









## ERRATA.

 SPECIAL ATTENTION—On page 125, last formula, should read Iodide of Potassa  $\frac{1}{4}$  ounce instead of 4 ounces.

On page 7, line 4, for “pop-” read poplar.

On page 23, read hartshorne for “heartshorn.”

On page 28, under palpitation of heart, in 4, line read *that* for “than.—6, line read *heart* for “heaet.

On page 40, in head-line, read *Hemicrania* for “Migraine.”

On bottom of page 125, read Iodide Potassa  $\frac{1}{4}$  oz. instead of “4 ounces.”

On page 156 read *preventives* for “preventatives.”

In the dictionary of medical terms read *Rubefacients* for “Rubescents.”—*Tetonic* for “Teutonic.”—*Endemic* for “Enclemic.”—*Hemicrania* for “Hemicromia.”—*Resession* for Resersion.”

Sometimes “inflammation” is spelled with only one *m*, there should be two.

Read *Diphtheria* instead of “Diphtheria.

Whip stitch



A COMPEND  
—OF—  
DOMESTIC MEDICINE  
—AND—  
HOUSEHOLD REMEDIES  
With The Treatment of Diseases  
—OF—  
ADULT AND INFANT.

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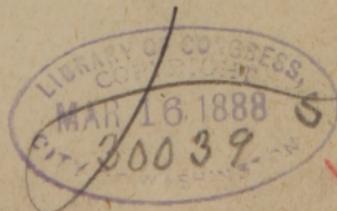
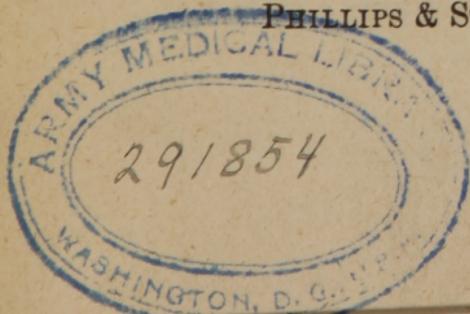
WHAT TO DO, AND HOW TO DO IT;  
With A Great Many Valuable Formulas  
And Recipes; Many of Them alone  
Are Worth More Than Five  
Times The Price of  
The Book.

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By Dr. W. G. HAMILTON,  
SALEM, - - - - - N. C.

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GREENSBORO, N. C.:  
PHILLIPS & STOUT BROS., PRINTERS.  
1887.



ANNEX

Dom Med.

A COMPEND

—OF—

DOMESTIC MEDICINE

Annex

—WBA—

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1887

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By Dr. W. G. HAMILTON

SALEM, N. J.

GIBBSBROOK, N. J.

W. G. HAMILTON & BROTHERS, PRINTERS

1887

## Introductory Remarks.

In offering this little book to the public, I would have no one to think that I by so doing, intend to disparage the Physician, or undervalue his talent or worth. Nor do I propose to sell any drug or proprietary medicine. Nor would I have any one to think for one moment that I lay any claim to superior knowledge or attainments in the cure and treatment of diseases; nor yet, would I have my fellow practitioner to think, or feel, that I would do him an injustice. I claim to be far from this. But, my sole object in offering this little book to the public is to do good.

Having been engaged for years in the practice of medicine, I have often seen and felt the great need of more information on the part of the people. And, too, more means of cure in their hands, with knowledge how to use them, would often not only save them from large and useless bills, but would often save some one of the family that otherwise might die.

Sometimes life is too far spent to recover, before the doctor can be had; and when he comes has to say: "It is too late," when a little care at the right time would have kept the patient in the doctor's reach. And, not only so, but often render the doctor's visit unnecessary.

Thousands of families live remote from the doctor, and often it happens that when you go for him that he is away, or engaged, so that he cannot be had, it matters not how much his services are needed. I have said that my sole object is to do good, and in order to do so I have used every means and spared no pains to make this book plain and comprehensive. I have consulted the best writers, and have given largely of my own experience. I have tried to reduce everything to simple and common sense method. I have used as few technical terms as possible, and when I have used them I have given the common name, and English as far as possible, and have given a short Dictionary, explaining medical terms; also, I have classified the medicine, both foreign and domestic, and given a table of medicines and doses. And when treating on diseases I have been plain, as I was writing for the non-professional. I have given a great many house-hold, or domestic reme-

dies so that every family into whose hands this book may fall can find almost a ready help in time of need, and in the treatment of near a hundred different diseases and ailments, I have given the best treatment of every kind that I could, consistent with circumstances, and hope that every one may find help in reading these pages.

I am aware that there are deficiencies in my work, notwithstanding I have been as particular as I well could be to avoid mistakes, and withall I feel assured that my little book will be found to contain a great deal of valuable information, and will be an efficient counsellor in time of distress and danger.

Not only will the non-professional find this book of great service, but the physician will also find convenient references and formulas not found elsewhere.

And now I am done writing this little volume, and last of all I prostrate myself before Him, in whose hands are issues of life and death, as well as the destiny of nations, and in humble submission to His divine will, acknowledging my utter inability to do good without His sanction and help, implore His blessing upon my work, and if it should prove a blessing and counsellor of worth in time of distress, I shall not regret my labors. If it should guide the mind and hand of some parent to the saving of their offspring from death and suffering I shall be well paid for my efforts.

