noble and benevolent women, so often despised, a doctress in roots and herbs, to whom the family was much attached, there being no other physician within ten miles. This was Mrs. Benton, who with a bosom flowing with “the milk of human kindness,” used to take little Thomson with her into the fields and woods, and teach him the names of plants and their medical uses. Let her name go down to posterity embalmed with honour, remembered as the one who sowed the seeds of medical observation in that most congenial soil, from which has sprung the noble system which extends its branches especially and most invitingly to the female. Let every member of the sex imitate her example. Females are natural physicians. May all mothers educate their sons in the wisdom of preserving health, and their daughters in the angelic art of relieving the afflicted.

At the age of sixteen Thomson's medical knowledge had attracted so much attention that his parents talked of sending him to live with a root doctor. Although he was naturally industrious, yet the pent up fires of genius filled him with an indefinable ambition, and made him ill at ease in his occupation. "I took a great dislike," says he, "to working on a farm, and never could be reconciled to it." When the prospect of becoming a physician, had given an object to his vague and smothered ambition, he was filled with delight, but only to be disappointed; for soon after, his parents said he had not learning enough, besides, they could not spare him. This, in his own language, made him very unhappy, and depressed his mind with a feeling, which they only who have experienced it can remember, but never tell.

By industry the family had acquired a small property, and at the age of twenty-two we find Thomson with a farm and family of his own.

Some one of his family were often sick, and to avoid going a distance for medical aid, he rented a house which he had to a physician. This gave him a good opportunity to ascertain his manner of practice, and the value of regular physicians; and he says "I found from sad experience that they made much more sickness than they cured." In fact he says "there was not a month in the year but what I had some one sick in my family; so the doctor paid his rent and keeping very easily."

Thomson had been all the while collecting his favorite knowledge, and his house was well supplied with vegetable medicines, although he had no design of becoming a physician. But it so happened that some of his family were five times given up as incurable; and he, by his simple means each time succeeded in restoring them. In one instance the physician had left his little daughter to die of the scarlet fever.

Thomson then took the case in his own hands, and as if acting by intuition, he took the child upon his lap, covered her and himself with a blanket, while he directed his wife to make a steam of vinegar beneath them, and he kept up the internal heat with warming drinks. In this way soon he re-

lieved the little sufferer ; and continuing in it about a week, cured her ; although the canker had made such inroads as to destroy the sight of one eye.

Such was the commencement of steaming in the Thomsonian practice. Likewise, it was in his own family that he tested the nature of Lobelia ; established the use of stimulants as a triumphant means of curing fever ; and of astringents in removing the canker or apthe from the alimentary canal ; and demonstrated the entire inutility of poisons.

These instances of success in his own family, soon began to be noticed by his neighbours, and those who could get no relief from the physicians appealed to him. This called his attention so much from his farm, that at last he resolved to give it up, and adopt medicine as a profession.

The first two patients that he was called to attend, of which he has given us a history, presents a complete picture of his ensuing life. Successful in curing, yet titled with contempt, paid with ingratitude, and perplexed with the ignorance of his patients respecting the conditions on which health is to be obtained. But nothing was able to discourage him. It seems that obstructions in his way only enabled him to ascend upon a higher road to glory.

At this stage of life, he says, "After I had determined to make a business of medical practice, I found it necessary to fix upon some system or plan, for my future government in the treatment of disease." This his capacious mind furnished him at once ; and he struck out a system, which the experience of fifty years has only served to confirm.

Like the immortal Linnæus, who invented a system of botany that should govern all future discoveries within that kingdom, he says, "I deemed it necessary, not only as my own guide, but that whatever discoveries I might make in my practice, they might be so adapted to my plan, that my whole system might be easily taught to others, and preserved for the benefit of the world."

In the language of his enterprising son Cyrus, "We must have no theory that cannot be carried out." This theory applies to all diseases, without exception.

When Thomson arose, Cullen's authority was at the head

of medical science. How great the difference between these two physicians! Thomson's theory always corroborated and never contradicted his practice. Not so with Cullen's. He held that all fevers were preceded by debility; yet bled to cure them. Thomson held that they were caused by a deficiency of heat or vital force, and increased this power to cure them.

It is testified that "Cullen was feeble and hesitating at the bedside of the sick." Thomson says of himself, "I am convinced that I possess a gift in healing, because of the extraordinary success I have met with."

Look at his theory, and who will deny that it corresponds with nature! I found, says he, that all animal bodies were formed of four elements. The earth and water constitute the solids; and air, and fire or heat, are the cause of life and motion. That cold, or lessening the power of heat, is the cause of all disease; that to restore heat to its natural state was the only way that health could be produced; and that after restoring the natural heat, by clearing the system of all obstructions, and causing a natural perspiration, the stomach would digest the food taken into it, and heat or nature is enabled to hold her supremacy."

Let no scientific pretender interpose here his objections upon ultimate elements, as has been very gravely done in the legislature of New York. When we deal with organic bodies, we must deal with proximate elements. This division of animal elements is practical, ancient, and common sense.

When we consider that repeated bleeding, expectoration, and other evacuations, thin the blood and prepare the way for their continuance, producing lassitude, debility, and death; and that all this is ended by a diminution of the solids, and an increase of the fluids, in proportion; or in more analytic words of our author, a diminution of the earth, and increase of the water; how can we blame him for saying that a state of perfect health arises from a due balance of the four elements; but if it is by any means destroyed, the body is more or less disordered.

When we consider a lifeless body, and find that the earth, and water, and air are there, but that the heat is gone, how



can we blame him for saying that, to our agency at least, heat is life and cold is death.

With this theory, and a new and unheard-of system of medicine, Thomson went forth in the practice of healing against the world. In the year 1805, we find him in full practice in his native and neighbouring towns, when a fearful epidemic prevailed, supposed to be the yellow fever; the regulars lost about one half of their patients, and he lost none.

After this he continued his practice in the various chronic diseases of the country. Consumption, bleeding at the lungs, fevers, dysentery, dropsies, cancers, fits, &c., seemed to yield before his skill as by a new and magic power; in fact, he was afterwards thought to be a wizard.

In 1806 we find him entering the city of New York, with the true spirit of Hyppocrates, to investigate the nature of the yellow fever; and he found it to yield before his remedies like any other disease.

On returning again to his home he found his character defamed by the slanders of a neighbouring physician. Attempting a defence, he was foiled by intrigue and perjury; and wounded in his feelings, he resolved to give up his ungrateful neighbours to their fashionable doctor; upon which he tells the following serious story:—

“A curse seemed to follow them and his practice; for the spotted fever broke out in this place soon after, and the doctor took charge of those who had sided with him against me, and if he had been a butcher, and used the knife, there could not have been more destruction among them. Two men who swore falsely in his favour, and by whose means, he got his cause, were among his first victims; and of the whole that he attended, about nine-tenths died. He lost sixty patients in the town of Alstead, in a short time.

I attended the funeral of a young man, one of his patients, who had been sick but twenty-four hours, and but twelve under the operation of his medicine. He was as black as a blackberry, and swelled so as to be difficult to screw down the lid of the coffin. When I went into the room where the coffin was, the doctor followed me, and gave directions to have the coffin secured, so as to prevent the corpse from being

seen ; he then began to insult me, to attract the attention of the people.

He said to me, ' I understand you have a patent to cure such disorders as that,' pointing to the corpse. I said ' No,' and intimated at the same time what I thought of him. He put on an air of great importance, and said to me, ' What can you know about medicine ? You have no learning : you cannot parse a sentence in grammar.' I told him that I did not know that grammar was made use of in medicine, but if a portion of it is so much like the application of ratsbane as appears in that corpse, I should never wish to know the use of it. This unexpected application of what he said, displeased the medical gentleman very much, and finding that many of the people present had the same opinion that I had, irritated him so much that he threatened to horsewhip me ; but I told him he might do as he pleased, providing he did not poison me with his grammar."

Those only who have experienced the sorrows common to original genius, can imagine what were the feelings of Thomson, as he turned away from the ridicule and base ingratitude of the people of his native town, among whom he had practiced five years without losing a single patient, to seek for occupation amid the cool indifference of unenvying strangers.

After collecting a supply of medicines on Plum Island, at the mouth of the Merrimack River, we next find him attending the wife of a Mr. Osgood, at Salisbury, Mass., who was given over to die of a lung fever by Dr. French. Thomson performed a cure in about twenty-four hours, which gained him much credit with the people, and laid a lasting enmity between him and Dr. French.

At this time also we find him making his first pupil practitioner, Mr. Hale, an intelligent man, a chemist and preparer of mineral medicines. But he renounced them, and soon found himself usefully employed in Thomson's practice.

This might well be considered as a hopeful presaging of the tribute that science was to pay to his system in after years.

Next we find him introducing the practice at Jerico, Vt. On the following autumn, a mortal disease afflicted this town in the form of dysentery. Out of twenty-two patients, the

physicians had lost twenty. The people were alarmed, and holding a consultation, concluded to send for Thomson, who was then at home in New Hampshire.

He soon arrived, and conferring with the select men, who had the charge of the sick, was furnished with two assistants, and in the course of three days commenced practice upon thirty patients, all of whom recovered excepting two, who were dying when he first saw them.

What a triumphant victory was here. Taking the name of the town as a hint, one cannot help associating it with the spying out and eventual triumph of Joshua at Jericho of old.

After this he practised with his usual success in several places, and then returned to Salisbury; and although he was often called to introduce the practice at other places, yet he made this place a sort of home, and practiced with such success among the incurable patients of the regulars that they became alarmed, and Dr. French taking the lead, resolved to destroy him.

After attempting to decoy Thomson to his house, and failing, he next publicly swore that he would blow out his brains if he came into his neighbourhood; at the same time saying he was a murderer, and he could prove it. To defend his character, Thomson caused an action to be brought against this tiger-like doctor for his threats, which resulted in his being bound over to keep the peace, and another for defamation, in which perjury and the influence of the doctors prevailed against Thomson.

The counsel of French enquired of the judge if Thomson was not liable to arrest, to which he answered in the affirmative. This paved the way more completely for the malice of Dr. French, who afterwards procured an indictment for wilful murder against Thomson.

Soon after the above-mentioned trial, he had the misfortune to lose a patient under the following circumstances;—He was called to attend a young man, Mr Lovett, who was in a fever, with very unfavourable symptoms. Thomson improved him so much that in two days he went out, exposed himself, and was taken much worse. Thomson was again

called, but he soon found he was past cure. And then two regulars were called, who attended about twelve hours, when he died. For this he was arrested as a murderer, put in irons, carried to Newburyport jail, confined in a dungeon, cold, filthy, and filled with vermin, without a fire in the month of November, and without the prospect of a trial for nearly a year.

Thomson had established the fame of his practice in the cities of Portsmouth, Newburyport, Salem, and the adjoining villages, so that many powerful friends rushed to his rescue ; but among these there was none more distinguished than the grateful and the indefatigable Judge Rice, whom he had cured of a dangerous fever. This gentleman procured a special session of the court, and assisted Thomson in his trial, by which he was honourably acquitted, after having been about one month in prison.

In a subsequent prosecution of Dr. French for abuse and slander, while he was a prisoner, the defendant went about and took depositions wherever Thomson had lost a patient, but found only eight, Lovett included ; these he brought forward in the trial as charges of murder ; and although Thomson proved that they were incurable when he first saw them, or given up by the doctors to die, yet the court gave the testimony against him, and French was permitted to call him a murderer.

Such is the value of courts to an enterprising genius, when he must wage his way against the interests of a popular profession : and such the ingratitude of the world to one of its greatest benefactors.

In these troubles, Thomson lost in five years as many thousand dollars. But nothing could discourage his onward way.

Passing over, as we do, many of the minor events of his history, we have next to notice the conduct of one of his first agents. He had established an office and a flourishing practice in Eastport, into which he put a young man whom he had raised from poverty and sickness. He was to have had the profits, but not content with this, he usurped the whole ;

and also offered the knowledge of his system to all who would buy of him.

At the same time there was a petition sent to the legislature to prevent quackery, in which Thomson was named.

These difficulties at length induced him to go to Washington, and obtain a patent for his discoveries; which he accomplished in 1813.

This added a new stimulus to his enterprise; and under the patent, the sale of rights began to spread the knowledge of his system throughout the United States. An instance of their utility, with another astonishing triumph of the practice, occurred in 1816.

Thomson went to Cape Cod to collect medicines, and found the people dying for want of them. The spotted fever, or old plague, as it was called, had broken out, and was very mortal. The small village of Eastham lost forty-six in three months. Thomson cured a number, sold the right to two men, and offered them the right of the whole town for the price of twenty—but it was not accepted, as the fever was declining. He then returned home, but was soon after recalled with the greatest haste, for the disease had broken out with redoubled violence.

He soon found enough to buy the twenty rights, gave them instruction in public lectures, and with the people to assist, Thomson and the first two right holders attended thirty-four cases, and lost but one; while the regulars lost eleven out of twelve. These facts are attested by the ministers, the select men, justices of the peace, and postmasters.

But it was simply done: ignorant people could understand it, and the regulars have uniformly despised it—there are a few noble exceptions. Thomson, in turn, with the design of preserving his system in its purity, has forbidden his agents to sell his rights and books to regulars, or their students.

Thus, from a two-fold necessity, the system had to go into the hands of comparatively ignorant men.

Many of these, in the course of time and experience, became distinguished physicians; and forming into societies in the various states, established fixed rules for the education of students; these in turn have contributed to advance the

standard of medical knowledge among them ; and eventually we shall have a profession with as great and varied attainments, as the regulars.

It is now a very common saying, made to our better class of practitioners,—Your system, I believe, is a very good one, but it has been injured by every one going into it who did not understand the human system. They condemn the ignorance of our early practitioners: let them carry out their principles. Not one seventh of our physicians have so extensive a knowledge of anatomy, chemistry, &c., as the regulars. Say to these two thousand practitioners, stop your labours, and go to college. What would be the consequence? Thousands must die, while they are getting an addition to their knowledge, not worth so much as a penny to a dollar, compared to what they already know.

Whoever considers the necessity of the immediate diffusion of this system among the people, its early circumstances, that the ignorance of its practitioners could not have been otherwise, and the history of its progress, should be struck for ever dumb to the utterance of the stale and stereotyped slang against patent doctors and right holders.

Those Thomsonian practitioners, too, who look with sneers and contempt upon this class of pioneers, should be regarded as ungrateful as the tiger which snaps at the hand that gives him food ; for it is upon their shoulders that they have risen, and been sustained in their practice.

But the knowledge of this system must eventually become public property, and thus the basis of a most exalted medical science ; no thanks, however, to those who would keep the practice in their own hands.

Already have more than one hundred regulars embraced it. About a dozen periodicals are published in its support. It numbers two colleges, one in Ohio and one in Georgia. According to the estimate of Dr. Waterhouse, Thomson has lived to see three millions of his own countrymen bless the day that he was born. He has lived, too, to see his system carried into the old hemisphere, and in gold medals, receive the compliments of the kings of Europe.

He who shall attempt to rob him of his hard-earned hon-

ours, must submit his own name to be "scathed with lightnings of public indignation," by the people of coming ages.

What if it should appear that the vapour bath had been used before in the remote parts of Europe? What if it should be proved that lobelia had been previously used by certain Indian tribes? What if cayenne had been mentioned in some medical works? if Thomson learned these things by his own experience, are the discoveries any the less his? Echo only answers.

To have been no more than the discoverer of the emetic virtues of Lobelia, should have distinguished his name:

To have only laid the basis of the system for others to complete, should have made him great:

Or completing it, to have left it for others to demonstrate and make popular, should have made him immortal:

But to have discovered the elements of a materia medica, to have formed them into a system, governed it by a theory, holding all in his own hands, with a strength and perseverance common only to giant intellect, and bringing it to bear with overwhelming success against the world of perverted, and perverting regulars, has placed the name of Thomson on one of the loftiest and most unapproachable pinnacles of fame.

*Opinions of the learned*—Dr. Waterhouse, for twenty years professor of the theory and practice of medicine, in the University of Cambridge, Mass, regarded in Europe as a philosopher, and a member of many distinguished societies; in a letter to Dr. Samuel Thomson writes thus; "I remain firm in the opinion that you were the discoverer of the *remarkable* medical virtues of the *Lobelia Inflata*; that yourself were the originator of the compound process, very extensively known under the title of the Thomsonian Practice or system. I mean the uniting the vapor bath with the cleansing of the whole alimentary canal.

I value it on this account. *It effects in three or four days, what regular physicians used to occupy as many weeks to accomplish.* Your discovery is highly valuable, and on this account it was that I spoke so freely and strongly in commendation of the new practice; and was not ashamed to hail you as a REFORMER.

Again, in a letter to Dr. Thomson, he writes thus—"Had not the theory and practice of your father been founded in *Truth and Nature* it could not have maintained its reputation thus far, but would long since, have been swept into nonentity. Yet amidst opposition, and even persecution, Dr Samuel Thomson has had the solid satisfaction of knowing that *Time has increased his reputation*, and imparted firmness to a practice hitherto unheard of among us. I pronounce him a PUBLIC BENEFACTOR."

Thomas Hearsy, for forty years a regular practitioner; surgeon in the United States army during the last war; elected surgeon extraordinary to the Petersburg Volunteers, and Major Stodard's Artillery; one of the founders of the Western Medical Society of Pennsylvania, and lastly a distinguished Thomsonian author and editor, in a letter to Dr John Thomson, writes thus:—

"My practice has been extensive— my experience and opportunity for observation has seldom been exceeded: but I venture to pledge myself upon all I hold sacred in the profession, that in my estimation the discoveries of your honored father have a decided preference, and stand UNRIVALLED *by all that bears the stamp of ANCIENT or MODERN skill!*"

Thomson still lives; residing in Boston. *Peace*, to the evening of his life: and may HEAVEN grant him a *happy MORROW*.



## MATERIA MEDICA.

---

### STIMULANTS.

Pure healthy stimulants are those substances which act in harmony with the laws of nature, and while they stimulate, they do not affect the brain to injure it, nor increase the pulsation beyond its natural standard. When taken they have a pungent taste, and when swallowed, impart to the stomach a genial sensation of warmth, which, under favourable circumstances, produces perspiration.

The stimulants thus described will carry the requisite proportion of blood to every part; or, in other words, restore an equal balance in the circulation, and hence they may be employed safely and efficiently in fever, inflammation, and in every state of congestion. They exert a healthy action in the system, without irritating the parts they come in contact with; arousing the dormant energy of the nervous system, without deranging the animal economy.

Food is a stimulant sufficient in a healthy system, keeping the wheels of life in motion: but when from causes over which we have no control, the food fails to impress the stomach in a healthy manner, it is necessary to resort to a stimulating medicine. Stimulants are indispensable in the treatment of disease: Combe states that five out of every eight pounds of substance taken into the system pass out of it again by the skin, leaving only three pounds to pass off by the bowels, lungs, and kidneys; thus we see at once when the skin is inactive, or the circulation feeble, the blood will be charged with impurities; and unless stimulants are administered to keep up a determination of blood to the surface of the body, to let out the impurities, disease is sure to creep in; or if the blood recedes from the surface leaving the skin pale, cold, and contracted, as in Cholera, stimulants are necessary to bring the blood to the surface, or death will be

the result. In contending for the use of stimulants we recommend not the use of acrid or narcotic, or poisonous stimulants, or the success of our practice will be no better than the diplomatized physicians.

Opium is a stimulant, but it is a narcotic one, and not only does it stupify the brain, but in large doses occasions convulsions and death.

Tartar Emetic is one of the poisonous stimulants used largely by the medical profession, producing a morbid condition of the stomach, and not unfrequently inflammation.

Phosphorus is a poisonous stimulant, and producing a variety of dangerous symptoms.

Alcohol holds a conspicuous place amongst the narcotic stimulants, it is given in exhausted or sinking state of the system, in health its effects are giddiness, confusion of thought, delirium, vertigo, stupidity, headache, sickness, and vomiting.

Dr. Christison relates the case of a young man in Paris, who died by drinking brandy immoderately, for several days in succession: and on examination after death his stomach was found to be in a state of mortification, and the whole of the small intestines were in the incipient state of inflammation.

If such are produced in healthy individuals by the use of Alcohol, it is the height of madness to recommend it as a medicine in cases of sickness, it may rouse the energies of an exhausted system for the moment, but it will soon be followed by drowsiness, stupor, and death.

## CAYENNE.

*Capsicum Baccatum, or Bird Pepper.*

Capsicum is the botanical name of a large genus, or family of plants which grow in various countries, as Africa, South America, East and West Indies; we use only the African bird pepper, as it retains its heat longer in the system than any other.

Cayenne Pepper is more adulterated than any other with compounds that are deleterious in their effects, such as red



---

CAYENNE.



paint to colour it; logwood, salt, red lead, bark of the sycamore, and various other articles. Paris says red lead may be detected by boiling the pepper in vinegar, filtering it, then adding the sulphate of soda; by this process a white precipitate will be formed, which, after having been dried, and exposed to heat, and mixed with a little charcoal, will form a metallic globule of lead: another way of detecting it is to burn some of the cayenne in a shovel over the fire, and if a black sediment remains, red lead or some other injurious mineral may be suspected. Cayenne is the best stimulant known; it has a pungent taste, which continues for a considerable length of time: when taken into the stomach it produces a pleasant sensation of warmth, which soon diffuses itself throughout the whole system, equalizing the circulation, hence it is so useful in inflammations and all diseases which depend upon a morbid increase of blood in any particular part of the body. In apoplexy, that dreadful disease, we have found it beneficial putting the feet in hot water and mustard, and at the same time give half a tea spoon full of cayenne pepper in a little water, it has caused a re-action, taking the pressure of blood from the brain, and by this means save the patient. Some may ask, will it not produce an inflammatory action? we say decidedly not, for there is nothing that will take away inflammation so soon: we have used it in every stage of inflammation, and never without beneficial results. Mr. Bruce, the well-known traveller, lays it down as a positive rule of health, that the warmest dishes the natives delight in, are the most wholesome that strangers can use, in the putrid climates of Lower Arabia, Abyssinia, Senaar, and Egypt itself; and, that spirits should be regarded as poisonous. Marsden, in his history of Sumatra, remarks, cayenne pepper is one of the ingredients of their dishes; and he adds, it is not a little remarkable that the common pepper—the chief product and staple commodity of the country—is never mixed by the natives in their food: they esteem it heating to the blood and ascribe a contrary effect to cayenne. The natives of tropical climates make free use of cayenne and do not find it injurious. Dr.

Watkins who visited the West Indies says, the negroes of these Islands steep the pods of the cayenne in hot water, adding sugar and the juice of sour oranges, and drink the tea when sick or attacked with fever. It is very amusing to see the medical men prohibiting the use of cayenne in inflammatory diseases as pernicious if not fatal, and yet we find them recommending it in their standard works, for the very same diseases,

Dr. Thatcher in his Dispensatory, says, there can be but little doubt that cayenne furnishes us with the purest stimulant that can be introduced into the stomach, while at the same time it has nothing of the narcotic effects of ardent spirits. Dr. Wright remarks that cayenne has been given in the putrid sore throat, in the West Indies, with the most signal benefit. Paris, in his Pharmacologia, says that the surgeons of the French army have been in the habit of giving cayenne to the soldiers who were exhausted by fatigue. Dr. Fuller, in his prize essay on the treatment of scarlet fever, says, powdered cayenne made into pills with crumbs of bread and given four times a day, three or four each time, is a most valuable stimulant in the last stage of this disease, and is also good in all cases of debility, from whatever causes it may arise. Cayenne given in half tea spoon full doses, mixed with treacle and slippery elm, at night, is a valuable remedy for a cough; bleeding of the lungs is easily checked by the use of cayenne and the vapour bath; by this means the circulation is active in every part of the body, and consequently diminishes the pressure upon the lungs, and affords an opportunity for a coagulum to form around the ruptured vessel.

In advocating the use of cayenne, we do not wish it to be understood that it will cure everything, nor do we recommend it to be taken regularly, whether a stimulant is required or not; medicines ought only be taken when in sickness. If persons take cold, a dose of cayenne tea will generally remove it, and by this means prevent a large amount of disease; it is an invaluable remedy in the botanic practice.



---

LOBELIA.

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774

1773/1774



LOBELIA,  
*Herb and Seed.*

Is Stimulant, Emetic, Expectorant, and Relaxant.

This is the most valuable herb used in the botanic practice. If this were dispensed with, the system we advocate would lose a right arm. A great deal has been said and written about this herb, as to whether it be a poison or not; practical experience—which is far better than theory—has proved that it is as harmless as milk, and instead of being a poison it is an anti-poison. We have attended cases where poison has been given by mistake, and lobelia has had the desired-effect of discharging the contents from the stomach. Medical men are often deluded by giving heed to mere opinions instead of noticing facts, but men who have divested themselves of that which has been taught them in the medical schools, have discovered truth from error. Dr. Butler, who wrote about lobelia, in 1810, says, “It has been my misfortune to be an asthmatic for about ten years, and have made trial of a variety of the usual remedies with very little benefit; the last time I had an attack, it was the severest I ever experienced; it continued eight weeks, my breathing was so difficult that I took a table spoon full of the tincture of lobelia and in about three or four minutes my breathing was as free as ever it was; I took another in ten minutes, after which I took a third which I felt through every part of my body, even to the ends of my toes, and since that time I have enjoyed as good health as before the first attack ”

Dr. Good, in his study of medicine, remarks, Dr. Andrews prescribed the tincture of lobelia inflata in whooping cough, with striking success; he says, there is no other medicine that so effectually frees the air passages of the lungs of their viscid secretions. Professor Tully of Yale College, who has employed lobelia for twenty-seven years, remarks, as an emetic I am satisfied that it is as kind and destitute of all hazard as ipecacuanha, though it may be more efficient, and I consider it one of the best agents of this class in the whole materia medica; and I am confident—the old women's stories

in the books (meaning the medical school books) to the contrary, notwithstanding, that lobelia is a valuable, a safe, and a sufficiently gentle article of medicine; and I think the time will come when it will be much better appreciated. Little, however, of its value, can be specified within the compass of a single sheet of paper. Dr. Waterhouse of Harvard University says, I not only give it to my patients, but I take it myself whenever I have an occasion for an emetic. Dr. Samuel Thompson says, I can assure the public that it can be used without any apprehension of danger; I have given it to infants a day old, it tends to remove obstructions from every part of the system, and is felt even to the ends of the toes; it not only cleanses the stomach but exercises a beneficial influence over every part of the body: it is very diffusible however, and requires to be used with cayenne or some other permanent stimulant.

The effects of lobelia may be compared to a fire made of shavings, which will soon go out unless other fuel be added, cayenne therefore may be said to keep alive the blaze which the lobelia has kindled. We can bear testimony that it is harmless when given in a proper manner: we never saw any evil effects, and our experience should be worth something when we say, we have sold in our private practice, upwards of one hundred pounds weight per year, for these last six years, which, according to the notions of some medical men, would have been sufficient to poison one-half of the population of England.

There is no other medicine that is half so effective as lobelia in removing the tough, hard, and ropy phlegm from the asthmatic and consumptive persons; it is an indispensable medicine in fevers, bilious, and long standing chronic complaints; we have used it for deafness with good results, by taking half a tea spoon full of lobelia tea and the same quantity of myrrh and olive oil dropped in the ear night and morning, and syringed out with warm water and soap, we have cured inveterate cases of deafness by this process.

It is also useful in poultices, to assist suppuration; there are some writers who state it will cure hydrophobia, taken inwardly and applied externally as well. It would fill a



---

YARROW.

1244

1. *Chlorophyll a* (Chl *a*)

1. 1990-1991

14 10 19 10 1

large volume to notice everything that it is useful for, suffice it to say, that it is a general corrector of the whole system, is innocent in its nature, moving with the general spirits; in healthy systems it will be silent and harmless. It is calculated to remove the cause of disease as food is to remove hunger; it clears away all obstructions, even to the ends of the toes, not regarding the name of the disease.

### PRICKLY ASH.

#### *Bark and Seeds.*

'Is Stimulant, Diaphoretic, and Anti-scorbutic.

It warms and invigorates the stomach, it is a good substitute in many cases for cayenne pepper, it is useful in cold hands and feet, (depending on a sluggish circulation); it is an excellent remedy in rheumatism and paralysis, it is much esteemed by the Americans as a cure for gonorrhea and clap; the bark chewed will relieve the tooth-ache, it enters into the spiced bitters: the seeds are much stronger than the bark, but lose their strength by keeping. Half a tea spoon full may be taken in warm water three times a day.

### SNAKE-ROOT, (OR, VIRGINIA SNAKE ROOT.)

Is stimulant, diaphoretic, tonic, and diuretic.

It is a valuable medicine in typhus fevers to keep up a gentle perspiration, it is a good medicine for pains in the back and kidneys, it is an excellent remedy for all eruptions of the skin, which depend upon a relaxed state of the body.

The root should never be boiled as it impairs its strength, a tea spoon full of powder in a cup full of water three times a day.

### GINGER.

This well-known root is indigenous to both the East and West Indies and China, but the best is imported from Jamaica. The white and black ginger is the root of the same plant differently treated; when the stalks are withered they are dug up in January and February, and are picked, cleaned and gradually scalded in boiling water: they are then dried by exposure to the sun, and form what they call the

black ginger. The roots destined to form the white ginger are not scalded, but are picked, scraped separately, and dried, lime is also said to be employed in the process; there is a great difference in the price and appearance of ginger, the best are the largest roots, its color should be of a light yellowish white.

Ginger has a pungent and aromatic taste, it is used as an anti-spasmodic, a stomachic, and a carminative; a tea made of it is useful in flatulency, colics, debility, and laxity of the stomach; it is also a very good substitute for cayenne, made into tea and drank warm on going to bed, will relieve a sudden or slight cold. Ginger should never be boiled as this impairs its strength.

A pleasant drink of it may be made in the following manner:—best ginger sliced and bruised, two ounces; boiling water, one pint; let it stand in a warm place a sufficient length of time for the strength of the ginger to be obtained, then strain, and add one pound of loaf sugar dissolved by gentle heat; bottle when cold: this is a stomachic, cordial, and carminative. A dessert spoonful taken will relieve the stomach of wind; it is also good for colic and belly-ache in children.

### CLOVES.

The clove is a native of the West Indies, and is the most powerful aromatic, we use it in our cough powder; the oil is good to relieve the tooth-ache: we have found the following good for childrens' coughs:—take a tea spoon full of cloves, half a teaspoonfull of lobelia, pour a gill of boiling water on them, strain and sweeten with honey; give a dessert spoonfull every two hours till the cough is better; mothers will find this far better than Paregoric or anodyne cordial, it acts like a charm where the breathing is difficult.

---

### DIAPHORETICS AND SUDORIFICS,

are medicines which produce diaphoreses or perspiration; when this effect is produced in a great degree, so that sweat is collected in drops on the surface of the skin, the medicines or means employed are designated sudorifics, between which



---

PLEURISY ROOT.

Geography

1. Location

The country is situated in the north-east of the island of Sumatra, and is bounded on the north by the Gulf of Thailand, on the east by the Strait of Malacca, on the south by the Indian Ocean, and on the west by the Malay Peninsula.

2. Climate

The climate is generally hot and humid, with a high degree of humidity throughout the year.

3. Topography

The country is a mountainous region, with the highest peaks in the north and south, and a central valley.

4. Population

The population is estimated to be around 1.5 million, with a high density in the central valley.

5. Economy

The economy is primarily based on agriculture, with rubber and rice being the main crops.

6. History

The country has a long history, with evidence of human habitation dating back to the Neolithic period.

7. Culture

The culture is a mix of Malay and Chinese influences, with a strong emphasis on traditional values.

8. Religion

The majority of the population is Buddhist, with a small number of Christians and Muslims.

9. Language

The official language is Malay, with English widely spoken in the business and government sectors.

10. Education

The education system is based on the British model, with primary and secondary schools.

11. Health

The health system is a mix of traditional and modern medicine, with a focus on preventive care.



and diaphoretics there is no difference, the operation being the same, differing only in degree on the extent to which the diaphoreses is carried: sudorifics and diaphoretics may then be considered synonymous terms.

### YARROW,

Is sudorific, tonic, astringent, diuretic, and anti-scorbutic.

There is not a single herb in the whole vocabulary that has done so much good or is more universally esteemed, has prevented more disease and more doctor's bills—which is a great matter since they have learned to make such figures—than all the books they have written on medical science; what is the practice now;—I have got a cold, I feel almost starved to death, they make a strong tea of yarrow and have a hot brick wrapped up in a vinegar cloth applied to the feet, and a sweat is the result, and in the morning the cold has vanished, and who can tell to what extent it has prevented disease.

It is also useful in fluor albus or whites, in women, and combined with poplar bark and golden seal in equal parts, is useful in piles; the juice is a specific to stay hemorrhage of the bowels, lint steeped in the juice and put up the nostrils will stop the bleeding of the nose, with a little cayenne taken at the same time.

### VERVAIN,

Is sudorific, tonic, emetic, expectorant, and diuretic.

The one that we use in our practice bears a blue flower, there are no less than twenty-one species, it is perennial or of continual growth, it is grown in gardens, but grows wild in some places; it stands about twenty inches in height, with many branches, its leaves resembling nettles.

It is a powerful sweating herb, and where the stomach is bad a strong tea will act as an emetic. An incident just occurs to our minds of a patient of ours who refused to take an emetic of lobelia, we knew that if she were to take one it would do her as much good as a fortnight's medicine, so we made a strong pint of vervain tea, representing it to be for a sweat; she drank it, when in about twenty minutes it came

back with interest ; the consequence was she soon recovered.

It is useful in coughs, measles, small pox, and fevers, in combination with others, which will be named in their proper place.

### GARDEN SAGE.

Is astringent, stimulant, nervine,

The red is the best, it is good as a gargle for sore throats mixed with vinegar and honey ; it also allays nervous excitement and dizziness in the head : it may be used to produce perspiration.

### PENNY ROYAL

Is stimulant, diaphoretic, and carminative.

The infusion is warming to the stomach, relieves spasms, hysterics, or colics ; it makes a cooling drink for children in fevers, it is a favorite female herb, removing all obstructions peculiar to females arising from obstructed perspiration ; it should never be boiled as the volatile escapes.

### MOTHER-WORT,

Is diaphoretic, tonic, nervine.

It is one of the most useful herbs to relieve obstructed menstruation, it is also useful in chronic head-ache, hysteria, and nervousness.

### SPEARMINT.

Is febrifuge, diuretic, and stimulant.

It has a pleasant aromatic odour, the infusion is good to allay nausea and vomiting, it is beneficial in pains of the stomach and bowels, and to expel wind. Dr. Mattson highly recommends the essence as an outward application for the piles, two or three applications he says never fail to remove the complaint.

### PEPPERMINT,

Is stomachic, stimulant, and sudorific,—good in flatulency, allays nausea and vomiting ; we prefer the distilled water where the oil is not taken off and sold to make the oil of peppermint.

**CALAMINT, HORSE MINT, OR MOUNTAIN MINT.**

Is stimulant, stomachic, and diuretic.

It appears to be a specific for pains in the head, it is also beneficial for gravel complaints; we use it for water on the brain combined with others.

**ROSEMARY.**

Is tonic, astringent, and diaphoretic.

It is comforting to the stomach and brain, the oil mixed with spirits of wine forms what is called the oil of rosemary, and is used as an outward application (combined with soap and camphor) for all glandular swellings; a tea made from the herb is good for pains in the head. It is also recommended by some as a wash for the head to prevent the hair from falling off.

**HYSSOP.**

Is expectorant and diaphoretic.

It is an old favorite herb with the working classes, there being scarcely a garden without this plant; it is good in asthma, coughs, and colds, and for a drink in slow typhus fevers.

**FEATHERFEW. (Feverfew.)**

Is nervine, stomachic, and stimulant; it is serviceable in female obstructions and hysterea, it is also good for a drink before and after confinement.

**PLEURISY ROOT, (also called BUTTERFLY PLANT.)**

The root is sudorific, diuretic, laxative, tonic, and anti-spasmodic; we consider it has not its equal as a single herb for inflammation of the lungs, pleurisy, difficulty of breathing, tightness of the chest, asthma, and catarrhal affections of the lungs.

It is employed with advantage in fevers of all kinds whether high or low or sinking typhus, keeping the skin generally moist; it enters into our fever and cough powders. It is not so active if exposed to the air. Dr. Mattson considers it a specific in measles, being far superior to saffron.

## MARJORAM.

Is aromatic and diuretic.

It warms and invigorates the stomach, eases the difficulty of breathing, and is good for dizziness and pain in the head.

## CAMOMILES.

Is diaphoretic and tonic.

They are useful for weak stomachs and taken freely will remove slight colds; they make a good fomentation in cases of inflammation, they form a good assistant while taking an emetic. They will cure the itch by washing the part affected.

The foreign flowers are not so good as our English ones and in many instances the oil is taken from them which is the essential property, and these are dried and re-sold.

---

TONICS.

Medicines which increase the tone of the muscular fibre; they consist of vegetable bitters.

These remedies act by their influence on the digestive organs, and hence on the whole system; the use of a bitter principle in vegetables is exemplified in the case of animals which feed on them, for it has been found that if restricted to a food which has not a sufficiency of a bitter principle, they soon become weak and die: thus we see the wisdom of divine Providence, that nearly every plant that grows contains this bitter principle.

## CENTAURY.

Is anti-bilious and tonic.

It is a most pleasant bitter, creates an appetite, is beneficial in jaundice and chronic liver complaints; it may be used alone or combined with others, for indigestion.

## WHITE POPLAR BARK.

Is tonic and diuretic.

This is an excellent remedy for debility, indigestion, and consumption, faintness at the stomach, head, and impure state of the blood; it possesses superior diuretic properties

and is particularly useful in gonorrhœa, gleet, stranguary obstructed urine, hence it is most useful for old people, and those who have been brought low by disease.

It is the most renovating medicine that can be employed, it equals quinine and is far less expensive; the dose is a tea spoon full of powder in hot water three times a day, leaving the sediment.

### BARBERRY BARK.

Is tonic, and in large doses laxative.

It is very renovating in jaundice, removes costiveness, and regulates the digestive organs; the berries are a pleasant acid and an astringent; sweetened with loaf sugar they make a pleasant drink in bilious fluxes, and where there is a putridity of humours.

### ENGLISH GENTIAN, OR, BALDMONY.

Is tonic, and diuretic.

This herb which has been much neglected is highly serviceable in weak stomachs, creates an appetite, and strengthens digestion. It is a valuable medicine in female weakness, it gives a tone to the whole system and promotes the monthly terms.

### COLUMBA ROOT,

Is a mild tonic, and good for weak stomachs; it may be taken alone or combined with others.

### GOLDEN SEAL,

Is tonic and laxative.

It keeps the bowels moderately open without acting as a purgative or reducing the strength of the patient, it is an excellent medicine for dyspepsia, loss of appetite, and affections of the liver; it is used by the Americans as a wash for sore and inflamed eyes.

### BUCK BEAN, OR, BOG BEAN.

Is tonic, deobstruent, and anti-scorbutic.

It is a useful remedy in all cutaneous diseases arising from obstructions in the liver.

**GUM MYRRH.**

Is tonic, antiseptic, and stimulant.

It is useful in diminished appetite, giving a tone to the stomach and bowels; it is indispensable in diarrhæa, cholera, and inflammation of the bowels, as it prevents mortification. we also use the spirit tincture both as a liniment externally and a lotion for inflammation of the eyes, as will be named in the compounds. It is employed as a gargle for sore mouths and throats, spongy gums, and taken inwardly removes fetid breaths; sprinkled on wounds it forwards the healing process,—it makes a good dentrifice.

**UNICORN ROOT.**

Is tonic, expectorant, and stomachic.

It is good for the loss of appetite, pains in the breast and sides; it is excellent in female weakness and nervous disorders, it is the principal ingredient in Dr. Thompson's "Woman's Friend."

**PERUVIAN BARK.**

Is tonic, astringent, and febrifuge.

It is excellent in weak stomachs, and is often recommended by the faculty to be taken in port wine; we consider it far preferable to be taken alone, as the wine stimulates the stomach only to weaken and permanently destroy it.

**QUASSIA CHIPS,**

is a pure bitter, and is good for dyspepsia and all cases where a tonic is required.

**GENTIAN,**

Is tonic, stomachic, and astringent.

It is becoming a favorite medicine with the profession for indigestion, and may be used alone or combined with others.

**RUE, GARDEN.**

Is tonic, vermifuge, diuretic, and laxative.

It has been a favorite herb from time immemorial, it is good for thrush in children, sweetened with honey; it is also good for epilepsy and female obstructions.



---

BALMONY.

2000

The first of these is the fact that the  
 second of these is the fact that the  
 third of these is the fact that the  
 fourth of these is the fact that the  
 fifth of these is the fact that the  
 sixth of these is the fact that the  
 seventh of these is the fact that the  
 eighth of these is the fact that the  
 ninth of these is the fact that the  
 tenth of these is the fact that the

THE UNIVERSITY OF CHICAGO

1. The first of these is the fact that the evidence is not sufficient to establish that the defendant was involved in the conspiracy. The evidence is not sufficient to establish that the defendant was involved in the conspiracy.

1. The first of these is the fact that the system is not a simple one, and that the results are not always the same. The second is that the system is not a simple one, and that the results are not always the same.



## BALMONY.

This plant is tonic and laxative. It is called Bitter Herb, Snake Head, Shell Flower, and Treble Blossom. It is an American plant, growing in thickets and meadows, where the ground is wet. The leaves are edged with acute teeth. The flowers are tinged with a delicate shade of red.

We use it as a laxative, in dyspepsia and loss of appetite. Given to children affected with worms it gives speedy relief. It is a valuable medicine in disorders of the liver and in jaundice; it removes the yellow tinge from the eyes and skin. Dose, a teaspoonful four times a day, sweetened with sugar.

## DIURETICS.

Diuretics are those medicines which increase the secretion of urine and thus stimulate the kidneys to a vigorous action.

From many causes the kidneys become inactive, and consequently do not secrete from the blood that quantity of urine which is necessary to keep the blood in a state of purity, and when the kidneys do not separate the urine from the blood it is carried through the circulation, producing various diseases of the skin, also stranguary, stone, gravel, and dropsy, in fact it is nature's bleeding point; and it should be borne in mind by every botanist, and heads of families that the body cannot be in a healthy state while the kidneys are in a torpid condition.

## QUEEN OF THE MEADOW ROOT.

*(Not the English Meadow Sweet)*

Is diuretic, aromatic, and astringent

This is a most valuable medicine for all obstructions of the urinary organs, bad cases of gravel and dropsy have yielded to this plant alone; the dose is a tea spoon full of powder in a cup full of water, three or four times a day, as the case may require.