And now praying God that it may prove itself worth more than its weight in gold to every one who reads its pages, I send it out on its mission.

W. G. HAMILTON.

## FEVER.

Under this head I propose to notice a great many diseases of a febril character common in this country. I believe that if fevers were named and called more after the cause than they are, the people would more readily understand them and know much better how to treat them.

For instance, "Billious Fever," by this name one would suppose that this type of fever is caused by bile or some derangement of its functions. This is a mistake, and sometimes leads to a wrong course of treatment. This type of fever has been called by many names, such as Billious fever, Billious Remittent fever, Malignant fever, Swamp fever, Bogg fever, African fever, Bengal fever, Michigan fever, Hungarian fever, and Jungle fever. In the late war Chickahominy fever, Miasmatic fever, Malarial fever, and sometimes erroneously called Typhoid fever, and when it assumes a low, continued type, with symptoms of debility and nervous exhaustion it is called Typho-Malarial fever. Now as this little book is intended for non-professional readers, I do not propose to give all the minute discrimination in the different types of this disease, if indeed it should be called a disease, for I do not believe that fever is a disease itself, but that it is a symptom of some specific poison or local cause as diseased tissue. I propose to notice this *fever* in its general character under the name of Malarial fever, regardless of the many names by which it is known, because it is a well established fact that it depends entirely and alone upon

the presence of malarial poisons.

I consider all these types thus, congestive fever, pernicious fever, and typho-malarial fever, modifications of the same disease, and are only higher and more dangerous types of malarial fever, originating from the same cause, to wit: miasmatic or malarial poison. In order to distinguish these different types of fever we might say it is intermittent-malarial, remittent-malarial, pernicious-malarial, congestive-malarial or typho-malarial.

And while the treatment is the same mainly in all these types of fever, yet, the more malignant or the higher the type, the more decided physiological action of medicine is demanded, and the more prompt should these indications be met. To go into the more minute and lengthy details causation, clinical history and anatomical character, would be a useless expenditure of time, ink and paper.

I shall therefore give such symptoms of this fever as the non-professional can readily see and understand, and then the treatment on general principles.

#### SYMPTOMS.

When you are taken with a chill or shake, followed with fever and in a few hours you begin to sweat, and the fever passes off, you may know that you have intermittent fever especially if it recurs in a day or two. In this case you should take at first ten grains of quinine and then five grains every four or six hours till you pass the time for the next shake and if it

should recur, do the same thing over; if you can not get quinine drink warm cotton seed tea, or willow bark tea, or a cold infusion of boneset and willow, or a tea of sweet apple tree bark, or pop-bark or hickory bark, or dogwood bark, peruvian bark, wild hoarhound, or ironwood. Of these a half a tea cup full may be taken three times a day for a grown person and less in proportion for a child. These remedies should be continued for a week or two in less quantities, to hinder a return. But if the sweating stage does not come and the fever continues, for twenty-four hours or more and the symptoms are more severe with pain in the head, severe aching in back arms and legs, eyes or skin yellow and so on you may be pretty sure that you have remittent fever, if the fever is very high the first thing to do is to get up a copious sweat. To do this mix Sweet spirits of nitre 1 oz., Ipecac twenty grains, tincture of veratrum forty drops; of this the dose for a grown person is 20 drops every two hours till the fever begins to abate and you begin to sweat; then you are to take twenty grains of quinine on a start, and if the fever rises again first give the drops and then five grains of quinine, that is every two hours, and if the stomach will not retain the medicine put a good mustard plaster on the pit of the stomach and lessen the dose of drops to even ten drops, and if the stomach will not keep anything

no it, give the stomach rest, and dissolve twenty grains of quinine in about two spoonfuls of water and vinegar and rub it on the stomach, repeat this every two hours, till the fever is broken. A teaspoonful of peach tree leaf infusion every five or ten minutes will arrest the vomiting in most cases. If you cannot get the nitre, ipecac and veratrum, mentioned above, give freely a tea made of the root of butter-fly weed, also known by the name of pleurisy root. In fact anything to produce a sweat is proper, but you must not lose sight of the fact that *Quinine* is the remedy in all malarial fevers, it is the best and most reliable antidote to malarial poison. It is true that other remedies sometimes answer a good purpose, but of all the remedies known in the wide scope of our researches in materia medica, quinine is the best. Give your patient water in reasonable quantities, when he wants it, give him lemonade if he wants that, and let him drink as much sweet milk as he wants or can from the very start, and if he should sink into a low nervous state of debility, support his strength with milk punch, egg nogg and toddy. If the bowels are too fast or run off too much, give a few drops of laudanum, say ten, fifteen or twenty drops sufficiently often to check the bowels, say every two, four or six hours. Of course, I earnestly insist on your calling in a good and skilful physician to attend on all these continued forms of fever. But if it is impossible to get a doctor, the foregoing course will be the best you can do in such cases.

## TYPHOID FEVER.

This type or disease has been called, by several names, nervous fever, continued fever, enteric fever, dolthin-enteritis, and sometimes abdominal typhus.

I believe the proper name should be enteric fever, and in my mind it is undoubtedly an eruptive fever and should be considered under that head.