## BROOM TOPS,

Is a good diuretic and anti-scorbutic, is useful in retention of urine and is a good remedy for water on the head.

**JUNIPER BERRIES.**

Are a pleasant diuretic, and may be used to advantage in all cases of dropsical complaints; they are good for pains in the back and kidneys—far better than common gin, which is so much used for those complaints. They also promote the monthly terms. The oil is most essential, taken from ten to fifteen drops three times a day. On weak stomachs the oil will not settle.

**BUCHA LEAVES**

Are diuretic and aromatic. An infusion of the leaves is good for increasing the secretion of urine, and removing obstructions in the bladder. Old people especially will find great benefit by taking one ounce of leaves, pour three gills of boiling water upon them, let it stand for four hours. Take a wine glassfull three times a day.

**PARSLEY, PERT,**

Is a well-known remedy for gravel; it is a good diuretic, and exercises great control over the kidneys and bladder. A tea of this plant may be taken alone, or combined with others.

**UVA URSI.**

This is a powerful remedy for removing lumbago, and pains in the back; it has no equal in chronic inflammation of the kidneys and bladder. It is a specific in the ulceration of those organs. A tea may be made by boiling the leaves, taking from a gill to a pint per day.

**WILD CARROT SEEDS AND TOPS**

Are a good diuretic, and are useful in gravel, and other diseases of the urinary organs.

**TANSY**

Is diuretic, tonic, and stimulant. It makes a good medicine for strangury, pain in the back and loins, is useful in painful menstruation, and is a valuable herb for female weakness. The flowers are good for all kinds of worms, assisted by a dose of opening medicine.

**PELLITORY OF THE WALL,**

Is a powerful diuretic, and is also a good nervine. It is ex-

cellent in dropsy, gravel, lumbago, and diseases of the bladder. It is also good for water in the head, and convulsive fits.

### CUBEBS

Is aromatic and diuretic ; a powerful remedy in gleans, gonorrhœa, clap, and scalding urine. It is an excellent medicine for fluor albus or whites. A teaspoonful taken in cold water three times a day is the best mode of taking it, as the oil will not pass weak stomachs.

### BURDOCK SEEDS.

Is diuretic, nervine, and tonic ; a strong decoction of the seeds is excellent in inflammation of the kidneys and bladder. It is a good nervine, and is a useful remedy for convulsion fits, epilepsy, and spasmodic affections.

### WOOD SAGE

Is diuretic, and tonic ; is useful to remove obstructions from the kidneys and liver, it is also a good poultice with equal parts of chick weed and pounded, for all kinds of indolent ulcers, and boils.

### PINUS CANADENSIS,

Is diuretic, and astringent. It is an excellent remedy for pains in the back, and kidneys ; is useful to stop relaxes of the bowels, and makes a good wash for old sores.

### DANDELION ROOT,

Is diuretic, tonic, and laxative ; it operates specifically upon the liver and kidneys, in dropsical affections and inflammation of the bowels there is not its equal. The best way to obtain all the virtues of this plant, is to dig up the roots either when the leaves appear, or when the sap is going down, which is about September ; wash the roots clean, slice them, pound them in a mortar, strain the milky juice on plates, put them in dry rooms to evaporate the water. The dose is from a quarter to half a tea-spoon full three times a day.

## ANTISCORBUTICS

Are medicines which cure the scurvy. It was formerly thought by Ancient Writers, that these were specifics—for sweetening the blood, as they used to call it; and no doubt they were so to a certain extent, being composed of sanatory herbs, made into a decoction and drank; was beneficial in eruptions of the skin; but it must also be remembered that it is only in proportion to the stimulating effect they produced upon the various organs of the body, so as to invigorate, and give tone to the various organs which separate, or in other words, secrete the impurities from the blood, as perspiration, urine, bile, &c. What is it but the healthy action of all the organs, whose office it is to separate and remove the waste matter, which it is constantly receiving? If persons are wishful to prevent those dreadful maladies which afflict the human body—as scrofula—they must see that the digestive organs be in a proper tune, for it must be borne in mind that the stomach is kitchen to the mansion, where all is prepared to be made either into good or bad blood. The skin must be kept clean, so that the waste matter, shall not be taken up, or reabsorbed, and passed again into the blood, which will thus be surcharged and again impregnated with impurities, which were intended to be passed off through their natural channels. Active out door exercise is also requisite in order that the lungs may be expanded, to draw in a larger quantity of oxygen air, and at the same time throw out a larger quantity of carbon, which has done its office and is now destined to support the vegetable world.

## SARSAPARILLA, JAMAICA.

Is alterative, demulcent, deobstruent; this is a most valuable article in all diseases of the skin, taking away blotches, pimples, and is serviceable in every stage of scrofula and scurvy, it is also beneficial in rheumatism and gout; it is useful to those who have had the misfortune to be salivated: it is a most popular medicine for secondary symptoms of syphilis, and especially where there is nocturnal pains, and enlargement of the joints, in fact it is a general corrector of all the secretions

of the body. It should also be known that it is often infused, dried, and then sold. A decoction should be the colour of port wine. A compound decoction of sarsaparilla, is made in the following manner: take four ounces of sarsaparilla, sassafras chips one ounce, of guaiacum chips one ounce, of liquorice root one ounce, put three quarts of water, boil down gently covered up close, to one quart. Dose, a wine glassful three times a day, good for all diseases above named.

### BURDOCK ROOT.

Is antiscorbutic, and diuretic.

This valuable plant is useful for the diseases named under the head of sarsaparilla, only with this difference, it is a more powerful diuretic, and consequently more beneficial in disease of the kidneys.

### CLEAVERS, CLIVERS, HAYRIFF OR GOOSE GRASS.

Is antiscorbutic and diuretic; this is a well known plant, and was much used by the ancients, it is an excellent remedy for gravel. Dr. Parkinson recommends it made into an ointment with lard, for reducing hard lumps, and kernels in the throat. Dr. Thornton says after eminent surgeons have failed I have ordered the expressed juice, mixed with linseed meal, to be applied to the breast, with a tea-spoonful of the juice to be taken fasting in the morning; and this plan after a short time has removed the most frightful tumours—the express juice, is also good to be applied to sore nipples and green wounds, and we can bear out the remarks of Dr. Thornton, that it exercises great control over the cutaneous diseases of the skin, we have given in table-spoonfull doses, the expressed juice, three times a day, and have never seen it fail in the most desperate cases. It is now advertised in the newspapers, as a specific for scurvy, under the name of Galium Aparine. The medical men are testing its properties, and we feel confident that properly tried, it will be found to be the most valuable English herb extant; for all impurities of the blood where the juice cannot be got, an infusion of the herb may be drank, from a gill to a pint a day.

**PIPSISSEWAY, or PRINCES PINE.**

Is antiscorbutic and diuretic ; it is an excellent remedy for scrofula and scurvy ; it is also beneficial in cancers, tumours, rheumatism, dropsy, and diseases of the urinary organs. It is better to combine it with other articles, the most convenient form to take it, is in powder, small tea spoon full doses in hot water, two or three times a day.

**SASSAFRAS, THE BARK.**

Is antiscorbutic, alterative, stimulative, tonic, and aperient ; the chips has the same properties as the bark, but not so powerful. It is useful in rheumatism, and all eruptive diseases ; aged people troubled with rheumatism, will find it a useful drink ; an infusion of the chips, being drunk instead of the common tea ; the essential oil will often relieve the tooth-ache.

**QUEEN'S DELIGHT.**

Is alterative, and cathartic ; it is an invaluable remedy, in syphilis, leprosy, ulcers, and all eruptive diseases ; equal parts of queen's delight, and cubebs, will cure the first stage of clap.

**DOCK ROOTS.**

Are astringent, and antiscorbutic ; all the dock roots are beneficial in eruptive diseases ; an antiscorbutic beer may be made by taking one quarter pound of the roots, two ounces of the seeds of burdock, two ounces of clivers, two ounces of ginger root, half an ounce of senna, boil twenty minutes in two gallons of water, strain and work in the usual manner.

**MEADOW FERN BURRS, or SWEET GALE.**

Is aromatic and alterative ; it is one of the best external applications in itch, and troublesome humours, or eruptions. The decoction sweetened with honey, and a wine glass taken three times a day, is good for the above complaints.

---

**ASTRINGENTS.**

Medicines which render the solids denser and firmer, by contracting the fibres independent of their living muscular

power, have been called astringents. They have a tendency to lessen excessive discharges, and by causing greater compression of the nervous fibres, lessen morbid sensibility, or excitability ; hence they tend indirectly to restore the strength when impaired by these causes ; employed in the form of poultice, they have a tendency to dry, and shrivel up the skin, and for that reason, should not be employed as poultices, where it is necessary to promote suppuration, and hasten the discharge of matter. Cold, says Dr. Cullen, is a powerful astringent, causing a contraction of the vessels on the surface of the body, and thereby producing paleness, and a suppression of perspiration. Cold water is a well known astringent, and is employed to check the bleeding of slight wounds. Astringents and jellies, or any other gelatinous substances employed to nourish the sick, should not be taken into the stomach at the same time as the *tannin* of the astringents combines with the gelatine and forms a solid indigestible mass ; vegetable astringents may be properly termed detergent, or cleansing medicines ; for they have the effect to cleanse the inner or mucus coat of the stomach and bowels, by combining with vitiated secretions, and carrying them out of the body ; hence the great value and importance of this class of remedies. For example, the morbid substance which collects on the tongue, and roof of the mouth in fevers, and is present in the morning on rising from bed, particularly if the individual has been indulging in a late supper, or spiritous liquor, is effectually detached by a gargle of some astringent tea, and it is by a similar way that the astringent medicines, act on the mucous membrane of the stomach and bowels, removing its morbid and vitiated secretions, and enabling it to perform its functions in a natural and healthy manner. The word canker is used freely in some botanic works, and the term canker, is not understood by many who read it. Canker signifies anything that corrodes, corrupts, or destroys ; therefore the anticanker medicines are the astringents ; it is well to take tea, such as bayberry, before taking an emetic, in order to detach the vitiated matter from the mucous coat of the stomach, previous to vomiting. Astringents are useful in hemorrhage, from the stomach, lungs, and bowels. Astringents are indispensable

in diarrhœa, dysentery, but ought to be used in combination with some stimulants, as cayenne, or ginger. Astringents are useful as injections into the urethra in gonorrhœa, after the local inflammation is subdued; they are useful in many diseases, which will be named in their proper place.

### BISTORT,

Is astringent, and is one of the most powerful in nature. It is good for bleeding, whether internally or externally; it is useful in diabetes, in conjunction with tonics. It makes a good wash for running sores.

### TORMENTIL ROOT.

This is a very useful astringent in all cases of bowel complaints, cholera, dysentery, and diarrhœa attendant on consumption. It makes a good wash for old sores.

### BAYBERRY, (BARK OF ROOT,)

Is astringent, stimulant, and deobstruent, and is decidedly the best cleansing medicine ever discovered. It makes a good gargle for putrid sore throats. When taken inwardly, it produces a stimulating effect upon the mouth, and leaves it clean and moist. It cleanses the inner coat of the stomach, bringing the vitiated secretions upon its surface, and causing them to become detached. It is a valuable medicine in diarrhœa and dysentery. It is a sovereign remedy in scrofulous ulceration, used in the form of poultice. The wax which is found upon the berries, makes a valuable ointment for piles, burns, scalds, and all eruptions of the skin. It is the principal ingredient in our composition.

### SUMACH BERRIES AND LEAVES,

Is astringent, and diuretic; it makes a pleasant drink in fevers sweetened; it is an excellent gargle for sore throats, especially after mercurial salivation; it is also good for strangury, or stoppage of the urine.

### OAK BARK,

Is a good astringent, and useful for bowel complaints, cholera, and bleedings, whether internally or externally.

### WHITE-POND LILY ROOT.

Is an excellent astringent, pectoral and emollient; is useful





---

BAYBERRY.

and the other side of the mountain  
the water is very pure and clear  
and the air is very fresh and cool  
and the view is very beautiful

### THE MOUNTAIN

The mountain is very high and steep  
and the view from the top is very beautiful  
and the air is very fresh and cool

### THE RIVER

The river is very wide and deep  
and the water is very pure and clear  
and the view is very beautiful

### THE LAKE

The lake is very large and deep  
and the water is very pure and clear  
and the view is very beautiful

### THE FOREST

The forest is very thick and green  
and the trees are very tall and straight  
and the view is very beautiful

### THE VILLAGE

The village is very small and quiet  
and the houses are very simple and clean  
and the view is very beautiful

### THE TEMPLE

The temple is very old and beautiful  
and the architecture is very fine  
and the view is very beautiful

### THE GARDEN

The garden is very large and beautiful  
and the flowers are very colorful  
and the view is very beautiful

in all diseases of the bowels, excellent for fluor albus, or whites, It makes a first rate poultice combined with others ; it is useful for a wash, for weak, sore, and inflamed eyes ; it makes a useful injection for gleet.

#### CRANESBILL,

Is moderately astringent ; combined with cubebs, and unicorn root, makes an excellent remedy for whites, or fluor albus.

#### GUM CATECHU.

Is the strongest vegetable astringent known. It is useful in all cases of bowel complaints, not attended with inflammation. It enters into our cholera powder, and it is acknowledged to be the best medicine ever discovered for that fatal disease.

#### RED RASPBERRY LEAVES,

Is a mild astringent, and makes a good substitute for China tea ; is a valuable medicine both before and after confinement. It makes a nice drink for children sweetened with honey, for the thrush and sore mouths in general, raspberry tea, and skullcap, or valerian, with a little cayenne, or ginger removes the after pains, from which some women suffer so much.

#### BLACKBERRY ROOT, AND LEAVES,

Makes a pleasant drink for looseness of the bowels in children.

---

#### VERMIFUGES OR ANTHELMINTICS.

These are remedies which destroy, or expel worms.

#### WORMWOOD,

Is vermifuge and tonic ; half a wine glass taken three times a day, and an active purge taken every other or third morning, will in general restore the patient troubled with worms. It is also a corrective of the stomach, and makes a good fomentation in all kinds of swellings.

#### WORMSEED,

Is vermifuge, and aromatic ; they contain a volatile oil, which is considered by some to be a specific for worms ; eight drops of the oil, given twice a day, or according to age, will generally

have the desired effect ; or it may be given in powder, from half to a tea-spoon full, two or three times a day in treacle.

### MALE FERN.

This is a good remedy for destroying the tape worm. It has undergone various tests by the medical profession, and is found to be efficacious, taken in tea-spoon full doses, three times a day, and a brisk purge every other morning, of senna and ginger ; it must be borne in mind, when taking medicines of this character, they must let the food be light, avoiding suppers.

---

### NERVINES,

Are medicines which have the effect to compose, or tranquillise the nerves without impairing, or deadening their sensibility, as is the case with narcotics, such as opium, morphine, stramonium ; these impair the functions of the brain, as well as the whole nervous system ; and the patient becomes stupid, or insensible, sinking into a dull and heavy sleep ; and he awakens, if the poison does not prove fatal, as it often does, and finds himself with head-ache, tremors, nausea, a parched tongue, a dry and hot skin. The sanatory nervines we use, and recommend, produce none of these effects, but while they soothe, they invigorate ; so there is scarcely a disease in which they may not be employed with advantage.

### SKULL CAP,

Is the best nervine ever discovered. It has a prominent bitter taste. Dr. Mattson mentions a merchant, who was unable to hold a pen to write with ; he drank a pint of the tea at night on going to bed, and in the morning, he was perfectly calm, and able to write ; and he continued to use the tea with good results. We have used it with good effect in delirium tremens, fits, convulsions, St. Vitus dance, tic-doloureux, and all diseases arising from nervous excitability. Dose, pour one quart of boiling hot water, on one ounce of powder, let it settle, take a wine glass three times a day.

### AMERICAN VALERIAN, OR LADIES' SLIPPER,

Is a good nervine ; and as it possesses no narcotic properties,



---

RASPBERRY.

The following information was obtained from the records of the  
 Department of the Interior, Bureau of Land Management, and the  
 Bureau of Reclamation, and is being furnished to you for your  
 information.

1. The first of these is the fact that the  
 2. of the system is not a simple matter of  
 3. the system is not a simple matter of  
 4. the system is not a simple matter of

1. The first part of the document is a letter from the President of the United States to the Congress, dated January 3, 1862. It is a message of condolence to the people of the State of California, who have been afflicted by a severe drought. The President expresses his sympathy for the suffering and his hope that the Congress will take prompt action to relieve the distress.

The first of these is the fact that the  
 Government has been unable to secure  
 the necessary funds to carry out its  
 policy of non-interference. This is  
 due to the fact that the Government  
 has been unable to secure the necessary  
 funds to carry out its policy of non-  
 interference. This is due to the fact  
 that the Government has been unable  
 to secure the necessary funds to carry  
 out its policy of non-interference.

... of new food and to ...

it may be used freely without apprehension of danger, in all nervous diseases, such as nervous head-ache, epilepsy, tremens, restlessness, and low fevers ; having the effect to quiet the nerves, allay pain, and promote sleep. Dose, same as skull cap.

### ENGLISH VALERIAN,

Is nervine, and antispasmodic ; good for hysteria, and nervous diseases ; it is equal to American Valerian, but has a fetid smell, which makes it unpleasant.

---

### PURGATIVES.

Purgatives are agents which quicken the peristaltic motion, first, by stimulating the muscular fibres of the intestines, and the contents of the bowels quickly discharged ; second, by stimulating exalent vessels, terminating in the inner coat of the intestines, and the mouth of the excretory ducts of the mucous glands, by which an increased flow of serous fluids takes place from the former, and a more copious discharge of mucus, from the latter, the effect of which is to render the fecal matter thinner and more abundant. Third, by stimulating the neighbouring viscera, as the liver, pancreas, &c., so as to produce a more copious flow of their secretions into the intestines.

### RHUBARB, (EAST INDIA AND ENGLISH.)

Turkey is the best : East India and English may be classed together, there is not much difference in strength. If rhubarb growers were to dig up the roots in autumn, and wash and clean them well, cut, and dry them ; by using a double quantity, it will make a good substitute for Turkey. It operates first by evacuating the intestinal canal, and then gently astringing or restoring the tone of it. The dose for an adult is a small teaspoonful of the powdered root, but this must be regulated according to circumstances. See *Pills*.

### ALEXANDRIA SENNA.

This is a well-known medicine. A cold infusion with ginger is the best way to take it, as it does not gripe. One

ounce steeped in three gills of water. Dose, half a cupful at night. This is far preferable to salts.

### MOUNTAIN FLAX.

This may be employed for the same purpose, and in some cases preferable to senna, such as costiveness accompanied with rheumatism, and dropsy; it answers the purpose better by being mixed with others in a decoction.

### ALOES SOCOTRINE.

This is the best kind used medicinally, it is a warm stimulating purgative operating with force upon the large intestines; it is useful to promote the menses. And there is scarcely a purgative pill made without it. See *Pills*.

### EXTRACT OF BUTTERNUT.

It is a gentle purgative, it has the good property of not binding after it has operated; it is a good medicine for worms in children. It may be made either in a syrup or taken as pills, as it is of the proper consistency. Dose, four large sized pills at night for an adult. But all purgatives can be best regulated by the patient.

---

### INJECTIONS, OR ENEMAS.

These are liquid preparations which are thrown up the rectum with a syringe, they are invaluable in various forms of disease, but owing to mock delicacy they have not been so much used as they ought.

Professor Dunglison, says, "Injections are invaluable agents where the powers of life are so much impaired, that a rational fear is entertained as regards the administration of cathartics by the mouth."

We can speak as to our own experience, and with confidence say, we have seen diseases of the most malignant character relieved, and in some instances cured, where medicines in any other form were inadmissible, such as lock jaw, vomiting, inflammation of the bowels, colic, fits, fevers, diarrhœa, dysentery, and putrid sore throats, where the patients were unable to swallow.





---

LADY'S SLIPPER.



Dr. Mattson says, "They are useful in suspended animation. For he has seen dogs immersed in water until they were apparently dead, and then revived by the administration of injections, composed of bayberry, cayenne, and lobelia."

We have seen the good effects of injections in inflammations of the lungs, especially in children. No family ought to be without one. Dose of liquor for an adult is about a pint, and children in proportion; the various applications of injections, will be named in its proper place.

---

#### EXPECTORANTS AND DEMULCENTS.

Expectorants are medicines which promote the expulsion of mucus from the trachea, or wind pipe, or any other accumulation of morbid matter, which may have fastened upon the lungs. Emetics may be classed under this head, for by their action upon the lungs, through the medium of the stomach and diaphragm, they effectually unload the windpipe, and bronchial tubes of their vitiated secretions.

Demulcents are those substances which envelope, or in other words cover, surround, and guard acrid matter; and cover the surfaces that are too sensible to external impressions. They are useful in diarrhœa, and dysentery, and in the form of poultices; they are also beneficial in coughs, irritation of the lungs, or inflammation of the urinary passages.

#### HOREHOUND,

Is expectorant and tonic; this is an old remedy, but nevertheless a good one; it is beneficial in hoarseness, coughs, and asthma, and all pulmonary diseases. Take a quarter pound of the herb, boil in three gills of water ten minutes, and sweeten with honey; taking a wine-glass full three times a day, will often remove the first stages of a cough.

#### MOUSE EAR.

Is expectorant, tonic, and astringent; this is a popular remedy in country places, for whooping cough, and croup; it is also useful in dry-tickling coughs, and affections of the lungs; it makes a good wash for old sores.

## POLYPODY.

This is a species of fern ; it is found in most parts of England. The American physicians speak highly of it as a remedy in incipient consumption, asthma, and catarrh of the lungs ; it is expectorant, and will relieve a troublesome cough, and oppression of the chest.

## ELECAMPANE ROOT,

Is a good medicine for coughs ; it has astringent properties, as well as diuretic ; but it operates better, being combined with others, which may be chosen to suit the complaint.

## SKUNK CABBAGE,

Is expectorant, nervine, and antispasmodic ; it is a capital remedy in asthma, coughs, catarrhal affections of the lungs ; it is also a good tea in fevers, combined with pleurisy root and lobelia herb, equal parts ; a small tea-spoon full to be taken three times a day in warm water, sweetened ; if the fever is violent, it may be taken oftener.

## COMFREY ROOT.

Is expectorant and demulcent ; every person who possesses a garden, should plant this root, as it is invaluable ; is excellent for coughs, for bleeding of the lungs, and bowels, diseases of the kidneys, gleet, powerful in fluor albus, or whites ; useful in profuse menstruation ; two ounce of the roots washed and sliced, one ounce of ginger bruised, boiled in three gills of water down to a pint, and half an ounce of cubebs, and half an ounce of gum catechu, added after straining, and a wine glass full taken three times a day, is a good remedy for whites in women ; the fresh leaves stamped, and applied to any green wound, will soon heal it.

## MARSH MALLOWS ROOTS, AND TOPS,

Is demulcent, and emollient ; excellent in coughs, asthma, dysentery ; is serviceable in inflammation of the kidneys and bladder ; the decoction is beneficial in fomentations, where there is inflammation, or strains ; the leaves are good for poultices ; it makes a good wash for erysipelas.

## SLIPPERY ELM, AMERICAN.

Is demulcent and emollient ; there is not a better herb in all the botanic practice, or one that contains so much gelatine in inflammation of the stomach, lungs, bowels, kidneys, bladder ; it sheaths the part or covers it from irritation. A gruel made from the powder, makes a nice supper for weak and consumptive patients ; a tea made from the bark, is good to ease tickling coughs ; it makes a superior wash for erysipelas ; it makes one of the best poultices, for biles, carbuncles, scurvy, and inflammation in the eyes : it contains as much nourishment as bread, and mothers will find it good to wean sickly children upon ; it also eases the scalding of urine.

## GUM ARABIC,

Is expectorant, demulcent, and diuretic. This is used for various purposes, such has making up of pills ; it is good for diseases of the bladder, scalding of urine ; it makes a good cough medicine. Take one ounce of gum, one ounce of Spanish juice ; dissolve in three gills of water, then add one quarter of an ounce of cloves, half a tea-spoon full of cayenne, half an ounce of tincture of lobelia : take two table-spoons full three times a day.

## GUM AMMONIACUM.

This is a valuable expectorant : there are two species sold, but what is called the drop gum, is the best. Old people will find this a good cough medicine. Take one ounce of gum, dissolve in three gills of water, strain the milky fluid from it, then add half a cup full of raspberry vinegar ; take one table spoon full, four times a day ; it enters into our cough pills.

## HEALTH.

A state of health consists in the different organs performing in an easy and regular manner, all their proper offices ; this state, on which our happiness depends, is the legitimate result of a correct mode of living. Persons who transgress the physical laws of their nature ; it matters not, whether man, woman, or child ; can no more expect to breathe without air, or live under water. Ask the man who has not been free from pain, or ailments, for a series of years, what he considers the best earthly blessing : and he will tell you health ; when deprived of this, all nature wears a gloomy aspect. The glistening sunbeams, the opening flowers, the rippling streams, the green-clad trees, or the soul-cheering notes of the feathered songsters, have no charm for him. The aching head, the hacking cough, and the hectic flush, all admonish him, that he must close his eyes on all things earthly ; then it is that he looks back on his misspent life with sorrow. The result of a violation of the physical laws of our nature, is to produce misery and disease ; in proportion to the extent of those violations. How then are we to preserve our health ? This is a question of more importance, than any other of the great questions which are now agitating the world. Any question of enterprise, having for its object, the accumulation of wealth, would weigh little in comparison with this, as the bubble in the opposite scale, with the mountain. It may be argued that health is a blessing conferred upon us by Divine Providence ; and he continues, or destroys, according to his will and pleasure, without any agency of our own. This doctrine, has prevailed to an alarming extent ; and has been sanctioned by those who profess to know more about the mysterious dealings of Divine Providence, than they do the physical laws of our nature, is it not the height of injustice, to charge upon Him whose tender mercies are over all the works of His hands, our own folly ? He has established certain unchangeable laws, by which all matter, whether animate, or inanimate, is governed. Obedience to these laws, secures to us health,

and all its blessings with as much certainty, as obedience to moral laws, secures peace of mind. In order therefore to preserve health, proper regard must be paid to food, drink, clothing, exercise, pure air, and often ablution in cold water. On no one thing does perfect health depend, as on the quantity and quality of our food. A great amount of disease is produced by improper mastication ; yet notwithstanding the bulk of mankind swallow down, half chewed, and in large quantities, a heterogenous mass of food ; consisting of beef, pork, butter, cheese, pastry, &c. ; loading the stomach, like a man filling his carpet bag ; as if it never could be filled too much. For example, the good wife on a Saturday night ; and we beg to say she does it out of tenderest regard to her husband, who has been working hard all the week ; and she prepares for supper beef-steak, onions, cheese, &c. ; and to give him strength for the next week's labour, they wash it down with a quart of ale, or porter ; thus they go to bed with a loaded stomach—when the digestive apparatus ought to be still, and nature repair the waste of the body, for the next day's labour. Sunday is a day indulged in bed ; little exercise, and stronger food is taken. Monday comes : they feel not so refreshed by the rest they have had ; head-ache, weight at the stomach, and a variety of other symptoms ; and thus it is, medicine is called into requisition to cure that they have already created, namely, the first stages of disease ; and so long as we transgress nature's laws, so long we must suffer the consequences, which accompany debility, and untimely death, in spite of physicians, doctors, regulars, or irregulars, hœmeopathists, or hydropathists, or botanists even. Such is the difference in the habits and constitutions of men, that no universal system of diet can be prescribed to the circumstances of all. A few simple rules should always be observable ; eat three times a day, and that moderately, and of such food as is easily digested, which should be well chewed, so as to be mixed with the saliva ; which is the first process of digestion. The most wholesome food is unbolted wheat bread, potatoes, rice, tapioca, ripe fruit, and in general a vegetable diet ; the best drink being cold water. The real object of eating, should be kept in view, viz:—to supply the body with a proper amount of nutriment,

according to the amount of active exercise taken, and the power of the digestive apparatus; and not to eat merely to gratify a depraved appetite. Parents should become acquainted with the physiological laws of their nature; and we hope the time is not far distant when it will become a part and parcel of the education of the rising generation; when the female portion of society will understand their physical construction; then they be able to bring up a better, stronger, and more healthy race, who shall become the fathers and mothers of the next generation; as well as preventing a large amount of suffering they now endure.

---

### DIET FOR THE SICK.

It is a mistaken notion, that on purpose to obtain strength, the sick should be constantly eating. Sir Francis Head says "he is surprised at the enormous quantity of provisions consumed at watering places by invalids. The foundation of their dinners, consisting of fowls, puddings, meat: again, dried fruit, and lastly, a majestic leg of mutton, which forms the lightest superstructure. He says, almost every disease, which the human frame is subject to, is either *high-ways*, or *bye-ways*, connected with the stomach; and I never see a physician mysteriously counting the pulse of a plethoric patient, or with a silver spoon on his tongue, importantly looking down his red and inflamed gullet, but I feel a desire to exclaim, why not say to the poor gentleman at once, Sir, you've eaten too much, you've drank too much, and you've not taken exercise enough."

**BEEF TEA.**—Take and fill a jar two thirds full of warm water, and put into it half a pound of lean beef cut in thin slices; place the jar in a saucepan of boiling water, and let it remain for three quarters of an hour, cover up the jar first, then pour off the liquid; and more water added, to extract the remaining strength of the meat. This tea seasoned with pepper and salt, and administered warm is strengthening to a weak stomach; and in the exhaustion attendant on bilious, scarlet, and typhus fever, may be used with great benefit.



**CHICKEN TEA**.—May be made as above ; season with pepper and salt ; it is light and nourishing, but is not so beneficial as beef tea ; especially in fevers.

**OAT MEAL GRUEL**.—Take a table-spoon full of the meal, and salt to suit the taste ; stir it slowly in a pint of boiling water, continue the boiling five minutes, and skim ; milk may be added if desirable ; this is highly serviceable in dyspepsia, or costiveness.

*Another Form*.—Boil a quart of water ; take three table-spoons full of meal, a hand-full of raisins, simmer over a slow fire, for two hours, keeping the vessel covered up ; this is soothing to the bowels, and useful in diarrhœa, and dysentery.

**SAGO GRUEL**.—Stir two table-spoons full of pearl sago, into a pint of water, and season with salt to suit the taste ; boil until it is converted into a thickish jelly ; which will be in about one quarter of an hour ; it may be sweetened, if the patient desires ; this is soothing in irritation of the bowels and stomach.

**CRUST COFFEE**.—Toast three thin slices of brown bread until hard, without being burned ; put them into boiling water, with sugar and milk ; continue the boiling five minutes, by which time the coffee will be ready for use. A nourishing and delicious beverage, but sometimes too rich for the sick.

**RICE COFFEE**.—Burn rice, as you do coffee, reduce it to a powder ; take a heaped up spoonful of this, and add half a cupful of boiling water : when settled, pour off the coffee, sweeten with sugar ; used as a medicine ; this is a dose for a child ; more can be used for adults, as the case may be. This is good for acidity on the stomach and bowel complaints, and makes a good substitute for tea.

**SLIPPERY ELM GRUEL**.—Beat a tea-spoonful of powdered elm bark, into a paste with water, adding a small portion of salt, and stir it into a pint of milk just beginning to boil ; take the milk from the fire, and continue the stirring, two or three minutes, until the elm is dissolved ; this is very useful in diarrhœa and bowel complaints of children ; it affords a nourishing diet for infants weaned from the breast, and rend-

ers them healthy and fat. If the infants are very young, the milk should be diluted with one third of water.

**TAPIOCA JELLY.**—Pick the tapioca clean, soak it three or four hours in water, spread it in a broad dish ; pour additional water, till it covers the tapioca an inch in depth ; simmer over a slow fire until the jelly is formed. This contains a large amount of nutriment, and is easy of digestion ; it may be made with milk, and sweetened with sugar ; if milk disagrees with the stomach, it can be omitted.

**ARROW-ROOT JELLY.**—This is made by mixing half a tea spoonful of arrow-root, with a tea cupful of boiling water ; season with nutmeg and sugar ; this lies lightly on the stomach and is very good for children. Or, boil the arrow-root five minutes, and half a table-spoonful of cream added, to a tea cupful of the jelly while hot ; it is very pleasant to children who have been accustomed to milk.

**RICE JELLY.**—Take a quarter pound of ground rice, and double the quantity of loaf sugar ; boil in a suitable quantity of water, until the whole is of proper consistency ; milk may be added if desirable.

**MUTTON CHOP.**—Take a mutton chop, salt it on both sides put it on a gridiron over the fire, turning it over often till about half done ; then put it between two plates in the oven to finish ; this is the easiest meat to digest, and by this process the essence is retained, and is much relished by patients recovering from sickness, especially consumptive patients.

**NEVILL'S ARABICA FOOD.**—Is produced from the Arabian Lentil (and prepared by a patent process). It possesses natural restorative properties, and at the same time yields a greater amount of nutriment than any other food yet discovered. This fact has been proved by those celebrated Chemists, Liebig, Pereira, and Playfair, as may be seen by reference to their works, wherein they prove that it possesses 94 per cent. of nutriment, which is universally admitted by the medical world, and hence the faculty now recommend it for Persons advanced in Age, Invalids, and Delicate Children, and all who suffer Debility, &c. It imparts muscular strength and energy to the most enfeebled constitutions.

## VENTILATION.

We are all aware of the necessity of breathing ; and the agreeable freshness and reviving influence of a pure morning air, must convince us that breathing a pure atmosphere is conducive to health ; yet we carefully exclude the air from our houses, as if its approach were noxious ; intending to shut out the inclemency of the weather, only in our care to guard ourselves from the external air, we hinder that renewal of the atmosphere, which is necessary to prevent its becoming stagnant, and unfit to support life. Few persons are aware how very necessary a thorough ventilation is to the preservation of health ; we preserve life without food, for a considerable length of time ; but keep us without air for a very few minutes, and we cease to exist. It is not enough that we have air ; we must have fresh air ; for the principle by which life is supported, is taken from the air, during the act of breathing, one fourth of the atmosphere is capable of supporting life ; the remainder serves to dilute the pure vital air, and render it more fit to be respired. A full grown man takes into his lungs nearly a pint of air, each time he breathes ; and when at rest he makes about twenty inspirations in a minute in the lungs. By an appropriate apparatus the air is exposed to the action of the blood, which changes its purer part, the vital air, (*oxygen gas*) into mixed air, (*carbonic acid gas*) which is not only unfit to support animal life, but is absolutely destructive to it.

An admirable provision of the great Author of nature is here visible, to prevent this exhausted and now poisonous air from being breathed a second time. While in the lungs, the air receives so much heat as makes it specifically lighter than the pure atmosphere ; it consequently rises above our heads during the short pause between throwing out the breath and drawing it in again, and thus secures to us a pure draught. By the care we have to shut out the external air from our houses, we prevent the escape of the deteriorated air, and condemn ourselves to breathe again and again the same contaminated, unrefreshing atmosphere.

Who that has ever felt the refreshing effects of the morning air can wonder at the lassitude and disease that follow the continued breathing of the pestiferous atmosphere of crowded or ill ventilated dwellings! It is only necessary to observe the countenances of those who inhabit close rooms and houses—the squalid hue of their skins, their sunken eyes, and their languid movements, to be sensible of the bad effects of shutting out the external air. Persons coming from the fresh air into a bed room early in a morning, and, though the occupants may be cleanly, and in perfect health, the sense of smelling never fails to be offended with the odour of animal effluvia with which the atmosphere is charged. It may be taken as a general rule, that whatever produces a disagreeable impression on the sense of smelling is unfavourable to health. The sense was doubtless intended to guard us against the danger to which we are liable from vitiation of the atmosphere. If we have by the same means a high sense of gratification from other objects, it ought to excite our admiration of the beneficence of the Deity, in thus making our senses serve the double purpose of affording us pleasure and security: for the latter end might just as effectually have been answered by our being only susceptible to painful impressions.

To keep the atmosphere of our houses free from contamination, it is not sufficient that we secure a frequent renewal of the air; all matters which can injure its purity must be carefully removed. Flowers in water, and living plants in pots, greatly injure the purity of the air during the night, by giving out large quantities of an air (*carbonic acid*) similar to that which is separated from the lungs by breathing, which, as before stated is highly noxious. On this account they should never be kept in bed rooms, there are instances of persons who having slept incautiously in a close room in which there has been a large growing plant, have been found dead in the morning, as effectually as if there had been a charcoal stove in the room.

A constant renewal of fresh air is necessary, for in all situations it is suffering either by its vital part being absorbed. or by impure vapours being disengaged and dispersed through it. Ventilation therefore resolves itself into the securing a

constant supply of fresh air. Rooms cannot be well ventilated that have no outlet for the air; for this reason, there should be a chimney in every apartment, the windows should be capable of being opened, and that for several hours during the day, to carry off the animal effluvia which is necessarily separating from the bed clothes, and which should be assisted in their escape by the bed being shaken up, and the clothes spread abroad, in which state they should remain as long as possible. The chimneys should not be stopped up with boards, but let a current of air traverse the whole apartment. Dr. Reed who was appointed to ventilate the Houses of Parliament, allotted to each member and officer, ten cubic feet of air a minute, and did not consider the supply any more than adequate to their wants. If we refer back to statistics of mortality in the workhouses of London about an hundred years ago, when the value of fresh air was not appreciated; not more than one child in twenty-four, lived to be a year old; so that out of two thousand and eight hundred received into them, two thousand six hundred and ninety, died yearly. But when the conditions of health came to be better understood, and an Act of Parliament obtained, compelling the parish officers to send the infants to nurse in the country; this frightful mortality was reduced to four hundred and fifty annually. thus we see the importance of having a regular supply of fresh air. It is better to spend our leisure time in the green fields, than to be closed up in a small room, where a dozen or more are sending up the noxious fumes of tobacco, and wetting their dry throats with that liquid, which is drying up the juices of the body. We would not forget to mention the common practice of working men living near to their workshops; because they can jump out of bed, into the workshops, and out of the workshops into bed. What pleasure is there to a man who carries on a life like this? where is his enjoyment, breathing an impure atmosphere over and over again? his system emaciated, the juices of his body deteriorated, the circulation of his blood languid, his sensibilities stunted; is there any wonder at him being dull, restless, no spirit or life within him, merely living because he must live! We hope men will—aye and women too—think for themselves, and take care of that!

which is more prizeable than gold or rubies,—health—and one way to do this, is to drink in freely of that which changes the blood, into red arterial blood ; which is destined to make flesh, bone, and muscle ; in fact it is the builder up of every part and particle, of the entire system. And if the blood be impure, and it cannot be otherwise if it be not vitalised, there cannot be an healthy action in the system : and one great means to accomplish this, is to drink freely of the pure air of heaven.

---

### THE SKIN.

The skin is the external covering of the body, and consists of three layers, namely, the cuticle, or scarf skin, the rete mucosum, and the cutis, or true skin, which is the innermost layer. The cuticle is that part which is raised in a blister ; it is void of blood vessels, and nerves, and exhibits no sensibility ; it separates in the form of scales, after certain cutaneous diseases. It is filled with pores ; some of which serve for the passages of hairs, and others for the escape of perspirable matter. It is constantly wearing out, and as constantly renewed. It is thick on the palms of the hands, and soles of the feet, particularly in the labourer ; which is a contrivance of nature to defend the delicate parts beneath, from the injury which they might otherwise receive ; indeed in every part of the body it serves as a protection to the true skin, and prevents the too ready absorption into the system of deleterious substances, with which it comes in contact. It is the cuticle which causes corns. The *rete mucosum*, is the second layer of the skin, interposed between the cuticle and cutis, and contains the colouring matter of races. It is black in the negro, yellowish in the mulatto, and white in those whose skin are of corresponding colour. The *cutis* or true skin, is described by anatomists, as consisting of dense fibres, intersecting each other in various directions, and leaving between them holes for the passage of blood vessels and nerves, with which it is plentifully supplied ; so numerous are they, in fact, that it is impossible to prick the skin with the finest needle, without producing pain, and causing a flow of blood within the skin.

Certain little glands, called sebaceous glands, are placed, which open on its surface by minute orifices, and which secrete an oily fluid, by which the skin is lubricated, and defended from the action of moisture. It is owing to this substance that water collects upon the skin in drops, besides the other uses of the skin. It is the seat of perspiration, which serves many important purposes in the animal economy; this is of two kinds, insensible, and sensible: it is insensible when it passes off in the form of an invisible vapour; and sensible when it collects on the surface of the body in form of sweat: it keeps the skin moist and pliable, and separates from the blood, the useless or worn out particles of matter, with which it becomes charged in the round of circulation, in the form of sweat. It regulates the temperature of the body in warm weather; an individual who perspires freely in summer, is much less oppressed by the heat, than one who does not perspire at all; the reason of this is, that the surplus heat is carried off by the sweat, together with the exhalations from the lungs. So great is the influence of perspiration, that Sir Joseph Banks, and others, have confined themselves for a considerable time in a room, 50 degrees hotter than boiling water, without experiencing any pernicious consequences. Experiments have been made to determine the amount of perspirable matter, which passes off by the skin. Sanctorious, who was the first labourer in the field of inquiry; came to this conclusion, that about two thirds of the food and drink taken into the system were eliminated from it, through the medium of the skin; while the remaining third passes off by the bowels, lungs, and kidneys. It will be seen if the insensible perspiration is arrested for a day or two, the blood will be charged with impurities to an almost incredible amount, and disease in some form or other, will be the natural consequence; the skin being endowed with the important office, of removing waste matter from the system. We see, says Dr. Combe, why checked perspiration, should prove so detrimental to health; and hence his remark, that it is a powerful cause of disease and death. People know the fact, he continues, and wonder it should be so; that cold applied to the skin, or continued exposure to a cold atmosphere, or anything that arrests the

passing of insensible perspiration, produces a bowel complaint, inflammation in the chest, or some other internal organ. But were they taught, as they ought to be, the structure and uses of their own bodies, they would rather wonder that it did not always produce one of these effects. Dr. Erasmus Wilson, has made some important discoveries as to the functions of the skin ; he says, " the expiring organs of the skin, are a number of small tubes, a quarter of an inch in length ; these are called pores of the skin. The number of these little tubes contained in a superficial square inch of skin, has been counted under a powerful microscope ; by multiplying the number of square inches of the skin, on the whole body, by the number of tubes contained in one square inch : that if they were joined end to end, they would make one tube, 28 miles in length. When the functions of the skin are imperfectly performed, the whole body suffers ; the heart, lungs, bowels, liver, stomach, the brain, nerves, are imperfectly nourished ; and then vitality is oppressed and weakened, by the noxious matter with which the blood is loaded ; thus a weight is placed upon the springs of life ; by restoring the functions of the skin, this weight is taken off. We cannot do better than quote a paragraph from Dr. Johnson's Domestic Practice ; he says, " I think there can be no doubt, that medical men have committed a great error, in so totally neglecting the several functions of the skin ; as the means for expelling deleterious matters out of the body ; I say several functions, for they are many. Not only do solid and fluid matters escape through the skin ; but it also throws out gaseous matters, which being retained in the system, are equally poisonous, as either solids or fluids ; while they have attached an absurd, and exaggerated importance to the secretions from the bowels, amounting only even in health, to some four or five ounces daily, they have awarded no importance at all to the secreted matters of the skin, which in health will often amount daily to two or three pounds. Constipation of the bowels, seems to swallow up their whole attention ; so that they have none left for the constipation of the skin. Do your bowels act properly ? is a question unfailingly and earnestly put by every medical man, to every patient. Does your skin



act properly ? is a question which few ever dream of asking. There is a great necessity for keeping the pores open, by keeping the skin clean, for cleanliness, is next to godliness ; if this was attended to more than what it is at the present time, there would not be the need for medical men to such an extent, if persons would but wash down first thing in a morning with cold water, or have a shower bath, and rub well after with a coarse cloth or flesh brush, to bring back a reaction ; for this process strengthens the nervous system, wipes off the perspired matter, which has passed off from the body, during the night's sleep ; and which if not washed off, is reabsorbed, and taken into the system ; and the blood is thus surcharged with a poisonous matter, which if remains in the system, is producing diseases of all kinds. We hope the time is not far distant, when public wash houses will be established for the working classes ; which would be as great an ornament, and of equal importance, as any public dispensary, or infirmary, has they would be the means of preventing disease, and save a large amount of sickness ; which to the industrious classes, would be invaluable.

---

### VAPOUR BATH.

The vapour bath has been extensively used in many of the European countries, for several centuries. It is said that the Finlanders, will remain for half an hour in vapour, at 167 degrees Fahrenheit, and then pass immediately into the freezing air, without experiencing the slightest inconvenience. Dr. Bell, in his works on baths, observes that if travellers happen to arrive at the villages of these people, while they are engaged in bathing ; they will go at once to assist in taking care of the horses, without any covering whatever ; while the strangers, notwithstanding they are wrapped up in furs, sit shivering in the cold. The Russians make use of the vapour bath, at least once a week, and sometimes much oftener. They vary the temperature, from 120 to 160 degrees, and remain in the bath an hour or two. Then they let down a shower of cold water upon them from the ceiling, by means

of a cord and valve ; “ this, says Dr. Fraill, in his account of the Russian vapour bath, is highly exhilarating and refreshing. They are in the habit of leaving the vapour bath, while in a profuse perspiration ; and rolling in the snow, or if a river happen to be near, they will plunge into it entirely ; regardless of the severity of the weather ; instead of being injured by this practice, they are rendered more vigorous, and healthy ; and it cannot be denied that they are more free from rheumatism, and consumption, than the people of more highly favoured climates.” The North American Indians, say Lewis and Clark in their travels, know the effects of the vapour bath. It is very uncommon for a man to bathe alone, he is accompanied by one or more of his acquaintances ; it is so essentially a social enjoyment, that to decline going into the bath, when invited by a friend, is one of the highest indignities, that can be offered. They construct a bath by bending willows over at the top, and covering them with skins ; the patient sits in this, until by means of heated stones and water he perspires sufficiently. Lewis and Clarke, mention a remarkable cure which was performed with the vapour bath during their expedition. One of their men had so great a weakness in his loins, that he could not walk upright without extreme pain ; they had exhausted the resources of their art upon him in vain ; and at length at the suggestion of an Indian hunter, they placed him in a vapour bath, with the steam as hot as could be borne ; in twenty minutes he was taken, plunged twice in rapid succession, into cold water, and returned to the bath ; during all this time, he drank freely of mint tea ; at the end of three quarters of an hour, he was again withdrawn, and carefully wrapped, and suffered to cool gradually : the morning after he was able to walk, and nearly free from pain.

The diplomatised doctors have used their utmost endeavours to bring the vapour bath into disrepute ; but notwithstanding their gross misrepresentations, it has gradually won its way to public favour ; and there is now abundant evidence to satisfy the unprejudiced mind, that it is an invaluable agent in the treatment of disease.

Dr. Combe in his work on Physiology, remarks, the vapour

bath is attended by the very best effects, particularly in chronic ailments; and there can be no question that its action is chiefly on the skin, and through that medium on the nervous system; as the means of determining to the surface, promoting cutaneous exhalation, and equalising the circulation, it is second to no remedy now in use."

The fact that two thirds of our food and drink pass out of the body through the pores of the skin, as we have already stated, leaving only one third to be discharged through other channels; is sufficient evidence of the value of the vapour bath, as a remedial agent; it determines the blood to the surface of the body, warms and invigorates the whole system, and produces a natural perspiration, which serves to convey from the circulating fluid, the various impurities with which it is loaded. It communicates heat or colour to the blood. rendering the circulation more active and vigorous, and it is on this account, that it possesses such efficacy in suspended animation, and the low stages of disease in scrofula affections, fevers, inflammatory attacks, the vapour bath is particularly serviceable; a short time being sufficient in conjunction with stimulating medicines, to break up an ordinary fever.

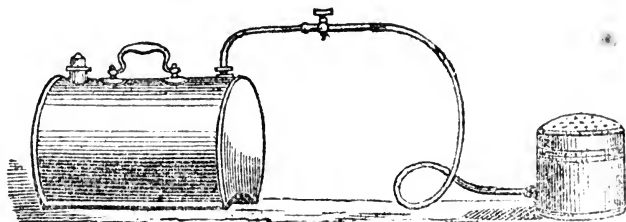
Humboldt says, "in ascending mountains the heart beats violently, and the blood rushes with force into the vessels of the skin, in consequence of the diminished pressure of the atmosphere;" and it is on this principle that we employ the vapour bath in suspended animation. The pressure of the atmosphere being diminished, the heart is enabled to propel the blood to the different parts of the body, which it could not do under other circumstances; and a restoration to life is the consequence. These facts prove more clearly, that heat is life. It is with the use of the vapour bath and stimulants, that we have been able to cure tetanus or lock jaw; it is by the same means we have broken up the most obstinate cases of fever, which have baffled the most eminent physicians and what we have done, others can accomplish, if they will but attend to the laws of life, health, disease, and its cure.

The following is the mode to administer a vapour bath:—make a brick red hot. (a fire brick is the best) put it on its

end in a can or any other convenient vessel ; place the vessel, with the brick thus in it, under a cane-bottomed chair ; put a little flannel on the seat of the chair. The patient must be seated naked, envelope him and the chair in a blanket, sufficiently large and thick to reach the floor, and exclude the air. Should one blanket not be large and thick enough, use two or more. Place them round the neck, so as to leave the head free. Then give a dose of ginger or yarrow tea, cayenne, or composition tea. Open the blanket at the bottom, pour a pint of boiling water down the side of the brick, and when the steam has done rising, add a little more, till the brick is covered ; if one is not sufficient, have two ready. Let the patient sit till he perspires freely in the forehead ; then throw off the blanket, wash him down with cold water and vinegar, then rub quickly with a coarse dry towel ; put his night clothes on, and put him to bed ; or if he has sufficient power to keep up a reaction, he may go out if the weather be suitable. The following cut will render the bath clear and intelligible :



There are wooden boxes made to give vapour baths in, but we would prefer in the place of it a frame-work covered with curtains of one or two thicknesses of ordinary cotton; the wood absorbs the impurities which are given off from the skin during the bath, and cannot be kept sufficiently clean; whereas curtains can be washed as often as necessary. The following cut is a representation of a steam bath:—



It consists of a boiler made from the strongest tin, having a safety valve and steam tube, with a tap, to which is attached India rubber tubing of any required length, the other end of which tubing is attached to a box or receiver, in which herbs may be placed so as to medicate the bath. The steam passing through the herbs becomes impregnated with their properties and leaves the receiver through the perforations in its top or lid. The boiler must be about two thirds filled with water, then put over a brisk fire; the patient must be seated in a chair and enveloped in a blanket as before directed, and the receiver placed under the chair; the force of steam can be regulated by the tap. Herb teas or composition must be given, as previously mentioned, and the rubbing attended to in precisely the same manner. The blanket must be kept closed at the bottom to prevent the escape of steam\* No person ought to be without a vapour bath, for there is more virtue in it, than in a chemist's shop.

\*We have invented a vapour bath which requires no fire, and any person can administer a bath to themselves without assistance, requiring half a jack of wood naptha to a bath; that is, two-penny worth. They can be sent to any direction, by enclosing 12 stamps, either to Mr. Nadin, Shales Moor, or to Mr. Fox, Barker Pool, Sheffield.

## THE PROCESS OF DIGESTION.

It is impossible in this work to go into anatomy and physiology. Anatomy is worthy the study of man, for anatomy teaches us the structure of the body, and of its different organs.

Physiology teaches us what part each organ performs in the animal economy.

There is no study more deeply interesting, or eminently calculated to awaken our love and admiration of the Great Giver of all good; and yet from some cause or other it is almost entirely neglected, as an elementary branch of education, with the exception of medical men; and yet it ought to be a part of the education of our children.

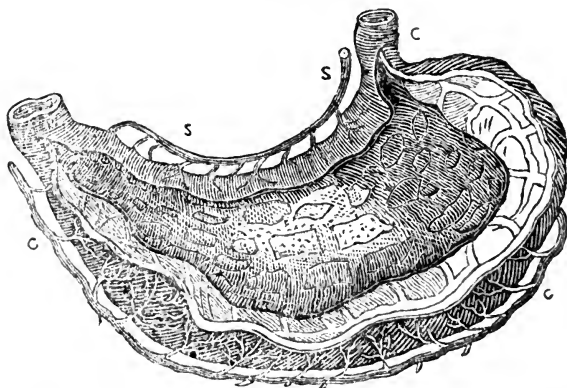
What can be more sublime than to study the structure of the human frame, but more particularly that which forms the process of digestion; for, as Dr. Abernethy has beautifully said, "the stomach is the kitchen to the mansion, where all is prepared for the building up of our bodies." For the human body, like every other organised structure, is continually wasting away, even to the deepest and most solid parts. This waste requires to be made up by the addition of new matter, and hence is required the functions of digestion, which consists in changing foreign substances or food into the material of the body. This change is one of the most extraordinary phenomena we can contemplate, and is eminently worthy of our study.

Every part of the body is formed from the fluid we call the blood, which is first formed from the food which we eat. We are not acquainted with the precise means by which nature performs this function, or indeed any other, but we can point out the organs employed, and trace the changes the food undergoes in each one.

*Mastication.* The first part of the process consists in the preparation of the food, by grinding, or breaking it up into small parts. This is accomplished by means of the teeth.

during the process of mastication, the food is moistened with a fluid called the *saliva*, which is secreted by certain organs called the salivary glands, found in the mouth. This moistening assists the act of mastication, and is essential to the passage of the food down the œsophagus into the stomach. If it remained dry, neither act could be well accomplished, as most people know from experience. It is also probable that the saliva assists in the process of digestion afterwards.

### THE STOMACH.



- C the cardiac orifice, through which food and drink are introduced.  
 P the pylorus, or pyloric orifice, (from pylorus, a gate-keeper, because it allows none but digested food to pass out.).  
 S S the smaller arch, or curvature.  
 G G the greater arch, or curvature. The stomach, for the purpose of showing the pylorus, &c., is here laid open.

Chymification, or digestion in the stomach. When the food has entered the stomach, from the œsophagus, it undergoes the first part of the real process of digestion, and is converted into a greyish pulp, called the chyme. The stomach itself, is a kind of pouch, or bag, with strong muscular walls, which, by their contraction and relaxation, keep the masticated food continually in motion; churning it, as it were, from side to side and thus breaking it still finer and finer. The grand agent, however, in converting the food into chyme, is a pecu-

liar fluid, called the gastric juice, which is secreted from the inner walls of the stomach. This fluid has a remarkable solvent power, which few substances can withstand. It acts upon all our ordinary articles of food with the greatest readiness; and has been known to attack, also, such substances as bone, wood, and even iron. Its powers are exhibited out of the body, the same as in it; so that a portion put in a bottle will dissolve or digest, a piece of meat, or other food suspended in it, the same as it does while in the stomach; it cannot, however, act upon any body so long as that body retains its vitality. Thus we often find worms that live unhurt in the stomach and intestines, but immediately they die they are digested, or dissolved; and in like manner the stomach itself is uninjured during life, but frequently after death is found partly corroded, or eaten away by it.

The chyme, as fast as it is formed, is expelled, by the contractile power of the stomach into the duodenum (from duodenus, consisting of twelve, because it is supposed to be about twelve inches long), or first portion of the intestines. It there meets with the bile from the liver, and with the pancreatic juice, which very much resembles the saliva, from the pancreas or sweetbread. By the action of these two fluids the chyme is converted into distinct portions—a milky white fluid named chyle, and a thick yellow residue. This process is called chylication, or chyle-making. The chyle is then sucked in by absorbent vessels, extensively ramified on the inner membrane or lining of the bowels, and sometimes named, from the white colour of their contents, lacteals, or milk bearers (from lac, milk). These lacteals ultimately converge into one trunk, named the thoracic duct or chestpipe, (from its course lying through the thorax or chest), and terminate in the great vein under the clavicle or collar-bone, hence called subclavian vein, just before the latter reaches the right side of the heart; and there the chyle is poured into the general current of the venous blood. To complete its preparation. it still requires to be exposed to the action of the air during respiration; this is accordingly done by its passing through the lungs along with the dark or venous blood, which stands in need of the same change. In the course of this process



both the chyle and venous blood, are converted into red arterial or nutritive blood, which is distributed by the heart, through the arteries, to supply nourishment and support to every part of the body ; hence the change which takes place in the lungs, is properly enough named sanquification or blood making.

The yellow residue left in the duodenun after the separation of the chyle from the chyme, is that portion of the food which affords no nourishment, and which, after traversing the whole length of the intestinal canal, and undergoing still further change, is thrown out of the body in the shape of excrement ; but in this course its bulk is increased, and its appearance changed, by the addition of much waste matter, which having already served its purposes in the system, is at last thrown out by the same channel ; producing what is called the perisaltic motion, which may almost be compared to that of a worm, carrying their contents gradually the whole length of the canal.

---

## THE CIRCULATION OF THE BLOOD,

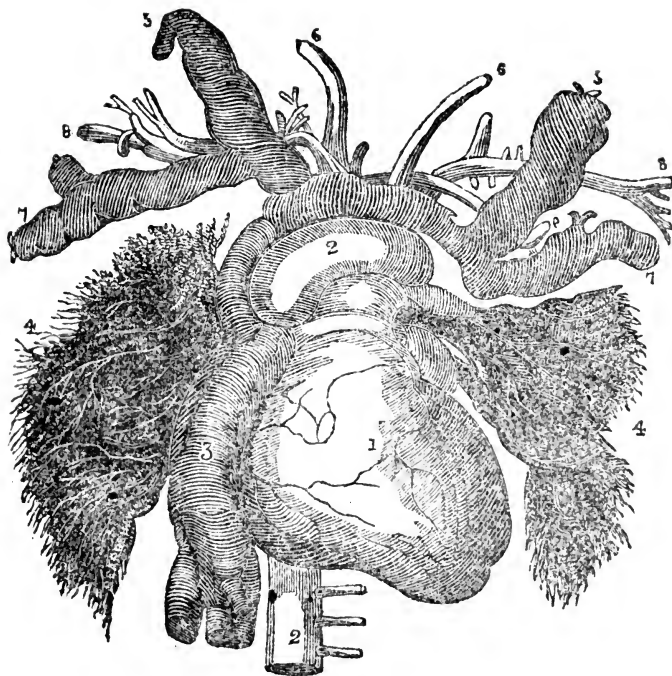
Its vast importance, the peculiar mechanism by which it is effected, and the intimate relation it has with respiration and food, renders it necessary for us to give it our utmost attention. We shall confine ourselves, to a general description of the circulation of the blood.

The heart is divided into halves ; one half receives and gives out arterial, or red blood ; the other half receives and throws into the lungs venous, or dark blood. Thus, as we have separate compartments in the heart, we have two kinds of blood to fill and be expelled from each. The red blood has been purified and fitted for the nourishment of every portion of the body. It leaves the *left* side, by a blood-vessel called the aorta or main pipe, or conductor, No. 2. From the arch of this great tube and its branches arise vessels which supply the head and upper extremities, such as No. 6 and No. 8. The aorta itself descends towards the lower extremities, throwing off branches in the abdomen, which divide and subdivide, as all the arteries do until, like the twigs of a tree, they are

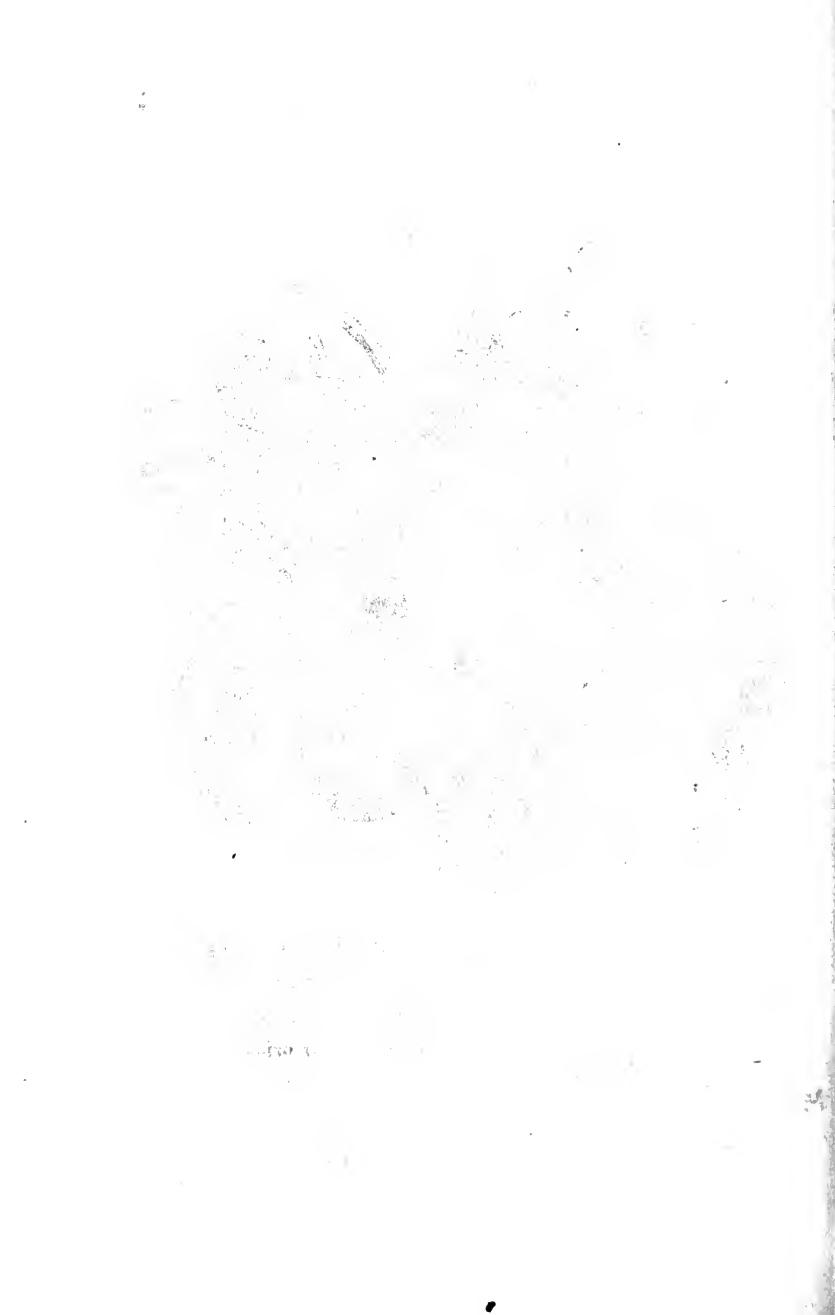
lost in endless divisibility. The small ends of the arteries terminate in equally small veins which, taking up the return blood, carries it towards the heart, the veins ending in branches, the branches in limbs; and the limbs in trunks. The course of the arterial blood is exactly opposite to that of the venous; thus, if the arteries convey blood to the brain, the veins bring it down again to the heart; and when the former carry it to the feet, the latter take it upwards to the heart. That this is the case, let the arm be bandaged, and the veins will only swell from the hands upwards, whilst the arteries will only swell from the shoulder downwards to the bandage. This fact led Harvey to discover the circulation of the blood. The veins of the whole body terminate in No 3: the vena cava, commonly divided into two, the superior bringing the blood from the chest, arms, &c., and also the *chyle*, or product of digestion, poured into No. 7, on the left side; the inferior bringing the blood from the abdomen, lower extremities. &c. The vena cava pours all this blood into the *right* side of the heart.

The reader will now view the heart as a root from which springs the aorta, and in which terminates the vena cava. The arteries and veins, with all their ramifications, may be familiarly compared to trees, with their innumerable branches. The arterial tree distributes the blood from, the venous returns it to the heart; they generally accompany each other, or are laid down beside each other; for instance, the aorta goes down the left, whilst the vena cava returns on the right side of the spine.

When the venous blood arrives at the right side of the heart, it is conveyed by a large vessel, which divides into two branches, and ends in these clusters, No. 4, which ramify through the lungs. The blood is thus purified by the oxygen of the atmospherical air, and fitted for the nourishment of the body: it is then returned to the *left* side of the heart by four pulmonary veins, from whence it is thrown into the aorta and distributed over the whole of the body, to go its round once more, and pass through its successive changes.



- |   |   |   |                         |
|---|---|---|-------------------------|
| 1 | The heart.  | 5 | Internal jugular veins. |
| 2 | The aorta.  | 6 | Carotid arteries.       |
| 3 | The vena cava.  | 7 | Subclavian veins.       |
| 4 | The cluster of blood vessels which ramify all over the lungs. | 8 | Subclavian arteries.    |



## DISEASES, THEIR CAUSE AND CURE.

---

### INDIGESTION.—*Dyspepsia.*

Indigestion is the most common disease with which civilised people are afflicted ; and it assumes so many forms, that it is almost impossible to describe it. The Stomach being the centre of sympathy, all the other organs suffer more or less from the disease. It generally commences in a slow and gradual manner, giving the first warning of its approach by an uneasy sensation in the stomach, especially after eating, accompanied with costiveness or relax in the bowels, cold hands and feet, sometimes thirst, nausea and vomiting ; these are succeeded by a long train of symptoms, such as nervousness, flatulency, heartburn, tenderness at the region of the stomach, chilliness, flushes of heat, rising of wind in the throat, distensions of the bowels, languor, despondency, palpitation of the heart, head ache, imperfect vision, and burning sensation in the hands and feet ; the patient becomes restless, feeble, and he complains not unfrequently of pains darting from the stomach to the back ; the tongue is red in some cases, at others pale and glossy, sometimes with a white or yellow coat.

The causes that produce these effects are various. Professor Chapman, and many others of the medical faculty, state, that blood letting stands conspicuous, as well as the much to be dreaded article *mercury* : for it is a strong and peculiar stimulant or poison to the digestive organs, and when repeatedly administered, impairs the natural energies, and exerts a very depressing effect upon the whole nervous system. The most frequent causes are intemperance in eating, and the want of exercise in the open air, anxiety of mind, cold, depressing passions, the too great use of animal food, hot bread, pastry, smoking and chewing tobacco. Let it be

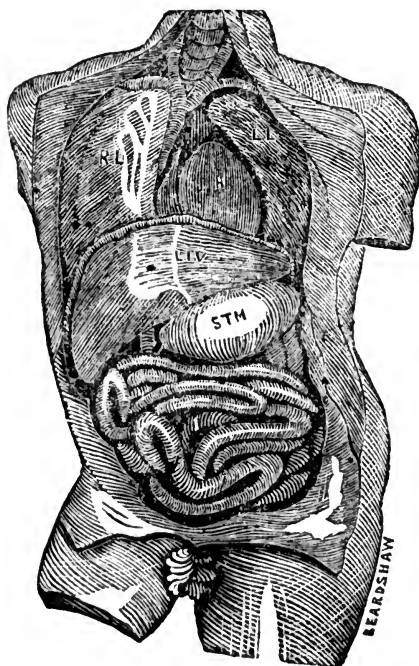
understood then, that tobacco is an actual and virulent poison. Three drops of the essential oil, dropped upon the tongue of a full sized cat, caused death in from three to ten minutes. It has so baneful a tendency when used medicinally, that physicians now seldom use it even in the most desperate cases; in fact it is ranked amongst the vegetable poisons.

It is a well-known fact that the saliva, which is so copiously drained off by the pipe, is the first and greatest agent, which nature employs in digesting food. Chewing and Smoking draw off this fluid so necessary to digestion. Darwin says, "the unwise custom of chewing and smoking tobacco for many hours in the day, not only injures the salivary glands, producing dryness in the mouth; but I suspect it also produces schirrous of the pancreas." The use of tobacco injures the power of digestion, by causing the patient to spit out that saliva, which he ought to swallow, and hence produces flatulency; which they take to prevent. Chewing and smoking not only carry off the necessary saliva from its proper place; they likewise saturate the tongue and mouth with tobacco juice, thereby vitiating the saliva that remains, which in this pernicious and poisonous condition finds its way to the stomach. What man or woman with one spark of common sense, can wonder that tobacco fixes its deadly grasp upon the organs of vitality, gradually undermining the health, and sowing the seeds of disease, which sooner or later spring up and carry off its victims to a premature grave?

Let no one wonder at the dizziness in the head, faintness, pain in the stomach, tremulousness, disturbed sleep, nightmare, mental depression, the epilepsy, and even mental derangement, of the victim of tobacco.

"Snuff taking, says Dr. Bomare, enfeebles the memory, dries up the brain, emaciates the body, and destroys the delicate sense of smelling." It is often carried into the stomach, and by the use of it, the skin is tinged of a pale brown color. Tobacco wears down or absorbs the grinding surface of the teeth, much faster than would often be the case; so active a poison as the juice, and coming in contact with the surface of the teeth, tend to destroy their vitality, and hasten instead of retarding their decay, to say nothing of the filthy habit con-

THE FRONT OF THE BODY OPENED, SHOWING  
THE RELATIVE POSITIONS OF THE  
VARIOUS ORGANS.



V Vena cava.  
R L Right lung.  
L L Left lung.  
H Heart.

Liv. Liver.  
Stm. Stomach.  
I Intestines.



LIBRARY OF THE  
UNIVERSITY OF CHICAGO

1911  
MAY 11 1911



nected with its use. Simon Pauli, physician to the King of Denmark, says in a treatise on tobacco, "that merchants frequently lay it in bog houses, that becoming impregnated with the volatile salt of the excrements, it may be rendered brisker and stronger, and more fœtid."

A medical writer states, "that the persons employed to open out the dry plant of tobacco, have a vessel of urine by them, with which they moisten the leaves, to be prepared for the spinner." What a delicious morsel a quid of tobacco must be! King James finishes his piece on tobacco in the following manner, "a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black stinking fumes thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless. I consider the use of tobacco excessively injurious, both to body and mind."

Another great cause of dyspepsia is bolting or neglecting to chew the food, thereby causing the stomach to have its own work to perform and also that which the teeth have neglected. Too much animal food is another prolific source of indigestion, and particularly when taken late at night, when the stomach ought to have the least work to perform, and extra power is put upon it, and as a natural consequence, the body must suffer more or less.

Another great cause is the cramming of children's stomachs, like a man cramming his carpet bag, thinking it can never be too full; and in too many cases the strongest food is given with the idea of making them strong and robust; but let parents observe, with an unprejudiced mind, the flesh eating children of the manufacturing districts, and contrast them with the children of the agricultural population, and it will be found that disease is less prevalent, doctors not so much in requisition, they grow up stronger in body, and are more healthful in general; and this may be accounted for, that they live more upon vegetable diet.

The following statistics which are taken from M. M. Percy, and Vanquelin, two celebrated French Chemists, will show the amount of nutriment each article contains:—

One hundred pounds of bread	contains	80 lbs.	of nutriment.
Do.	meat the average	35	do.
Do.	French beans	92	do.
Do.	broad kidney beans	89	do.
Do.	lentils	94	do.
Do.	potatoes	25	do.
Do.	carrots	14	do.
Do.	greens and turnips from 6 to 8		do.

The following table is taken from other chemical experiments.

One hundred pounds of wheat	contain	85 lbs.	of nutriment.
Do.	rye	80	do.
Do.	barley	83	do.
Do.	rice	90	do.
Do.	beets	14	do.
Do.	cabbage	7	do.

We perceive therefore that many of the vegetables used as aliment contain more nutriment than meat; besides it is sooner digested, therefore it is sooner made into blood, and more nourishment to the body is the result.

We have briefly pointed out the systems, and many of the causes which produce this fashionable disease; to those who are not troubled with indigestion, it will show a preventive measure, which is far better than cure.

#### *Treatment :*

Centaury, .....	one ounce.
Agrimony, .....	one ounce.
Columba root, .....	one ounce.
Raspberry leaves, .....	one ounce.

and where the bowels are confined, half an ounce of senna.

Put two quarts of water, cover up close, boil down to one quart, strain, then add a tea-spoonful of cayenne, or where cayenne is objectionable, ginger may be used in its place; take a wine-glassful three times a day.

*Or, where there is a Nervous Debility, the following may be made :*

Pernvian bark, .....	half-an-ounce.
Valerian-root, .....	one ounce.
Juniper berries, .....	one ounce.
Gentian, .....	one ounce.
Prickly ash bark, .....	half-an-ounce.
Quassea chips, .....	one ounce.

Boil as the other ; take a wine-glassful three times a day, regulate the bowels as much as possible with diet and exercise, and external friction ; if these make no impression, it will be necessary to have recourse to emetics of lobelia, and especially if it is a case of long standing.

### APOPLEXY.

There is not a more alarming disease than apoplexy, and especially under the old school treatment, when we consider that their mode of cure is sufficient to produce death in an healthy person ; bleeding to a most incredible amount, is their sheet anchor, abstracting that which is the life of the flesh. In their treatment they appear entirely regardless of consequences ; but we shall endeavour in the first place to point out the cause of this disease ; and secondly our mode of cure.

Dr. Hooper states “ that the immediate cause of apoplexy, is a compression on the brain, produced either by an accumulation of blood in the vessels of the head, and distending to such a degree, as to compress the medullary portion of the brain, or from effusion of blood from the red vessels, or of serum from the exhalants, which fluids are accumulated in such a quantity, as to occasion compression.” These states of over distension and of effusion, may be brought on by whatever increases the afflux and impetus of the blood in the arteries of the head, such as violent fits of passion, or overloading the stomach, severe exercise, excess in venery, long exposure to cold or heat, the sudden suppression of any long accustomed evacuation.

Dr. Cheyne, classified fifty perfect cases of the disease, as to the cause, first drunkenness and habitual indulgence in exciting liquors ; second, the form of the body : third, temperament, sanguine or choleric ; fourth, gluttony : fifth, indo-

lence ; sixth, mental anxiety ; seventh, the use of tobacco ; eighth, stooping in one position too long.

These will be sufficient as beacons to every attentive and considerate reader, and we hope induce them to take speedy and effectual means, for the prevention of this always sudden and almost fatal disease.

Our friends will remember in establishing our system, we told them that heat was life, the absence of heat, death ; or in other words, when the balance of the circulation was destroyed, disease was the natural result. Dr. Hooper says, "anything that caused afflux of blood to the head produced apoplexy," and at the same time he says, "the extremities are cold ;" what then should be their object? take the pressure from the brain, and circulate to the extremities. But this is not to be accomplished by taking away the powers of nature, but by assisting it with rational means.

Our first object would be to put the feet in hot mustard and water, and rub the calves of the legs briskly with a coarse cloth, and give immediately two table-spoonful of clear cayenne tea every quarter of an hour ; soon as ever the cayenne strikes the base of the brain, it produces a reâction, and circulates the blood to the extremities. We should rear the patient up in bed, and apply a hot brick to the feet, and one to each calf of the leg wrapped in vinegar cloths, give an injection of lobelia, skulleep, gum myrrh, rhubarb, and cayenne, quarter of a tea-spoonful of each article, mix in a table-spoonful of cold water, and then pour three parts of a pint of hot water on the powder ; throw this up the bowels about new milk warm, repeat the same if it does not produce an evacuation ; our object is to produce a copious perspiration, and the patient is saved.

## RHEUMATISM.

Syptoms of Rheumatism may be classed under two heads, acute and chronic.

### *Stages.*

Acute rheumatism is generally ushered in by feverishness, or in other words is termed rheumatic fever ; this then becomes something like a marked disease. There are febrile symptoms and numbing pains sometimes take up their residence in the

lower extremities, at other times the upper extremities, sometimes the knee or ankle, or even the hip joint, sometimes the wrist, hands, and shoulders, and at times the head and heart are affected, sometimes the parts affected are much swollen; when not removed in the first stage it then becomes chronic or settled, often the symptoms become very alarming, passing to the heart, diaphragm, bowels, stomach, and every part of the body. When it is translated to the heart, the patient is seized with acute pains, and great anxiety over that region, palpitation, partial fainting, pale distressed countenance. When it is translated to the brain, it is attended with heaviness, acute pain in the head, intolerance of light and sight, wild and anxious expression of countenance, and occasional delirium. When the stomach is affected by a recession of this disease, pain, nausea and vomiting, sometimes the bladder is affected, producing a retention of urine, and pain over the region of that part.

#### *Causes*

That produce this unpleasant disease, is obstructed perspiration, either by lying in damp beds, or damp and unventilated rooms, or being exposed to cold air after being overheated by exercise, or otherwise; the administration of calomel is another great cause of rheumatism, as the blood has become so thin and deteriorated, that every gust of wind that blows, produces one or more of these symptoms named.

The medical faculty according to their own confession, appear to be entirely ignorant of the proper treatment to be pursued. Dr. Macintosh in his practice of physic, remarks, "one set of practitioners depend entirely upon blood letting, another upon purging, a third upon exciting long-continued profuse perspiration, a fourth upon bark alone, a fifth upon a course of mercury, to produce salivation."

No wonder under such treatment the patient should suffer so long; oftentimes a twelve month, and then not perfectly recover, feeling some of the old symptoms.

With regard to the long-continued perspirations, which are objected to, we are informed by Dr. Macintosh that they were produced by a load of bed-clothes, and large and repeated doses of Dover's Powders. Now, as this powder is a poisonous preparation, being a compound of ipecacuanha,

opium, and sulphate of potass, it need not excite our surprise that the perspirations proved injurious: it is fortunate that the patients even survived the treatment.

But perspiration produced by pure healthy stimulants, with the use of the vapour bath, will always have a beneficial result.

### *Treatment.*

Give a vapour bath, as directed in a former part of this Work. If that is not convenient, place the patient as high as possible in hot water and mustard, and apply hot bricks wrapped in vinegar cloths, to the feet, giving the patient freely of yarrow and composition powder, till perspiration is produced and kept up for some time; then the patient must be wiped down with a dry coarse cloth. If the patient be no better the same treatment must be pursued, and the parts affected must be fomented with equal parts of prickly ash bark powder, and cayenne, and cloths wrung out of the liquor and applied to the parts with dry bandages on the top pretty tight. If it is in the joints, the spirit tincture of cayenne may be used as a liniment, the compound decoction of sarsaparilla must be made up, and if the appetite and bowels are indifferent, buckbean and mountain flax, may be added. If this plan is persevered in, we are sure the treatment will have the desired effect.

## INFLAMMATION OF THE LUNGS.—(*Pneumonia.*)

### *Symptoms:*

Inflammation of the lungs is generally ushered in by cold chills, a hot and dry skin, hurried and laborious breathing, tightness of the chest, distressing cough, scanty and high coloured water, and dull pain in some part of the chest, which is increased by coughing or taking a long breath, the tongue is often dry, and of a dark color, sometimes there is an expectoration, at other times it is hard and dry, and is often streaked with blood. In violent attacks the countenance becomes livid, and the lips blue or purple. a harrassing cough, and sense of suffocation, delirium and stupor.

Inflammation of the lungs appears to be a bugbear to the medical profession.

It is lamentable to see the statistics of those who have died under this disease, and many of them might have been saved by proper treatment. Just look at the idea, a large blister over the chest, and before that is well another is applied on the top, and then as Dr. Hooper has recommended, they must be bled, and the operator is not to be deterred if they faint through loss of blood, and as soon as a little strength is gained the same treatment is to be pursued.

We ask any sensible man if this treatment is not sufficient of itself to produce death in an healthy person, to say nothing of the internal remedies—opium, strong doses of castor oil, and calomel.

While writing this article a child was brought in, with its little throat and chest looking like raw beef, and although only *nine months old*, the humane doctor ordered another blister between its shoulders. It was then in a dying state.

So much for learned quackery !

#### *Treatment.*

There is no disease that is so much under the control of the botanic practice as inflammation of the lungs. It is here that cayenne works wonders. We have seen cayenne and raspberry leaves alone cure this disease. But our general plan is as follows :—

Slippery elm bark, sliced .....	one ounce.
Horehound .....	one ounce.
Hyssop .....	one ounce.
Marsh mallow root .....	one ounce.

Put them in two quarts of water, boil down to one quart, strain ; then add one teaspoonful of cayenne, and take a wine-glassful every half hour. Apply either hot bran poultices, scalded with vinegar, or take two flannel bags, and put one ounce of camomiles into each bag, and heat them in the oven, changing them every ten minutes, till the violence of the symptoms abate. A mustard plaster might be used beneficially, but it must not remain on long enough to break the skin.

If the bowels are confined, an injection, as recommended in apoplexy, must be given. It will be necessary to give a vapour bath, or apply hot bricks, wrapped in vinegar cloths, to the feet.

The treatment for children is to put them in a mustard bath up to the neck ; or take a blanket, and dip it in hot water, and wring it out ; roll the child in the blanket, and put dry sheets round it ; give the clove syrup, and a tea of pennyroyal and raspberry leaves, and slippery elm, sweetened with honey, to drink when thirsty. An injection or a little manna and rhubarb will open the bowels.

Let this treatment be persevered in. If one bath is not sufficient, apply another, until the sufferer is relieved.

### INFLAMMATION OF THE BOWELS.—(*Entiritis.*)

#### *Symptoms :—*

Inflammation of the bowels may either be, in the internal or external coat of the bowels, constituting two different affections. In the former, diarrhoea or dysentery ensue, which will be described, and treatment given, under their proper heads. The inflammation is frequently confined to the duodenum, and when that is the case, there is often an obstruction of the biliary duct, followed by a bitter taste in the mouth, and a jaundiced hue of the skin.

### INFLAMMATION OF THE PERITONEUM.

This membrane, which envelopes and surrounds all the different organs which are contained in the abdomen, or cavity of the belly, defends them from injury by any motion or concussion, and their whole mass is prevented, through its means, from being misplaced by their own weight.

This disease is ushered in sometimes by a severe chill, and at others commences with an uneasy sensation in the bowels, followed by a fixed and burning pain, which is increased by pressure on the abdomen, there is less or more thirst accompanied by a hot and dry skin, short and laborious breathing, sometimes nausea and vomiting, the tongue red along the edges with a brown coat in the centre, the patient lies still on the back, every motion being attended with pain, the weight of the clothes is almost too heavy for the pressure on the bowels, in most cases obstinate costiveness is the cause. the pain shoots around the navel in a twisting manner, the vomiting is generally bilious or dark, and foetid, the urine is high coloured, pulse quick, hard, and contracted. The patient



generally belching up wind, and in seven or eight days if the disease is not checked, mortification takes place, which is announced by a sudden remission of pain, sinking of the pulse, cadaverous expression of countenance and cold clammy sweats.

*Treatment.*

The faculty resort to the depletive measures, bleeding, turpentine cloths applied externally, and turpentine injections with opium is given, blisters and tartar emetic ointment.

Our chief dependence for a cure in this disease, is by injections; make it up in the usual manner, only adding hot dandelion tea, instead of water, and an injection to be given every two hours, and a medicine to be made up in the following manner:—

Marsh mallow root .....	one ounce.
Slippery elm bark, .....	one ounce.
Sweet flag root, .....	one ounce.
Dandelion root, .....	one ounce.

Put two quarts of water, boil down to one quart, take one ounce of gum myrrh, mix it in two table-spoonsful of cold water, then pour the hot quart of herb tea on the top with a tea-spoonful of cayenne, give a wine-glassful every half-hour; foment the bowels with cayenne tea for half an hour at once, then wring a cloth out in the liquor, apply it all over the bowels, and repeat as often as necessary. If vomiting is a predominant symptom, an emetic of lobelia must be given, and the patient kept in a gentle sweat. Children must be treated in a similar manner, with the exception of the dose, and in the place of cayenne, ginger may be used with good effect.

**INFLAMMATION OF THE EYE.—(*Ophthalmia.*)**

Symptoms of ophthalmia, are a sensation of heat, and itching in the part succeeded by pain, and the feeling as if some foreign body, such as dust or sand was lodged in the eye. The pain gradually increases. The conjunctive covering the eye ball is covered with numerous vessels, which carrying red blood, and it generally becomes suffused and of a red appearance. There is generally a violent head-ache, and not

unfrequently a considerable degree of fever. There is a feeling of throbbing and burning heat felt in the part, and intolerance of light. There is often increased secretion of tears but in some cases a preternatural dryness of the surface of the eye, producing great pain.

The causes that produce this disease are various. External injuries, as blows, contusions, wounds of the eyes, extraneous bodies of an irritating nature introduced under the eyelids, exposure to bleak winds and cold, too free use of spiritous liquors, suppression of accustomed evacuations, long exposure to strong lights, scurvy, and syphilis.

*Treatment:—*

If inflammation arises from the lodgement of any foreign substance, that must be carefully removed; a magnet is sometimes of great service. But when it arises from cold, a vapour bath will be necessary to restore the equilibrium. If it arises from scurvy or syphilis, the compound decoction of sarsaparilla must be persevered in. If it is caused by a generally relaxed state of the body, the following medicine will be found serviceable;—

Eyebright .....	one ounce.
Ground ivy .....	one ounce.
Clivers .....	one ounce.
Bogbean .....	one ounce.