The cause of Typhoid is a specific virus or poison generated by decayed animal matter, while malarial fevers owe their origin to decayed vegetable matter. I do not believe that one can run into the other, but that the patient may be infected by both poisons at the same time. As to the symptoms of this fever, perhaps the first indication of typhoid fever that the inexperienced would notice is active delirium, a dark matter called sordes on the teeth, and tenderness and swelling of the bowels, a tendency to diarrhea, a rose colored eruption on the body. It occurs more frequently in fall and winter than in spring and summer. The prognosis or tendency of this disease is generally favorable, though I have seen the mildest cases prove fatal. Many other symptoms are always present, by which the skilled physician readily recognizes the disease, but are not given here for the reason that the non-professional could not understand them.

As to the treatment of Typhoid fever, there is

no medicine known in materia medica that will cut short the disease, consequently you are to depend upon good nursing, nourishment and cleanliness. You should give milk and other light nourishing diet, eggs in moderate quantity, (not cooked hard), keep the body and teeth clean, remove all the discharges from the patient at once and bury them some distance from the house, keep his room clean and well ventilated. If the bowels run off too much give him from ten to twenty drops of laudanum every four or six hours. I have found a little spirits in blackberry wine a good thing. In typhoid fever, quinine is useless only as a tonic, for which purpose it acts well in one or two grain doses every two or four hours. No acid should be given in this disease, nor any solid food until the patient is considered well. Turpentine, too, is very serviceable when the bowels are sore and swollen, applied on a cloth. You should obtain the services of a well informed medical man in these cases of fever, if possible, if you cannot, you should follow the above rules as nearly as you can.

#### TYPHUS FEVER.

As this fever is rarely seen or met with in the country, and when it is, it is so much like typhoid, that the inexperienced could not make proper discrimination in order to treat it. I shall therefore dismiss Typhus and Yellow fevers in this place, and perhaps, entirely, also spotted fever, hectic fever and small pox.

## SCARLET FEVER, (SCARLATINA.)

Also called canker rash.

There are several types of this infectious and dangerous disease, but I shall notice it under its general head and recommend a treatment on general principle.

This is a highly inflammatory and dangerous disease, and it is catching from one to another. It comes on like other fevers, patient is dull and stuped, loss of appetite, chilly sensation followed by fever, head ache, red eyes, sore throat, fast pulse, quick breathing, skin hot and dry, swollen tonsils, and an eruption with swelling in the throat, finally a red eruption breaks out on the face, neck and body. When these symptoms appear you should call the best doctor in your reach without delay, but if you cannot get one, or, until you can get one you should give the child warm catnip tea or sage or parseley root. If the child's bowels are bound up give some cooling purgative, as oil, warm lemonade is good to drink. To wash or gargle the throat is important when it is very sore and swollen. Make a tea of red pepper, moderately strong, add vinegar and salt and apply or gargle; or boil oak bark and add vinegar. Take good yeast and sweet oil, equal parts, and give a small teaspoonful occasionally, and gargle or wash the throat with yeast. Make a strong tea of mullein and make a mush of corn meal and apply to the throat, neck and face. Keep the feet warm. Sometimes this fever is followed by dropsy. The remedy in that case must be to remove

the fluid; for this purpose, the best thing I ever used is a cold infusion of parseley root, to one tea cupful put ten or fifteen grains of salt petre or a piece as large as a pea, and a teaspoonful of cream of tartar, and give a teaspoonful every hour. If the child is very weak give him wine. After the swelling is gone give the child as many drops of tincture of iron as it is years old, four times daily. Parseley need not be used unless in dropsy.

MEASLES, (RUBEOLA.)

I will just say in the the outset, you cannot cure measles, it must run its course. All that can be done in measles is to paliate, to help and combat accidents and complications. Simple measles needs no medicine, only care. When you are about to take the measles you will feel tired and stretchy have head ache and fever, eyes watery and swollen, running at the nose, sneezing, more fever, sore throat and hoarse, some cough, finally eruption breaks out, first in the throat, then on the breast and body. As to treatment, I give cold water all the time and cold lemonade. Keep the house well ventillated. Never let your patient be in a current of air, especially if it is damp. It is all stuff to keep the doors and windows all shut and chinked and daubed and a continued roaring fire; it is not only stuff, it is actually barbarous. I treat measles just like I would rny other case of fever. Of course, care should be taken not to take cold after it breaks out

sometimes we are troubled with bleeding from the nose—let him snuff alum water up his nose and apply a cloth wet in cold water to his nose—sometimes he spits up blood, don't get scared unless it is in large quantities, if so give him a teaspoonfull of common salt, let him swallow it as dry as possible, sometimes Diarrhea is troublesome, don't try to check too soon, dewberry root tea or oak bark tea will commonly check it, sometimes the cough is very severe, a little honey and slippery elm water will do that good, it won't do to stop the cough too soon, sometimes weak or sore eyes follow measles, in this case shade your eyes, wear green glasses or stay in a few days. Elm or flax seed poultices are good for the eyes, all through your confinement your diet should be light and nourishing *drink milk*, eat milk and mush &c. I know of no disease more catching than measles, and I know of no disease when complicated with other diseases that carries off a greater number of children, especially so when complicated with pneumonia, whooping cough, scarlet fever, &c. It is more fatal in fall and winter than in spring and early summer. One ounce of preventive is worth a pound of cure. Keep out of it.

#### MUMPS, (PAROTITIS).

Mumps is an inflammatory affection of the parotid gland and other glands of the mouth and throat, it is a catching disease and you cannot cure it, it will get well itself in a few days, if you will take care of yourself, don't take cold nor jump or lift.

for some time after you think you are well, or you will likely find yourself mistaken, sometimes other organs become affected and you must put hot poultices to your jaws and neck and steam yourself over bitter herbs, stay in bed, take warm teas &c. Mumps is not dangerous. If you are careful you need no medicine except a dose of salts or oil if your bowels are not open, let everything sour or sweet alone. Jamestown leaves applied to the painfull parts will relieve pain.

#### HICCAUGH,

sometimes called hiccups, may be relieved by a scare or supprise or anger or a teaspoonful of vinegar or a little peppermint, a few drops of hartshorn in a little water will stop it, a mustard plaster over the stomach will relieve it, but one of the best remedies in ordinary cases is to lock your hands together so you can press your fore fingers together firmly and hold them together till you can feel the pulse in your fingers beat and the trouble is gone, you should never try this only when you have Hiccough.

#### DIARRHEA

is a too frequent action of the bowels, it is more common in warm weather, though it may occur any time. A great mistake is made in the treatment of this troublesome and dangerous disease.

Of all the diseases to which the human family is heir, this is the most common. And there is a larger percent. of mortality among children than any other one disease, and I believe that there is less attention paid to it as a rule, notwithstanding the heavy mortality produced or caused by its merciless ravages upon adult and infant.

Diarrhea has been divided into several varieties according to their different types and exciting causes. These types or kinds are called:

1st chylous diarrhea. In this variety the discharges are of a dingy milky appearance and is depending upon an inflamed or congested condition of the mucus membrane of the intestines and is generally associated with a diseased condition of the mesenteric glands.

2nd, lenteric diarrhea. This type of diarrhea depends mainly upon a derangement of the stomach and digestive organs. The food passes into the intestines undigested giving rise to a considerable amount of pain and irritation and soreness, the food passing from the bowels almost or quite as it was swallowed.

3rd, feculent diarrhea. In this kind the discharges are large and watery and depends partly upon the relaxed condition of the system and partly upon indigestion, bad water, bad air, or bad food all or either may induce this kind of diarrhea. During the late war more soldiers died of this diarrhea than any other one disease. It is very exhausting, and sometimes reduces a fleshy strong man to almost a skeleton in a short time.

4th. Billious Diarrhea. This type of the disease is more commonly accompanied with sick stomach and vomiting, the discharges are abundant and it is supposed to depend upon viciated bile, unhealthy state of the liver &c.

5th. Mucus. In this kind of diarrhea, there is considerable mucus often streaked with blood, the discharges are not so abundant. General causes: exposure to heat, cold, improper food, drinking too much bad water, parasites in the bowels &c. In fact it would be out of the question to say all that might be said of this disease in a book like this. To give all the symptoms of any and every type of this formidable and troublesome disease together with the various remedies and modes of treatment that has been and are yet being used for a cure, it would swell this little volume to double its size. For when diarrhea assumes a chronic form it is certainly one of the most troublesome and the most intricate diseases that we have to contend with, but there are general principals upon which we should work, and the general remedies we can use to advantage in the care and treatment of this disease, and to those means and remedies I shall now proceed to call the attention of the reader.

As a general rule it is proper to take something to work off the offending matter, for this purpose I know of nothing better than ten grains of rhubarb and the same of calomel, but as some people object to calomel, the following

is better in some cases, and may be as good in every case especially if too much acid is present.

Rhubarb in powder,  $\frac{1}{2}$  oz.

Bicarbonate potassa,  $\frac{1}{4}$  oz.

Grind well together and take a half teaspoonful in water every two hours till it operates, repeat this daily, during the interval, take a strong infusion of oak bark, dewberry root, black berry wine, &c.

I believe I will say right here, in the strongest language, that I know of no remedy that will so effectually strengthen the stomach and improve the condition of the bowels, neutralize the acid, remove flatulence, restore the bile, and throw off all the unhealthy accumulations and restore healthy action to the liver and kidneys than the compound syrup of rhubarb and bicarbonate of potassa. I make it thus:

Fluid extract of rhubarb 1 oz.

Ess. of cinnamon by measure  $\frac{1}{2}$  oz.

Ess. of peppermint,  $\frac{1}{2}$  oz.

Finely ground bicarbonate of potassa  $\frac{1}{2}$  oz.

Simple syrup 1 pint.

Shake well together; the dose is from a tea to a table spoonful every 2 or 4 hours as the case may be. I will now proceed to give other remedies used with success in a case of diarrhœa.

Paregoric 4 table spoonful.

Ess. cinnamon 1 teaspoonful.

Ess. peppermint 1 teaspoonful.

A teaspoonful every two hours till relieved.

Camphor 20 gr.

Ipecac and opium each 6 gr.

Make 12 pills, take one every four hours,

OR

Prepared chalk, 1 dr.

Tinct. of kino 3 oz. (fluid.)

Laudanum, 1 oz. “

White sugar gum arabic each 1 dr.

Mix and take a teaspoonful every 4 hours,

OR

Subnitrate of bismuth 4 dr.

Turpentine,  $\frac{1}{2}$  dr.

Ipecac 15 gr.