Put three pints of water, boil down to a quart. Take a wine glassful four times a day. For an adult, half a teaspoonful of cayenne may be added. The bowels to be kept moderately open.

*Outward applications.*—Take one ounce of raspberry leaves, boil in a pint of water down to a gill. Strain; when cold, add one ounce of spirit tincture of gum myrrh, and wash the eyes three times a day: and if they are much swollen and inflamed, mix a teaspoonful of powdered slippery elm bark with warm milk and water, and apply three poultices a day; put the poultice between pieces of thin muslin, taking care to wash the eye each time the poultice wants renewing, with the wash named. If the eyelids are much inflamed, rub them with the bayberry wax ointment.

INFLAMMATION OF THE BLADDER.—(*Cistitis.*)*Symptoms :—*

In this disease there is a burning pain in the region of the bladder, the abdomen is more or less swollen, a desire to make water, and a difficulty in voiding it, or a total stoppage. The skin hot and dry, urgent thirst, and the bowels inactive, and not unfrequently vomiting, and sometimes delirium ; a sudden cessation of pain, coldness of the extremities, a clammy sweat, and great prostration are unfavourable symptoms, and indicate a state of mortification.

This disease is produced by an improper use of acrid medicines, such as cantharides or Spanish flies, introduction of instruments in the bladder, obstructed perspiration, lodgement of a stone, or a diseased state of the prostrate gland.

*Treatment.*

If this complaint should be severe, put the patient into a hip bath, if that cannot be done, put a hot brick to the feet, and one on each side ; foment the part with camomiles, worm-wood, and hops, renewing the hot flannels every few minutes and let them drink a tea of the following herbs :—

Clivers, .....	one ounce.
Juniper berries, .....	two ounce.
Uva Ursi, .....	one ounce.
Broom, .....	one ounce.

Boil in three pints of water down to one quart, then dissolve one ounce of gum arabic in the strained liquor, add half a tea-spoonful of cayenne, and one tea-spoonful of the oil of cubebs when cold, give a wine-glassful of this every two hours, and if the bowels are confined, an injection given as mentioned under the head of apoplexy, will be advantageous in this disease.

INFLAMMATION OF THE STOMACH.—(*Gastritis.*)*Symptoms :—*

Constant burning pain in the stomach, accompanied by fever, restlessness, depression of spirits, a confined state of the bowels, and frequent retching after eating or drinking, the tongue is mostly red and inflamed, the pain is sometimes increased by pressure on the region of that organ.

If this disease is not subdued, other symptoms arise ; such as difficulty of swallowing, hurried and oppressed breathing, hiccough, great prostration of strength, sometimes fainting fits will ensue, cold clammy sweats and delirium.

*Treatment.*

As the welfare of the whole vital economy depends in a great measure upon the healthy condition of the stomach, it will be our duty in the first place to cleanse the vitiated secretions from the stomach by an emetic of lobelia, and especially so if the vomiting continues, as it will show that it is the effort of nature to remove an accumulation of morbid matter.

We have tried every other means to stay the nausea, but without effect, until the administration of an emetic.

It will be requisite to foment the stomach with cayenne, and prickly ash bark, half an ounce each, and two quarts of boiling water poured on them, and flannels wrung out of the liquor, and applied as hot as can be borne, drinking at the same time a tea made up of the following herbs :—

Slippery elm bark, .....	one ounce.
Marsh mallow roots, .....	one ounce.
Gum arabic, .....	one ounce.

Put two quarts of water, boil down to one quart, then add a tea-spoonful of cayenne ; give a wine-glassful every two hours, if the bowels are confined, give half a tea-spoonful of rhubarb in mint, or distilled peppermint water ; if this does not pass the stomach, give an injection named before.

It will be necessary to be cautious as regards the diet. Animal food must not be taken on any account. The food must be light and nourishing. Slippery elm gruel, lentils powder, sago or arrowroot ; these themselves will have a great tendency to reduce the inflammation, and prevent the irritability of the stomach. This must be given in small doses, as too much may cause the stomach to reject it. Wines and all intoxicating drinks, must be avoided. It will be requisite to keep a hot brick to the feet, wrapped in a vinegar cloth, and removed as often as they go cold.

INFLAMMATION OF THE KIDNEYS.—(*Nephritis.*)*Symptoms:—*

This affection commences with chills, and a shooting or dull pain in the small of the back, a benumbed sensation in the thigh of the side affected, there is a desire to make water with great difficulty of passing it, and is oftentimes red; if both the kidneys are affected it is entirely stopped, and the perspiration acquires a urinous smell. Fever and vomiting are not unusual.

This disease may arise from injuries, strains of the back. lifting heavy weights, and the pressure of gravel; the application of damp linen is a great cause of this complaint.

*Treatment.*

A vapour bath must be given immediately, and cloths wrung out of equal parts of cayenne and prickly ash bark, and wrapped round the loins, and then a broader piece of linen on the top of the flannel bandage; this kept on till morning. A hot brick applied to the feet, and one on each side of the kidneys, wrapped in vinegar cloths; and if the symptoms do not disappear. the same course must be pursued in the morning. The patient must take the following tea:—

Tansy .....	one ounce.
Dandelion .....	one ounce.
Uva ursi .....	one ounce.
Broom .....	one ounce.
Marsh mallows .....	one ounce.
Pellitory of the wall .....	one ounce.

Put two quarts of water, boil down to one quart; strain; add a teaspoonful of cayenne. Give a wine glassful every two hours. Wash the patient down in tepid water, vinegar, and cayenne, followed by friction. The food to be light, drinking linseed tea as a common drink. The bowels to be opened by a little senna or mountain flax.

INFLAMMATION OF THE LIVER.—(*Hepatitis.*)*Symptoms:—*

By this disease we understand an inflammation either in the membrane, or substance of the liver; it is characterised by febrile excitement, severe pain in the right side, like that

of pleurisy, but more frequently dull; a pain at the top of the shoulder blade; difficulty of breathing, dry cough, thirst, yellowness of the eyes and skin, clay-coloured stools, and, generally, nausea and vomiting; difficulty in lying on the left side; the urine is scanty, and of a dark or yellow colour, the tongue is sometimes smooth and glossy, but in general, it is covered with a white or yellow coat.

Inflammation of the liver is caused by injuries about the right side, exposure to wet and cold, errors in diet, drinking cold water when the body is heated, drinking intoxicating drinks, sedentary habits, the use of mercury, which acts upon the liver as a powerful poison.

Chronic inflammation of the liver is accompanied by a morbid complexion, loss of appetite and flesh, costiveness, indigestion, flatulency, pains in the stomach, and a considerable degree of asthma.

*Treatment :—*

The principles of treatment must be the same in this disease as in inflammation of any other internal part. We must endeavour to restore an equilibrium to the circulation, and when this is accomplished, the affected organ will be relieved. It will be necessary to give a vapour bath; with hot bricks to the feet and sides. If the pain is violent, a plaster may be applied, made in the following manner: a table spoonful of mustard, and half a teaspoonful of cayenne, mixed with equal parts of vinegar and water, and this to be applied to the part affected for a quarter of an hour, or as long as can be borne without raising a blister; and a decoction of the following herbs to be drank :—

Juniper berries .....	two ounces.
Agrimony .....	one ounce.
Clivers .....	one ounce.
Yarrow ... ..	one ounce.
Centaury.....	one ounce.
Ground ivy .....	one ounce.

Boil in two quarts of water down to one quart, strain; then add a tea spoonful of cayenne. Take a wine glassful every two hours. If it be a chronic inflammation, take a wine glassful four times a day, and two liver pills three times

a day. If the bowels are confined, an injection should be given, and the bowels should be kept open by the purgative pills. If this treatment has not the desired effect, it will be necessary to have recourse to emetics of lobelia.

### INFLAMMATION OF THE SPLEEN.—(*Splenitis*.)

This disease very much resembles inflammation of the liver, but the pain is on the left side; it must be treated in the same manner. Should suppuration appear, a poultice may be applied to promote it. Should the spleen become soft and pulpy, and partially destroyed, as is sometimes the case, a plaster may be applied to the side, and gentle purgatives administered occasionally.

### INFLAMMATION OF THE BRAIN.—(*Phrenitis*.)

#### *Symptoms :*

The membranes which cover the brain, may be the seat of the inflammation, or it may attack the substance of the brain itself. It generally commences with a sensation of fulness in the head, and flushing in the face, severe headache, throbbing in the temples; redness and sparkling of the eyes, heat and dryness of the skin, extreme thirst, intolerance of light and sound, watchfulness, and violent delirium. The pain is dull or shooting, according as the substances of the brain, or its membranes are affected, and in some cases occupies the whole of the head. The stomach and bowels are more or less disordered, and the liver often in a torpid state, as is indicated by the whitish color of the stools.

As the disease advances, the delirium increases in violence, and the patient talks in a wild and incoherent strain. The breathing slow and often laborious, the hearing is acute, followed by deafness, imperfect vision, difficulty of swallowing, and convulsions.

Where the head is shaved, blistered, leeches, cupped, bled, and dosed with poisons, often proves fatal in five or six days.

The disease may be produced by external injuries on the head, suppression of the menses, changes from heat to cold, checked perspiration, disordered stomach, drunkenness, intemperance in eating, and protracted study.

The unfavourable symptoms are weak pulse, cold and

clammy skin, grinding of the teeth, bleeding from the bowels, red, yellow, or dark colored urine.

### *Treatment*

In this disease must be prompt and energetic. There is no time to lose, for unless we recall the blood from the head, or in other words restore an equilibrium to the circulation, the inflammation may go on increasing, until it is impossible for any medicine to have an effect. The feet must be bathed in hot water and mustard twice a day, hot bricks applied to the feet, and an injection given every three hours; a cloth dipped in cold water and applied to the head, covered with an oil skin cap, and a hand shower bath\* given every two hours on the head, and a tea given of the following herbs:—

Rosemary, .....	one ounce.
Red sage, .....	one ounce.
Margoram, .....	one ounce.
Pellitory of the wall, .....	one ounce.
Penny royal, .....	one ounce.

Put three pints of water, boil down to a quart, strain, pour it boiling hot into one ounce of skullcap, and a tea-spoonful of cayenne, let it settle, give a wine-glassful every hour.

Children must be treated in a similar manner only omitting the pepper; you cannot give too much, as our medicines are harmless, and act in accordance with the laws of nature.

## INFLAMMATION OF THE BRONCHIAL TUBES.

### *(Bronchitis)*

#### *Symptoms;—*

This is an inflammation of the mucous membrane of the bronchial tubes: it is either chronic or acute.

The acute stage very much resembles inflammation of the lungs. The causes are same as inflammation of the lungs.

This distressing disease generally commences like a common cold or catarrh, with lassitude, chilliness, slight cough, oppression, and tightness of the chest, with some fever. Respiration laborious, attended with a wheezing or rattling

---

\* Which can be obtained at our establishments, for two shillings each.



sound, as if the air was forced through a narrow aperture, clogged with a viscid fluid. It is attended with hoarseness. At first, the cough is dry, but afterwards a copious secretion of viscid transparent mucus. The skin is dry.

*Treatment: -*

This complaint must be attended to promptly. A vapour bath and an emetic must be given, and hot fomentations of camomiles, to the part affected, and a decoction of the following herbs:—

Horehound, .....	one ounce.
Hyssop, .....	one ounce.
Marsh mallow, .....	one ounce.
Slippery elm bark, .....	one ounce.

Put two quarts of water, boil down to one quart, add a tea-spoonful of cayenne, take a wine-glassful four times a day, with a tea-spoonful of tincture of lobelia added to each wine-glassful. If the first bath and emetic be not sufficient to remove it, it must be repeated. Children must be treated as mentioned under inflammation of the lungs.

PLEURISY.—(*Pleuritis.*)

*Symptoms:—*

Pleurisy consists of an inflammation of the pleura or membrane which covers the lungs, and lines the cavity of the chest. An acute pain is felt on one or both sides, which is increased upon coughing, or upon taking a long breath. The patient does not lie upon the side affected, but generally upon his back, as the most easy and comfortable position.

The pain commences with a violent pricking about the short ribs, it extends itself toward the back bone, and shoulder blade, when inflammation attacks the substance of the lungs. The matter expectorated is generally mixed with blood, This disease is caused by exposure to cold, whereby the blood is thrown in an undue quantity upon the internal organs, the lungs in consequence of the inflammation, sometimes adhere to the sides of the chest: but this is not considered a serious accident, as it does not interfere with the respiration. This disease is caused by an undue proportion of blood being thrown upon the lungs.

Our object must be to take off the pressure, but not by bleeding, blistering, leeching, and administering mercury ; but by rational means. Our lancet is cayenne, and the vapour bath, and as the vapour bath causes a determination to the surface of the body, it must as a natural consequence, take away the pressure from the affected part ; and cayenne pepper being a pure stimulant, it keeps up that equal circulation, and the disease is removed.

*Treatment :—*

If the pain is violent, a vapour bath must be given, and a hot brick applied to the feet, wrapped in a vinegar cloth ; and a hot fomentation of cayenne tea applied to the part affected, for half an hour at a time, and then a cloth wrung out of the liquor, and a dry one bound on the top. The fomentation to be repeated, and also the bandages, if required, and a medicine made in the following manner :—

Vervain .....	one ounce.
Horehound .....	one ounce.
Hyssop .....	one ounce.
Slippery elm .....	one ounce.

Boil in two quarts of water down to one quart, strain, and pour the liquor upon an ounce of powdered pleurisy root, and a teaspoonful of cayenne. Take a wine glassful every two hours, or as the case may indicate. If the bowels are confined, an injection would be serviceable, or the bowels may be regulated by the purgative pills.

### INFLAMMATION OF THE EAR.

This distressing form of disease is occasioned by cold, or sometimes by an abscess formed in the ear. Delirium, convulsive disorders, have been brought on by extreme pain in the ear.

*Treatment :—*

Take equal parts of tincture of gum myrrh and olive oil : drop ten drops into the ears ; and then take an ounce of hops, scalded in boiling vinegar, and put in a flannel bag, and apply over the ears. This to be repeated as often as required. Bathe the feet in warm water and mustard, and take the following :—

Composition	..	..	..	half-an-ounce.
Skullcap	..	..	..	half-an-ounce.
Antispasmodic powder	..	..	..	half-an-ounce.

Pour three pints of boiling water on the powder ; sweeten. Take a wine glassful every two hours, and if the bowels are confined, a dose of bilious physic must be taken. The ears must be syringed out with warm soap and water, night and morning.

## QUINCY : OR, INFLAMMATION OF THE THROAT.

(*Cynanche Tonsillaris.*)

*Symptoms.*—This disease is very common in the spring and autumn, when the weather is changeable. It commences with chilliness, which is succeeded by fever and pain in swallowing. As the disease advances, the swallowing becomes exceedingly difficult, if not impracticable. The throat and tongue are often so much swollen as to destroy the voice, and render the breathing laborious. The pain in the throat is severe and darting ; and frequently extends to the ears. The mouth is dry, and the tongue coated with a white or dark coat ; and if the inflammation is not speedily checked, little ulcers form in the throat, which increases the sufferings of the patient.

### *Treatment :—*

A vapour bath must be given, and an emetic, after which the following tea must be taken.

Sumach berries,	..	..	..	one ounce.
Agrimony,	...	..	..	one ounce.
Raspberry leaves,	..	..	..	one ounce.
Red Sage,	..	..	..	one ounce.
Centaury,	..	..	..	one ounce.
Slippery elm bark,	..	..	..	one ounce.

Put two quarts of water, boil down to one quart, pour it upon half an ounce of gum myrrh, a tea-spoonful of rhubarb and a tea-spoonful of cayenne, after it has been made into a paste, with a table-spoonful of cold water, take a wine-glassful of this four times a day, and use the following gargle :

Cayenne pepper,	..	...	..	half-an-ounce.
Common salt,	..	..	..	half-an-ounce.

Pour a cupful of boiling water on them, strain, add the same quantity of good vinegar, gargle two table-spoonful every two hours, and apply hot bran poultices round the throat scalded with boiling vinegar, and repeated as oft as they go cold.

### PUTRID SORE THROAT.—(*Cynanche Maligna*.)

#### *Symptoms* :—

It generally commences with feverishness, and often attended with nausea and vomiting, with soreness and inflammation of the throat; the breath is very offensive, ash-colored spots appear upon the inflamed parts, which produce deep ulcerations: great prostration of strength attends this disorder. The inflammation often extends to the ears, producing deafness, and sometimes to the brain, producing delirium, sometimes the stomach and bowels become affected, with the putrefaction of the throat.

#### *Causes*

That produce this disease are cold, unwholesome food, and impure air.

#### *Treatment* :—

A vapour bath and an emetic, then give the following mixture:

Oak bark,	..	..	...	..	..	one ounce.
Sumach berries,	..	..	..	..	..	one ounce.
Red Sage,	..	..	..	..	..	one ounce.

Put two quarts of water, boil down to one quart; mix into a paste half-an-ounce of gum myrrh, and a tea-spoonful of rhubarb and cayenne, then pour the hot liquor on the powder, and take a wine-glassful every two hours; then gargle with the following mixture :—

Sumach berries,	..	..	..	half-an-ounce.
Raspberry leaves,	..	..	..	half-an-ounce.

Boil them in a pint of water down to a gill, strain, and when cold, add one ounce of tincture of gum myrrh, and one

of spirit tincture of cayenne; gargle a table-spoonful every hour, and bathe the throat with the liniment recommended under the head of inflammation of the throat. If the bowels are not sufficiently open, give a dose of the bilious physic occasionally.

### COMMON SORE THROAT.

This is a common attendant upon colds. The throat feels dry, and pain is experienced in attempting to swallow, and sometimes with a tickling cough, and an inclination to vomit.

#### *Treatment:—*

Put the feet in warm water and mustard for ten minutes, wipe dry, put a hot brick to the feet wrapped in a vinegar cloth. Make a pint of strong yarrow tea sweetened with treacle, add a tea-spoonful of cayenne: drink this off, and wrap a stocking filled with hops or camomiles, moistened with hot vinegar and water, round the neck. This is sufficient to throw off the first attack, and it must be remembered that if small complaints be removed, larger ones will never come.

### CROUP.—(*Cynanchi Trachealis*.)

#### *Symptoms:—*

This is an inflammatory affection of the windpipe or trachea, which extends in most instances to the air passages of the lungs. It is chiefly confined to children, but occasionally it attacks adults, and even persons in advanced life.

Croup is often sudden in its attacks, usually coming on in the night, but is generally ushered in by a harsh dry cough, impeding respiration. When the disease assumes its ordinary violence, the cough is loud and ringing, the breathing much oppressed, accompanied with a wheezing sound.

There is considerable danger attending this disease, as a great quantity of lymph is poured out into the windpipe, causing an obstruction to the passage of air to and from the lungs.

#### *Treatment:—*

Put the feet in warm water and mustard, apply hot flannels wrung out of cayenne tea to the throat, giving at the same

time from a dessert spoonful to a table-spoonful of the croup syrup, every fifteen minutes, till the violence of the symptoms abate, after which, give the same quantity four times a day till cured.

### WHOOPIING COUGH.—(*Pertussis*.)

#### *Symptoms* :—

This is a disease peculiar to children, though occasionally it attacks adults. It frequently prevails as an epidemic, and is most common in Spring and Autumn ; commencing with the symptoms of a common cold. The cough is moderate at first, but in the course of a week or fortnight increases in violence, and acquires a peculiar shrill or whooping sound. It makes its attacks in fits or paroxysms, and continues for a longer or shorter period, and terminates in an expectoration of phlegm or mucus ; in some instances vomiting occurs during the exertion of coughing. The eyes become prominent, and the countenance red or livid. The bowels are mostly disordered, sometimes accompanied with loss of appetite, fever, headache, and a coated tongue, and oftentimes the patient does not experience any particular indisposition.

If this disease is not seasonably arrested, it may terminate in some dangerous malady.

#### *Treatment* :—

Put the feet in warm water and mustard every night, and a hot brick or hot bottle of water to the feet, and during the day, take care to keep the feet warm and dry, take :—

Horehound,	..	..	..	..	two ounces.
Mouse Ear,	..	..	..	..	one ounce.

Put a quart of water, boil down to a pint, dissolve one ounce of Spanish juice in the tea, and then add four ounces of the raspberry tincture of lobelia, and give from a dessert spoonful to a table-spoonful every two hours, or when the fits come on : the diet must be light and nourishing ; a change of air frequently assists the cure.

### ASTHMA.—(*Asthma*.)

#### *Symptoms* :—

It is a spasmodic affection of the lungs, which comes on by paroxysms, generally at night, It often seizes the patient

after the first sleep. It is attended with difficulty of breathing, tightness across the chest, with a peculiar wheezing, being frequently threatened with immediate suffocation in attempting to lie down; towards morning the symptoms abate, and the patient feels much easier; at othertimes the symptoms are so mild, as to subject the patient to little inconvenience.

*Treatment :—*

Horehound,	..	...	..	..	one ounce.
Hyssop,	..	..	..	..	one ounce.
Vervain,	..	..	..	..	one ounce.
Agrimony,	..	..	..	..	one ounce.
Buckbean,	..	..	..	..	one ounce.
Ground Ivy,	..	..	..	...	one ounce.
Spanish juice,	..	..	..	..	one ounce.

Boil in two quarts of water, down to three gills, strain, when cold add two ounces of acid tincture of lobelia, and two ounces of milk of bitter almonds, (*see Compounds.*) Take a wine-glassful three times a day. and a tea-spoonful of cough powder in warm water, sweetened with honey, three times a day. Where the case is violent, immerse the feet in warm water and mustard, put a hot brick to the feet, and inhale the steam from a decoction of bitter herbs. The patient must pay particular attention to diet, and not expose himself to sudden changes of heat or cold.

## ERYSIPELAS, OR ST. ANTHONY'S FIRE.

*Symptoms :—*

This consists of an inflammation of the skin, which appears in a blotch of deep red or copper colour, attended with more or less swelling, and a stinging burning pain. It may attack any part of the body; but it is most common on the face, and extremities.

The inflammation is at first confined to a small spot, but it gradually spreads to a greater or less extent. When the face is the seat of this malady, the symptoms are most violent. The features are much disfigured, and the swelling is so great as to close the eyelids. Drowsiness and a tendency to delirium, not unfrequently arise; on the fourth or fifth day

blisters make their appearance on the inflamed surface ; in twenty-four or forty-eight hours, the blisters break, when the redness or swelling begins to subside, and the cuticle peels off in the form of scales. In unfavorable cases the inflamed surface assumes a livid colour, and the blisters are followed by obstinate ulcers.

This disease is produced by intemperance, living in damp places, sudden changes from heat to cold, and irritating substances applied to the skin. Dr. Hall states, "it is sometimes the immediate effect of indigestible food."

#### *Treatment :*

If the symptoms be severe, give a vapour bath, confine the head as long as can be borne, so as to steam the parts affected. Apply a hot brick to the feet, and wash the parts in elder flower tea ; two ounces of flowers will make a quart. Renew the cloths every ten minutes for half-an-hour at once, and then sprinkle either flour or slippery elm powder ; or if the blisters ulcerate, mix a poultice with slippery elm, yeast, and milk. Sometimes cold water will answer better than any other application. Take the following tea at the same time :—

Elder flowers, .....	two ounces.
Yarrow, .....	one ounce.
White poplar bark, .....	one ounce.

Put two quarts of water, boil down to one quart, strain ; pour boiling hot upon one ounce of fever powder. Take a wine-glassful every two hours, or as the case may require. In severe cases it may be necessary to give an emetic, and also injections. A gentle purgative may be taken every other day. If this be attended to, it will scarcely ever fail in effecting a cure.

#### GOUT.—(*Podagra.*)

##### *Symptoms :—*

This disease proceeds from a corrupt state of the blood, and is produced by excessive feeding, and drinking in general without sufficient exercise. The consequence is that there is such a deficiency of the secretion of perspiration, urine, as to corrupt the blood with those elements that should have been



thrown out of the body, and accumulates to such an extent, as to be thrown upon some weak or debilitated part of the body, or it becomes obstructed in the covering of some of the joints, causing the inflammation, pain, and other symptoms of gout. The inflammation of the joints in gout, do not terminate in suppuration, but by an effusion of chalky liquids, which is deposited at the joints, and causes that stiffening of them, which happens after frequent attacks. The gout comes on sometimes very sudden, but mostly it is preceded by an unusual coldness of the feet and legs, diminished appetite, indigestion, and a degree of languor is felt over the whole body. The bowels are often costive. It often attacks the great toe or heel, or the whole foot is affected with a severe pain, which increases until the swelling and inflammation is fully established; the duration of which will be according to the age and condition of the body. The inflammation may attack other parts of the body, as the knee, hand, wrist, elbow, shoulders. It ceases sometimes suddenly, and translates itself to some internal organ. When it falls on the stomach, it produces pain with sickness and vomiting; on the heart, palpitations and faintings; on the lungs, an affection resembling asthma; when it occupies the head, it is apt to give rise to apoplexy or palsy.

*Treatment:—*

Our first object must be to remove the obstructions by restoring the deficient secretions, and cleanse the stomach and bowels. Give a vapour bath two or three times a week; this will throw off a large amount of waste matter, after which give the following:—

Sarsaparilla, .....	two ounces.
Burdock root, .....	two ounces.
Burdock seeds, .....	two ounces.
Sassafras chips, .....	two ounces.
Gum guaiacum chips, .....	two ounces.

Cover with water, boil down to a quart, strain, add a teaspoonful of cayenne. Take a wine-glassful four times a day. The bowels must be kept moderately open. The fomentation and liniment recommended under the head of rheumatism

must be applied. This treatment must be persevered in until the inflammation subsides, and also continued some time after. Meat and strong drinks must be avoided, and the body washed all over every morning with cold water, vinegar, and salt, and rubbed well with a rough towel; this will act as a preventive measure.

---

## FEVERS.

### *General Remarks.*

Fevers constitute the largest proportion or class of diseases that assail the human family, and it seems to be regarded by the medical profession, as a profound and impenetrable mystery. Dr. Jackson says "the treatises that have been wrote on fevers, have been works of imagination, composed in the style of romances—farcy sketches—or on profound metaphysical abstractions, filled with subtleties, and hypothetical reasonings." Dr. Good says "no complaint is so common, and none so difficult to be defined in reality."

No writer seems to be fully satisfied with his own definition, and it is not extraordinary therefore that he should have given satisfaction to others. Dr. Eberle says, from a retrospective glance over the history of our science, we are forced to acknowledge that there is perhaps no subject which is more eminently calculated to humble the pride of human reason, than fever in relation to itself. Pathology has been in a continued state of revolution and instability. The human mind has been engaged with it for near three thousand years. Theories have risen and fallen in a continued and rapid succession,

Each has had its hour to strut upon the stage, and its votaries to yield it faith. But the stream of Time has hitherto overturned all these unsubstantial, though often elaborate fabrics. If we except, says Van Swieten, those who perish by a violent death, and such as are extinguished by old age, (and who are few indeed) almost all the rest die of fever, or diseases accompanied with fever; and notwithstanding the numerous inquires, experiments, and theories on the

subject by medical men from time immemorial, the nature, cause, and treatment remain the same ; and there is at this day no uniformity either in opinion or practice. They all go blindly to work to cure it, like the physician mentioned by Dr. Alembert ; he compared him to a blind man armed with a club, who comes to interfere between nature and disease, if he strikes the disease he kills the disease, if he strikes nature he kills nature, or the patient.

Dr. Dixon says this is the disease which to break, to baffle, to conquer, or subdue, the learned college of physicians have tried all their efforts, and spent all their skill in vain. It must run its course, is the common sentiment ; if one mode of treatment fails, we must try another, and another, till the exhausted imagination, the worn-out resources of the *materia medica*, and the dying patient arrest the hand of the experimenter, (and we might have said tormentor,) or nature triumphs over medicine and disease.

The practice of medicine is perhaps the only instance in which a man profits by his blunders and mistakes. The very medicines which aggravate and protract the malady, bind a laurel on the professor's brow ; when at last the sick is saved by the living powers of nature struggling against death, and the physician, he receives all the credit of a miraculous cure. He is lauded to the skies for delivering the sick from a detail of the most deadly symptoms of misery, when he himself had caused them, and out of which they never would have arisen, but by the restorative efforts of that living power which at once triumphed over poison, disease, and death. With these acknowledgements of the medical profession that they are totally ignorant of the nature of fever, how are they to prescribe for it with safety or success ?

Need it excite our surprise that the learned Dr. Bostock should have pronounced it the approbrium of the medical faculty ? or need we be astonished at the exclamation of the late Dr. Hosack, that fever and febrile diseases, still constitute the great outlets of human life, and continue to be almost as fatal as in the time of Sydenham, who calculated that eight out of every nine of all the deaths occurring in the

human family, were caused by febrile complaints? Is it any wonder that fever should be the scourge of the human race? It has been said of the celebrated John Hunter that if he once formed an opinion, he would obstinately adhere to it under all circumstances; and Dr. Rush has facetiously characterised him as one who would never give up anything he asserted, till he gave up the ghost. This is lamentably true with the great body of the medical faculty, especially with regard to their doctrines concerning fever; for although they consider the disease beyond the powers of their comprehension, they continue to adhere to their dogmas respecting it, and denounce all who have the hardihood to differ from them in opinion. Dr. Donaldson says, no physician whose works I have read, no professor of medicine whom I have heard speak on the nature of diseases, has ever discovered or even hinted at the nature and cure of fevers. All have delivered theories which amount to open acknowledgements of their ignorance of it, or have candidly professed the universal ignorance of all physicians in the world of the former and present times, respecting the nature of these diseases. But I have observed the plan of cure followed by the East Indians in fevers. I saw the practitioners cure the most vehement cases of intermittent fevers, in the space of a single day; with such a mathematical precision, and certainty, as I never beheld in any region of the earth—by purging, sweating, and vomiting. Does not these admissions go to show their inability to cure. Have we not more startling proofs than the authority quoted? Yea, by seeing our friends on the right hand, and on the left hand, cut down in the full vigour of life.

In the beautiful language of a writer upon this disease, he says, in tracing the progress of fever in its direful and disastrous course, we are compelled to regard a remedy at once safe and powerful to still its raging as one of the most signal benefits which the Deity has conferred upon man. When we cast our eye over the map of human misery, and mark the monuments of the destroyer—the scenes of battle and devastation spread out over all the nations of the world, where he has marched with death and fever inscribed on his bloody banners; and behold the same defence to resist his power,

and to baffle his malignity. We may exclaim with the poet  
 For thou ten thousand, thousand years—  
 Hast seen the gush of human tears  
 Which shall no longer flow.

The tears that have bedewed the earth, were we to calculate the sum poured out for the dead that have fallen by this one disease called fever; they would form an ocean that might swim the living. Were the cold and ghastly forms of the victims that have sunk in the silence of everlasting sleep by this one disease, since the history of the son of Shumamite, to the present time, collected into one monument, they would form a mountain that would astonish heaven and terrify the earth! What heart has not bled over a beloved friend, over the wife or husband of their youth; and how many have seen all their earthly comforts wither under the sweeping sirocco of this prevalent, and desolating storm? Yes, from the first thrill of the agitating nerve, the stinging pain, the hot and heaving breast, to the pestilence that walketh in darkness, and the destruction that wasteth openly at noonday; the human race, smitten in all its members, consumed in every limb, has sunk into the house of silence, in multitudes innumerable, under the single pressure of this destructive power. Look at the east and west, the silent cities, the untrodden streets, the dismal dark array of travellers on the path of death—and ask, who hath done all this? what enemy hath been here?—Echo from her thousand caves would ring out her response—fever! fever! fever!

The causes which have conspired to cover with uncertainty the treatment of fever, and arm the faculty against each other, are numerous and important; and though they have swelled the materia medica beyond all comprehension, and to use the language of Lord Bacon, they have gone in a circular direction, made no progress, but have alighted in the same place. But it has fell to the lot of a working man; a man who studied not the medical school books, but the book of nature, Dr. Thomson of America.

The honour is due to him for having discovered that there is but one cause of disease, and that is an obstruction in the circulation, or in other words, the loss of the equilibrium.

Fevers are caused by cold. The influence that cold possesses in the production of disease must be evident to every person of the least discernment. It is necessary there should be a certain temperature of the body to maintain an healthy state of the system. Persons however will bear a great degree of heat or cold, if applied to the system gradually ; but on the contrary, if suddenly applied, the most serious effects follow. Greater heat however can be borne, than a great degree of cold ; and it is on this account that cold plays a most important part in the production of morbid excitement. Some parts of the system are more susceptible of cold than others. The minute blood vessels of the surface, coming in contact with the atmosphere, are more susceptible of its impression than the internal organs. Cold long and suddenly applied brings a torpid or inactive state of the capillary vessels, by which the pores are closed, morbid matter retained, and a deviation from health follows. The blood becomes obstructed in these vessels of the skin, consequently, it is withdrawn from the general circulation, and the balance of it is lost, impaired, or rendered unequal. The consequence of all this is that the blood recedes or is driven back from the surface, to some of the internal organs of the system : the heart and arteries become distended with an unusual quantity. Increased action or more powerful contractions follow, to return the blood back to the surface, and to overcome the contraction of the capillary vessels, which greatly increases the circulation. When we reflect upon the vast quantity of blood contained in the small vessels of the skin, we must be sensible of the effect it must produce upon the system, when so much is stagnated or obstructed, or is driven back, and forced upon the vital organs.

The intimate connection between the skin, the stomach, the heart and arteries, intestines, and other organs, readily accounts for the effects of cold, suddenly or long applied to the surface. Sometimes even very slight impressions thus applied, cause the great quantities of blood in the minute vessels of the skin to recede, and to be thrown internally upon some portion of the organ ; reaction takes place, the heart propels with redoubled energy, back again to the extremities.

or the surface, by which the organ affected is relieved of its oppression. It will be quite evident that when this takes place, the balance of the circulation is destroyed. When the blood becomes unequal or is driven from one part of the body to another from the influence of cold or any other cause, morbid excitement or a deviation from a healthy action is the consequence ; and that heat or flushing of the skin is the exertion of nature to throw off or produce an equal equilibrium of the circulation. This clearly proves that there is but one cause of disease, though produced by various means. If then the cause of disease is so simple, it may be asked how is it that medical men so often fail ? We will let Dr. Robinson answer that question.

Firstly.—The symptoms of fever are mistaken, and one disease or stage or class is treated for another ; and the physicians declare the symptoms are so often blended, complex, protei-form, and fashioned that it is impossible to comprehend them. This is one uncertainty in practice.

Secondly.—Nosology, or the mournful list of the names of thirteen hundred and eighty-seven diseases, besides the new diseases so difficult to be understood, to be remembered or distinguished, is another source of uncertainty in practice.

Thirdly.—Theories constructed on false principles mislead the physician, and direct him to the use of wrong medicines, for false theories will make false practice ; these are the causes of the uncertainty of practice.

Fourthly.—Errors in judgment from misapprehending the remote, the exciting, and the proximate cause of disease, destroys certainty of practice, and brings death to the patient.

Fifthly.—Medicines used in the cure of fever of the most dangerous nature—poisons of the rankest dye and most fatal tendency—are often the causes of sudden death, and destroy or ought to destroy all confidence in the established practice.

It is in truth like running the gauntlet amongst armed Indians or red-hot ploughshares, to escape from the poisons of the medical profession.

From all these causes and many more that might be assigned, such as the recipes being concealed in a dead language, the mistakes in filling them up, one substance mistaken for

another, attendance of boys and persons unskilled in the apothecaries shops : when the rankest poisons are distributed as medicines. All these causes have filled the whole history of medical practice with dismay, uncertainty, and death.

Our mode in curing disease should not be by weakening the powers of life, but by assisting nature to fulfil her offices. Chomel, the highest authority on fevers, declares that the first aim of a medical man should be—*de ne pas nuire au malade*—not to injure the patient,—our practice will not injure. The means used are salutary, but efficacious in their results.

In the first place by their power in removing obstructions. Second, in expelling virus from the blood. Third, in throwing off morbid matter from the surface of the body, so that the perspiration has stained a clean towel with its taint. Fourth, in restoring and renovating all the vital actions of the body, so as to give tone to the stomach, and digestive organs. Fifth, and lastly, in removing pain, promoting calm sleep, in rousing the animal spirits, spreading hilarity and cheerfulness over the mind, without leaving a taint in the constitution or the sting of slow disease behind.

How is it that we cannot cure fever with as much mathematical precision as the North Americans? It is because we have depended too much on the skill of others, but truth is simple upon all subjects, and especially upon those essential to the general happiness of mankind. It is obvious to the meanest capacities. There is no man so simple that cannot be taught to cultivate grain, and there is no woman who cannot be taught to make it into bread ; and shall the means of preserving our health by the culture and preparation of aliment be so intelligible, and yet the means of restoring it when lost, so abstruse that we must take years to discover, to study, and apply them ! To suppose this is to call in question the goodness of the Deity, and to believe He acts without system and unity in all his works.

In our mode of cure there is no time spent in looking after names, symptoms, theories, causes, indications. The name is out, the cause is out, the indications are out, and the remedy is out ; and in a few hours the patient is relieved, restored,



requires food, recovers strength, sleeps, rises, and returns to the business of life.

Lord Bacon declares that the only cause of death which is natural to man, is that from old age, and he complains of the imperfection of physic in not being able to guard the principle of life until the whole of the oil that feeds it be consumed.

In concluding these remarks, we would ask our friends to persevere in the mode of treatment laid down, follow it out to the very letter, and the result will be a speedy recovery to health.

### FEVER—INTERMITTENT.

(*Febris Intermittens.*)

#### *Symptoms:—*

This disease may be divided into three stages viz:—first the cold stage, second, the hot stage, third, the sweating stage. An intermitting fever generally begins with a pain in the head and loins, weariness of the limbs, coldness of the extremities, stretching, yawning, sometimes great sickness and vomiting, which is succeeded by shivering and shaking, respiration short and anxious. The cold stage disappears, and is succeeded by transient flushes, dry and burning heat of the skin, which, before was pale, becomes red and swollen, acute pain attacks the head, and flying pains are felt over various parts of the body—when the sweating stage comes a moisture breaks out upon the face and neck, which soon becomes universal. The same successional evolutions generally occur once in twenty-four hours.

#### *The Causes*

That produce this disease are various. Marsh miasma or the effluvia arising from stagnated water on marsh ground. It has been found that marsh miasma when much diluted acquires exhalation, as in Summer when an unusual quantity of rain has fallen. It will also arise from great drought and heat in the latter end of Summer. It may be occasionally induced by a watery diet, damp houses, lying upon the damp ground, removing from a high part of the country to a low one; in a word, whatever relaxes the solids, diminishes the perspiration or obstructs the circulation in the capillary vessels, disposes the body to this disease.

*Treatment :—*

It will be necessary in treating intermitting fever, first to cleanse the stomach and bowels by an emetic, as the liver and stomach are in a very morbid condition, viscid phlegm and bile being discharged by vomiting. Boneset, chamomile or vervain, may be drank to assist its operation. Emetics not only cleanse the stomach, but increase the perspiration, and all other secretions, which render them of such importance that they often cure without any other medicine. After the emetic has operated, make up the following :—

Virginia Snake root, .....	one ounce.
Pennyroyal, .....	one ounce.
Chamomiles, .....	one ounce.
Peruvian bark, .....	one ounce.

Pour two quarts of boiling water on them, continue the boiling for twenty minutes. Take a wine-glassful every two hours, with half a tea-spoonful of the fever powder in each wine-glassful. Keep hot bricks to the feet wrapped in vinegar cloths, and washed all over with water and vinegar, and rubbed well with a coarse cloth night and morning. The food to be light and nourishing. The bowels must be kept gently open with a little senna or rhubarb.

**BILIOUS OR REMITTENT FEVER.**

(*Febris Remittens.*)

*Symptoms :—*

This disease is more prevalent in hot weather, and in low marshy grounds. It commences with languor, drowsiness, bitter taste in the mouth, pain in the head, back, and extremities, followed by chills and heats, fever, thirst, nausea, and oftentimes a vomiting of bilious matter. The eyes, skin, and urine, from the wide diffusion of bile through the system, become of a yellow colour. The bowels are generally costive, the tongue is dry, and covered with a white or brown coat. The breathing is oppressed and a sense of weight and fullness is experienced in the right side, and in the region of the stomach, delirium sometimes occurs ; the bowels become distended with wind, sore or tender on pressure. The stools are sometimes watery and reddish, and others black and offensive, resembling tar. -There is a remission of febrile symptoms in

the morning or afternoon of each day, which lasts for an hour or two, when the fever returns with its previous violence; and hence the term remittent fever.

Bilious fever is caused by intemperance in eating and drinking, irritating substances in the bowels, the use of butter, and animal fats, as they are not digested without causing a flow of bile into the stomach; it will also attack those of relaxed habit, who breathe an impure air, and make use of a poor unwholesome diet.

*Treatment:—*

Give a vapour bath and an emetic, then take the following herbs:—

Centaury, .....	one ounce.
Agrimony, .....	one ounce.
Clivers, .....	one ounce.
Juniper berries, .....	one ounce.
Raspberry leaves, .....	one ounce.

Put two quarts of water, boil down to a quart. Take a wine-glassful every two hours with half a tea-spoonful of sudorific powder in each glass. Give either an injection or a dose of bilious physic. If the bowels are confined, the emetic and vapour bath must be repeated if necessary: and the body washed down in the usual manner to keep the skin clean, and the pores open. All greasy substances must be avoided, as well as intoxicating drinks.

SCARLET FEVER.—(*Scarlatina*.)

*Symptoms:—*

Scarlet fever commences with a chill and shivering, like other fevers; with nausea, and often vomiting, succeeded by thirst and head-ache. Sometimes the symptoms are mild, at other times violent. The eyes are red, and much swollen; an eruption appears in the form of a stain or blotch of a fiery redness. As the disease advances, the whole neck swells, and assumes a dark red colour. Ulcerations of the tonsils; the throat, and mouth are often much inflamed. The breath is often very offensive. Rattling and oppressed breathing, great prostration of strength, copious discharge from the be-

wels, deafness, and stupor, almost from the commencement of the attack.

Children are more subject to this disease than adults.

*Treatment :*

It is very evident that this fever is produced by some morbid matter taken into the circulation through the medium of the lungs, and that the increased action in the system is a healthy effort of nature to throw off such humours or morbid matter.