Mix well and make eight powders take one every four hours,

OR

Parch a halfpound of rice brown, make a tea of, and drink a half tea cup full every half hour until cured.

I think that the foregoing will be found amply sufficient for the cure of common case of diarrhoea, the doses are adults doses, children will take less according to age. Many of the remedies under the head of flux and dysentery are equally valuable in diarrœa, also under the head of cholera-morbus will be found remedies for diarrœa &c.

In all these remedies containing opium, as paragoric and laudanum, small children should take very small doses, for vomiting in diarrhœa you will find the remedy under the head of cholera-morbus.

## CHOLERA INFANTUM

or summer complint in children.

This is one of the most fatal diseases among children, generally during the second summer of life, teething children are more subject to the disease.

**SYMPTOMS:**—This disease generally commences like ordinary diarrhœa with looseness of the bowels and most commonly vomiting, with fever, though sometimes there is but little fever at first though it comes on with the more severe symptoms of the disease. The discharges from the bowels are commonly greenish, sometimes yellow, sometimes mixed with blood, sometimes very offensive to the smell, sometimes no smell at all, sometimes the food passes through undigested, in such cases the discharges become very thin and watery and emit an awful smell. The child is very restless frequently tossing himself about, rolling his head, often screaming out frightfully, drawing up his legs and making other signs of great suffering (I have seen some cases however have but little pain or vomiting for sometime.)

The pulse are quick, a great demand for water, mouth and tongue dry, head hot, feet and hands generly cold, the abdomen swollen, and sometimes feet, hands and even the face, the lips are red or purpleish, now everything put in his stomach is thrown up at once—the fever sometimes cools a little of a morning but rises higher in the evening—the child pays but little attention to calls, sleeps with eyes half shut, ears drawn back, nose pinched up, hiccough, convulsions and death. Though sometimes this disease runs on for weeks or even months before it proves fatal, sometimes the child dies in a few hours.

Causes: improper food, bad air, damp and ill ventilated houses, crowded cities, uncleanness, &c., sometimes severe heat, unripe fruit, soured vegetables taken into the stomach may induce an attack of cholera infantum.

#### TREATMENT.

Of all the remedies that I shall give for this very troublesome and highly dangerous disease, there is no one remedy that will come as nigh curing every case of cholera infantum as the compound syrup of rhubarb and potassa, see under diarrhea on page 17. This syrup may be given in teaspoonful doses every half hour till it operates freely, then four times daily. If there is vomiting put a poultice of mustard or horse radish on the stomach or give a teaspoonful of peach tree leaf infusion every ten or fifteen minutes, or give a little vinegar in water, or give a little ice, or give an injection of warm water up the bowels, if after vomiting stops there seems to be much thirst give a little elm and wild cherry bark water, or parched meal tea, a little sweetened vinegar and water but not too much of anything at a time.

If the above syrup should fail, which it seldom does, you should give sweetened dewberry root tea, or black berry wine in boiled milk, or give the child ten grains of subnitrate of bismuth every six hours, or put a teacup full of parched rice in a pint of water and let the child drink of this. Boiled milk with powdered cinnamon should constitute its principal diet, you should take the child out in open, pure air, keep all the clothes clean and sweet, *never* keep the child in a damp close room.

I should have said in the proper place that if

there is much pain in the bowels, poulticeses of bitter herbs over the bowels will be proper, five or ten drops of paragoric will do good, a few drops of spirits of camphor in any of the above teas or infusions will do good, in order to keep the skin in good healthy condition you should put a table-spoonful of common soda in a quart of milk warm water and bathe the child or rather wash it with this every day, or if there is much fever use warm vinegar and water instead of the above, nothing will contribute more to the comfort of the child than this bathing, wipe the child dry, there is no danger of taking cold by it. When the child's head is hot apply cloths wet in cold vinegar and water to its head, care should be taken not to let them drain or drip, and if feet are cold as they generally are you should apply warm water to them, you may use cloths wet in mustard water but something dry is much better, such as warm flannel or shawl, some times bathing the child in spirits does good even when death seems inevitable, and the child pays no attention to the calls of its weeping mother.

#### CONSTIPATION.

A great many people both young and old suffer from inactivity of the bowels, their passages are hard, dry and slow, sometimes it is accompanied with sick stomach, pains, headache, loss of appetite wind or a rumbling sound in the bowels, a disposition to sleep, dizziness of the head and fever. One of the most common causes of habitual constipation in grown people is carelessness and inattention to their bowels, and sometimes it is caused by diet, inactivity or change of water, the use of opium &c.

*Treatment* should be as simple as possible, it is a matter of great importance to overcome this condition, since it is liable to give rise to an endless train of evils and even death. The best way to overcome it is by habit, go regular about the same time ever day, drink slippery elm water, or stir in a teacup nearly full of cold water, a large table-spoon full new corn meal and drink it down two or three times daily, drink a half tea cup full of sena tea or take a spoonfull castor oil, or use a soap-suds injection every day or take cold infusion of bone set. In constipation during pregnancy prepare the following:

Powdered Rheubarb 1 dr.

Bicarbonate of potassa  $\frac{1}{2}$  dr.

Grind well to gether and take about what will lie on a dime about an hour after each meal or regulate the size of the dose so as to give one but not more than two actions daily, or take equal parts by weight of Rhubarb and carbonate of Magnesia, mix and take a teaspoonfull as above.

For Infants take fruit syrup and molasses equal parts, give a teaspoonfull two or three times a day, or neats foot oil teaspoonfull, or castor oil same, or insert a piece of shaving soap up the bowels every day, or use a syringe and soap suds (of shaving soap).

If people would eat more corn bread and milk and mush, they would be four times more healthy and stronger people. Let a man eat cold corn bread and peas and meat boiled, not fried, and drink about one hundreth of the coffee and more milk or cold water, and he will work down four times his weight in hot biscuit eaters, and no trouble as a rule with his bowels. Ask old people about this.

## HEAD ACHE.

This depends upon so many causes it would be difficult to point out and particularize, but it is sufficient to say the most comon depends upon some derangement of the stomach or bowels, and cold or excessive heat some times upon the unhealthy condition of the blood. Nine times out of ten you will cure the head ache by improving the conditions of the bowels and stomach, by taking a mild laxative or by a vomit you will get relief. If it depends upon cold ten grains of Quinine in a cup full of some warm tea or even warm water will do good, apply horse radish leaves to the temporals will in a great many cases give relief, or a teacup full of as hot water as you can drink will often do you good.

Sick Headache depends sometimes upon too much acid in the stomach and some times a lack of acid. If too much an antacid is required for this purpose take 20 drops of hearts horn every hour till relieved and try to sleep, or a teaspoonfull of soda in some water or take the ammonia (hearts horn) in a teaspoonfull of paregoric and water. Smell of hearts horn or sulphuric ether every few minutes, or carbonate of ammonia, or suck the juice of the comon nettle up the nose, then try to sleep, or if it depends upon the want of acid as is known by a desire for something sour, drink sweetened water made sour by adding vinegar, or drink lemonade, try to sleep and when your head is easy or in the intervil to take tincture of Iron 20 drops 3 times daily in water. Keep the bowels open by the use of Rhubarb and Potash, See page 22.

## BLEEDING FROM THE NOSE (EPISTAXIS).

Bleeding from the nose is not ordinarily a very serious accident, some times it is, and requires treatment and this depends upon the circumstances of the case, if the bleeding should be unprovoked or natural and not severe nothing is required, but if it should be very profused or bad, then cold water on the head and back of the neck will answer or hold a cloth wet in cold water on the nose, or snuff cold water up the nose. Alum water or a strang tea of oak bark pressing on the out side of the nose generally stops it, sometimes you will have to push a little role of cotton or soft cloth up the nose so that it will come in contact with the bleeding vessel or pull a piece up through the mouth by a string, this string must be put through the nose on the bleeding side and pulled out through the mouth and tied to the role of cotton and then pulled up from the inside till it comes in contact with the bleeding vessel, this cotton may be wet in some astringent water, as alum water oak bark or something of like nature. If the bones of the nose should be broken from a blow or fall or other accident then the bones should be replaced or put back before the above means should be used. When the nose bleeds much in fevers, measles &c. we should not use too much cold water on the back of the neck, and never in measles, mumps &c. but the snuffing and plugging may be resorted to, always with safety, but you should not allow the plug to remain too long after the bleeding stops better remove it if you have to

use another generally speaking, when people are apt to bleed much from the nose their blood is thin and face pale, they should take some tonic as tincture of iron, oxide of iron, gentian, &c., in order to overcome this condition of the blood. The bowels should be kept open or in good condition, the skin should be kept clean, and they should eat light, nourishing diet, sleep in a well ventilated room. They should take care not to over eat or exert themselves, nor gouge the nose, nor blow the nose—like they were trying to blow their brains out. All these means, and any and all others should be used, and every precaution taken in order to avoid too much bleeding from the nose. Lock your hands snugly over the top of the head, or hold your arms straight up for some time is a very popular remedy with some people, or chew brown paper, or hold your mouth full of cold water, or slip a piece of iron or other cold metal down the back, or if you cannot get that take a stick and wrap a rag around it, wet it with cold water and slip it down the back. These are all very popular remedies, and have no doubt done much good. But I will now give one more *remedy* for the stopping of blood not only from the nose but anywhere else. I will give this remedy, well aware that fools will laugh at it like I used to do—I will not only give you the remedy but also the manner of using it and then I will give you a few cases of success which I saw after all mechanical, surgical and medical means were exhausted and some of the patients were abandoned as hopeless cases of bleeding.

Thus you must memorize that passage of Holy Scripture found in Ezekiel, chapter 16th, and 6th verse. To use this Scripture you must first call name of the person (all to be said to yourself,) then read or say over this verse; do this three times, and the last time you will add in the name of the Father and of the Son and of the Holy Ghost, I command you in your blood live. I used to call this conjureing, superstition, stuff, &c., and laugh at it but when I saw the case, I will now give, it stopped all that and I was lead to wonder and to think. The first case I saw of this wonder was a man who was wounded in the battle of Seven Pines. He was shot through the thigh, and as arterial blood spurted freely and abundantly, we saw but little chance for him I applied the tourniquet severely, but to no purpose. I then tried a mighty compress and it did no good; then I said to Dr. H. we must cut down and try to take up the the bleeding vessel. Well, said he, be quick, and I arranged myself with a knife to make a deep and long incision and a man stepped up and said, "don't cut, I'll stop it." Said I, you? "Yes, yes," said he, "be still" The doctor said hold on; I stopped and wondered what he was going to do. I looked at the bleeding wound and then at the man and said to him, what are you going to do? He said, "I am done." I looked again at the wound and behold it had stopped, and I do not believe he bled a spoonful afterwards, and the young man shouted out, "Thank God somebody knows something besides Pap.