It is therefore our duty to aid nature in her salutary efforts, and this can be accomplished in the following manner:—If there is soreness of the throat, and an accumulation of mucus, impeding respiration, an emetic will have a most beneficial effect. If the patient be an adult, a vapour bath will be highly necessary. If it be a child, take a blanket, dip it into boiling water, wring it out, and roll the child in it, and place a dry sheet round it, to keep in the steam. Let the child remain in the sheet for two or three hours, take it out, and wash it down with cold water and vinegar, rub it well; put dry linen on; put a hot brick to the feet, wrapped in a vinegar cloth; then give the following tea:—

Sumach berries .....	one ounce.
Vervain .....	one ounce.
Pennyroyal.....	one ounce.
Ground ivy.....	one ounce.
Centaury.....	one ounce.

Boil in two quarts of water down to one quart, pour boiling hot upon one ounce of fever powder, sweeten. Give half a wine-glassful every two hours. Hot bran poultices, scalded with vinegar, to be applied to the throat, and renewed when cold. The bowels must be kept moderately open. If the first emetic and bath make no impression, it must be repeated, for a steady perseverance will have the desired effect.

**TYPHUS, NERVOUS, OR, BRAIN FEVER.**

*Symptoms :—*

The slow or nervous is distinguished from other kinds of fevers by its effects on the nervous system; by a torpid state

of the brain ; prostration of muscular power, and more or less delirium. Typhus fever commences with a great debility, in all its symptoms. It is preceded by a slight indisposition for several days, succeeded by chills, debility, sighing, and oppression in breathing, with nausea and loss of appetite, uneasy sensation at the pit of the stomach. In the course of a few days as the disease progresses, the countenance becomes pale and dejected, the eyes dull and heavy, sense of weariness, both mental and corporeal ; pain in the head, giddiness, confusion of intellect, and great depression of nervous energy ; throbbing of the temples ; the tongue is dry, and deprived of its natural protective mucus ; the bowels are hard and tender on pressure, and, if struck, emit a hollow sound, indicative of an accumulation of gas ; the stools are very offensive, sometimes black, or of a yellow ochreous colour ; the brain participates in the disorder : the patient seems remarkably dull and stupid, when spoken to he returns no answer ; he is restless, and what sleep he gets is obtained in snatches. At first, the mind of the patient wanders only at night, and the delirium generally manifests itself on awakening from a disturbed sleep. Sometimes he wishes to get out of bed, and can only be prevented by force from executing his design ; he declaims in a loud, angry, incoherent manner, at other times tranquil, busying his fingers in picking the bed-clothes, muttering to himself : he is deaf ; the eye is dull, and in many instances, insensible to light. Black specks frequently appear to dance before the patient's eyes,—they annoy him, and he attempts to seize them in the air, or pick them from the bed-clothes. Diarrhœa is a prominent symptom, and the motions are frequently tinged with blood ; a quantity of pure blood is sometimes passed from the bowels.

This disease arises from impoverishment of the blood by certain passions, intense study, the use of poor diet or unripe fruits. It may be produced by bleeding, and mercury or other minerals, by impure air. It proves most fatal in small filthy houses, narrow and dirty streets. It is occasioned by sudden transitions from heat to cold, getting the feet wet, lying in damp bed-clothes.

*Treatment:—*

The patient should be placed in a large bed-room, there should be a small fire in it, unless the weather be very hot, because the fire acts as a ventilator, by determining a current of air towards the chimney. Bed curtains should be removed, sheets and blankets should be changed every other day, and put into water immediately, and washed. All discharges from the patient should be immediately removed. As the young are most liable to take this disease from infection, it will be advisable to keep them from intercourse with the patient. The nurse should be an aged person. No one should enter the apartment fasting. Chloride of lime may be sprinkled on the floor. Let a current of air flow through the room, so as not to come direct upon the patient. He must have a vapour bath and an emetic, and then take the following tea:—

Rosemary .....	one ounce.
Margoram .....	one ounce.
Vervain .....	one ounce.
Peruvian Bark .....	one ounce.
Centaury .....	one ounce.
Raspberry Leaves .....	one ounce.

Put two quarts of water, boil down to one, then add half a tea-spoonful of cayenne pepper, take a wine-glassful three times a day, and a tea-spoonful of fever powder in warm water, sweetened, three times a day, and an injection must be given every day. Let the patient drink hearty draughts of cold water whenever he is thirsty, if his tongue is covered with a black or brown crust add some lemon juice or a little vinegar. His food must be light and nourishing, his body must be washed all over night and morning in cold water and a little vinegar and cayenne. If this treatment is persevered in, we have no hesitation in saying that nine out of every ten will be saved.

SMALL POX. (*Variola.*)*Symptoms:*

There are two species of this disease—the distinct and confluent. The distinct are when they appear singly on the

body ; confluent are when the pustules run into each other.

This disease is ushered in by a cold stage, with a considerable degree of drowsiness, loss of appetite, cold hands and feet, thirst and nausea, redness of the eyes, soreness of the throat, pain in the head, back, and loins. In children convulsions sometimes take place previous to the eruptions, which generally shows itself about the third or fourth day, though sometimes it is longer before they appear, they come on at first in little red spots, similar to flea-bites, on the neck, breast, and face, they continue to increase in number and size, face swells considerably, there is also a hoarseness of the voice, and a difficulty in swallowing, and a discharge of viscid saliva from the mouth.

As the disease advances the matter in the pustules becomes changed in colour, at first it becomes opaque or cloudy, then white, and at length it assumes a yellowish colour ; about the sixth or eighth day suppuration takes place. (Fever generally returns during this stage of the disease, constituting the secondary fever.) About the eleventh or twelfth day the face and neck generally subside, after which the pustules discharge their contents, and then becoming dry, they fall off in crusts, leaving the skin of a darkish brown hue.

The more exactly this disease retains the forms of the pox it is the safer, and more completely the disease takes the form of the confluent kind, the more dangerous ; it is when the distinct kind shows a great number of pustules on the face or otherwise, by fever or putrescency, approaching the confluent, that the distinct kind is attended with any danger.

#### *Causes*

That may produce this disease are breathing the air impregnated with animal effluvia, arising from the bodies of those who labour under the disease, or from a high state of canker in the system. Thus nature works out of the blood the poison of the small pox, for by the re-action it is thrown to the skin, and by suppuration and other processes entirely eliminated from the system.

#### *Treatment :*

Let the patient be bathed in warm water, and have a hot

brick to his feet wrapped in a vinegar cloth, and let him drink the following to keep up a gentle determination to the surface.

Yarrow, .....	one ounce.
Vervain, .....	one ounce.
Pennyroyal, .....	one ounce.
Raspberry leaves, .....	one ounce.
Ginger, .....	one ounce.

Put two quarts of water, boil down to one quart; pour this boiling upon one ounce of bayberry powder. Give a wine glassful every two hours. Keep the bowels open once a day, but not to purge till after they have past the height. Keep the body clean, and let the linen be changed often, and let a current of air pass through the room without coming direct on the patient. When the pustules are full, apply cream to them; it softens and takes away the inflammation; and when thirsty, let them drink freely of slippery elm tea, and apply hot bran poultices round the throat. The diet must be light and nourishing.

#### COW POX.—(*Vacina*.)

Dr. Jenner was the discoverer of the cow pox, and for bringing it before the public, he was branded by the medical profession, and even the anathema was pronounced from the pulpit; but like every other science founded upon truth, it has outlived all that malice and persecution could invent.

Vaccination is in most cases an antidote against the small pox, or modifies the violence of it; but great caution is required in vaccination, or else the remedy will be worse than the disease. The following circumstances are deserving attention.

First.—Great care should be taken to ascertain the general health and character of the parents and child from whom the matter is to be taken.

Second.—That the matter be taken not later than the ninth day.

Third.—The matter taken from the cow is the best to be depended on.

Fourth.—That the fluid be perfectly transparent.

Fifth.—That the matter when taken be put on glass, and



let it dry gradually and thoroughly before it is put by for use, covered over with another piece of glass on the top.

If there is any inflammation in the arm, apply a slippery elm poultice mixed with warm milk and water, and after the pox is at height, give a dose of manna and rhubarb.

### CHICKEN POX.

#### *Symptoms :—*

The eruptions make their appearance in many instances without any previous illness; in others by a slight degree of chilliness, cough, loss of appetite, and febrile symptoms for three or four days. The eruptions are the size of the small pox, but not so numerous, nor confluent. On the first day they are red and much resemble the small pox. On the second day the red pimples have become small vesicles containing a colourless fluid, but sometimes a yellowish liquor. On the third day the pustules arrive at maturity, and in some instances so much resemble the small pox as to be distinguished with difficulty. On the fifth day of the eruption the pustules are almost dried, and covered with a slight crust, but no mark is left behind when this falls off.

#### *Treatment :—*

Keep the patient warm, and give the following tea :—

Clivers, .....	one ounce.
Raspberry leaves, .....	one ounce.
Pennyroyal, .....	one ounce.
Senna, .....	half-an-ounce.

If the bowels are confined. Steep them in a quart of boiling water, and let them drink freely of this. This will be sufficient to effect a cure.

### MEASLES.—(*Rubeola*)

#### *Symptoms :—*

The measles are known by the appearance of small eruptions somewhat resembling flea-bites over the face and body, but particularly about the neck and breast; many of these spots soon run into each other and form red streaks, which gives the skin an inflammatory appearance, and produces a little swelling of the face.

This disease commences by a heaviness and soreness of the throat, sickness and vomiting, redness of the eye, and an acute sensation as if they could not bear the light without pain, there is also a discharge from the nostrils, a dry cough, and great oppression, and stuffing of the chest; about the ninth or eleventh day, the skin assumes its natural appearance, but if great care is not taken, the symptoms will return with double violence. Upgrown people sometimes have this disease, but children are more liable to it, and that in the winter season. If this disease be not properly treated, other symptoms make their appearance, such as dropsy, asthma. When this disease makes its appearance bathe the patient in warm water and mustard, and a hot brick to the feet, and then give the following:—

White poplar bark,	...	...	...	one ounce.
Vervain,	...	...	...	one ounce.
Clivers,	...	...	...	one ounce.
Ground Ivy,	...	...	...	one ounce,
Pennyroyal,	...	...	...	one ounce.
Ginger bruised,	...	...	...	one ounce.

Steep these in a quart of boiling water covered up close sweeten with treacle, let the patient take freely of this, and if this is not sufficient to keep the bowels open, give a dose of senna tea.

### SCROFULA, KING'S EVIL, OR, SCURVY.

The word *scrofula* means, in plain English, a sow, but what the disease has to do with this animal, we are at a loss to know. It is also called king's evil. This absurd title was derived from Edward the Confessor, who it was once stated had cured this complaint, and also by the succeeding kings of England and France; and although this disease has been known to exist for nearly twenty centuries, yet with all the chartered wisdom of the medical colleges, they have not yet found out the cause, nor even the cure. Hear what some of the learned profession say respecting it.

Dr. Mackintosh in his practice of physic, "we are told by almost every author to correct the bad habit of the body, and improve the state of the constitution, but as far as I am con-

cerned, I am not aware that we have ever yet been told a proper method to bring about this desirable object, or, indeed, in what the bad habit consists.

Dr. Cullen says, "We have not yet learned any practice which is certain, or generally successful in its cure."

Professor Hayward, of Hayward University, after observing to his class that the excessive use of mercury is supposed to develop scrofula, remarked,—“Almost every article of the materia medica has been tried and abandoned, and sometimes the patients recover their health under any mode of treatment, providing it be not severe or violent.”

Dr. Buchanan says “This disease, which so completely baffles the regular practitioners, often yields to the remedies of old women and quacks.”

And what, we would ask, is the reason of this signal failure of the diplomatised practitioners, and the vexatious success of quacks? The reason is obvious: they use means which are rational, and act in harmony with the laws of nature and the animal economy, the sanitary herbs. These aid the powers of nature, assimilate with, and purify the fluids, stimulate the absorbents, and expel morbid matter, while the learned quacks use poisons to drive poisons out,—send a rat to drive a rat out! Is not the system already poisoned with foreign matter: is it not the height of madness to suppose that what will produce a disease will cure it.

### *The Causes*

That produce this disease are various. It is often left after measles, fever, and hooping cough, under the old school practice; but it may arise from living in damp, confined situations, and breathing a foul atmosphere; living too much upon slops, debauchery; or those children born of parents who have suffered from venereal disease; and the treatment which has hidden from the face of day the sins which they have committed, thus fulfilling the Scripture, that the sins of the father shall be handed down to the third and fourth generation.

### *Symptoms :—*

The symptoms that first appear are small knots under

the chin, in the neck, and behind the ears. These gradually increase in size and number, till they form one or more hard tumours; these continue a long time without breaking, and when they do break, they discharge a thin watery humour, matter, and blood. Other parts of the body are liable to its attacks, as the arm-pits, groins, feet, hands, breasts, legs.

*Treatment:—*

Although this disease is slow and sluggish, requiring much patience and perseverance, yet it can be cured under the botanic treatment. Let the patient have pure air, (the sea side if possible) and abstain from all greasy substances, and intoxicating drinks. It will be necessary to have recourse to a vapour bath once or twice a week, and an emetic of lobelia once a fortnight. If there is a discharge, apply the slippery elm poultice (see form) three times a day. If it be a scurvy, wash with buttermilk, in which a piece of alum, of the size of a nut to a pint, has been dissolved, night and morning. Then take the following mixture:—

Burdock root .....	two ounces.
Burdock seeds .....	two ounces.
Sassafras .....	two ounces.
Centaury .....	one ounce.
Ground Ivy, .....	one ounce.
Clivers .....	one ounce.

Put in two quarts of water, boil down to one, strain, and pour boiling hot upon one ounce of scurvy powder. Take a wine-glassful four times a day, for eight or ten days: then change for the compound decoction of sarsaparilla, (see form.) Bayberry wax ointment may be used occasionally. Let this treatment be persevered in, and a cure will be the result.

**SCALD HEAD, TETTERS, AND NETTLE RASH.**

Scald head is a disease called chronic inflammation of the skin of the head, in which a peculiar matter is secreted. At first, the eruption is confined to a small portion of the head; but by degrees its acrimony is spread over the whole scalp. It is accompanied by a troublesome itching, and the discharge of a thick offensive matter, which glues or mats the hair together, and forms into a green or yellowish scale. It extends to the neck, ears and eyes.

*Treatment :—*

To accomplish a cure, the hair should be cut clean off, and the head washed night and morning with sweet soap and water, then take a handful of raspberry leaves, and make a quart of tea; strain; pour boiling hot upon half-an-ounce of lobelia, bathe the head with this night and morning, but not twice in the same liquor, after which, apply the bayberry wax ointment. Keep the head covered during the day with a cap.

As this disease results from a disordered state of the body, means must be taken to purify the blood, and strengthen the system. The compound decoction of sarsaparilla must be given, from a table spoonful to a wine glassful four times a day. If the disease commences in the spring, give a dessert spoonful of the expressed juice of clivers, three times a day.

Tetters may be treated in a similar manner, as the disease proceeds from the same cause, an eruption of the skin. If the patient be an adult, the vapour bath may be given with advantage once a week; patients can make up a medicine to suit their own case, so that when the disease does not yield to the satisfaction of the patient, he can apply others of the same class.

## NETTLE RASH, OR HIVES.

This is an eruption resembling the rash produced by stinging the skin with nettles. The skin is raised, and there is more or less inflammation, attended with painful tingling or itching. It disappears and reappears suddenly, sometimes in one part, and sometimes in another.

This disease proceeds from an impure state of the blood, and is usually connected with a disordered state of the stomach and bowels. Wash the body down night and morning with water and vinegar, and rub well with a coarse cloth. Give a dose of purgative powder every other night, and drink freely of the antiscorbutic medicines.

## RING WORM.

This consists of a number of very small vesicular blisters close together, and forming a circle. The eruption is attended with itching, and a tingling sensation.

*Treatment:—*

Give the compound decoction of sarsaparilla, and rub the parts affected with tincture of blood root, and apply lobelia and bayberry powders, wetted with tincture of blood root, night and morning.

CANCER. (*Carcinoma.*)

Cancers arise from a deposition of morbid matter amongst the glands and other vascular portions of the system, which accumulates by degrees, though it remains nearly unchanged till by its obstruction to the circulation and the nervous action in the part, it gives power to the inorganic agencies to produce lesions, which are more or less extensive, according to the weakness of the part, and are fatal when the system cannot remove the offensive matter.

*Symptoms:—*

The breast is often the seat of this complaint, but other parts are liable to become affected. When the female breast is affected, there is a moveable hard tumour, about the size of a marble; when in this stage it progresses slowly, attended with an uneasiness in the part affected, but without inflammation; it gradually increases in size, and becomes hard and knotty to the touch. As it progresses further, there is a darting and burning pain felt in the tumour, and it becomes attached to the skin above, and to the parts beneath, converting the whole into one common mass. Before it has attained any great size, there is a discharge of dark-coloured and offensive matter. This discharge is so acrid as to inflame the parts it comes in contact with. The ulcer now spreads rapidly, and, unless it is checked, it corrupts the whole stream of life, and the patient is so reduced that it frequently terminates fatally.

*Treatment:—*

Means must be adopted to improve the general health of the sufferer. Give the following decoction:—

Quassia chips .....	one ounce.
Burdock root .....	one ounce.
Centaury .....	one ounce.
Ground ivy .....	one ounce.
Raspberry leaves .....	one ounce.

Put in two quarts of water, and boil down to one quart, then add a tea spoonful of cayenne, and half-an-ounce of gum myrrh. Take a wine-glassful three times a day, and a dose of purgative powder occasionally. The tumour, if in the breast, must be steamed in the following manner:—Take two ounces of hops, and two of wormwood, boil these in a gallon of water, and add one ounce of cayenne. Put two wooden bowls in the liquor, and apply these bowls to the breast, with a flannel all round to keep in the steam; and change them every ten minutes for an hour, three times a day; after which, rub the tumour with equal parts of tincture of blood root, and spirit tincture of cayenne, and keep a piece of linen wet with the liniment, constantly on the part.

This process will stimulate the absorbents to take up the foreign deposit: but if the tumour has advanced too far, poultice it with slippery elm, ginger, lobelia, and blood-root, equal parts; at the same time washing the breast with oak bark tea. If this is followed, it will seldom or never fail.

### WHITE SWELLING.

This is an inflammation of a joint, and generally affects the knee. It often occurs in a feeble scrofulous constitution.

#### *Treatment:—*

The part affected must be fomented with a strong decoction of bitter herbs, wormwood, tansy, and hops, for an hour at once, three times a day, and rubbed well with the spirit tincture of cayenne and prickly ash after each fomentation, and keep the part constantly wet with the liniment. Use the medicine recommended under the head of *Scrofula*.

### FELON AND WHITLOW.

A felon is an inflammation of the covering of the bones of the joints, most commonly occurring in the fingers.

A whitlow is similar to a felon, but it not so deeply seated: it is often located at the root of the nail.

It commences with a prickling sensation, attended with a throbbing swelling, and inflammation.

#### *Treatment:—*

Bathe the finger in a decoction of oak bark, and a little

saltpetre, three times a day ; and apply the poultice recommended in *Cancer*. Take a dose of composition powder in warm water, sweetened, three times a day. Keep the bowels open with a dose of purgative physic.

### ULCERS

are continuous sores, attended with more or less pain and inflammation. The cause of this disease is owing to the impoverishment of the circulating fluids, arising from the imperfect process of digestion.

The first object must be to correct the stomach and liver, and keep up a gentle determination to the surface. Take

Clivers .....	one ounce.
Ground ivy.....	one ounce.
Centaury .....	one ounce.
Agrimony .....	one ounce.
Buck bean .....	one ounce.
Raspberry leaves .....	one ounce.

Put in two quarts of water, boil down to one. Take a wine glassful four times a day, and tea spoonful of scurvy powder night and morning. The bowels to be kept open by taking a little of the purgative physic, or the antibilious pills. Wash the parts with a decoction of oak bark, and poultice with slippery elm, lobelia, and blood root, mixed with oak bark tea, a strong decoction, three times a day. A vapour bath and an emetic once a week will assist the cure.

### SUMMER COMPLAINT OR LOOSENESS.

#### (*Diarrhœa.*)

*Symptoms:*—This disease is characterised by frequent discharges from the bowels, with pressing down, or disposition to evacuate their contents. It is attended with griping pains in a greater or less degree, but generally without much fever.

The causes that produce this disease are various ; but probably the most common of all is eating unripe fruits, or too much of any kind ; also, the stoppage of perspiration, and vitiated agents or humours, which not being expelled by the skin, are thrown upon the liver and mucous membrane, causing a vitiated and unhealthy secretion of bile and mucus.



The discharges are generally preceded by a murmuring noise and flatulency in the intestines, with a sense of weight and uneasiness in the lower part of the bowels. In some instances, the discharge is made without any previous uncomfortable feelings in the bowels. As the disease advances, it affects the stomach with sickness and vomiting, the countenance becomes very pale, and the skin is dry and rigid. If it is allowed to continue, there is great prostration of strength.

*Treatment :—*

In slight attacks a few doses of composition or cholera powder will be sufficient ; but in severe cases, let the following tea be drank.

Tormentill root, .....	one ounce.
Raspberry leaves, .....	one ounce.
Agrimony, .....	one ounce.
Southern wood, or lad's glove, ... ..	one ounce.

Bruise the tormentill root. Put three pints of water. boil down to a quart ; pour this boiling upon one ounce of composition powder, and sweeten with loaf sugar. Give a wine-glassful every half hour, or as the violence of the symptoms may require. If there is much pain, apply hot salt in bags, or hot bran poultices, and repeat as often as they go cold. Attention to diet is highly necessary. Sago, rice milk, or burnt rice made into coffee. After the diarrhœa has ceased, give the stomach bitters powder to correct the appetite, and strengthen the stomach and bowels.

CHOLERA MORBUS.

*Symptoms :—*

The cholera morbus comes on generally very suddenly ; it usually commences with nausea, and pain in the stomach, followed by severe griping, and distress in the bowels. These symptoms are immediately succeeded by vomiting and purging, which generally continue in paroxysms, until great prostration follows. The stools are at first thin and watery, and generally tinged with bile. After the disease has continued for a short time, the evacuations are very bilious ; as the disease advances, the vomiting, retching, purging, and pain is severe and incessant.

The peculiar feature of this complaint is a spasmodic affection of the abdominal muscles and extremities. The person is drawn up on every attack, or in every paroxysm, often causing him to scream aloud with dreadful agony. The thirst is usually very great, but almost every liquid taken into the stomach is immediately rejected.

As the disease advances, the pulse becomes small, feeble, and intermittent. There is coldness of the extremities; the countenance is pallid, and expressive of great distress. Cold sweats break out, and great prostration follows.

*Treatment :—*

Bathe the extremities in hot water and mustard, apply a hot brick to each side, and to the feet, wrapped in vinegar cloths. Foment the bowels with wormwood, tansy, and cayenne tea, as hot as possible, and do not desist until the pain has ceased. Give the following mixture, to neutralise the acids, and stay the vomiting :—

Rhubarb .....	half a-teaspoonful.
Cinnamon .....	ditto.
Prepared chalk .....	ditto.
Cayenne pepper.....	ditto.

Mix these in a gill of hot water well sweetened with loaf sugar; then add a gill of peppermint water. Give two table spoonful every half hour until the sickness is stayed. Then give the following mixture :—

Oak bark .....	one ounce.
Poplar bark .....	one ounce.
Raspberry leaves .....	one ounce.
Meadow sweet .....	one ounce.

Boil these in three pints of water down to a quart, strain; pour hot upon one ounce of gum myrrh, and a teaspoonful of cayenne, which have previously been made into a paste with cold water. Let the patient take a wine glassful of this every hour, or as often as the urgency of the symptoms require. If these fail, which very rarely occurs, give an injection every two hours of gum myrrh, rhubarb, and composition, each half a teaspoonful. Diet must be carefully attended to: all greasy substances avoided. Mint, raspberry leaves, or pennyroyal tea may be drank when thirsty.

## DYSENTERY

Is an acute inflammation of the mucous membrane of the colon and rectum, known as flux. As the disease advances, sickness, nausea, and vomiting occasionally prevail; and are succeeded by griping stools, which consist of mucus, streaked with blood, and often pure blood is discharged. The patient has a constant desire to go to stool, and is harassed with an inclination to strain, which affords no relief. The liver is torpid or inactive, the stomach acid, the bowels frequently distended with wind, shreds or patches of false membrane are sometimes passed in the alvine discharges.

### *Causes :—*

Perspiration suddenly checked by cold, sleeping in a damp room or bed, wet clothes, unwholesome diet, unripe fruit, and the effects of sudden changes in the weather; neglected or falsely-treated indigestion, acids retained and thrown upon the intestines, causing irritation, inflammation, &c.

*Fatality of Dysentery.*—In ordinary cases the patient is soon restored to convalescence, by the use of composition and cholera powders; but when it prevails epidemically, it sometimes proves fatal. At this time, it requires the most practical application, and the following medicine may be depended on. Having had much practice in obstinate cases, we have no recollection that it has ever failed in our practice.

### *Treatment :—*

Make the following decoction :—

Oak bark .....	one ounce.
Raspberry leaves .....	one ounce.
Sumach berries .....	one ounce.
Cranesbill .....	one ounce.
Slippery elm .....	one ounce.
Bistort.....	one ounce.
Meadowsweet .....	one ounce.

Boil in two quarts of water down to one quart, strain; add a level teaspoonful of cayenne; then take half an ounce each of cholera powder and golden seal. A teaspoonful of this

powder to be taken in a wine glassful of the decoction, sweetened with loaf sugar, in severe cases, every hour or two, as may be required. If the tongue is coated, give a lobelia emetic as often as is required, and vapour baths every other day. Injections every three hours, composed of slippery elm, gum myrrh, composition, catechu, half a tea spoonful of each, in a pint of warm water, and as much lobelia as will lie on a sixpence.

*Regimen :—*

Good nursing in this, as well as in other diseases, is very important. The excrements should at all times be immediately removed, and buried under ground. Change the clothes often, and let them be well aired. Admit pure air into the room. Great attention must be paid to diet : see the article on that subject. For drink, give toasted bread and water, and rice boiled in milk ; and if the case is violent, add a tea-spoonful of prepared chalk to every half cupful of milk, to absorb the acids, it is both safe and good.

ASIATIC CHOLERA.

There is no disease incident to the human family that has spread so much terror and desolation as Asiatic cholera. It attacks people in good health, without any notice of its approach.

It appears to be only an aggravation of the common cholera, or a more malignant type of the same. It is characterised by frequent discharges from the stomach and bowels of a watery fluid, resembling rice or barley water. The patient is seized with spasmodic pain of the bowels, cold and clammy sweats over the body, great coldness of the surface, the countenance soon becomes so altered that all the features of the face contract and shrink ; the lips are blue. The heat and pain at the stomach are extreme. The spasms of the patient are dreadful, beginning like cramp in the feet, sudden attacks of pain run up the legs and arms, as though they were breaking, to the trunk. At the approach of death, these spasms leave the system. The action of the heart, pulse, and organs of respiration rapidly diminish ; the system loses all power to retain its heat : the blood thickens ; the courses of the large

veins are black and marked ; even the tongue is cold. The eyes become closed, there is a complete suppression of bile and urine : yet the patient often continues sensible until life is quite extinguished.

*Treatment :—*

There is no disease that so strongly exhibits, or so clearly proves the theory of the botanic practice—heat is life ; the absence of heat, death. A patient suffering under this disease becomes so void of the vital principle, heat, that a galvanic battery produces no effect. So void are they of oxygen, that life-giving principle, that there is not sufficient stimulus or heat : therefore the blood recedes from the surface, and is thrown upon the vital organs : these have not the power to throw off the extra amount of work.

Our great aim is to restore the circulation, and check the diarrhœa ; and to accomplish this, the following means must be used :—Place the patient in hot water and mustard, up to the knees, rub them well, at the same time giving a tea spoonful of cholera powder, in hot water, strained and sweetened, every quarter of an hour. If the powder is rejected, repeat it again, as it is not well to lock up in the system the virus or poison. After the patient has been in the bath ten minutes, put a hot brick to his feet, and one to each side of the legs, wrapped in vinegar cloths, and repeated as they go cold.

The cholera powder being the nearest at hand, it can be given while the following is preparing :—

Oak bark .....	one ounce.
Meadow sweet .....	one ounce.
Tormentil root .....	one ounce.
Raspberry leaves .....	one ounce.
Blackberry leaves. ....	one ounce.

Boil in two quarts of water, strain ; pour hot upon one ounce of cholera powder, let it subside, and sweeten with loaf sugar. Give a wine glassful every half hour, and an injection of the same liquor every two hours, with the addition of a table-spoonful of tincture of gum myrrh. Let a gill of this be thrown up the bowels, new milk warm.

Let this treatment be persevered in, and we do not fear the result, as we had ample proofs of its efficacy in 1849.

After the pain and purging have subsided, give bitters combined with gum arabic, comfrey, or slippery elm bark; these soothe the stomach and bowels, and remove the irritation. In some cases, we have had to have recourse to an emetic and vapour bath before we could produce a perspiration, and stop the sickness.

Great attention must be paid to diet. Arrow root, sago, rice coffee, may be taken, and slippery elm tea may be drank freely.

### CHOLERA INFANTUM.

Infantile cholera or diarrhœa is a complaint having the appearance of adult diarrhœa, and arises from similar causes. Though in many instances it is rapid in its course, in infants it is more protracted, and often becomes chronic. The belly is then much swollen and hot, while the limbs are wasted, cool, and flaccid. The discharges from the bowels are green and acrid. The child dozes with its eyes wide open, and rolls its head when awake. The face is shrunk and pallid, and the lips are blue.

#### *Treatment:—*

Make up the following:—

Raspberry leaves .....	one ounce.
Agrimony .....	one ounce.
Valerian.....	one ounce.
Blackberry leaves .....	one ounce.

Boil in a quart of water down to a pint. Sweeten with lump sugar, then add a tea spoonful of gum myrrh. Give a dessert spoonful to a child every two hours. If an adult, add a tea spoonful of cayenne, and take a wine glassful every two hours. Give a warm mustard bath every day, for seven minutes at a time.

If this treatment fails, give an emetic of the tincture of lobelia, and then repeat the same mixture. When thirsty, take a teaspoonful of prepared chalk, mix it with a pint of milk, sweeten. Let the patient drink freely of this. The diet must be light and nourishing.

## ACIDITY OF THE STOMACH.

This is generally caused by improper diet, rich pastry, or fatty matter in a weak debilitated state of the stomach, when the system has been impaired by excesses, mercurial treatment, the too common use of alkalies, such as pearl-ash, carbonate of soda, and for this disorder they are commonly used.

Dr. Graham says, "If we may judge from the frequency with which we witness professional men prescribe carbonate of soda, we must regard it as a most valuable remedy; this I formerly thought, but closer observation, and greater experience of the operation of medicines, fully convinced me that this is a great mistake, and there are few medicines so frequently employed that are more debilitating to the stomach, and through it to the whole frame."

As acidity of the stomach proceeds from a weak digestion, the treatment must be the same as for indigestion. The following may be taken, in addition, with great benefit:—Take two ounces of fresh-burnt lime, pour upon it two quarts of cold water; stir it well up, and let it stand awhile, then strain. Take two table-spoonsful, with the same quantity of milk, night and morning. This is a good anti-acid.

## VOMITING. (*Emesis.*)

It is sometimes the case that persons are taken with vomiting without any apparent cause, or not proceeding from any other disease. The stomach becomes irritable, and everything taken is ejected.

When it does not apparently proceed from particular disease, our attention must be exclusively directed to the symptom of vomiting.

### *Treatment:—*

Take a bunch of spearmint, a tea spoonful of cloves and cinnamon, and half a tea spoonful of rhubarb. Mix these in a pint of the spearmint tea: take a wine glassful every half hour, sweetened with loaf sugar. If these fail, which is scarcely probable, let the patient bathe his feet in warm water and mustard, and apply a hot brick to the feet, wrap-

ped in a vinegar cloth. Give a lobelia emetic, after which, the stomach bitters powder, a tea spoonful three times a day.

### COLIC. (*Colica.*)

Colic is characterised by great pain in the bowels and stomach, accompanied with nausea, retching, and vomiting; and often a spasmodic contraction of the muscles of the abdomen, or belly, attended with griping, and twisting sensations, from which, pressure on the bowels afford some relief, and this distinguishes it from inflammation of the bowels.

Colic is divided into several kinds, as flatulent colic, when there is costiveness, griping pains in the bowels, a rumbling noise, distention of the stomach, with an inclination to vomit. Hysteric colic,—nausea and sickness at the stomach, spasms, costiveness, and lowness of spirits, &c. Bilious colic,—when there is a bitter taste in the mouth, thirst, fever, a vomiting of bilious matter, and costiveness. Painters' colic,—occasioned by the absorption of lead, to which painters, potters, and miners are most subject.

The causes that produce this disease are various, as indigestible food, and redundance of acrid bile; long continued costiveness, hardened fœces, inhalation of metallic substances, derangement of the stomach, swallowing poisonous substances, as mercury, lead, and pernicious mineral medicines.

In all cases there is evidently an irritating matter in the alimentary canal, which produces spasmodic contraction of the intestines, and sometimes violent inflammation, which is not always confined to one particular spot.

#### *Treatment:—*

When it is flatulent colic, take the following:—

Juniper berries.....	two ounces.
Spearmint.....	two ounces.
Pellitory of the wall .....	one ounce.

Steep these in three pints of boiling water for three hours. Pour hot upon one ounce of antispasmodic powder. Take a wine glassful three times a day.



## Hysteric colic.—Take

Assafœtida .....	a quarter of an ounce.
Valerian root.....	one ounce.
Motherwort .....	one ounce.

Steep these in a quart of water, pour hot upon one ounce of skull-cap, and half a teaspoonful of cayenne. Take a wine glassful three times a day.

## Bilious colic.—Take

Agrimony .....	one ounce.
Dandelion .....	one ounce.
Juniper berries .....	two ounces.
Centaury .....	one ounce,
Clivers.....	one ounce.

Put in two quarts of water, boil down to one, strain; then add a teaspoonful of cayenne pepper. Take a wine glassful three times a day.

Painters' colic.—Use the same as for bilious colic.

In all symptoms of colic, where the bowels are costive, injections are indispensable. The same to be used as recommended under the head of inflammation of the bowels. Cloths wrung out of vinegar, water, and cayenne, as hot as can be borne, must be applied to the part, and the injections given as often as circumstances may require. The food must be light, and all greasy substances avoided. We have had, at times, to resort to vapour baths and emetics in slight attacks. The bowels can be opened by any of the purgative medicines.

COSTIVENESS.—(*Constipation.*)

Costiveness may be either constitutional or symptomatic, but generally the latter. There is a retention of the excrements, with hardness and dryness of the evacuations, which are often difficult, and sometimes painful.

Persons of sedentary habits are liable to this complaint, especially those of nervous or choleric temperament, or who are subject to disease of the liver or spleen.

There is generally nausea, flatulency, pains in the head, with a degree of fever. There is no disease so common, and

perhaps no other complaint for which people take the liberty of prescribing for themselves as costiveness, and none which they more frequently fail to remedy, or more often increase and establish by the very means taken to cure. The cure is not to be effected by taking purgatives constantly, but by assisting nature by diet and friction over the bowels, unbolted bread, oat meal and treacle, roasted apples at supper time, yolk of eggs first thing in the morning; making a practice at a certain time to produce evacuation. By this process many have been enabled to overcome the complaint entirely; but where this fails, give an injection every morning with warm water. This is far better than having to resort to purgative medicines. If purgative medicines are taken, take equal parts of lobelia and cayenne, mixed with bullock's gall; the gall having first being reduced by gentle heat till it becomes the consistency of tar. Make these into pills, and take two three times a day.

#### WORMS.—(*Vermes*.)

There are several kinds of worms at times found in the human body; but, the following three kinds are most frequent, namely, tæania, or tape worm, the teres, or round worm. and the ascarides, or seat worms.

The symptoms attending this are paleness of countenance, grinding of the teeth in sleep, the appetite bad, but oftentimes greedy. The bowels of children suffering with worms are generally hard and swollen; there is also pains in the side, accompanied with a dry cough.

Worms will occasion convulsions, and often epileptic fits. Yet it must be borne in mind that worms cannot exist in an healthy state of the body, that they only exist when the stomach is deranged. There is nothing so common as a medical man guessing at a child having worms, and giving medicine that will either kill the worms, or produce other disease. It is easy to bring away the worms, but that is not removing the disease.

#### *Treatment :—*

The treatment we have found successful is the following ;—  
 Tansy flowers, ..... one ounce.  
 Wormwood, ..... one ounce.

Buckbean, ..... one ounce.  
 Poplar bark, ..... one ounce.

Put two quarts of water, boil down to one quart ; pour this boiling hot upon one ounce of worm powder ; sweeten with treacle. Give two table-spoonsful four times a day, and a dose of the purgative physic every other morning. The patient must avoid taking meat, or suppers. If the bowels are in a relaxed state, the purgative physic must be omitted, and oak bark used in its place.

### JAUNDICE.

The digestive powers are always more or less weakened, and general coldness and inactive state of the system prevails before the symptoms of jaundice appear, which is the cause of the obstruction of the natural passage of the bile ; occasioning a yellow tinge in the skin and whites of the eyes ; when people have what is called jaundice, says Dr. Thomson, "it is the prevailing opinion that they have too much bile, this is a mistaken notion, for there is no such thing as there being too much gall. The difficulty is caused by the stomach being cold and foul, so that the food is not properly digested, and the bile not being appropriated to its natural use is dispersed through the pores of the skin, and deposits on the surface the yellow colour termed jaundice.

#### *Symptoms :—*

The approach of jaundice comes on in a gradual manner, with symptoms of indigestion, a general feeling of languor, and sometimes with severe pain and distress at the pit of the stomach, attended with frequent vomiting, and no relish for food.

Duration of the attack depends upon the application : if you give emetics, vapour baths, and injections, it arrests its progress at once ; if otherwise, it will sometimes be cured with tonics or bitters in a few days, or it may continue for months and assume the chronic form, in consequence of permanent derangement of the digestive functions, and disease of the liver.

#### *Treatment :—*

If jaundice arises from previous disease, it is to be over-

come or removed by correcting the derangement of the liver.  
Take

Green dandelion roots .....	two ounces.
Centaury ... ..	one ounce.
Barberry bark .....	one ounce.
Agrimony .....	one ounce.
Raspberry leaves .....	one ounce.
Poplar bark .....	one ounce.

Boil twenty minutes in three pints of water; strain; then add one tea spoonful of cayenne pepper. Take a large wine glassful four times a day. If the bowels are costive, take half-an-ounce of mountain flax, pour upon it a gill of boiling water, take a wine glassful every morning, if required. If there is sickness, take a lobelia emetic; if the skin feels harsh and dry, a vapour bath is essential. Take two indigestion pills after each meal.

### SCALDS AND BURNS.

Wrap the parts in cloths wet with cold water, and keep them wet to prevent the return of the smarting, give composition tea to produce a determination to the surface; when the smarting has subsided apply a poultice of slippery elm; or apply linseed oil and lime water, equal parts. This in a moment takes away all pain, and so long as the cloths are kept cool it never returns, and is the best application that can be made.

### SORE FEET.

Take a teaspoonful of stomach bitters three times a day, in hot water; bathe in two ounces of white mustard and water twice a day, and a vapour bath every third day; if the third bath does not effect a cure take an emetic of lobelia, and follow it with bitters.

### SOOTHING DROPS.

Take

Skullcap .....	half-an-ounce.
Valerian .....	half-an-ounce.

Steep in a pint of boiling water for twenty minutes, then add one table spoonful each of honey and loaf sugar, and three table

spoonsful of tincture of lobelia. A tea spoonful of this mixture will generally put a restless infant to sleep. The dose may be repeated, if desired. The same is useful in a harsh dry cough.

### COMMON COLD.

Cold, or in other words, the closing of the pores, is the forerunner of other diseases. A cold is too often neglected, from the idea that it will wear off gradually; this leads many astray, and has caused the death of thousands, when the cold might have been thrown off at the cost of a little trouble: it should always be borne in mind, that if small complaints are removed, larger ones never make their appearance.

#### *Treatment:—*

When a person feels chilled, tired, and feeble, with pains in his limbs, let the patient place his feet in warm water and mustard, and then have a brick, wrapped in a vinegar cloth, applied to his feet. Make a pint of yarrow tea, sweetened with treacle, add a little cayenne or composition powder, and let this be drank; it will throw the patient into a profuse perspiration, and the cold will vanish. Wash the body down in cold water, and rub well with a coarse cloth. Half a tea-spoonful each of stomach bitters and composition powder, may be taken with advantage in a cupful of warm water, sweetened, three times a day, for a few days.

### COUGH, COMMON.

Coughs proceed from cold, and if not removed, become settled or chronic, and in many instances end in asthma and consumption. The following will generally remove a cough:

Horehound .....	two ounces.
Hyssep .....	two ounces.
Vervain .....	two ounces.
Spanish juice .....	one ounce.

Put in five gills of water, boil down to three, strain; and add a teaspoonful of cayenne pepper. Take a wine glassful three times a day. A person may make a medicine to suit his own case.

## BLEEDING FROM THE NOSE.

A vapour bath, by equalizing the circulation, will generally stop bleeding from the nose, especially if it be only the rupture of a small vessel or artery. Where juice from yarrow can be obtained, it will be found to be one of the best remedies ever applied. By dipping a piece of lint in the juice, and putting it up the nostrils, or snuffing bayberry powder or alum-water, and taking a dose of cayenne at the same time. We have seen persons stop bleeding from the nose by holding the left arm up in a perpendicular position, and applying cold water bandages to the nape of the neck.

### PILES. (*Hæmorrhoids*.)

Piles are produced by great fullness of what is called the hæmorrhoidal veins, forming small tumours either in the anus, or protuding beyond it. In some cases, they are attended by a discharge of blood on going to stool, and are then called bleeding piles. When they are in the state of chronic tumours, with painful swelling, without bleeding, they are then called blind piles.

In severe cases, a portion of the intestines falls down every time the fæces are passed, and requires to be pressed up with the hand.

#### *Causes :—*

The causes that produce this disease are generally costiveness, and weakness of the bowels. There are few diseases that require more attention to diet, or on which it has more beneficial effect, than in piles. They are often brought on by high living, and may frequently be removed by an opposite course, or spare diet. Brown or rye bread should be used, and wines, in fact, all alcoholic drinks must be avoided. Long-established cases are found difficult to cure, and perseverance is necessary to effect a cure.

#### *Treatment :—*

Yarrow .....	two ounces.
White poplar bark.....	one ounce.
Cranesbill .....	one ounce.
Mullen .....	one ounce.

Put two quarts of water, boil down to one, take a wine glassful three times a day. The bowels must be regulated, but not by purging: use the means recommended in costiveness. Take essence of spearmint, and dip a piece of cotton wool, and apply it to the part; this will cause a smarting for a few minutes, but after that has subsided, the patient will be entirely relieved. Where there is great swelling, steam the parts with marsh mallows, elder flowers, and yarrow, and apply a poultice of slippery elm, mixed with warm milk and water: and where the piles are large, we have found the following treatment very effectual:—make a double noose with silk or horse-hair and draw it tight round the pile, this by stopping the circulation will destroy the nervous sensibility, and by drawing them a little tighter (as it loosens) will cause the piles to come clean off. This will be found far better than having recourse to the surgeon's knife. The elder ointment or bayberry wax ointment applied night and morning will be found to give relief.

#### INFLUENZA.—(*Tussis Epidemicus*.)

There is not much difference between this complaint, and a common cold; except by attacking a greater number of persons at the same time. There is generally a discharge at the nostrils, rheumatic pains, hoarseness, sore throat, and great debility.

#### *Treatment:—*

Give a vapour bath, and then take the following:—

Yarrow, .....	one ounce.
Vervain, .....	one ounce.
Horehound .....	one ounce.
Sage, .....	one ounce.

Put three pints of water, boil down to one, strain; then add a tea-spoonful of cayenne. Take a wine-glassful three times a day. Keep the bowels open once or twice a day, and let the diet be light, and if the throat is sore, use the gargle for sore throats.

#### INVOLUNTARY FLOW OF URINE.

When this affection is not a symptom dependent on another disorder, or debility in the system, such as gout, stone in the

bladder, and palsy, it can easily be cured. Take the following :—

Sumach berries, ..... .. one ounce.

White poplar bark, ..... .. one ounce.

Put a quart of water, and boil down to a pint. A wine glassful of this to be taken three times a day, and the patient rubbed across the loins every morning with salt and water.

As some are troubled with an involuntary discharge of urine in bed, the following fact may be of service, Mr. C. Bell says, “an incontinence of urine never takes place but when the boy is asleep, and the cure is a very simple one, he is to accustom himself to sleep upon his face or side; the urine is not passed nor is he excited to the desire of making urine while he sleeps in this posture;” the circumstance is unaccountable till we reflect upon this master spring of the neck of the bladder—the sensible spot, a little behind and below the orifice of the bladder; when a person lies upon his belly the urine graduates towards the fundus, but when he lies upon his back it presses up this sensible spot and distends that part of the bladder which is towards the rectum.

#### PALSY. (*Paralysis.*)

Palsy is a disease affecting the nervous system, characterised by a loss or diminution of motion or feeling, or of both, in one or more parts of the body. When one entire side of the body from the head downward is affected, it is distinguished by medical men by the name of hemiplegia, if one half of the body is taken transversely by the seat of disease, it is named paraplegia; and when confined to a particular limb or set of muscles it is called paralysis.

#### *Causes :—*

It may arise in consequence of an attack of apoplexy; it also may arise by anything that prevents the flow of nervous power from the brain into the organs of motion, it may also be occasioned by translation of the morbid matter to the head, a suppression of usual evacuations; those whose occupations subject them to the constant handling of white lead, and those who are much exposed to the poisonous fumes of metals or minerals are liable to be attacked with it; what-



ever tends to relax and enervate the system, may prove an occasional cause of this disease.

*Symptoms:—*

Palsy generally comes on with sudden and immediate loss of the motion and sensibility of the parts; sometimes there is numbness, coldness, and paleness; and at other times slight convulsive twitchings. When the head is much affected, the eye and mouth are drawn on one side, the memory and judgment are much impaired, and the speech is indistinct and incoherent. If the disease affects the extremities, there is a loss of motion and sensibility, and a wasting away of the muscles of the part affected.

*Treatment:—*

In the early stages of palsy, a vigorous course of treatment must be resorted to in order to restore the lost functions of the part affected. Whatever may have been the cause it is quite evident that there is a loss of the circulation. Vapour baths must be given three times a week, and the parts affected rubbed with the tincture of cayenne, and prickly ash berries, night and morning; and a decoction of the following herbs drank:—

Prickly ash berries .....	one ounce.
Wild turnips .....	one ounce.
Poplar bark.....	one ounce.
Peruvian bark.....	one ounce.
Valerian root.....	one ounce.

Put in two quarts of water, boil down to one quart, strain, then add a teaspoonful of cayenne. Take a wine-glassful four times a day. Keep the bowels open by injections. Let the food be nourishing, and avoid alcoholic drinks, and tea and coffee.

## EPILEPSY, OR FALLING SICKNESS.

*(Epilepsia.)*

Epilepsy, called also Falling Sickness, is a sudden privation of sense, accompanied by unusual motions, and violent convulsions of the whole system. It occurs in paroxysms, which, after a period, leave the patient nearly in his former

state; but they are generally succeeded by languor, debility, stupor, and drowsiness.

It takes place more frequently among young children than adults. It occurs also periodically, and oftener in the night than in the day. It will often attack others of the same family.

Various causes will produce this disease, as blows, wounds, fractures, and other injuries done to the head by external violence, together with plethora of the vessels of the head, water in the brain, disease of the nerves and spine. It will arise from the presence of worms, or disease of the stomach and bowels.

*Treatment:—*

As soon as there are any of these symptoms, means must be used to restore the equilibrium of the circulation. Bathe the feet in hot mustard and water, take a hot brick, wrapped in a vinegar cloth, and apply it to the feet. Take half a teaspoonful each of skullcap, cayenne and lobelia, pour a gill of boiling water, let it settle, sweeten. Give two table spoonsful every half hour, until perspiration is produced, after which, give the following decoction:

Valerian root, .....	one ounce.
Black horehound, .....	one ounce.
Burdock seed, .....	one ounce.
Pellitory of the wall, .....	one ounce.
Pennyroyal, .....	one ounce.

Steep in a quart of water, in the oven, covered up for two hours; pour boiling hot upon one ounce of skullcap. Give two table spoonsful four times a day; should worms be suspected, treat them under that head (see worms.)

**ST. VITUS' DANCE.** (*Chorea Sancti Viti.*)

The prominent symptoms of this most distressing disease consist of twitchings, jerkings of the face and limbs, by degrees these increase until in many instances every muscle of the body is affected with spasmodic contractions, these are almost exclusive and confined to one side, the patient is often unable to stand or even to direct his hand to his mouth.

This disorder generally arises from derangement of the di-

gestive organs, sometimes fright, exposure to cold, repelled eruptions, and suppression of the menses.

This disease may continue for a few days, or for years. Girls afflicted with this disease, seldom get cured until menstruation is fully established.

*Treatment:—*

Observe the general advice given under the head of paralysis, but the following will be found highly efficient.

Black horehound,	..	..	..	..	..	one ounce.
Valerian,	..	..	..	..	..	one ounce.
Gentian root,	..	...	..	..	..	one ounce.
Peruvian bark,	..	..	..	..	..	one ounce.
Centaury,	..	..	..	..	..	one ounce.
Barberry bark,	..	..	...	..	..	half-an-ounce.

Put three pints of water, boil down to a quart ; pour boiling hot upon one ounce of skullcap, and a tea spoonful of cayenne. Take a wine glassful three times a day. Make up a pill of equal parts of lobelia, cayenne, and assafœtida ; two of these night and morning. Shower bath every morning, with external friction, will be found to be of service. Let the diet be light and nourishing. If it arises from a stoppage of the menses, treat them accordingly.

**TIC DOLOUREUX.**—(*Neuralgia.*)

This painful complaint commences with acute pains shooting from the ear, cheek, nose, and palate ; but more often the jaws and teeth, attended with twitching of the muscles. It attacks suddenly, and is very peculiar. The pain darts along the nerves, and occurs in paroxysms of the most excruciating agony, succeeded by intervals of intermission.

Dr. Hooper says, "this may remain for years, although the nerves have been severed by the lancet, besides having taken large doses of opium."

*Treatment:—*

Take half a tea-spoonful each of skullcap, and composition powder, in a cupful of warm water, sweetened. Bathe the feet in hot mustard and water, and apply a hot brick to the

feet. Repeat the dose every two hours. If the bowels are confined, take a dose of purgative medicine. Rub the parts affected with equal parts of tincture of cayenne, gum myrrh, and prickly ash berries. If this treatment fails, take a lobelia emetic, and repeat the medicine as before ; sometimes a shower bath has cured, and cold water bandages wrung out, wrapped round the head, and dry ones on the top. If it proceeds from a decayed tooth, apply the tooth aché liniment,

### GIDDINESS.—(*Vertigo*.)

#### *Symptoms* :—

Vertigo or dizziness, is generally symptomatic of some other disease, such as indigestion, hypochondria, or it may be a premonitory symptom of apoplexy, or a determination of blood to the head. The patient is seized with a sudden sense of swimming in the head, every thing appears to turn round, he staggers and is in danger of falling down.

This disease is not dangerous when it arises from a nervous disorder, but there is danger when it proceeds from plethora, or an unnatural quantity of blood in the head ; there is then danger of apoplexy.

This complaint often proceeds from difficult or obstructed menstruation. Bathe the feet in warm water and mustard, at night, and take the medicine recommended under the head of indigestion.

Patients must be careful as to diet, brown bread must be eaten instead of white ; butter, and all fat, cheese, and grease, should be avoided. The shower bath may be used with advantage.

### TETANUS, OR LOCKED JAW.

This may be caused by sleeping in the open air, the use of narcotic poisons, but it more frequently occurs from wounds in the hands, soles of the feet, or injury to the toes. Where a nerve has been partly divided, or lacerated, without being completely severed ; the muscle of the lower jaw bone becomes contracted, and hard : at length the patient cannot open his mouth at all.

There is no disease, says a medical writer “that is treated with such a variety of medicines as lock jaw. There are as

many different applications as there are physicians, none of which seem to have much effect."

*Treatment:—*

The botanic practice seldom or never fails to effect a cure. We were called on a short time ago to see a patient with lock jaw. We administered an injection of lobelia, gum myrrh, cayenne, rhubarb, and valerian; half a tea-spoonful of each in a pint of raspberry leaf-tea. This we threw up the bowels new milk warm, we then gave the vapour bath, we also gave clear cayenne, and lobelia tea, which we managed to get between the teeth. And by applying heat outside in the shape of hot bricks, and heat inside, the muscles relaxed in the space of two hours, and he could speak. We kept him warm for a few days, and gave him tonics, and nervines, as a medicine; and in the course of a week or ten days, the patient was as well as ever. But if the lock jaw arises from a wound, apply the tincture of gum myrrh, and poultice with equal parts of slippery elm, lobelia, and cayenne, mixed with yeast. Apply this three times a day.

## HYDROPHOBIA, OR CANINE MADNESS.

*Causes:—*

In the human species it is always the result of a specific virus, or contagion received from the bite of an animal labouring under the disease.

*Treatment:—*

The vapour bath is an invaluable auxiliary in the treatment of hydrophobia.

M. Buisson read an interesting paper on the subject before the French Academy of Arts and Sciences, in which he gives the particulars of his own case. He was called to attend a woman who was labouring under hydrophobia, and some of the poisonous saliva coming in contact with an ulcerated sore on one of his fingers, he contracted the disease himself. He says—"The ninth day after the accident I suddenly felt a pain in my throat, and a still greater pain in my eyes. My body seemed to have become so light, that I fancied I could leap an immense height; and the skin on my ulcerated

hand became so acute in feeling, that I thought I could have counted every hair on my head with it, without seeing. The saliva was continually rising in my mouth; and not only the sight of shining objects, but the very contact of the atmosphere became painful to me. I felt a desire to run about and bite every animate and inanimate object, but my fellow creatures. In fine, I experienced a great difficulty of breathing, and the sight of water was more distressing to me than the pain in my throat. These effects returned at intervals of five minutes from each other, and it appeared to me that it originated in the diseased finger, and extended as high as the shoulder blade."

M. Buisson, says a London medical journal, concluding from these various symptoms that he was suffering under hydrophobia, resolved to make an end of himself by suffocating himself in a vapour bath, with this view he raised the heat to 140 degrees Fahrenheit, but was delighted no less than surprised to find that all his pains disappeared. He went out of the bath completely cured, made a hearty dinner, and drank more freely than was usual with him. He adds, that he has treated more than fourscore persons who had been bitten by mad dogs, in a similar manner, and they all recovered, with the exception of a child seven years old, who died in the vapour bath he was administering.

Give upon the attack a table-spoonful of tincture of lobelia, with a teaspoonful of antispasmodic drops, while in a vapour bath, and repeat this every twenty minutes till it operates. Then give an injection of lobelia, cayenne, skull-cap, and rhubarb, half a teaspoonful of each, in a pint of warm water, with a table-spoonful of tincture of gum myrrh added, if the symptoms are violent. Repeat this every six hours. Wash the wound with tincture of lobelia, tincture of cayenne, and tincture of gum myrrh: keep the part constantly wet with it. At night, apply a poultice made of slippery elm and lobelia, equal parts, mixed with yeast.

## PALPITATION OF THE HEART.

This, though a distressing affection, is only a symptom of other disease, such as disordered stomach, nervous debility, hysterical affections, great anxiety, mental exertion, without sufficient bodily exercise.

### *Treatment :—*

All exciting causes must be carefully avoided ; attention to diet will be necessary, and intoxicating drinks must not be taken. The following will be found to answer :—where there is organic disease, all that can be done, is to mitigate the severity of the symptoms. Take

Mugwort, .....	one ounce.
Motherwort, .....	one ounce.
Centaury.....	one ounce.
Dandelion .....	one ounce.

Put in two quarts of water, boil down to one. Pour boiling hot upon half-an-ounce of valerian, and half-an-ounce of skullcap. Take a wine glassful three times a day. Keep the bowels gently open by diet. (See Indigestion.)

## HYSTERIC. (*Hysteria.*)

### *Symptoms :—*

Hysterics is characterised by a grumbling noise in the bowels, followed by a peculiar feeling, as if a ball were ascending the throat, attended with a sense of suffocation, stupor, insensibility, convulsions, laughing, and crying without any visible cause ; sleep interrupted by sighing and groaning, attended with flatulency.

However alarming hysteric fits may appear, still they are seldom attended with danger, and the disease seldom terminates fatally, unless it changes into epilepsy or mania, or the patient is in a very weak and reduced state.

### *Causes :—*

The causes that produce this disease are irregularities of the menstrual discharges, indolence, irregular living, sudden emotions of the mind, costiveness, worms, indigestion, and suppressed perspiration.

*Treatment:—*

During a fit, loosen the dress, and bathe the feet in warm water and mustard. Give a tea spoonful of the antispasmodic tincture, every twenty minutes, until perspiration takes place. If the fits are of long duration, give an injection. If they arise from irregularity of the menses, see the remedies prescribed under that head. If from worms or indigestion, see those articles, and treat accordingly.

Great attention must be paid to diet, exercise in the open air, and keep the spirits enlivened by cheerful company.

**PAINFUL AND IMPERFECT MENSTRUATION.**

(*Dysmenorrhœa.*)

This complaint is generally caused by cold, and a weak action of the vessels of the uterus. It is a common disease, but extremely harassing. Severe pains are felt in the loins, back, and lower parts of the abdomen for six or eight hours previous to the appearance of the menses, and sometimes the menses become suddenly arrested. At the same time, violent pains in the hips, sides, loins, back, and thighs, with a distressing sensation of forcing or bearing down, is felt.

*Treatment:—*

A vapour bath will alleviate the pain; or sitting over the steam of a strong decoction of mugwort, tansy, and wormwood, and foment the abdomen with the same. Then take the following:—

Tansy ....	one ounce.
Motherwort .....	one ounce.
English gentian .....	one ounce.

Boil in two quarts of water down to one quart: pour the boiling liquor upon one ounce of black cohosh, and half a teaspoonful of cayenne. Take a wine glassful four times a day. Keep the bowels open with a little purgative medicine.

**RETENTION OF THE MENSES—GREEN SICKNESS.**

(*Chlorosis.*)

When the monthly evacuation does not appear at the proper period of life, the constitution becomes very much disordered.



*Symptoms :—*

The symptoms which characterise this malady are debility, disordered state of the stomach and bowels ; digestion is imperfectly performed ; every organ of the body is in a torpid state, there is sallowness of the countenance, and in some instances it is of a greenish tinge, which has given to the disease the name of green sickness. There is often pain in the back and loins, swelling of the ancles at night, palpitation of the heart, hurried or laborious breathing, derangement of the nervous system, and sometimes a distressing cough. Attention must be paid to the general constitution, as all local disorders are then more likely to give way, but emmenagogues, or forcing medicines must not be given, unless there is a struggle or effort of nature to effect it, which may be known by the periodical pains pressing down about the hips and loins.

*Treatment :—*

The treatment recommended under the head of painful menstruation will be found to have the desired effect.

PROFUSE MENSTRUATION. (*Menorrhagia.*)

This generally occurs from a fullness of habit. general debility, relaxation, with a determination of blood to the womb. The discharge may be profuse, and of short duration ; or it may continue more moderately for ten or twelve days, exhausting the patient ; or it may return every two or three weeks.

*Treatment :—*

Take	
Cranesbill .....	one ounce.
Oak bark .....	one ounce.
Tormentil root .....	one ounce.
Prickly ash berries .....	one ounce.

Put three pints of water, boil down to one. Pour boiling hot upon half-an-ounce each of beth root and unicorn root, powdered. Take a wine glassful four times a day, or oftener if required. Keep the bowels open with a little senna and ginger, or the purgative pills.

## FLUOR ALBUS, OR WHITES. (*Leucorrhœa.*)

This complaint is always attended with general debility, loss of appetite, depression of spirits, costiveness, pain in the back and loins, with a discharge from the vagina of a white or milky colour. As the disease advances, the discharge assumes a yellow or brownish colour, and there is a scalding sensation when passing urine.

### *Treatment:—*

Inject into the vagina, with a female syringe, a tea of beth root and cranesbill, night and morning. Take as follows:—

White pond lily, .....	one ounce.
Comfrey root, .....	one ounce.
Tansy, ... ..	one ounce.

Slice the comfrey into small shreds; put three pints of water, boil down to one quart, pour boiling hot upon half-an-ounce of beth root powder, quarter-of-an-ounce of gum catechu, quarter-of-an-ounce of cubebs. Take a wine-glassful three times a day. The patient can regulate the bowels as required. Nourishing diet, and exercise in the open air are indispensable.

### SICK HEAD ACHE.

This generally proceeds from a disordered state of the stomach. An emetic and the decoction recommended under the head will remove it at once; but where the emetic cannot be taken, give the following:—

Sage, .....	one ounce.
Camomiles, .....	one ounce.
Marjoram, .....	one ounce.
Mountain mint, .....	one ounce.

Steep these in a quart of boiling water, covered up close. Take a wine glassful three times a day. Take two of the antibilious pills at night, to keep the bowels open.

### EXCESSIVE DISCHARGE OF URINE.—(*Diabetes*)

This disease appears to arise from a general derangement of the system, in which the digestive, and assimilative processes are but imperfectly performed; and the lungs are more or less disorderd, which causes a peculiar condition of the blood, and a perverted action of the kidneys.

It is treated by medical men under two heads, according to the nature of the urine, diabetes, mellitus. In this form of diabetes, the urine is voided in unusually large quantities, far exceeding all the fluids which the patient takes. It is sensibly impregnated with saccharine matter, and is accompanied by a very urgent thirst, craving appetite, dry skin, wasting of the flesh, great debility, some degree of inflammation about the prepuce and glans, especially about the external orifice of the urethra.

In the latter stages of this disease, there is coldness, and tumefaction of the feet, vertigo, head ache, and a difficulty of breathing.

*Diabetes Insipidus.*—This disease is similar to the other, only that the chemical nature of the urine is different. Under this head are included all excessive discharges of urine, not characterised by the presence of sugar in the water voided.

*Treatment:—*

As perspiration is almost suppressed, it is of the utmost importance that that function should be attended to. Give a vapour bath, and put a decoction of bitter herbs in the can once a week; and after the bath, rub the body well with cayenne, vinegar, and salt, as recommended in the gargle for sore throats every morning, and take the following:—

Prickly ash berries, ..... one ounce.

Valerian, ..... half-an-ounce.

Meadow fern berries, ..... half-an-ounce.

Columba root, ..... one ounce.

Bistort root, ..... one ounce.

Bruise the bistort, boil in three pints of water down to a quart, strain; then add a tea-spoonful of cayenne. Take a wine glassful four times a day; regulate the bowels with the purgative powder. Great attention must be paid to diet; no article containing sugar in any form must be allowed. The patient must be restricted to animal diet as much as possible with very little to drink.

## GRAVEL AND STONE.

This disease is formed from the impurities, or sediment of the urine, which, like the blood and all other fluids of the body,

becomes unhealthy, in consequence of a disordered state of the general system.

Gravel consists of small sand-like particles, which are formed in the kidneys; they are usually full of sharp angles, which cut and fret the inner surface of the urinary canal in their passage from the kidneys to the bladder; causing great pain in the loins, and often drawing blood, which is the cause of blood being voided with the urine. There is pain and numbness of the thighs, drawing up of the testicles, and a difficulty in passing urine.

The passage of the gravel into the bladder, sometimes produces such acute pains, as to cause fainting and convulsive fits. The symptoms often resemble inflammation of the kidneys, but the presence of gravelly powder in the urine, points out the difference.

*Treatment:—*

Let the patient sit over the steam of hot bitter herbs, three times a day, and take the following —

Parsley pert, .....	one ounce.
Wild carrots, .....	one ounce.
Pellitory of the wall, .....	one ounce.
Dandelion, .....	one ounce.
Juniper berries, .....	one ounce.

Boil these in three pints of water down to a quart, take a wine-glassful four times a day, with ten drops of oil of juniper berries in each dose; adopt the necessary precaution to keep the body in a healthy and vigorous state.

**STRANGURY,**

Is a difficulty and pain in voiding urine. The water is voided with great difficulty, and in small quantities; attended with a severe and burning pain, and a constant desire to urinate. Children whose health is neglected, are subject to this complaint.

**Take**

Sumach Berries, .....	one ounce.
Poplar Bark, .....	one ounce.
Clivers, .....	one ounce.
Bucha leaves, .....	one ounce.

Steep these twenty minutes in a quart of boiling water, covered up, strain ; then dissolve two ounces of gum arabic in the liquor. Take a wine-glassful three times a day ; apply hot fomentation of bitter herbs, to the region of the bladder, and repeat it frequently if required.

### SUPPRESSION OF URINE.

This arises from the kidneys losing their secreting power, so that little or no urine is conveyed to the bladder. It generally occurs from inflammation, or weakness, or from some mechanical obstruction.

Suppression must be distinguished from retention ; in suppression the kidneys cease to secrete the urine from the blood, consequently none is formed ; whereas in retention, the urine is formed ; but its passage from the bladder is obstructed. Its symptoms are feverishness, a taste in the mouth, similar to that of urine, and a smell of urine in the perspiration ; sometimes drowsiness, stupor, delirium and convulsions.

The treatment of this disease must be prompt and energetic. A vapour bath must be administered. The application of bandages recommended under the head of inflammation of the kidneys must be applied, and the patient kept in a perspiration by the application of hot bricks to the sides and feet, wrapped in vinegar cloths. The following must be given: take

Broom, .....	two ounces.
Green dandelion, sliced, ....	two ounces.
Tansy, .....	one ounce.
Pellitory of the wall, .....	one ounce.

Put two quarts of water, boil down to one, pour boiling hot upon half-an-ounce of diuretic powder and half-an-ounce of valerian powder ; take a wine glassful every two hours, till the violence of the symptoms abate, the bowels to be kept moderately open, and the diet light and nourishing.

### RETENTION OF URINE.

This is an inability to discharge the urine owing to weakness or paralysis of the bladder, whereby it loses its expulsive powers, or it may arise from inflammation, or constriction, or a mechanical obstruction in the neck of the bladder,

or in the urethra ; there is generally a frequent desire to pass water, accompanied with the most excruciating pains, and the lower part of the abdomen is tender upon pressure, the skin is hot and dry, and nausea and headache.

*Treatment :—*

Foment the region of the bladder with tansy, hops and wormwood frequently ; and in obstinate cases use a vapour bath and apply hot bricks wrapped in vinegar cloths to the feet and sides, and take the following,—

Slippery elm bark, .....	one ounce.
Marsh mallows, ....	one ounce.
Juniper berries, .....	two ounces.

Boil in two quarts of water, down to one quart, strain ; then dissolve two ounces of gum arabic. Take a wine-glassful four times a day, and when thirsty, drink a little water impregnated with the juice of lemons, and attend to the bowels and diet.

**DROPSY.**—(*Hydrops.*)

Dropsy is an accumulation of watery fluid in the cellular tissue, or in any of the cavities of the body, as the chest, abdomen. It arises from an obstruction of the flow of venous blood, causing a weakness of the absorbent vessels, which consequently are unable to take up the effused fluid, so as to discharge it through the natural channels of the skin and kidneys.

**DROPSY OF THE ABDOMEN.**—(*Ascites.*)

*Symptoms :—*

Swelling of the abdomen, the distension varying according to the posture of the body, as the collection of water increases the breathing becomes short and difficult, the skin dry and parched, accompanied with immoderate thirst. The urine is very scanty, thick, high-coloured, and deposits a sediment. In the latter stages of the disease the patient is troubled with a short dry cough, and swelling of the feet and legs.

**DROPSY OF THE CHEST.**—(*Hydrothorax.*)

*Symptoms :—*

A sense of uneasiness or tightness of the chest, with a difficulty of breathing, which is increased by exercise. The

patient is troubled with a hacking cough, and great thirst. There is also a considerable swelling of the legs and feet, and a diminished flow of urine. The difficulty of breathing increases, and the patient is obliged to be propped up in bed. His sleep is frequently interrupted by alarming dreams, sudden starts, accompanied with a sense of impending suffocation.

## DROPSY OF THE CELLULAR TISSUE.

(*Anasarca.*)

This form of dropsy consists in a morbid collection of watery fluid in the subcutaneous cellular tissue. It may be diffused throughout the whole body, or confined to a limited part of it. It commences with a swelling of the feet and ankles towards evening, which for a time disappears again, towards morning, the swelling is soft and inelastic, and when pressed upon by the fingers, retains the mark for some time. By degrees the swelling ascends, and occupies the trunk of the body. The breathing becomes difficult. The urine is small in quantity, high coloured, and deposits a red sediment. The bowels are costive, perspiration much obstructed, countenance yellow and bloated, and thirst considerable. Local anasarca may be produced by whatever impedes the free return of the blood by the veins.

### *Treatment:—*

Give a vapour bath three times a week, and apply hot bricks wrapped in vinegar cloths to the sides and feet, and an emetic once a week; whilst in the bath, drink freely of composition tea, and after the bath, let the body be rubbed well with a coarse cloth. Take the following:—

Centaury, .....	one ounce.
Agrimony, .....	one ounce.
Clivers, .....	one ounce.
Ground ivy, .....	one ounce.
Pellitory of the wall, .....	one ounce.
Green dandelion roots, .....	two ounces.

Put two quarts of water, boil down to one, strain; then add a tea-spoonful of cayenne. Take a wine-glassful every two hours, and two cayenne pills after each meal. The diet must

be nourishing, and stimulating; cayenne and horseradish may be taken freely.

### WATER IN THE HEAD.—(*Hydrocephalus*.)

This disease is almost peculiar to children, and very rarely occurs after the age of twelve or fourteen. It most frequently attacks those of a scrofulous habit, and it generally occurs during the period of teething.

#### *Symptoms*

That accompany this disease are feverishness, restlessness, tossing the hands to the head, and occasionally shrieking, or screaming, without any apparent cause. There is torpidity of the bowels, and in the last stages of this disease, stupor, squinting, and paralysis.

#### *Treatment* :—

As this disease is nearly connected with, and mostly results from inflammation of the brain, it will require the same treatment recommended under that head.

### LUMBAGO.

This disease is a species of rheumatism that is more particularly concentrated in the small part of the back, or the lower part of the spine. It causes great weakness, or pain, with difficulty of stooping, and often of walking.

#### *Treatment* :—

Rub the back with tincture of cayenne, and prickly ash berries, and take the following :—

Uva ursi, .....	one ounce.
Tansy, .....	one ounce.
Juniper berries, .....	one ounce.
Pellitory of the wall, .....	one ounce.

Put two quarts of water, boil down to one, strain; then add a tea-spoonful of cayenne. Take a wine-glassful four times a day. A vapour bath may be given with good advantage.

### AMAUROSIS.

Amaurosis is a partial or total loss of vision, arising from paralysis of the optic nerves, or retina; and this is produced



by a congestion of the vessels of the part, or minute alteration of its structure. The eyes look almost natural, the pupil is generally dilated, and motionless. There is frequently the sensation as if a cloud was before the eyes. This disease, like cataract, is extremely difficult to cure.

*Treatment :—*

Means must be used to excite an healthy action in the system. Take

Tincture of cayenne, .....	quarter-an-ounce.
Gum myrrh, .....	quarter-an ounce.
Blood root, .....	quarter-an-ounce.

Mix these in a gill of raspberry leaf tea, cold, drop ten drops in the eye three times a day, and take the medicine recommended under the head of inflammation of the eye.

### ONANISM.—SELF-POLLUTION.

This subject is not generally treated by medical writers, yet there is no subject that is of more importance to the general health than this, as it involves consequences of the most serious kind. The semen is the most subtle, vital, and ethereal part of the body. It contributes to the support of the nerves, as well as the reproduction of the human species. The emission of this fluid enfeebles the whole constitution, more than the loss of twenty times the quantity of blood ; producing a debilitating effect on the whole nervous system, on both body and mind.

Physiologists say that the greater part of this refined fluid is reabsorbed, and mixed with the blood, and imparts to the body sprightliness, vivacity, and vigour ; which, if wasted by emissions imprudently, it fails to do—and there is lassitude, relaxation, and nervous depression. It should never be wasted, only in a state of superfluity, and then never unnaturally.

Self-pollution prevails among both sexes to an alarming extent. We could disclose cases that have come under our notice that would harrow up the feelings of every parent. It produces consumption, and it has been shewn by reports of lunatic asylums that it often causes insanity in both sexes.

Dr. S. B. Woodward, superintendent of the Hospital for the Insane, has the following remarks on this practice :—For the last four years it has fallen to my lot to witness, examine, and mark the progress of from 10 to 25 cases daily, who have been the victims of this debasing habit ; and I aver, that no cause whatever which operates on the human system, prostrates all its energies, mental, moral, and physical, to an equal extent. I have seen more cases of idiocy from this cause alone, than from all the other causes of insanity. It is opposed to moral purity and mental vigour ; it keeps up the influence of unhallowed desires ; it gives the passions an ascendancy in the character ; fills the mind with lewd and corrupt images ; and transforms its victim to a filthy and disgusting reptile.

The evil is common, but its danger little known. Let the young take warning, and those that are in danger flee from it. We would advise the young to read Graham's Lectures on Chastity, as well as other works.

#### *Symptoms :—*

Fever, mania, or mental derangement ; dyspepsia, or indigestion ; hectic fever, weak and painful eyes, weak stomach, nervous head-ache, and general debility.

It matters not whether it is discharged naturally or artificially, it has the same effect. And we advise parents to throw off all mock delicacy, and warn their children, if they suspect danger.

#### *Treatment :—*

Abandon the practice immediately, and wash the parts in cold water night and morning. Apply the tincture of cayenne to the back and loins. The diet must be entirely vegetable, but nutritious. Exercise in the open air. Intoxicating drinks must be avoided. Let the body be washed down in cold water and salt every morning. Take the medicine recommended under the head of *Indigestion*.

#### GONORRHŒA, OR CLAP.

Gonorrhœa is a discharge resembling pus or matter from the urethra, with heat and scalding of urine, after having im-

pure coition, to which often succeeds a discharge of mucus from the urethra, called a gleet; and which commences a few days after exposure. It commences with an uneasiness about the parts of generation, such as an itching in the glans, penis, and a soreness and tickling sensation along the whole course of the urethra, soon after a person perceives an appearance of whitish matter at its orifice. In the course of a few days the discharge of matter increases considerably, will most probably assume a greenish, or yellowish hue, and will become thicker, and lose its adhesiveness. The parts will also be occupied with some degree of redness, and inflammation. The stream of urine will be smaller than usual, owing to the canal being made narrower by the inflamed state of the internal membrane, and a considerable degree of pain and scalding heat will be experienced on every attempt to make water. Where the inflammation prevails in a very high degree, it prevents the extension of the urethra, or the taking place of any erection, so that the penis is curved downward, with great pain; which is much increased if attempted to be raised. This is called *chordee*, and it causes the patient more pain when warm in bed, and so deprives him of sleep.

*Treatment:—*

Avoid all stimulants both in eating and drinking, and keep the parts clean by washing, and take the following:—

Cubebs, .....	half-an-ounce.
Mandrake (not the English briony) root ....	half-an-ounce.
White poplar bark, .....	half-an-ounce.
Gum catechu, ....	quarter-an-ounce.
Prickly ash powder.....	half-an-ounce.

Mix these together. Take two ounces of gum arabic, dissolve it in a quart of water, and when cold, mix one ounce of queen's delight. Take a tea spoonful of the powder in a cupful of the gum arabic solution, three times a day; should the skin of the orifice retract, and become inflamed and swollen; use the slippery elm poultice three times a day. If a chordee, take a little gum camphor, size of a pill at bed

time. If the discharge still continues, take equal parts of tincture of gum myrrh and raspberry leaf tea, and inject it up the penis three times a day with a common syringe.

### SYPHILITIC SORE, OR CHANCER.

This species of the venereal commences with the formation of a small pimple, which in a few days breaks into an open sore, or when it is either situated upon the glans, or in the skin that covers it. When this has been badly treated, or neglected, it assumes a malignant character: sometimes it is slow in its progress, at other times it spreads with great rapidity, occasioning extensive sloughing of the parts, and is contagious.

#### *Treatment:—*

Wash and keep the parts clean, apply the tincture of gum myrrh, and fill the ulcer with blood root powder. This may be changed with good effect for a poultice mixed with slippery elm, lobelia, and bayberry, three times a day, and take the medicine recommended under the head of Gonorrhœa.

### BUBO.

When the venereal poison takes its natural course, it becomes absorbed, and affects the glands of the groin. This complaint comes on with pain in the groin, accompanied with some degree of hardness and swelling, and is at first about the size of a kidney bean, but continuing to increase, it at length becomes as large as an egg; causing some difficulty in walking; and is attended with a pulsation and throbbing in the tumour, and great redness of the skin. In some cases the suppuration is quickly completed, in others it goes on very slowly, and in others the inflammatory appearance goes off without any formation of matter.

#### *Treatment:—*

When the bubo appears, foment with a strong decoction of hops, wormwood, and tansy, and then rub it well with the tincture of blood root and cayenne; but if it continues to increase in size, poultice it with slippery elm, lobelia, and ginger, and then apply the healing salve. Take the com

pound decoction of sarsaparilla, with one ounce of cubebs added, (*see Compounds*) The bowels must be kept moderately open, the diet light, and all intoxicating drinks avoided.

## SECONDARY SYMPTOMS.

If often occurs that, from improper treatment, and other causes, the venereal poison is taken up into the circulation, and the whole system diseased. The skin, mouth, throat, tongue, nose, tonsils, palate, eyes, and head become affected, ulcers are formed, which discharge acrid, fœtid matter.

When this disease is suffered to remain unchecked by proper remedies, the patient in course of time becomes affected with severe pains, more particularly at night; the countenance will change and become sallow. the hair will fall off, appetite and strength will fail, disturbed rest, small fever of a hectic kind. The ulcers in the mouth and throat, if suffered to continue, will cause a caries of the bones of the palate. An opening will be made from the mouth to the nose, and the cartilages and bones of the nose will corrode away, and it will sink to the level of the face.

Females who labour under this disease during pregnancy, communicate the poison to the child in the womb, which sometimes destroys it before it is born. At other times, its effects are seen afterwards, and the poor innocent offspring must suffer for the crimes of its parents.

### *Treatment:—*

Let the body be kept clean by constant bathing with cold water. Salt, and intoxicating drinks, as well as much meat, must be avoided. As the whole body has become contaminated with the virus, remedies must be applied that will affect the general constitution. Take the following:—

Sarsaparilla .....	two ounces.
Gum guaiacum .....	one ounce.
Sassafras chips .....	one ounce.
Maxerion root .....	one drachm.
Quassia chips .....	one ounce.
Spanish juice .....	one ounce.

Put three quarts of water, boil down to one. Add a fea-

spoonful of cayenne. If the throat is sore, use the remedies recommended under the head of *Putrid Sore Throats*; if ulcers externally, see *Ulcers*; if the bowels are confined, take half a tea spoonful of mandrake powder at bed time.

## FALLING DOWN OF THE BOWELS.

(*Prolapsus Ani.*)

In this complaint, a portion of the bowels protrudes from the anus. It is generally caused by a relaxed state of the body, or debility of the part, piles, drastic purgatives, violent straining at stool. Children are most subject to this complaint.

*Treatment:—*

The first thing to be attended to is to return the protruded bowel, by placing the patient, if a child, on its belly, put one hand near the navel, and press towards it; and with the other hand, press up the bowel, first lubricating the fingers well with oil or lard. If the parts are become swollen or inflamed, so that the intestine cannot be replaced, use a wash of oak bark, and sprinkle a little bayberry powder on. If this fail, apply a slippery elm poultice, until the protrusion can be returned. After it is returned, the patient should wear a bandage. Attention must be paid to diet, &c. Take

Marsh mallows .....	two ounces.
White poplar bark .....	one ounce.
Dandelion .....	one ounce.
Spanish Juice.....	one ounce.

Put in three pints of water, boil down to a quart. Dose for an adult, a wine glassful three times a day; a child, half the quantity.

## CRAMP IN THE LEGS AND FEET.

Persons subject to cramp should bathe the legs in mustard and water at bed-time; applying a hot brick to the feet, wrapped in vinegar cloths. Flannel stockings should be worn during the day, and the feet kept warm and dry, as the circulation is sluggish. Take a tea spoonful each of composition and prickly ash powder, in warm water, sweetened, three

times a day. As this complaint arises from a costive state of the bowels, they must be attended to. *See Costiveness.*

### BRUISES AND SPRAINS.

The dark or purple colour which the parts assume, is owing to the escape of blood from the minute or capillary vessels into the surrounding tissue.

*Treatment:—*

Bathe the part with marsh mallows and camomiles, then rub it, and keep a piece of rag wet with the tincture of cayenne and tincture of gum myrrh.

For *Sprains*, steam the parts with a decoction of bitter herbs, and rub with the stimulating liniments.

### WOUNDS.

In treating a simple wound, the first thing to be done is to arrest the bleeding. If an artery is wounded, the blood is of a florid red colour; if a vein, the blood is of a darker hue.

To check the flow of blood from an artery, pressure must be applied on that side of the wound which is nearest the heart: because, in the arteries the blood has an outward direction, while in the veins it flows towards the heart. To arrest the bleeding of small wounds, apply blood root powder, and when the bleeding is stopped, wash the part clean, and apply the tincture of gum myrrh, then bring the edges of the wound together, and secure them with strips of adhesive plaster. If the wound is hot and painful, apply a poultice of slippery elm three times a day. As the healing process depends entirely on the general health, that must be attended to.

### BLEEDING FROM THE STOMACH.

*(Hæmatemesis)*

This proceeds in general from the escape of blood through the membrane of the stomach. It commences with chilliness, nausea, and a sense of weight and pain in the region of the stomach; the breath is often offensive; the hands and feet cold. The blood discharged is thick, and of a dark colour, and if it is not vomited, it passes off by stool, which is black

and offensive. The quantity of blood vomited or discharged is seldom sufficient to cause death suddenly.

*Treatment:—*

Place the feet in warm water and mustard, and give an injection; after which, apply hot bricks to the feet, wrapped in vinegar cloths, and take the following:—

Marshmallows root .....	one ounce.
Poplar bark .....	one ounce.
Comfrey root .....	one ounce.

Put three quarts of water, boil down to a quart, strain; then add a tea spoonful of cayenne. Give a wine glassful every hour, and an injection every day. Care must be taken as to diet, and the patient must avoid cold and damp. If bleeding is caused by a suppression of the menses, adopt the treatment recommended under that head.

**BLEEDING, OR SPITTING OF BLOOD FROM THE LUNGS.—(*Hemoptysis*.)**

This arises from a debilitated state of the lungs. It may arise from injuries done to the lungs, or may be symptomatic of some other disease. It may be distinguished from bleeding from the stomach by observing that it is raised by coughing, and the blood is of a florid colour, and frothy, whereas in bleeding from the stomach, the blood is vomited in large quantities, and of a dark colour. Bleeding from the lungs is usually attended by heat, pain, and tightness of the chest, and a short tickling cough, with inflammation in the throat, and a saltish taste in the mouth.

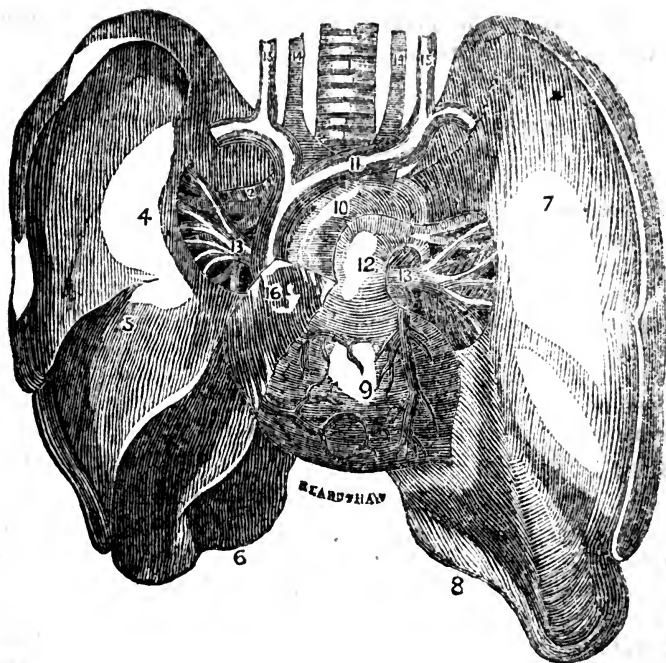
*Treatment:—*

Bathe the feet in warm water and mustard, and apply a hot brick to the feet, wrapped in a vinegar cloth, and produce a perspiration as soon as possible. Take the following:

Tormentil root .....	one ounce.
Oak bark .....	one ounce.
Horehound .....	one ounce.
Comfrey root .....	one ounce.