Another case was that of bleeding from the bowels in the Winder hospital, 3rd. division ward. A man by the name of Cole had hemorrhage from the bowels, four doctors were present and the last remedy had been used, and the doctor said, "Poor fellow, we have done all we can, and now you must die, if there is anything you want to say you must say it soon." I heard a faint voice behind me say "if you will tell me his name I will stop the blood." I looked around and saw a pale-faced young man on a bunk. John Cole, was the name given by the ward master. The young man shut his eyes and seemed to be whispering in his sleep. Presently he opened his eyes and said, "He will not pass any more blood." The ward-master said, "Gentlemen, this young man never fails, I have seen him stop blood in more than twenty cases, and it stopped right there, too." I stayed there five days after that and Mr. Cole never bled any more but got well again. A valuable horse, in a spree of play, jumped on the yard palings and cut a large blood vessel on the inside of the left thigh. I was near by and was called to see if I could do anything, and at the same time there was an old lady near by who they said could stop blood, she was also called and got there in a few minutes after I did. I told them there was no way as I saw, unless they could throw the horse and confine him so I could take up the bleeding vessel. By this time the old lady was on the ground with her Bible open. She walked solemnly to the horse and read aloud as above recited, and in two minutes by my watch, the blood completely stopped.

I have heard of many cases as marvelous as those I saw, and many, if not all, no doubt, were true. Now, I am not surprised at this; but, when I read and see the promises in the Holy Book, and particularly in the four Gospels, I am utterly surprised that a thousand times more is not done.

Some say that the day of miracles are passed. This may be so, but if so, it is because of the weakness of our faith. I have seen tooth-ache and other severe pain stopped in less than a half a minute by the use of Divine authority. Oh, ye Solomons, how is this? To Theorists and wise Philosophers, I propound this interrogatory.

#### PAPITATION OF THE HEART.

This is no disease of itself, reader, but that it is sympathetic, or, rather a symptom of some other diseased organ. This is distinctly felt and is sometimes so severe than medication is necessary. It is a rapid beating of the heart; sometimes it is called fluttering of the heart. I have seen people fall with it; and in fact I have seen some cases that were truly alarming. Sometimes it will shake even the whole body. This affection may depend upon dropsy of the heart, (Hydropericardium) or dropsy of the chest, (Hydrothorax) or upon an enlargement of the heart. But nine cases out of ten it depends upon some derangement of the organs of digestion. If it depends upon derangement of the great workshop itself, a few doses of the compound powder of Rhubarb and Potassa will give relief or powdered charcoal or magnesia or sulphur and salts or anything

that will improve the stomach will help palpitation of the heart. If it depends upon dropsy a removal of the fluids will give relief. (See dropsy) If it depends upon Hypertrophy (enlargement) or whatever the cause, it will be helped by taking from ten to fifteen drops of the tincture of Digitalis or Sheeps Laurel. Diet should be light and nourishing, avoid late or heavy suppers as well as severe exercise and overheat and keep the bowels open.

#### VERTIGO.

This, sometimes called swimming of the head, depends nearly always upon a rush of blood to the head in a minor degree, or in other words too full blood vessels of the head. This indicates either Dyspepsia, Apoplexy, Hysteria or Epilepsy, and sometimes it tells us of a tardy action of nature in the menstrual functions. Whatever the cause you will be benefitted by cold water on the head, a quick action from the bowels, warm feet, &c. You should by all means live on light diet, keep the bowels open, take open-air exercise drink no coffee or tea nor eat fat meat, drink no liquors, keep the brain cool, the stomach easy and the feet warm.

#### HEART BURN.

This is a burning sensation in the throat, and is not dangerous and requires but little treatment. A little soda water, or magnesia, or corn meal, or a few grains of parched corn or coffee will do good; it depends on derangement of the stomach.

## DYSPEPSIA.

This is indigestion, and of all the diseases or ailments among the people, this is the most common, for truly America is a nation of dyspeptics. This disease is the great torturer and and tormenter of the American people, while people of other nations are not exempt from its ravages and distress. It deranges every faculty, seemingly every organ, in the poor unfortunate victim, both mind and body, and it is hard to tell which suffers most mind or body. It is no respecter of person, for it assails the king upon the throne and the beggar upon the dunghill. It is caused by every kind of excess and intemperance, in fact its causes are so numerous that we cannot tell upon which it depends, for it more commonly depends upon a variety of causes; but it is generally admitted that over eating is the greatest and most common cause, and next to that is improper diet.