Put two quarts of water, boil down to one, strain. Then add a tea spoonful of cayenne. Give a wine glassful every





### THE HEART AND LUNGS.

- |                                |                              |
|--------------------------------|------------------------------|
| 1 Windpipe.                    | 10 The aorta.                |
| 2 3 Bronchial tubes.           | 11 The vena cava & branches. |
| 4 Superior lobe of right lung. | 12 Pulmonary artery.         |
| 5 Middle lobe of ditto.        | 13 13 Pulmonary veins.       |
| 6 Inferior lobe of ditto.      | 14 14 Carotid arteries.      |
| 7 Superior lobe of left lung.  | 15 15 Jugular veins.         |
| 8 Inferior lobe of ditto.      | 16 Right auricle of heart.   |
| 9 The heart.                   |                              |



1990-1991

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

half-hour, or as the case may require. Give the patient a dose of aperient medicine to open the bowels. Great attention must be paid to diet, light and easy of digestion, the patient avoiding great exertion as well as cold and damp air.

### CONSUMPTION.—(*Phthisis Pulmonalis*.)

This disease which has baffled the most scientific, has yielded to the botanic remedies. It is a disease which attacks the young and blooming, and the most lovely of the species, enters into our dwellings unseen and unlooked for, pursuing the noiseless tenor of its way : and like a vampire that drinks the vital stream, and then fans with its wings the never-dying hopes that perpetually flutter in the hectic breast.

And what hopes have those who place themselves under the care of the medical profession, when nearly one and all declare that it is impossible to cure consumption ? Majendie, who stands high as an authority in physiology, uses the following expression in one of his lectures:—"Look at consumption. There is an affection which you see, day after day, cutting off individuals of every age, sex, and rank, yet none has been more carefully studied upon the old plan, nor has proved a more fruitful source of dogma and disquisition. Eminent observers have described all its phenomena even to minutest details, but what is all this description but so much natural history: will it throw any light on the treatment of this affection ? Not a particle.

Hooper, in his medical dictionary, says that "Tubercular phthisis--consumption with ulcers--is an incurable disease. There is no instance on record of extensive tuberculous affections of the lungs from which the patient has recovered (not under the drug practice;) for so varied are they in opinion as regards the treatment, that trusting to the present practice of physic is like trusting to a rotten stick."

Dr. Dickson, in his "Fallacies of the Faculty," says,—“I do not know a single disease where two of the medical authorities agree ; take pulmonary consumption for example:—

The celebrated Dr. Stohl attributes the frequency of consumption to the introduction of Peruvian bark.

Dr. Reed ascribes the frequency of the disease to the use of mercury.

Dr. Rush says that consumption is an inflammatory disease, and should be treated by bleeding, blistering, cooling medicines, and starvation.

Galen recommended vinegar as the best preventive to consumption.

Dr. Beddows recommended foxglove as a specific for consumption.

The equally-celebrated Dr Morton considers the bark an effectual cure.

Dr Brillonet asserts that it is only cureable by mercury.

Salvadori says it is a disease of debility, and should be treated by tonics, stimulating remedies, and a generous diet.

Dessault and others assert that consumption is often brought on by a common practice of young people taking vinegar to prevent their getting fat.

Dr. Parr, with equal confidence, found foxglove more injurious in his practice than beneficial.

Who can be surprised at the failure in the practice of physic, when such is the conflict in opinion amongst the profession on this one disease. Is it not heartrending to reflect, that with all our boasted knowledge, the improvement of science, the colleges where men are trained exclusively to the healing art, yet with all the facilities we possess, 60,000 of our fellow mortals die annually from this disease alone; and though we confess it is a disease hard to cure, owing to the inability to gain access to the lungs only through the circulation, it will be evident to every unbiassed mind, that we stand a far greater chance of success than the drug practitioners, seeing that we use no *poisons*, but using means to assist nature to overcome her disease, by using those remedies that act in accordance with the laws of nature, and we can refer our readers to numbers of cases where we have been success-

ful, after the faculty have failed. We will refer our readers to the circulation of the blood, also the article on Digestion ; it will there be seen how the food is made into blood, and passes into the lungs to receive the oxygen air, in order that both the food and the venous blood, may be changed into red and arterial blood, giving as it passes along its various channels its life-giving properties.

The weight of the circulating blood is about 28lbs. ; the heart beats 75 times per minute, sends nearly 10 pounds of blood through the veins between every beat, and makes four beats while we breathe once. 540 pounds, or 1 hhd. 14 pints pass through the heart in one hour ; 12,000 pounds, or 24 hhds. 4 galls. pass through the heart in 24 hours ; 1,000 oz. of blood pass through the kidneys in an hour ; there are 174 million of holes or cells in the lungs, which would cover a surface 30 times greater than that of the human body ; a man breathes about 20 times in a minute, or 1800 times an hour, he takes in 18 pints of air per minute, or 135 gallons in an hour ; this will give our readers some idea what work the lungs have to perform, and how requisite it is that there should be room for expansion of the chest. It will be seen at one glance how it is that more females die of consumption than males, owing to the abominable practice of tight lacing ; this is one great prolific cause of this disease. The causes that produce this malady, are malformation of the chest, prominent and narrow chests, various employments, such as needle pointers, grinders, stone cutters, millers, or those exposed to fumes of metals or minerals, living in damp or unwholesome air, close application to study, without taking proper exercise, excessive flow of menstrual flux, continuing to suckle too long under a debilitated state, but most frequently the application of cold too suddenly, dancing until in a profuse perspiration, and then exposing themselves to a cold draught of air, or coming from crowded assemblies into the cold when the body is overheated ; another cause of consumption is the manner in which persons are treated by medical men if they are attacked with a slight cold or cough, a pain in the chest or side, the doctor comes and bleeds freely, gives mercury and salts till they are salivated, and the foun-

dation is laid for this disease. The symptoms it begins with, are a short dry cough, that at length becomes habitual: nothing is expectorated for some time except a frothy mucus, the breathing is somewhat impeded upon the least bodily exertion, oppression at the chest is experienced, the body becomes gradually leaner, and great langour, dejection of spirits, and loss of appetite prevail. As the disease advances, the cough is more troublesome towards night, small tubercles are formed about the size of small shot; these increase in size, till they are as large as a nut; they often exist in clusters, and then run into each other, and form hard yellow masses, these at length soften, and change into cream colour, inflame and break, and open into the bronchial tubes, and are discharged by expectorating; they form open ulcers, from which great quantities of matter issue, and sometimes blood; a pain is felt under the sternum bone, and prevents the patient lying only on one side without a fit of coughing, the face flushes, particularly after eating, the palms of the hands and feet are affected with a burning heat, the respiration is difficult; in the evening there is an increase of symptoms, and by degrees the fever assumes the hectic form, evidently of the remittent kind, and is increased twice a day, first about noon, second about five o'clock, when it increases till about midnight; the urine is now of a brownish red colour, the mouth is usually moist, and the thirst is considerable, the tongue appears clean, but rather having a red appearance, the bowels are generally constive till towards the latter end, and then much relaxed, night sweats break out, and induce great debility. In the last stage of this disease the emaciation is so great, that the patient has the appearance of a walking skeleton, his countenance is altered, his cheeks are prominent, his eyes look hollow and languid, his hair falls off, his nails are of a livid colour, and much incurvated, and his feet are afflicted with dropsical swellings; to the end of the disease the mind retains its vigour. There is a peculiarity attending this disease, the patient is full of hope, flattering himself with the idea of recovery, nor is he aware of danger till the very last. Our object must be, to support the strength, and promote the healing of the ulcers in the lungs; the body must be washed

down every morning in cold water, and a little vinegar, with a handful of salt, and a teaspoonful of cayenne, and then rubbed briskly with a coarse cloth. The object of this is to stimulate the skin and remove the night sweats; this will be very refreshing. An emetic of lobelia must be taken once a week, or as often as the strength of the patient can bear, and the following medicines must be taken.

Horehound .....	two ounces.
Hyssop .....	two ounces.
Vervain .....	two ounces.
Centaury... ..	one ounce.
Quassia chips .....	one ounce.
Spanish Juice .....	two ounces.

Put two quarts of water, boil down to one, strain, then add a teaspoonful of cayenne, and two ounces of raspberry tincture of lobelia; take a wine glassful four times a day, and make a drink of slippery elm, and sweeten, and drink as much as the stomach can bear; take this medicine for about ten days or a fortnight, and then change to the following:—

Horehound ... ..	two ounces.
Comfrey Root... ..	two ounces.
Mouse Ear ....	two ounces.
Columbia ... ..	one ounce.
Ground Ivy ... ..	one ounce.
Peruvian Bark... ..	one ounce.

Boil these in the same manner, and add the cayenne and raspberry tincture, with two cough pills night and morning. This treatment must be persevered in to the very letter, for the patient may depend upon it no half measures will effect a cure; and the reason why many fail, it is because they expect to be cured by magic, they take one or two doses, it is either nauseous, or some kind friends tell them it will kill them, then they abandon the treatment, the Botanic system is blamed for not having cured what they would not allow.

The emetics are of the utmost importance, as they cleanse the whole system, removing the tough and ropy phlegm, and breaking up the ulcers, whilst the others are healing, and

correcting the circulating fluids, and improving the general health. The diet must be light and nourishing, beef tea, mutton chop, sago, tapioca, marmalade instead of butter, (see diet,) exercise in the open air; riding on horseback is good, but a damp atmosphere must be avoided; removing southward in winter would be advantageous, intoxicating drinks must not be taken, as they only inflame the lungs, and aggravate the symptoms: when the patient feels languid, a dose of composition, strained and sweetened, would have a good effect.

### DRYING AND PRESERVING ROOTS & HERBS.

The best season for gathering herbs is when the weather is fine, and the flowers are budding. The roots should either be dug up in the spring when the sap is rising, or in autumn, when they have ceased to vegetate; they should be sliced and dried, and then put into bags: the herbs should be tied in small bunches, and shielded from the air.



## COMPOUNDS.

The general wish in combining medicines, are, to increase their strength, to render them more agreeable, more applicable and certain in regular practice.

### COMPOSITION POWDER.

Bayberry	...	...	...	...	...	...	one pound.
Ginger....	...	...	...	...	...	...	half a pound.
Pinus Canadensis	...	...	...	...	...	...	quarter pound.
Allspice	....	....	...	...	...	...	two ounces.
Cayenne	...	....	...	...	...	...	one ounce.

Mix thoroughly and sift.

This is, for the first stages and less violent attacks of disease, a valuable medicine, and may safely be employed in all cases. It is good in looseness, pain in the stomach and bowels, and to remove all obstructions caused by cold. If there is a Panacea in the world, it is this preparation. It is a safe and gentle stimulant, equalizing the circulation, and strengthening the digestive organs, obviating costiveness, producing a moist condition of the skin, and in a word, enabling the different organs of the body to perform their functions in a natural and healthy manner. It is particularly useful as a convenient family medicine in sudden colds, febrile attacks, hoarseness, sore throat, coughs, influenza, rheumatism, cold hands and feet, colic, giddiness, head ache, &c. &c. It is an excellent assistant to, and should always be taken when taking a lobelia emetic. The ordinary dose is a teaspoonful in a cupful of hot water, sweetened; children, half quantity.—DR. MATTSON.

### SPICED BITTERS.

White Poplar bark....	....	...	...	...	...	...	one pound.
Unicorn	...	...	....	....	...	...	four ounces.
Golden Seal	...	...	...	....	...	...	four ounces.
Cloves	....	...	...	...	....	...	four ounces.
Ginger	...	....	....	....	...	....	four ounces.
Balmony...	...	....	...	...	...	....	four ounces.
Prickly Ash Bark...	...	...	....	...	...	...	four ounces.
Cinnamon	...	...	....	...	...	...	1½ ounce.

Cayenne	...	...	...	...	...	...	...	1½ ounce.
Ground Loaf Sugar	...	...	...	...	...	...	...	one pound.

Mix and pass it through a fine sieve. The dose is same as the composition.

This is one of the best medicines in use for restoring the tone of the digestive organs, and creating an appetite. It is an excellent remedy in jaundice, dyspepsia, worms, flatulency, piles, headache, giddiness, gravel complaints, fluor albus, heartburn, mercurial salivation, and the whole train of chronic diseases. It is a refreshing drink to weak patients, and is grateful also to those in health, either in winter or summer. If food occasions distress, a dose of it will generally afford relief.

#### STOMACH BITTERS.

Balmony	...	...	...	...	...	...	...	one pound.
Raspberry	...	...	...	...	...	...	...	one pound.
White Poplar	...	...	...	...	...	...	...	half a pound.
Jamaica Ginger	...	...	...	...	...	...	...	half a pound.
Cayenne	...	...	...	...	...	...	...	two ounces.
Cloves	...	...	...	...	...	...	...	two ounces.

Mix and sieve. Dose same as before.

This is designed to correct the bile, and create an appetite; it is an excellent tonic, and will be found highly useful when the patient has been much enfeebled by disease or age,

#### FEMALE POWDER.

Gum Myrrh	...	...	...	...	...	...	...	four ounces.
Cayenne African	...	...	...	...	...	...	...	four ounces.
Unicorn Root	...	...	...	...	...	...	...	four ounces.
Tansy Flower	...	...	...	...	...	...	...	four ounces.
Aloes Socotrine	..	...	...	...	...	...	...	½ ounce.

All finely pulverized and well mixed.

This compound is designed for obstructed or suppressed menstruation. Dose, half a teaspoonful in molasses or honey, three times a day.

## FEMALE RESTORATIVE POWDER.

Poplar Bark	...	...	...	...	...	...	...	five pounds.
Cloves	...	...	...	...	...	...	...	one ounce.
Beth Root	...	...	...	...	...	...	...	one pound.
Cinnamon	...	...	...	...	...	...	...	two ounces.
Cayenne	...	...	...	...	...	...	...	one ounce.
Loaf Sugar	...	...	...	...	...	...	...	two pounds.

This compound is good for weak females complaints, such as fluor albus, bearing down, profuse menstruation. Dose, a teaspoonful in half a cupful of hot water, three times a day

## COUGH POWDER.

Skunk Cabbage (pulverised)	...	...	...	...	quarter pound.
Pleurisy root	...	...	...	...	quarter pound.
Elecampane root	...	...	...	...	quarter pound.
Liquorice	...	...	...	...	quarter pound.
Lobelia herb	...	...	...	...	half an ounce.
Cloves	...	...	...	...	one ounce.
Cayenne	...	...	...	...	quarter ounce.

Mix and sieve them all fine.

This gives speedy relief in asthma, hoarseness, shortness of breath, difficulty in breathing, pleurisy, and all diseases of the lungs of long standing. Take one ounce of the powder, pour on it a quart of boiling water, and sweeten it with honey or sugar. Dose: half a cupful four times a day, or any time when the cough is troublesome.

## SCURVY POWDER.

Sassafras Bark Powder	...	...	quarter of a pound.
Sarsaparilla	...	...	quarter of a pound.
Queen's Delight	...	...	two ounces.
Peruvian Bark	...	...	two ounces.
Cayenne	...	...	quarter of an ounce

Mix, and take a teaspoonful in warm water, or in a cupful of herb tea, three times a day. Good in all scorbutic diseases, and for removing blotches, pimples, and all cutaneous complaints.

### DIURETIC POWDER.

Queen of the Meadow	...	...	...	one pound.
White Spiced Poplar Bark	...	...	...	one pound.
Uva Ursi	...	...	...	one pound.
Aniseed	...	...	...	one pound.
Circuma	...	...	...	one pound.
Pinus Canadensis	...	...	...	half a pound.
Fennel Seeds	...	...	...	half a pound.
Ginger...	...	...	...	seven ounces.
Cayenne	...	...	...	two ounces.

Mix, sieve, and take same as Composition.

This mixture is very good in dropsy, gravel, and difficulty in passing urine, and pain in the back and kidneys.

### ANTISPASMODIC POWDER.

Stomach Bitters	.....	one pound.
Valerian	.....	half a pound.
Skull Cap	.....	half a pound.
Cinnamon	.....	two ounces.
Lobelia Herb	.....	two ounces.
Cayenne	.....	two ounces.

Mix and sieve well. Dose: half a teaspoonful every two hours. Children, half quantity.

This is an excellent remedy for hysterical affections, fits, and convulsions.

### ANTI-CHOLERA POWDER.

Catechu	....	....	....	six pounds.
Golden Seal	....	....	....	three pounds.
Ginger	....	....	....	three pounds.
Peruvian Bark	...	....	....	four pounds.

Stomach Bitters	....	....	....	four pounds.
Cinnamon	....	....	....	two pounds.
Valerian	..	....	....	two pounds.
Bayberry	..	..	..	one pound.
Cloves	....	..	....	one pound.
Cayenne	....	....	....	one pound.

Mix well and sieve them altogether.

This is a safe and specific remedy in all cases of dysentery, diarrhæa, colic, flux, English cholera, cholera morbus, and Asiatic cholera. All those who value their health, and the health of their families, will supply themselves with this powder, which, if taken as directed, will not fail to cure those distressing maladies in all their stages.

Take a teaspoonful of the powder in a cupful of tea, made from oak bark, meadowsweet and pennyroyal, every two hours.

#### FEVER POWDER.

Pleurisy Root	....	...	....	half a pound.
Skunk Cabbage	....	....	....	half a pound.
Lobelia Herb	....	....	....	half a pound.
Crawley Root	....	....	....	quarter pound.

Mix and sieve same as the others.

This compound we have employed with gratifying success, in a great number of fevers, and other practitioners have also used it with equal advantage. We cannot do better than quote briefly Dr. Clarke's opinion:—he says, I have long felt the necessity of some simple compound by which they could be controlled, without the necessity of giving courses so frequently, but I never met with one until I came in possession of the above powder, six months ago; Dr. Mattson very kindly gave me this compound, which he said he thought I should approve of, after giving it a fair trial. I have now used it extensively in almost every form of diseases, and must pronounce it the best medicine I have employed since called to practice.

It rarely or never fails in producing moisture of the skin; in fevers it operates mildly and gently upon the system, and

will frequently produce moisture in five minutes. It allays excitement, regulates the pulse, and predisposes to sound and natural sleep. Given properly, it will control a fever with the greatest safety. The dose is from a quarter to a whole teaspoonful in a little warm water, sweetened, every hour or two, for eight or twelve hours, according to the violence of the symptoms.

### BILIOUS POWDER.

Take Alexandrina	Senna	--	--	--	--	two pounds.
Jalap	--	--	--	--	--	one pound.
Cloves	--	--	--	--	--	two ounces.

Mix and sieve fine, take half a teaspoonful once a day; children according to age and as required.

This is one of the most innocent and efficient purgatives now in use, and safe in all cases; it is pleasant to take, and may be given to children or females in every stage, for costiveness, headache, and bilious complaints; it removes all offensive accumulations without causing costiveness after its operation.

### WORM POWDER.

Take Worm seed	--	--	--	--	half a pound.
Fern root	--	--	--	--	half a pound.
Indian Pink (roots and tops)	--	--	--	--	quarter of a pound.

All finely pulverised; they are the American species.

An excellent combination for the destruction and expulsion of every description of worm from the system. Dose for a child from two to four years of age, one-third of a teaspoonful in a little treacle; from four to seven years, half a teaspoonful; from twelve years and upwards, one teaspoonful night and morning, in treacle. After using this powder two days, take a dose of the antibilious powder, from quarter to a teaspoonful according to age, fasting, and after its operation to be followed by the powder as before.

### CATTLE POWDER.

Take Lobelia herb	--	--	--	--	two ounces.
Gum myrrh	--	--	--	--	two ounces.
Mustard	--	--	--	--	two ounces.

Aniseeds	--	--	--	--	two ounces.
Jamaica ginger	--	--	--	--	two ounces.
Cayenne pepper	--	--	--	--	one ounce.

Mix well, divide it for four doses, taken morning and night in oatmeal gruel.

It is good for the generality of diseases incident to cattle, and can never do wrong with applying it; cover them well up at the time, it causes a perspiration. If they are bound in their body, give them quarter of a pound of senna, as required.

### TOOTH POWDER.

Mix one ounce each of gum myrrh, and prepared chalk. Good for canker, and clenasing the gums and teeth.

### PILE POWDER.

Take Black pepper	--	--	--	quarter of a pound.
White poplar bark	--	--	--	quarter of a pound.
Elecampane	--	--	--	quarter of pound.
Fennel seeds	--	--	--	half a pound.
Ground loaf sugar	--	--	--	half a pound.

Mix and sieve as before. Dose, a teaspoonful in hot water three times a day. Use the pile ointment, and particular attention must be paid to keep the bowels open once every day.

### EMETIC POWDER.

Take one ounce of lobelia seeds and herb, equal quantities; it answers much better than if valerian was added to it.

### RHEUMATIC POWDER,

Take Prickly ash	--	--	--	--	half a pound.
Pleurisy root	--	--	--	--	quarter of a pound.
Virginia snake root	--	--	--	--	two ounces.
Cayenne	--	--	--	--	half an ounce.

Mix and sieve fine; take with the decoction of red Jamaica sarsaparilla, one teaspoonful in half a cupful of sarsaparilla, three times a day.

### ASTRINGENT POWDER.

Take Turkey rhubarb	--	--	--	--	one ounce.
Catechu	--	--	--	--	one ounce.
Prepared chalk	--	--	--	--	one ounce

Ginger	--	--	--	--	quarter of an ounce.
Cinnamon	--	--	--	--	quarter of an ounce.

Mix well, take same as composition, or more or less as circumstances seem to require it.

### DIARRHŒA POWDER.

Take Bayberry	--	--	--	--	two ounces.
Golden seal	--	--	--	--	two ounces.
Turkey rhubarb	--	--	--	--	two ounces.
Cinnamon	--	--	--	--	one ounce.
Peppermint plant	--	--	--	--	one ounce.
Saleratus	--	--	--	--	half an ounce.
Loaf sugar	--	--	--	--	half an ounce.
Gum myrrh	--	--	--	--	quarter of an ounce.

All finely sifted and well mixed.

Dr. Colby says, "this is one of the most valuable preparations known for diarrhœa, cholera morbus, summer complaint of children, dysentery, &c."

It comes the nearest to a specific for those forms of disease, in the early stages, of any medicine we have ever used. Dose, same as composition.

### EXTRACT OF LOBELIA.

Take Lobelia seed	...	...	...	two ounces.
Spirits of wine	...	...	...	two ounces.
Vinegar	...	...	...	two ounces.

Steep for a week or more, in a stopped bottle, shake it occasionally, and keep it in a warm place, press out the liquid, filter it through a piece of paper, then evaporate it over a fire by gentle heat to the consistency of tar, which may be made into pills of from each two grains as a dose, and may be repeated if necessary. This is a very convenient form of taking an emetic.



**PILLS.****ANTIBILOUS PILLS.**

Turkey rhubarb	--	--	--	--	two ounces.
Socotrine Aloes	--	--	--	--	one ounce.
Cayenne pepper	--	--			three quarters of an ounce.
Gum myrrh	--	--	--		quarter of an ounce.
Valerian	--	--	--	--	quarter of an ounce.
Circuma	--	--	--	--	half an ounce.
Castile soap, (cut fine)	--	--			half an ounce.
Lobelia seeds, in winter only,	-	--	--		quarter of an ounce.
Gum arabic powder	--	--	--	--	half an ounce.

The whole to be mixed with fresh bullock's gall ; reduce in the oven to one half, then roll them the size of a pea ; dose, two to four at night, or as often as the nature of the case may require. These pills are designed for universal application in all cases not accompanied with looseness of the bowels, cleansing away its impurities, in liver complaints, indigestion, loss of appetite, headache, persons suffering from costiveness will find them an excellent remedy.

**CAYENNE PILLS.**

Cayenne Pepper,	....	...	....	....	one ounce.
Turkey rhubarb,	....	....	...	...	half an ounce.
Gum arabic, in powder,	....	....			half an ounce.

Take as much warm water as will mix them into stout paste, then make them into pills the size of peas. These are employed to raise the animal heat, whenever the patient has an aversion to the use of cayenne in a liquid form. Dose, three or four times a day.

**NERVINE PILLS.**

Take assafoetida, one ounce, warm it on the oven, in a vessel, then form into pills. These are good for nervous people, and to compose the nerves when sleep is required. Dose, four or six a day.

**FEMALE CORRECTIVE PILLS.**

Take Socotrine aloes	...	...	...	one ounce.
Tansy, (flowers pulverised)	....	...		one ounce.

Gum myrrh	...	....	...	...	one ounce.
Unicorn root	...	....	...	...	one ounce.
Cayenne pepper	....	...	...	...	one ounce.
Gum arabic powder	...	...	...	...	one ounce.
Mix with warm water, sufficient to form a paste, make as before, then add forty drops of oil of spear mint. These pills are to remove obstructions to which females are subject.					

## FEMALE INDIAN PILLS.

Take Black cohosh	...	...	...	two ounces.
Turkey rhubarb	...	...	...	two ounces.
Socotrine aloes	...	...	...	one ounce.
African cayenne pepper	...	...	...	half ounce.
Curcuma	...	...	...	half ounce.
Gum myrrh	...	...	...	quarter ounce.
Valerian	...	...	...	quarter ounce.
Lobelia seeds	...	...	...	three drams.

Mix sufficient mucilage of gum arabic to form into pills.

Females will find great relief and final benefit by taking it two or three times a week ; and particularly when near confinement, two or three may be taken at night.

## COUGH PILLS.

Take Gum ammoniac	....	....	...	one ounce.
Lobelia seeds	....	...	...	half ounce.
Cayenne pepper	....	...	...	half ounce.
Blood root	....	...	...	quarter ounce.

Mucilage of gum arabic sufficient to form into pills.

This is good for coughs, asthma, and affections of the lungs, as they promote a free expectoration. Dose, two to be taken three times a day. The use of these pills will in many instances occasion more or less uneasiness and pain in the bowels, until a more natural warmth and action are restored to the bowels, and then they will cease to produce pain, unless taken in large quantities.

## INDIGESTION PILLS.

Extract of dandelion	...	...	...	one ounce.
Golden seal	...	...	...	half ounce.

Gum myrrh	....	...	....	...	half ounce.
Turkey rhubarb	....	...	....	...	half ounce.
Valerian root	...	...	...	...	half ounce.
Cayenne pepper	...	...	..	....	half ounce.
Bullock's gall sufficient to form into pills, add twenty drops of oil of spear mint. Dose, two after dinner and two at bed time.					

This is good for weakness of the stomach, headache, depression of spirits, and nervous affections.

## OINTMENTS.

Ointments are a class of medicines that contain the properties of certain vegetables designed for external use ; and are of themselves of great use in keeping the parts well cleansed, and shielding off the exciting effects of the atmosphere.

### MARSH-MALLOW OINTMENT.

Take marsh-mallow tops, green, bruise them fine, and put as much hog's lard as will simmer them, and leave them side of the fire, for hours, occasionally stirring, until the water is all evaporated and the lard has taken up the virtue of the plant, then strain through a coarse cloth before it is cold ; if you want to make it very strong, pound a fresh lot of mallows, simmer again with the same lard, as before ; then cut one ounce of bees' wax fine, to every pound of ointment, simmer again for ten minutes till all the wax is dissolved, then pour into the jar, and keep stirring till cool.

*Uses.*—This forms a very cooling ointment, and is efficacious in all kinds of eruptions attended with inflammation, such as erysipelas, (St. Anthony's fire,) sore nipples, cutaneous affections, and for children, in the face and round the ears ; nullifies and digests and cleanses putrid wounds and ulcers, &c , &c.

### ELDER OINTMENT.

Take Elder flowers	...	...	...	one pound.
Hog's lard	...	...	...	one pound.

Boil the elder flowers in the lard until they become crisp ;

then strain the ointment through a cloth, again simmer and add one ounce of cut bees' wax, for ten minutes, then pour it into a vessel and stir it till cool. Its use is for the same as marsh-mallow ointment, and is very cooling for all inflammations.

### MEADOW FERN OINTMENT.

Meadow fern	...	...	...	...	three ounces.
Balm of Gilead	...	...	...	...	three ounces.

Well bruised or pounded.

Fresh lard	...	...	...	...	one pound.
------------	-----	-----	-----	-----	------------

Moisten the buds with a little water, and simmer them in the lard, over a slow fire, until they cease to be glutinous, which will be in three or four hours, then add two ounces of meadow fern burrs, moistened with water; and continue the simmering until their strength is extracted, which may be determined by rubbing them between the fingers, for they will not emit a fragrant smell. Pass the ointment through a course cloth, into some convenient vessel.

*Uses.*—We can recommend this as an excellent application in tetters, scald heads, soreness of the lips or nose, itch, and various cutaneous eruptions in the hands, arms; scales, or scabs.

The parts must be washed once a day with castile soap and water.

### BLAST OINTMENT.

Take southernwood, rosemary, horehound, motherwort, marsh mallows, vervain, equal quantities; pound them well, and press out the juice through a coarse cloth, mix half a pound of the juice, with one pound of fresh butter, free from salt, then simmer gently till all the water is evaporated; if the butter cannot be got, deer suet the same way will answer.

Applied on the part spread on a cloth every four hours.

### BAYBERRY WAX OINTMENT.

Bayberry wax	...	...	...	...	four ounces.
Spermacei	...	...	...	...	three ounces.

Dissolve in a pint of linseed oil; mix when dissolved quarter of an ounce of lobelia.

Good in all scorbutic complaints, sore nipples, and wounds.

## PILE OINTMENT.

Take of green plant of celendine, half a pound, simmer it the same as marsh mallows, in one pound of hog's lard, then strain, and mix two ounces of the powder of *pinus canadensis*, simmer again gently for two hours, then strain and it is ready for use. This is a useful ointment for piles, and cutaneous eruptions.

## BURN SALVE OINTMENT.

Take Burgundy pitch,	...	...	...	one pound.
Bees' Wax	...	...	...	quarter pound.
Hog's lard	...	...	...	half a pound.

Simmer the above over a slow fire, until the whole are well mixed together, then stir it well until cold.

This is Dr. Coffin informs us, one of the best salves for burns or scalds where the skin is off, and the exposed part has become sore; it is also good for canker, scrofula, tumors, or sores on the legs, of every description.

## SPERMACETI OINTMENT; ALSO BROWN SALVE.

Take of White wax	...	...	...	four ounces.
Bayberry wax	...	...	...	one ounce.
Spermaceti	...	...	...	three ounces.
Olive oil	...	...	...	one pint.

Mix them together over a slow fire, taking care to stir it briskly until cool.

This is an excellent salve for mothers when troubled with sore nipples; it moistens the skin, and keeps it soft; it is good for chapped hands, or dry scurvy, and all sores where it requires a mild ointment, but should be assisted by internal medicines whenever required.

## STIMULATING OINTMENT.

Burgundy pitch	...	...	...	one pound.
Rosin	...	...	...	half a pound.
Hog's lard	...	...	...	two ounces.

To which add a teaspoonful of cayenne pepper.

Let the above simmer over a slow fire until well mixed, spread it fine on a piece of soft leather; when applied to the

part affected, it stimulates and warms it, and is good to apply, externally, for all internal inflammations.

### BLOOD ROOT OINTMENT.

Bayberry wax           ...       ...       ...       ...       four ounces.  
Spermaceti           ...       ...       ...       ...       three ounces.  
Dissolve in a pint of olive oil, by gentle heat, when dissolved add one ounce of blood root powder, stir till cool.

This is a most efficient ointment for dry scurvy, itch, ring worms, ulcers, and every species of eruptive disorders, as an outward application.

### SCABIOUS OINTMENT.

Take the juice of scabious, beaten in a mortar, and strained through a cloth, one pint; hog's lard, four pounds; mix them together, set them in the sun for nine days, then casting off the thin discoloured juice, beat it in a mortar as before, then place it in the sun for five more days; then beat it again with quarter of a pound of juice of scabious by degrees, until all is well mixed; dissolve it again in its own vessel for fifteen days, freeing it as before, throwing off the discoloured juice, repeat in the same manner in all five times; at last beat it diligently, and in a glass or glazed vessel keep for use.

After this manner you may have the power of any herb. It was invented by John Arderne of Newark, a famous and experienced botanist, 483 years since, who flourished in 1370, in the reign of Edward III.

This ointment is excellent for scabs, itch, carbuncles, buboes, and sores, which it cures in four or six days; if one ounce of finely grated camphor is mixed with the whole, it is good for freckles, ringworms, white films and pearls growing over the eyes, wounds, ulcers, tumors, and biles; it is also useful when the lungs and stomach are obstructed, to anoint with it.

**SYRUPS.**

This is a useful class of compounds, as they contain the property of different herbs, and are presented to the patient in a pleasant and palatable form.

**DYSENTERY SYRUP.**

Take golden seal, balmony, bayberry, blackberry, bark of the root; scullecup, gum myrrh, and catechu—one ounce each, cayenne half an ounce. Boil them gently in three quarts of water for half an hour, carefully stirring them on a slow fire, strain when cool through a coarse cloth, and add three pounds of loaf sugar, simmer gently again, (the same time be careful to take off all the scum that rises to the top to clear it;) when clear and cool, add eight ounces of the tincture of prickly ash and tincture of gum myrrh, each.

This syrup is an excellent remedy in diarrhœa, dysentery, and relaxed state of the bowels; and useful for summer complaints of children, pains or soreness of the stomach and bowels.

Dose, a small wine glassful every two hours, or if the case be violent, every hour; under fifteen half quantity, and so reduce it according to age, and repeat it until a cure is effected.

**COUGH SYRUP. No. 1.**

Take molasses, clarified, one pint; tincture of lobelia, three ounces; essence of spearmint, quarter of an ounce; essence of pennyroyal, one drachm; essence of mother of thyme, one drachm; essence of the oil of aniseed, half a drachm; vinegar, one gill; mix and shake well together.

Dose, a dessert spoonful for those of twelve years of age and upwards, a tea spoonful down to six, the same proportion younger, and to be mixed with warm water the same quantity, for those under two years of age.

We have used this mixture extensively in our practice this last six years, and we never employed one which gave more general satisfaction, in coughs, asthma, tightness of the chest, croup, and all affections of the lungs.

**COUGH SYRUP. No. 2.**

Take lobelia herb and seeds, horehound, comfrey root, beth root, elecampane root, boneset, each quarter of a pound;

simmer gently, with four quarts of water, in a covered vessel for half an hour ; strain through a coarse cloth ; when it is clear, and the vessel washed out, add five pounds of loaf sugar, and simmer again until the scum ceases to rise ; again pass it through a cloth ; when cool and fine, add one pint of tincture of prickly ash.

This is good in all diseases of the lungs, such as coughs, consumption, &c., and may be taken same as the other, and for the same complaints ; it is requisite here to inform you, all above twelve years of age to take the cough powder with it, and at the same time.

### COUGH SYRUP. No. 3.

Take half a pound stone-raisins, half a pound of figs, a stick of liquorice, one ounce of hyssop ; slice the liquorice and figs ; boil in two quarts of water down to one quart, sweeten with half a pound of honey ; give a wine glassful three times a day, or where there is soreness after inflammation, let them drink when thirsty.

### SYRUP OF SENNA.

Take of senna leaves, one ounce ; fennel seeds, bruised, half an ounce ; boiling water one pint, macerate the senna leaves and fennel in the water for an hour, with a gentle heat ; strain the liquor, and mix with it two ounces of manna, loaf sugar half a pound, then boil a short time, take off the scum ; this is a useful purgative for children.

### SYRUP OF TOLU.

Take balsam of tolu, one ounce, boil the balsam in a quart of water, half an hour in a covered vessel, occasionally stirring it ; strain the liquor when it is cool, then add two pounds of loaf sugar, and dissolve it in the liquor, for twenty-four hours ; take off the scum and keep it. Do not press the cork too tight at first.

A useful balsamic syrup to allay tickling coughs and hoarsenesses.

### ANTISCORBUTIC SYRUP.

Take the red Jamaica sarsaparilla, three ounces ; sassafras bark, burdock root and seeds, one ounce each ; guaiacum,



half an ounce ; simmer gently for four hours in two quarts of water. Cool, then pour off, and add three pints of water to the herbs, boil the same time ; cool, and pour off, clear it, mix the two clear liquors in the vessel, add three pounds of loaf sugar, take off the scum as it rises, simmer about twenty minutes. Cool and sieve. Add one ounce each of tincture of queens delight, tincture of prickly ash berries and leaves, and essence of sassafras.

The great efficacy and superiority of this is to eradicate diseases and invigorate the body ; it not only purifies the whole system and strengthens the person, but it creates new, pure, and rich blood,—a power not surpassed by any other medicine, and in this lies the great secret of its wonderful success in scrofula, rheumatism, spinal affections, dropsy, gravel, scurvy, ulcers, itchings of the skin, and corrupt humors.

Dose, a wineglassful four times a day, children half quantity.

#### WORM SYRUP.

Take butternut bark, bitter root, two ounces each ; red sage, poplar bark, gum myrrh, and worm seeds, one ounce each. Boil in two quarts of water down to one quart ; strain, and add one pound of loaf sugar ; simmer and clear, then add six ounces of tincture of prickly ash.

Dose, one table spoonful after tea, take no food after it at night, and a table spoonful one hour before breakfast, and about eleven o'clock.

This is good to expel worms from the stomach and bowels. Under eighteen years of age, a dessert spoonful.

#### SOOTHING SYRUP OR MOTHER'S FRIEND.

Take Bicarbonate of potash.	....	...	three tea-spoonsful.
Turkey rhubarb,	....	...	one ounce
Cinnamon in the bark,	...	...	one ounce.
Loaf sugar,	...	...	one pound.

Boil in one pint of water twenty minutes, cool and strain as before, then add two pints of peppermint water, and sixty drops of oil of cassia or cinnamon.

The necessity has long been seen of having a simple vegetable remedy without having to resort to infant's preservative, anodyne cordials, royal mixture, &c., &c., the principal in-

gredients of which are powerful poisons, acting on the nervous system. This soothing syrup is purely vegetable, containing no narcotic or poisonous drugs, removing acidity of the stomach, griping pains of the bowels, expels wind, changes the colour of the motions from green and slimy to their natural colour, and thereby removing the cause of all the little ailments. Give from half a teaspoonful to a teaspoonful, in a little warm water, sweetened, when required.

## TINCTURES.

Tinctures are very active ingredients, principally used in our practice, for sprains, wounds, hard swellings, pains in the back, chest, side, &c.

### TINCTURE OF MYRRH.

Take Myrrh (powdered,) ... .. two ounces.  
Alcohol ... .. one pint.

Infuse and shake them well every day for a fortnight, use the clear.

This is applied to fresh wounds, and offensive ulcers. Diluted with two thirds of raspberry decoction, it is good to wash sore mouths, spongy gums, and to gargle for ulcerated sore throats, and a wash for inflammation and sore and weak eyes. A tablespoonful of it is good in an injection for diarrhœa, or dysentery.

### TINCTURE OF CAYENNE.

Take Cayenne, ... .. two ounces.  
Alcohol, ... .. one pint.

Infuse for ten days and strain.

*Uses.*—This is a valuable external application for rheumatic joints, and parts that have lost their sensibility. It is useful in palsy, and a wasting of the limbs. A flannel moistened with it and applied to the side in pleurisy, will generally afford relief. It is superior to the tincture of myrrh, for bathing or rubbing with, because of the absence of myrrh, which closes the pores, and leaves the skin sticky or glutinous.

## ANTI-SPASMODIC TINCTURE.

Take Gum myrrh, ... ..	four ounces.
Lobelia seed. ... ..	four ounces.
Skullcap, .... ..	four ounces.
Cayenne, .... ..	one ounce.

Infuse them for a week or more in two quarts of alcohol in a closely stopped vessel, shaking it once a day. The clear only is to be used.

This is an invaluable preparation, and is used in violent cases of disease, such as locked jaw, epilepsy, convulsions, delirium tremens, fainting, hysterical attacks, apoplexy, and suspended animation. It traverses the system with wonderful rapidity, and rarely fails to restore the patient. Drowned persons have frequently been recovered by its use.

Dr. Mattson states in his valuable work, that several gentlemen, who were incredulous with regard to its effects, immersed a dog in the water until he was apparently dead, and then poured a quantity of the tincture down his throat, which revived the animal in a very short time. I witnessed the experiment myself, and can vouch for the truth of the statement.

In locked jaw, where teeth are rigidly clenched, this may be regarded as a sovereign remedy, the liquid poured between the teeth, and as soon as it comes in contact with the parts about the throat, the spasm will yield, and the jaws open.

Dose.—this varies according to age, a dessert spoonful for above twenty years, a teaspoonful down to fifteen years, down to ten drops in water for children; repeat the dose as often as required.

## RASPBERRY TINCTURE.

Take half a pound of honey, and a cupful of water, let these boil, take off the scum, pour boiling hot upon half-an-ounce of lobelia herb, half-an-ounce of cloves, mix well, then strain, and add a gill of raspberry vinegar. Take from a teaspoonful to a dessertspoonful four times a day.

This is good for asthma, croup, whooping cough, inflammation on the lungs, consumption, dry and tickling coughs. This is far better than that made with spirits, and is pleasant to take.

## TINCTURE OF BLOODROOT.

Take of bloodroot, pulverised, two ounces ; alcohol, one pint ; macerate for ten days, shaken up once or twice a day.

This is very useful for polypus, proud flesh, and all fungous swellings.

## TINCTURE OF PRICKLY ASH.

Take of prickly ash berries, bruised, two ounces ; alcohol, a pint ; macerate as before.

Good as a liniment for the toothache, ticdoloroux, and rheumatic pain.

## TINCTURE OF FIR BALSAM.

Take of fir balsam, one ounce and a half ; alcohol, one pint ; shake them well together.

This is good for wounds and ulcers, and is taken alternately as a remedy in coughs, soreness of the bowels, gravelly complaints, gleet, and fluor albus. The dose is a teaspoonful, twice a day ; for flour albus take it in beth root ; for gravel in diuretic powder ; best to have boiling water poured on, same as composition.

## TINCTURE OF QUEEN'S DELIGHT.

Take the powder of queens delight, two ounces ; alcohol, one pint ; shake it up for a few days, and the clear is ready for use, syphilis, gonorrhœa, gleet, and the kidneys, but not of itself sufficient to cure, it is given with other remedial agents. (*See gonorrhœa*)

## TINCTURE OF CATECHU.

Take of powdered catechu two ounces, cinnamon bark in powder one ounce, alcohol one pint, macerate for fourteen days, and strain. Used for diarrhœa, and as a liniment to rub a swelling.

## TINCTURE OF FIG ROOT.

Take six ounces of clean washed green bruised fig roots, alcohol one pint, macerate for fourteen days, and strain. Good for scrofula, and as a liniment to rub all swellings, about the neck and ears.

## TINCTURE FOR TOOTH ACHE.

Take bistort root bruised, and logwood one ounce each,

gum myrrh, prickly ash berries, oil of sassafras, oil of cloves, half-an-ounce each ; cayenne, skulleep, cinnamon, lobelia seeds, quarter-an-ounce each, alcohol three gills ; macerate for fourteen days. Use the clear, with a small quantity of cotton wool, apply it to the part, repeat it till a cure is effected.

### TINCTURE OF LOBELIA.

Take of red sage, thyme, lobelia herb, and elecampane, each one ounce, pour upon them one quart of boiling water, place them in the oven covered close, so that no steam escapes for half an hour, cool and strain ; mix with it one pint of red port wine, and quarter of a pound of honey. Dose a tablespoonful three or four times a day, children half quantity.

This is good for coughs, asthma, hoarseness, and affections of the lungs.

### ACID TINCTURE OF LOBELIA.

Take of Lobelia herb and seed, two ounces, best vinegar one pint, dissolve in a glass bottle for one week or more, shaken once a day.

Dose.—a teaspoonful three times a day in a wineglassful of horehound tea, both clear. Children half quantity.

It is good for the complaints above named, but not so palatable. It may be applied with good advantage in most diseases of the lungs ; as there are a many good herbs known for the lungs, you may form your choice of them, as some have their favourites ; we wish you to search into Nature's store ; we have told you what is good, but you may know something better, if so, be useful in your day and generation ; live for the benefit of mankind, learn them what you know. and we will do the same, and then the people will have it in their power in ages to come to be free from doctors and every class of pretenders, and with their own enlarged and well-developed understanding, will cure disease in all its forms, and will thank heaven that they have not to mourn and weep over their afflictions, as their forefathers did before them. Two tablepoonsful of the acid tincture may be added to any form of decoction you may know to be good.

Dose.—A wineglassful four times a day ; children according to age.

## LINIMENTS.

### LINIMENT FOR RHEUMATISM AND TIC DOULOUREUX.

Take of cayenne pepper, and common salt, a teaspoonful of each, camphor half a teaspoonful cut fine, best vinegar one gill ; mix the whole and shake well together.

This is applied externally with the hand, using gentle friction. We have cured a number of cases of tic douloureux, in the following manner :—

Rub on the face where the pain is, or the temples, one teaspoonful, then rest half an hour, and lay on another the same way ; a warm glow, but not unpleasant, will be felt. Take skullcap, composition, and senna, half a teaspoonful each a few times. This very rarely fails to cure.

### VOLATILE LINIMENT.

Take of candia soap, cut into shreds, one ounce, camphor half-an-ounce, tincture of cayenne three ounces, alcohol ten ounces ; infuse in a closely stopped bottle for a week, shaking it two or three times a day.

*Uses.*—This liniment, says Dr. Mattson, “is superior to any other with which I am acquainted for bathing sprains, bruises, rheumatic joints, and parts that are the seat of pain. It is equally beneficial in numbness, pain in the side, in pleurisy, and swellings of the bowels.”

### HARTSHORN LINIMENT.

Take of sweet oil four ounces, spirits of hartshorn one ounce, cayenne one teaspoonful. Mix and shake once a day.

*Uses.*—Same as the volatile liniment.

### CAMPBOR LINIMENT.

Take olive oil six ounces, camphor one and a half ounce, cut the camphor fine, and dissolve it in the oil by a gentle heat.

*Uses.*—Scrofulous tumours or swellings. In cases of quinsy, a flannel may be wet with it and applied to the throat

### BREAST LINIMENT.

Take raw linseed oil one pint, camphor liniment half a pint. Mix and it is ready for use.

*Uses.*—For all kinds of gathered sores, and swollen breasts. We have had severe cases of that kind, and as an outward application in our practice, it has never failed to cure. Keep the cloth wet sufficiently large to cover the whole part affected, and a cloth several folds, or oil skin, to keep it from the clothes.

### MILK OF BITTER ALMONDS.

Take two ounces of bitter almonds. or any quantity that may be required ; pour boiling water on them ; when sufficiently soft, take the skins off, put the almonds in a mortar, pour a little boiling water on them, pound them well, strain all the milk out, put them in the mortar again, add a little more boiling water, pound them, strain as before, repeat this process till all the strength is obtained.

This is good for weak stomachs, it removes the acids, and soothes the irritation. Dose, one tablespoonful four times a day. It is also beneficial in coughs, asthma, and shortness of breath, compounded with others. (*See asthma.*)

### MEDICINE CHEST.

Medicine that ought to be kept by a family when wanted for immediate use. The expense will be small and much better than to employ a doctor, and have his extravagant bill to pay.

Lobelia, .....	one ounce.
Composition, .....	two ounces.
Stomach bitters, .....	two ounces.
African cayenne, .....	one ounce.
Gum myrrh, .....	four ounces.
Anti-cholera powder, .....	one ounce.
Bilious powder, .....	one ounce.

## APPENDIX.

### AN EXPLANATION OF THE PROPERTIES OF HERBS.

Agrimony, *Agrimonia eupatoria*, Ast. Ton. Diu. Alt.  
Used in fevers, coughs, bowel complaints, asthma, diseases of kidneys, and liver.

Almonds, Bitter, *Amygdalus communis*, Ton  
Useful with other articles in a debilitated state of the stomach and bowels.

Angelica Leaves, *Archangelica*, Stim. Arom. Ton.  
For colics, colds, and in producing perspiration.

Angelica, Root and Seeds, *Archangelica*, Stim. Arom. Ton.  
For same purposes as leaves, but more powerful in effect.

Asafœtida, Gum, *Ferula asafœtida*, A-spas. Exp.  
To quiet nervous irritability, relieve spasms, cramps, &c.

Avens Root, *Geum rivale*, Ton. Ast. Stom.  
Valuable in debility, dyspepsia, internal bleedings, relax, &c.

Balm Lemon, *Melissa officinalis*, Feb. Diu. Ner.  
Infusion excellent as a drink in fevers, and for allaying headache.

Balmony, *Chelone glabra*, A-bil. Ton. Ver. Ape.  
For indigestion, affections of the liver, and expelling worms.

Barberry Bark, *Berberis vulgare*, A-scor. Ref. Ton. A-bil.  
For correcting the secretions of the liver, jaundice, indigestion, &c.

Bayberry Bark of Root, *Myrica cerifera*, Ast. Stim. Deo.  
Most effectual in removing canker from the stomach and bowels, and unequalled in scurvy, scrofula, and ulcers,

Beth Root, *Trillium latifolium*, Ast. Ton. A-sep.  
Beneficial for bloody urine, excessive female evacuations, &c.

Bistort Root, *Polygonum bistorta*, Ast.  
Useful in hemorrhages or fluxes, externally or internally.

Bitter Root, *Apocynum androsæmifolium*, Ton. Cath.  
For liver complaints and dropsy, to remove costiveness, and correct digestion.



- Blackberry, Bark of Root, *Rubus occidentalis*, Ast. Ton.  
Effectual in diarrhœa, useful in consumption and wastings,
- Black Snake Root,—(See COMOSII, Black.)
- Blood Root, *Sanguinaria canadensis*, Eme. Emm. Exp.  
Used in pulmonary affections, scarlet fever, jaundice, &c.
- Bogbean, *Menyanthes trifoliata*, Ton. Deo. A-scor,  
Used in scurvy and cutaneous eruptions, and all diseases arising from obstructions in the liver.
- Boneset, *Eupatorium perfoliatum*, Sud. Ton. Eme. Cath.  
Unequalled in fevers of every description—good in asthma, &c.
- Burdock Root, *Arctium lappa*, Diu. Her. A-scor.  
In strong decoction for scurvy and eruptions, diseases of the kidneys, &c.
- Burdock Seeds, *Arctium lappa*, Diu. Ner. Ton.  
Good for inflammation of the kidneys, epilepsy, spasmodic convulsions, &c.
- Butternut, Extract of, *Juglans cineria*, Cath. Ton. Emm.  
A good aperient, and a gentle cathartic for worms.
- Calamus Root, *Acorus calamus*, Arom. Stom.  
Excellent in flatulence, colic, and wind in the stomach.
- Camomile Flowers, *Anthemis nobilis*, Ton. Eeb. Stom.  
Good in dyspepsia, loss of appetite, colics, and general debility.
- Caraway Seeds, *Carum carui*, Car. Arom.  
A good ingredient in stomachic compounds.
- Cardamom Seed, *Alpina cardamomum*, Arom. Stim.  
Used as a corrector of purgative and tonic medicines.
- Carrot Seed, wild, *Daucus carota*, Diu. Emm.  
Given in stranguary, calculus, or stone, and other affections of the kidneys, bladder, and urethra.
- Cayenne Pepper, African, *Capsicum annuum*, Stim. Car. Ton.  
The strongest and purest stimulant known, and universal in its application where stimulants are required, being free from inflammatory action. (This of course only applies to the unadulterated article,—that sold as cayenne in the apothecaries' shops, generally consists of pepper, salt, logwood, red lead, and other ingredients.)
- Centaury, *Chironia centaurium*, A-bil. Ton.  
Good in dyspepsia, jaundice, liver complaints, and scurvy.
- Cherry Tree Bark, wild, *Prunus virginiana*, Feb. A-scor. Ton.  
Excellent in combination for purifying the blood, and affections of the bladder
- Cinquefoil, *Potentilla reptans*, Feb. Ast. Ton.  
Highly serviceable in fevers and ague, bowel complaints, &c.

- Clivers, (also CLEAVERS), *Galium aparine*, Diu. Sud  
Good in gravel, dropsy, fevers, obstructions, and eruptions.
- Clover Flowers, red, *Trifolium pratense*, Acr. Deo.  
The extract good for cancer and ulcers.
- Cloves, *Eugenia caryophyllata*, Arom. Car.  
For flatulency, dyspepsia, and to correct the action of purgatives. &c.
- Cohosh, black, *Macrotys racemosa*, Deo. Emm. Stim.  
Serviceable in rheumatism, female obstructions, glandular swellings. &c.
- Colombo Root, *Coculus palmatus*, A-bil. Ton.  
Excellent for weak stomachs, for jaundice, and disordered liver.
- Coltsfoot Flowers, *Tussilago farfara*, Exp. Pec. Dem.  
Esteemed in coughs, asthma, and consumption.
- Comfrey Root, *Symphitum officinalis*, Pec. Dem. Bal.  
Valuable in dysentery, gleet, diseases of the bladder, kidneys, and bowels.
- Coriander Seed, *Coriandrum sativum*. Car. Stom.  
An excellent carminative in stomachic compounds.
- Cranesbill, *Geranium maculatum*, Styp. Ast. Ton.  
A well established remedy for diarrhœa, hemorrhage, and fluor albus.
- Cubebs, *Piper cubeba*, Arom. Car. Diu. Ton.  
Good in compounds for gonorrhœa, gleet, seminal weakness, &c.
- Curcuma, *Curcuma longa*, Feb. Diu. Ton.  
Good for debilitated stomach and liver, fevers, &c.
- Dandelion Root, *Leontodon taraxacum*, Deo. Diu. Ast. Ton.  
A favourite remedy in diseases of the liver, gravel, and constipation.
- Dock Root, yellow, *Rumex Crispus*, Ton. Deo. Her.  
Highly serviceable in diseases of the skin and scrofulous disorders.
- Dock Root, water, *Rumex aquaticus*, Ast. Dia. Deo. Her.  
Good in scurvy, cutaneous eruptions, and cancerous tumours.
- Dove's Foot.—(See CRANESBILL.)
- Elder Bark, *Sambucus nigra*, Diu. Deo. Sud. Her.  
Used in obstinate glandular obstructions and dropsy.
- Elder Flowers, *Sambucus nigra*, Alt. Sud. Her.  
Infusion popular for erysipelas, fevers, rheumatism, colds, &c.
- Elecampane Root, *Inula helenium*, Exp. Ast. Stom.  
Useful in coughs, colds, and pulmonary affections.
- Elm Bark, Slippery, Ameri. *Ulmus fulva*, Emol. Diu. Dem. Ton.  
Used in urinary and bowel complaints, scurvy, and inveterate eruptions, inflammations, as a diet in fevers, and externally in poultices.

- Featherfew, Feverfew, *Chrysantharthenium*. Ner. Stom. Stim.  
Serviceable in female obstructions and hysteric complaints.
- Fern, Female, (Polybody,) *Aspidium filix femina*, Pec. Dem.  
Good in lumbago, and in syrup for coughs.
- Fern, Male, *Aspidium filix mas*, Ver. Ton. Ast.  
Considered a good remedy for tape worm,
- Frostwort, *Cistus canadensis*, Deo. Ast. Ton.  
Of great value in scrofulous affections, as a poultice, and a tea.
- Gentian Root, *Gentiana lutea*, Ton. Stom. Ast.  
Of great celebrity in dyspepsia, hysterics, &c.
- Ginger Root, *Amomum zingiber*, Stim. Car. Stom.  
Given in dyspepsia, flatulent diseases, tonic compounds, &c.
- Golden Seal, *Hydrastis canadensis*, Ton. A-bil. Stom.  
An excellent tonic and corrective of bile and bilious habits.
- Goldthread, *Coptis trifolia*, Stom. Ton. Ast.  
Excellent to restore the appetite and strength after fevers.
- Goosefoot, (WORMSEED,) *Chenopodium anthelminticum*, Ver,  
Very successful in expelling seat worms.
- Goose Grass—(See CLIVERS.)
- Ground Ivy, *Glechoma hederacea*, Ast. Diu. Ton.  
Good for coughs, and internal ulcers, and for purifying the blood.
- Guaiacum Chips, *Guaiacum officinalis*, Stim. Dia. Det.  
Strengthens the stomach, and cleanses the blood.
- Hemlock Spruce Fir, Bark, *Pinus canadensis*, Ast. Ton. Diu.  
Good for diseases of the bladder and kidneys, and as a wash for old ulcers
- Hollyhock Flowers, *Althea rosea*, Ast. Dem.  
Useful in all cases where a demulcent is requisite.
- Horehound, *Marrubium vulgare*, Exp. Stim. Ton.  
A well-known remedy for coughs, highly serviceable in asthma.
- Hyssop, *Hyssopus officinalis*, Exp. Ceph.  
Used in humoral asthma, coughs, headache, &c.
- Iceland Moss, *Lichen Icelandicus*, Dem. Ton. Ast.  
Used as medicine and diet in consumption.
- Irish Moss, *Lichen carageen*, Dem. Ton. Ast.  
Properties and uses same as above.
- Juniper Berries, *Juniperus communis*, Diu. Car. Stim.  
The infusion excellent for dropsies.

Ladies' Slipper—(See VALERIAN, American.)

Lily, White Pond, *Nymphaea odorata*, Pec. Emol. Ast. Ton.  
Employed in scrofulous tumours, gleet, whites, &c.

Lily, Yellow Water, *Nuphar advena*, Pec. Emol. Ast. Ton.  
Use same as White Pond Lily.

Liquorice Root, *Glycyrrhiza glabra*, Dem. Exp. Lax.  
A useful ingredient in compounds for coughs, hoarseness, asthma, &c.

Lobelia, Herb, *Lobelia inflata*, Eme. Dia. Exp.  
A most valuable emetic, and highly esteemed in asthma and other affections of the lungs.

Lobelia Seed, *Lobelia inflata*, Eme. Dia. Exp.  
Properties same as herb, but much stronger.

Lungwort, *Variolaria faginea*, Pec. Stom. Dem.  
Used with much benefit in consumptions, coughs, and defluxion of the lungs.

Maidenhair, *Adiantum pedatum*, Exp. Car. Stom.  
Much esteemed in coughs, asthma, and disorders of the chest.

Male Fern—(See FERN, Male.)

Mandrake Root, Amer. *Podophyllum peltatum*, Deo. Cath. abil.  
Powerful in dropsies, liver complaints, venereal and scrofulous affections.  
N.B.—This is not the British Mandrake—ATROSSA MANDRAGORA.

Marsh Mallow, *Althæa officinalis*, Emol. Dem. Ast.  
Serviceable in asthma, dysentery, and affections of the kidneys, also as fomentation and poultice to allay swellings, &c.

Marsh Rosemary Root, *Statice limonium*, Ast. A-sep.  
Beneficial in gleet, whites, canker, and sore throat.

Milfoil—(See YARROW.)

Mountain Flax, *Linum catharticum*, Dem. Cath.  
An excellent purge for children and adults.

Mugwort, *Artemisia vulgaris*, Deo. A-bil. Ner. Emm.  
The infusion promotes perspiration, urine, and the menses.

Mustard Seed, White, *Sinapis alba*, A-scor. Stim. Rub.  
A good ingredient in compounds for dyspepsia, costiveness, dropsies, &c.

Nettle Root, *Urtica dioica*, Ast. Ton.  
Useful in incipient stages of consumption and bloody urine.

Nutgalls, *Quercus tinctoria*, Ast.  
A good ingredient in astringent ointments and gargles.

Nutmegs, *Myristica moschata*, Atom. Ast. Stom.  
Powder good in violent headaches, diarrhoea, and dysenteries.

- Oak Bark, White, *Quercus alba*, Ast. Ton. A-sep.  
Beneficial as an astringent and antiseptic gargle and wash for putrid sore throats and offensive ulcers, &c.
- Parsley Root, *Apium petroselinum*, Ape. Dem. Diu.  
Highly esteemed in nephritic and dropsical affections.
- Pellitory of the Wall, *Paricteria officinalis*, Diu.  
Excellent in stone, gravel, and suppression of urine.
- Pennyroyal, *Mentha pulegium*, Car. Stim. Stom. Arom.  
A strong tea, good for suppression of urine, obstructed menses, and the gravel; and for colics and eruptive diseases in children.
- Peppermint, *Mentha piperita*, Stom. Stim. Sud.  
Good in nervous affections of the stomach, flatulence, and to allay vomiting.
- Peruvian Bark, *Cinchona officinalis*, Ton. Ast.  
Highly esteemed for want of appetite, general debility, &c.
- Pinus Canadensis—(See HEMLOCK SPRUCE FIR.)
- Pipsisseway, *Chimaphila umbellata*, A-scor. Diu. Stim.  
An excellent purifier of the blood, and for rheumatism.
- Pleurisy Root, *Asclepias tuberosa*, Dia. Sud. Arom.  
Beneficial in pleurisy, colic, and all flatulent disorders.
- Poke Root, *Phytolacea decandria*, Deo. Cath. Alt.  
Valuable in rheumatic complaints, and for indolent tumours.
- Pomegranate Bark, *Punica granatum*, Ver. Ast. Ton.  
A specific for tape worm.
- Poplar Bark, White, *Populus tremuloides*, Ton. Arom. Ast.  
One of the best articles in use for debility of the stomach and bowels.
- Prickly Ash Bark, *Xanthoxylum fraxineum*, A-scor. Stim. Dia.  
Powerful in rheumatism, scurvy, paralysis, &c.
- Prickly Ash Seeds, *Xanthoxylum fraxineum*, A-scor. Stim. Dia.  
Properties same as bark, but more powerful.
- Princess Pine—(See PIPSISSEWAY.)
- Quassia Chips, *Quassia excelsor*, Ton.  
Useful in dyspeptic cases and debilitated digestive organs.
- Queen of the Meadow. root, *Eupatorcum purpureum*, Dia. Ar.  
Most valuable in all cases of strangury, gravel, stone, dropsy, and impurities.
- Queen's Delight, Root, *Stillingia sylvatica*, Alt. Cath.  
Valuable in ulcers, leprosy, and syphilis.
- Raspberry Leaves, *Rubus strigosus*, Ast. Ton.  
A remedy for bowel complaints and canker, invaluable during childbirth.

Rhubarb Root, East India, *Rheum undulatum*, Carm. Ast. Ape.

“ “ Turkey, “ “ “ “ “

A well known useful tonic and aperient.

Rosemary Leaves, *Rosemarinus officinalis*, Ast. Ton.

Good in nervous and hysterical affections.

Rue, *Ruta graveolens*, Ver. Ton. Diu. Stom.

Useful in epilepsy, hysterics, female obstructions, and as a stomachic.

Sage, Garden, *Salvia officinalis*, Ast. Stim. Ner.

Excellent to allay griping pains in children, and to quiet nervous excitement.

Sage, Wood or Mountain, *Teucrium scorodonia*, Ton. Diu. Deo.

Excellent in removing obstructions from the kidneys and liver, &c.

Sarsaparilla, Jamaica, *Smilix Sarsaparilla*, Alt. Dem. Deo.

Good for scrofulous, venereal, and eruptive diseases.

Sarsaparilla, American, *Aralia nudicaulis*, Alt. Dem. Doe.

Properties same as Jamaica Sarsaparilla, and by some of the American botanists considered equally as good.

Sassafras Chips, *Laurus sassafras*, Stim. Ape. Ton. Alt.

Very good in rheumatic complaints and eruptive diseases.

Sassafras Bark and Root, *Ditto*, Stim. Ape. Ton. Alt.

Properties same as chips, but much more powerful.

Sculleap, *Scutellaria laterifolia*, Ton. Sud. Ner.

Remarkably efficacious in St. Vitus' Dance, convulsions, and lockjaw.

Senna Leaves, *Cassia acutifolia*, Cath.

A valuable cathartic, operating mildly.

Skunk Cabbage Root, *Ictodes foetida*, A-spas. Ner. Stim.

Good for bleeding at the lungs, coughs, asthma, and obstructed menses.

Snake Root, Virginia, *Aristolochia serpentaria*, Ton. Dia. Sud.

Promotes perspiration, and strengthens the stomach.

Solomon's Seal Root, *Convallaria multiflora*, Ast. Dem. Bal.

Good in fluor albus and female weakness.

Spearmint, *Mentha viridis*, Feb. Diu. Stim.

Allays nausea, and an excellent remedy in flatulence, gravel, and suppressions.

Sumach Berries, *Rhus glabra*, Ast. Ref. Diu.

Good in putrid fevers, and as a gargle in sore throats.

Sumach Leaves, *Rhus glabra*, Ast. Ton. Diu.

An excellent addition to astringent compounds,

Tansy, *Tanacetum vulgare*, Diu. Emm. Ver. Stom

Good for feminine weaknesses, pains in the back and kidneys, &c.

- Tormentil Root, *Tormentilla erecta*, Ast. Styp.  
A favourite remedy in looseness and bowel complaints.
- Unicorn Root, *Hedonias dioica*, Ton. Exp. Stom.  
Highly serviceable in weakness of the generative organs, pains in the back and chest.
- Uva Ursi, *Arbutus uva ursi*, Diu. Ast. Ton.  
Efficacious in ulcerations of the kidneys and bladder.
- Valerian Root, Amer. *Cypripedium pubescens*, Sed. Ner. Ano.  
Applicable in all cases of nervous, hysteric, and spasmodic affections, considered by some writers as being much superior to the English Valerian.
- Valerian Root, English, *Valeriana officinalis*, Ner. Ano.  
Useful in all nervous and paralytic diseases.
- Vervain, *Verbena hastata*, Sud. Ton. Eme. Diu.  
Good in fevers, colds, scrofula, gravel, &c. and as an emetic.
- Virginia Snake Root, *Aristolochia serpentaria*, Ton. Dia. Sud.  
Promotes perspiration, and strengthens the stomach.
- Wake Robin, Root, *Arum tryphyllum*, Stim. Exp.  
Valuable in coughs, colds, cramps, and consumptive affections.
- Water Dock, Root *Rumex aquaticus*, Ast. Dia. Deo. Her.  
Used in scurvy, scrofula, and diseases of the blood.
- Water Lily, Yellow, *Nuphar advena*, Pec. Emol. Ast. Ton.  
Properties and use same as White Pond Lily.
- Water Lily—(See WHITE POND LILY.)
- White Pond Lily, Root, *Nymphæa odorata*, Pec. Emol. Ast. Ton.  
Employed in scrofulous tumours, gleet, whites, &c.
- Willow Bark, *Salix alba*, Ton. Ast.  
Superior to Peruvian Bark in intermittents, and as a general tonic.
- Wintergreen, Bitter—(See PRINCESS PINE.)
- Wood Sage, *Teucrium scorodonia*, Ton. Diu. Deo.  
Excellent for removing obstructions from the kidneys, and liver, &c.
- Wormseed—(See GOOSEFOOT)
- Wormwood, *Artemisia absinthium*, Ton. Stim. Exp.  
Promotes the appetite and digestion, good in dyspepsia, &c.
- Yarrow, *Archillea millefolium*, Sud. Ton. Ast.  
A herb of universal application in the first stages of disease—it equalises the circulation, opens the pores, and removes obstructions.
- Yellow Dock, *Rumex crispus*, Ton. Deo. Her.  
Highly serviceable in diseases of the skin and scrofulous disorders.

## ABBREVIATIONS AND PROPERTIES EXPLAINED.

- ALT...** Alterative—changing the morbid actions of the secretions.  
**ANO...** Anodyne—quieting, easing pain.  
**ANTH...** Anthelmintic—expelling or destroying worms.  
**A-BIL...** Anti-bilious—correcting the bile or bilious secretions.  
**A-SCOR...** Anti-scorbutic—useful in scurvy.  
**A-SEP...** Anti-septic—preventing mortification.  
**A-SPAS...** Anti-spasmodic—relieving spasms.  
**APR...** Aperient—opening.  
**AROM...** Aromatic—agreeable, spicy.  
**AST...** Astringent—contracting the fibres or solids.  
**BAL...** Balsamic—mild, healing, stimulant.  
**CAR...** Carminative—expelling wind.  
**CATH...** Cathartic—purgative, cleansing the bowels.  
**CEPH...** Cephalic—remedy for diseases of the head.  
**DEM...** Demulcent—softening, and sheathing from the action of acrid substances.  
**DEO...** Deobstruent—correcting secretions, removing obstructions.  
**DIA...** Diaphoretic—producing insensible perspiration.  
**DIU...** Diuretic—increasing the discharge of urine.  
**DIS...** Discutient—dissolving, discussing.  
**EME...** Emetic—causing vomiting.  
**EMOL...** Emollient—softening, causing warmth and moisture.  
**EMM...** Emmenagogue—promoting menstruation.  
**EXP...** Expectorant—producing discharge from the lungs.  
**FEB...** Febrifuge—dispelling fever, allaying fever heat.  
**HER...** Herpetic—curing diseases of the skin.  
**LAX...** Laxative—mild purgative.  
**MUC...** Mucilaginous—glutinous, lubricating.  
**NER...** Nervine—strengthening the nerves.  
**PEC...** Pectoral—useful in diseases of lungs and chest.  
**REF...** Refrigerant—cooling, mitigating heat.  
**RUB...** Rubefacient—producing heat and redness of the skin.  
**SED...** Sedative—depressing the vital powers.  
**SIAL...** Sialogogue—promoting a flow of saliva.  
**STIM...** Stimulating—exciting action, giving strength.  
**STOM...** Stomachic—to excite the action of and strengthen the stomach.  
**STYP...** Styptic—stopping bleeding.  
**SUD...** Sudorific—causing sweat.  
**TON...** Tonic—permanently strengthening.  
**VER...** Vermifuge—destroying worms.  
**VUL...** Vulnery—medicines which heal wounds.



# INDEX.

Acidity of the Stomach .....	165	Cancer .. .. .	156
Aloes, Socotrine .. .. .	78	Catechu, Gum .. .. .	78
Amaurosis .. .. .	190	Catechu, Tincture of .. .. .	226
Ammoniacum, Gum .. .. .	83	Cattle Powder .. .. .	212
Ammoniacum, Syrup .. .. .	83	Cayenne .. .. .	40
Antibilious Pills .. .. .	215	Cayenne Pills .. .. .	215
Antiscorbutics .. .. .	63	Cayenne, Tincture of .. .. .	224
Antispasmodic Powder .. .. .	210	Centaury .. .. .	58
Anti-spasmodic Tincture .. .. .	225	Chancres .. .. .	194
Apoplexy .. .. .	113	Chicken Pox .. .. .	151
Appendix .. .. .	230	Chicken Tea .. .. .	87
Arabic, Gum .. .. .	83	Cholera, Asiatic .. .. .	162
Arrow Root Jelly .. .. .	88	Cholera Infantum .. .. .	164
Asthma .. .. .	132	Cholera Morbus .. .. .	159
Astringents .. .. .	68	Circulation of the Blood .. .. .	103
Astringent Powder .. .. .	213	Cleavers .. .. .	67
Balmomy .. .. .	63	Cloves .. .. .	52
Barberry Bark .. .. .	59	Clove Syrup .. .. .	53
Bayberry .. .. .	70	Colic .. .. .	166
Bayberry Wax Ointment .. .. .	218	Columba Root .. .. .	89
Beef Tea .. .. .	86	Comfrey Root .. .. .	82
Bilious Powder .. .. .	212	Common Cold .. .. .	171
Bistort Root .. .. .	70	Common Cough .. .. .	171
Bitter Almonds, Milk of .. .. .	229	Common Sore Throat .. .. .	131
Blackberry Root and Leaves .. .. .	73	Composition Powder .. .. .	207
Blast Ointment .. .. .	218	Compounds .. .. .	207
Bleeding from the Lungs .. .. .	198	Consumption .. .. .	201
Bleeding from the Nose .. .. .	172	Costiveness .. .. .	167
Bleeding from the Stomach .. .. .	197	Cough Pills .. .. .	216
Blood Root Ointment .. .. .	210	Cough Powder .. .. .	200
Bloodroot, Tincture of .. .. .	226	Cough Syrup, No. 1 .. .. .	221
Breast Liniment .. .. .	228	" No. 2 .. .. .	222
Broom Tops .. .. .	63	" No. 3 .. .. .	223
Bruises and Scars .. .. .	197	Cow Pox .. .. .	150
Bucha Leaves .. .. .	64	Cramp in the Legs and Feet .. .. .	195
Buckbean .. .. .	59	Cranesbill .. .. .	73
Burdock Root .. .. .	67	Croup .. .. .	131
Burdock Seeds .. .. .	65	Crust Coffee .. .. .	87
Burns .. .. .	170	Cubebs .. .. .	65
Burn Salve .. .. .	219	Dandelion Root .. .. .	65
Calamint .. .. .	57	Diaphoretics and Sudorifics .. .. .	52
Camomile .. .. .	58	Diarrhoea Powder .. .. .	214
Camphor Liniment .. .. .	228	Diet for the Sick .. .. .	86

# INDEX.

Digestion Process .....	100	Hartshorn Liniment .....	228
Diseases, their Cause & Cure .....	107	Health .....	84
Diuretic Powder .....	210	Horehound .....	81
Dock Beer .....	68	Hydrophobia .....	179
Dock Roots .....	68	Hyssop .....	57
Dropsy .....	188	Hysterics .....	181
" of the Abdomen .....	188	Indigestion .....	107
" Cellular Tissue .....	189	Indigestion Pills .....	216
" Chest .....	188	Inflammation of the Lungs .....	116
Dr. Thomson's Theory .....	14	" Bladder .....	121
" Life .....	28	" Bowels .....	118
Drying and Preserving Herbs .....	206	" Brain .....	125
Dysentery .....	161	" Bronchial Tubes .....	126
Dysentery Syrup .....	221	" Ear .....	128
Elder Ointment .....	217	" Eye .....	119
Elecampane Root .....	82	" Kidneys .....	123
Elm Gruel .....	87	" Liver .....	123
Emetic Powder .....	213	" Peritoneum .....	118
English Gentian .....	59	" Spleen .....	125
Epilepsy .....	175	" Stomach .....	121
Erysipelas .....	133	Influenza .....	173
Excessive Discharge of Urine .....	184	Injections or Enemas .....	78
Extract of Butternut .....	78	Itch, Wash for .....	68
Expectorants and Demulcents .....	81	Involuntary Flow of Urine .....	173
Falling down of the Bowels .....	196	Jaundice .....	169
Featherfew .....	57	Juice of Clivers .....	67
Felon and Whitlow .....	157	Juniper Berries .....	64
Female Corrective Pills .....	215	Lady's Slipper .....	74
Female Indian Pills .....	216	Life of Dr. Thompson .....	26
Female Powder .....	208	Liniments .....	228
Female Restorative Powder .....	209	Lobelia .....	47
Fern, Male .....	74	Lobelia, Extract of .....	214
Fevers .....	136	Lobelia, Acid Tincture of .....	227
" Billious .....	144	Lobelia, Tincture of .....	227
" Intermittent .....	143	Locked Jaw .....	178
" Scarlet .....	145	Looseness .....	158
" Nervous, Typhus, or .....		Lumbago .....	190
Brain .....	146	Marjoram .....	58
Fever Powder .....	211	Marsh Mallow Ointment .....	217
Fig Root, Tincture of .....	226	Marsh Mallow Root .....	82
Fir Balsam, Tincture of .....	226	Materia Medica .....	39
Fluor Albus, or Whites .....	184	Meadow Fern Ointment .....	218
Gentian .....	60	Meadow Fern Burrs .....	68
Giddiness .....	178	Measles .....	151
Ginger .....	51	Medicine Chest .....	229
Ginger Syrup .....	52	Menstruation, Painful .....	218
Golden Seal .....	59	Menstruation, Profuse .....	183
Gonorrhœa .....	192	Motherwort .....	56
Gout .....	134	Mountain Flax .....	78
Gravel and Stone .....	185	Mouse Ear .....	81
Green Sicknes .....	182		

# INDEX.

Mutton Chop .....	88	Sarsaparilla. Jamaica ...	66
Myrrh Gum .....	60	"    Comp.decoction	67
Myrrh, Tincture of .....	224	Sassafras Bark ....	68
Nervines .....	75	Scabious Ointment .....	220
Nervine Pills .....	215	Scald Head ....	154
Nervous Fever....	146	Scalds .....	170
Nettle Rash .....	155	Scarlet Fever .....	145
Nevill's Arabica Food .....	88	Scrofula .....	152
Oak Bark .....	70	Scurvy Powder ..	209
Oatmeal Gruel....	87	Secondary Symptoms .....	195
Ointments .....	217	Senna, Alexandria .....	77
Onanism .....	191	Senna, Syrup of .....	222
Palpation of the Heart . ...	181	Sick Headache .....	184
Palsy .....	174	Skin, The .....	92
Parsley Pert .....	64	Skullcap .....	74
Pellitory of the Wall .....	64	Skunk Cabbage .....	82
Penny Royal .....	56	Slippery Elm .....	83
Peppermint .....	56	Slippery Elm Gruel .....	87
Peritoneum, Inflammation of	118	Small Pox .....	148
Peruvian Bark ...	60	Snake Root ....	51
Pile Ointment .....	219	Soothing Drops .....	170
Pile Powder .....	213	Soothing Syrup ..	223
Piles, Remedy .....	56	Sore Feet ..	170
Piles .....	172	Sore Throat, Putrid .....	130
Pinus Canadensis .....	65	"    Common .....	131
Pipsisseway .....	68	Spearmint .....	56
Pleurisy .....	127	Spermaceti Ointment ....	219
Pleurisy Root .....	57	Spiced Bitters ....	207
Polypody .....	82	Spleen, Inflammation of ...	125
Poplar Bark, White .....	58	Stimulants .....	39
Prickly Ash .....	51	Stimulating Ointment .....	219
Prickly Ash, Tincture of ..	226	Stomach Bitters ..	208
Quassia Chips ..	60	Stomach, Inflammation of ..	121
Queen of the Meadow, Root	63	Strangury ..	186
Queen's Delight ...	68	St. Vitus' Dance .....	176
Queen's Delight, Tincture of	226	Sumach Berries ..	70
Quinsy .....	129	Summer Complaint .....	158
Raspberry Tincture ....	225	Suppression of Urine .....	187
Red Raspberry Leaves .....	73	Syrup, Ginger ....	52
Retention of Urine ....	187	Tansy .....	64
Rheumatic Powder .....	213	Tapioca Jelly .....	98
Rheumatism .....	114	Tetanus .....	178
Rheumatism, Liniment for ..	228	Tetters .....	154
Rhubarb .....	77	Thomson Theory of .....	14
Rice Coffee .....	87	"    Life .....	26
Rice Jelly .....	88	Tic Doloureux'....	177
Ringworm .....	155	Tic Douloureux, Liniment..	228
Rosemary .....	57	Tolu. Sprup .....	222
Sage, Garden .....	56	Tooth Ache, Tincture for ..	226
Sage, Wood .....	65	Tooth Powder .....	213
Sago Gruel .....	87	Tooth-ache, Remedy for....	68

# INDEX.

Tormentil Root .. .. .	70	White Poplar Bark .. .	58
Ulcers .. .. .	158	White Pond Lily Root .. .	70
Unicorn Root .. .. .	60	White Swelling .. .	157
Uva Ursi .. .. .	64	Whooping Cough .. .	132
Valerian, American .. .	74	Wild Carrot .. .. .	64
Vapour Bath .. .. .	95	Worm Syrup .. .. .	223
Ventilation .. .. .	89	Worm Seed .. .. .	73
Vermifuges .. .. .	73	Worms .. .. .	168
Vervain .. .. .	55	Wormwood .. .. .	73
Volatile Liniment.. .. .	228	Wounds .. .. .	197
Vomiting .. .. .	165	Yarrow .. .. .	55
Water in the Head .. .	190		

## ERRATA.

Page 9, sixth line from the bottom, in part of the impression the word "Hunter" was substituted for "Harvey;" the latter is correct.

193, fifth line from the bottom, for "Queens Delight" read "Tincture of Queens Delight."

208, sixteenth line, for "Raspberry" read "Bayberry."

# List of Engravings.

---

## MATERIA MEDICA.

	PAGE.
Balmomy . . . . .	61
Bayberry . . . . .	71
Cayenne . . . . .	41
Lady's Slipper . . . . .	79
Lobelia . . . . .	45
Pleurisy Root . . . . .	53
Raspberry . . . . .	75
Yarrow . . . . .	49

---

Steam Bath . . . . .	99
Vapour Bath . . . . .	98

---

## ANATOMICAL REPRESENTATIONS.

Circulation of the Blood . . . . .	105
Front of the Body Opened, showing the relative positions of the various Organs . . . . .	109
Heart and Lungs . . . . .	199
Stomach . . . . .	101

# BOTANY

## THE PEOPLE'S FRIEND.

---

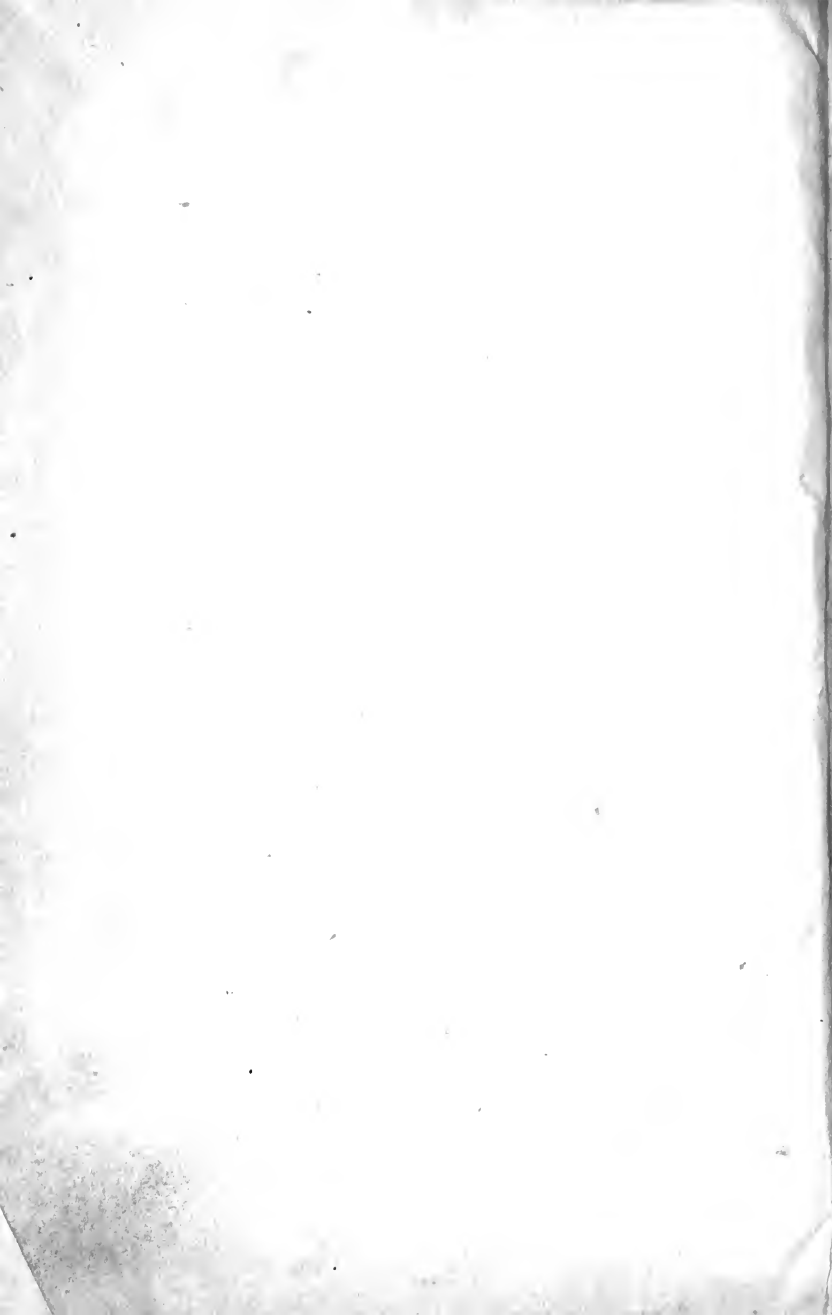
Get all the Herbs and Compounds recommended in this work, pure, and of the first class, or how can you depend on them? Botanic remedies should be as pure as God in his wisdom has given them to man, and as there are Botanic Establishments in all large towns, and most country villages throughout England, there is now no difficulty in obtaining them, and I take the present opportunity of gratefully acknowledging the liberal patronage with which I have been favoured during the last Nine Years, in which time it is well known that hundreds of cases have been successfully treated, some of which had been declared incurable by the most eminent Medical men, which is a truth that Medical Botany is worthy the admiration of all, and is now attaining a prominent position amongst other sciences, and is daily rapidly increasing owing to its superiority, simplicity, and efficacy over minerals, to cure disease.

**W. FOX, PROFESSOR M., B.,**

**No. 6, BARKER POOL,**

**SHEFFIELD.**







610.1

F794



Library  
of the  
Academy of Medicine  
Toronto

23023

Presented by

Dr. Gilbert Parker

1932