The symptoms of dyspepsia are so numerous that the poor sufferer from this disease often imagines that he has almost every disease that human flesh is heir to; and this the patent medicine swindlers and quacks well know, and they know, too, that a suffering man will seek for relief and will give all he has for it, and therefore they are ready to take advantage of this fact and get up almost anything and assert that it is good for everything. They write a medical almanac, in it they will give your symptoms, precisely, and call it torpid liver, or kidney disease, or spinal disease, or heart disease, or something else, or everything else that they can think of, and the poor

suffering victim of Dyspepsia reads and falls a willing dupe to the self styled Doctor, under the flattering promises and prospects of a cure, and consequently perhaps not less than 250,000 bushels of cure-all-pills are swallowed annually by this class of sufferers, and perhaps that many barrels of slop. Just think of it, the dyspeptics of this country pay all the advertising, bottling, boxing, packing and shipping of this amount of stuff, and yet they give the numerous proprietors immense fortunes, and get worse mentally, physically and financially every day, and to my mind there is nothing more disgusting and daringly contemptuous to, or more funmaking of the common class of people, than for some lazy broken down quack to try to astonish the people with his great secret all healing, bloodpurifying, sight restoring, sin cleansing and soul saving Indian medicine. Is this not a daring insult? Let's see, you know he is always Doctor, of course, now just think a learned man a man of great scientific attainments, a member of the great medical profession of the world, the most learned men of all nations, a class of men able to analyze and investigate all the material means of cure. A class of men who understand the causes anatomical, character and clinical history of diseases, as well as the properties and physiological action of all the minerals and vegetables used in the cure of diseases. Now see one of these great and good men leave home, he goes over toward the black hills among the most illiterate, unlearned, unskilled, ignorant and barbarous people upon the face of the earth, who know no more about our diseases or means of cure than a hog, and

right there and then he by some wonderful exploit or at great cost procures a *Root* or a *Plant* and here he comes in my mind I see him with his hat on the back of his head (if he did not loose it in the bushes trying to get away from the *Injurns* after getting these grea secret) with his eyebrows all knitted to gether, nearly out of breath with his great big soul, heart, mind and body chuck full and running over of the quint essence of philanthropy and philoprogenativeness. He now sets up his office and factory and makes his proclimation.

Oh! ye sinners poor and needy

Weak and wounded sick and sore,

Oh ye dyspeptics, don't get out of heart though you have been fooled with five hundred patent medicines, and the doctors can't cure you be of good cheer, here is a box of pills, never fails to cure dyspepsia, liver complaint, heart disease and kidney disease or all other diseases of the skin, flesh and bone, measles, whooping cough, lung diseases, spinal affection, headache fellons and sore toes. Now you must remember that he learnt this from the *Injurns*, certainly, and he can write a few symptoms of dyspepsia under each heading, and the poor sufferer sees his case, and anxious for relief of course he must have those pills. 25 cents a box, directions; 4 pills every night for twelve months. and if you don't get better get something else, its only a dollar a bottle and the bottle holds nearly a gill, take a tablespoonfull three times a day, and in most cases you had better take both together, and when he gets you to nibble

at his bati, that is all he wants, because that brings the money. Now I have been thus tedious to show the general modus operandi of the patent medicine doctors. Now, what do you suppose that pill is made of? Why the very cheapest articles in all the land, rhubarb and aloes, or white walnut root or something that has been in use two hundred years—something that your doctor would have given you if you had needed it. And now you have spent all your money and your family has worked hard to get more, and he is splurging on it and you are worse than you were before you took the abominable stuff, and yet one might have almost come to the conclusion from reading the testimonials and blazing recommendations that if you were to employ a few bottles around a grave yard that it would almost produce a resurrection. You need not tell me that dyspepsia does not affect the mind. Now I propose to give a few symptoms of dyspepsia and the best remedy for the same, that I know of.

Soreness of the stomach, derangement of the bowels, colic, headache, sleepy, dull feeling, low spirits, burning in the stomach when empty, and distress of the stomach when you eat a full meal, and nearly every other bad feeling that mortal man can have. The greatest remedy in the world for this disease is temperance in all things, caution and care, and you are the best doctor for it. If you will do your own thinking and acting you can come nearer curing yourself than all the doctors in Christendom. Mind what you eat and

don't eat too much. Remember that it is not what you eat that does you good; it is what you digest. Therefore you should eat such articles of food as will suit your stomach, and don't eat too much of that. No doctor on earth can tell just what you ought to eat, or how much; you must learn this yourself. The only medicine that I have used for years in dyspepsia is the compound powder of potassa and rhubarb. See under Diarrhea. It neutralizes the acid of the stomach, aids digestion, arouses the liver to action and removes unhealthy accumulation. You should take about what will lie on a dime a half hour after each meal. Increase or decrease according to action on the bowels, not more than two a day on any account.

Now in conclusion I will say, the less medicine you take the better, and by all means shun patent cure-alls, otherwise you will aid in making somebody rich, while they laugh at your ignorance. It is the money they want, they care nothing for your health. And the legislative councils of the nation should look into, and stop this wholesale fraud, and enact laws for the protection of the people. No one class of invalids on earth contribute more to the support of imedical men than dyspeptics, and no class gets less benefits from it, or are injured more by it.

#### CONSUMPTION.

This too, is a disease rarely if ever cured, but can be often paliated and life prolonged. But when it sits down on its victim and becomes fixed, no remedy known will unseat it.

I mean *Consumption*, not something a little like it. This disease is carrying off its thousands annually, and is on the increase. And it, too, like dyspepsia, has given great scope and fortune to patent medicine men. You will see in the newspapers the large, flattering advertisement: "CONSUMPTION CAN BE CURED," and the poor victim of disease readily falls a victim to the advertiser, who soon gets all he has got and then his friends keep him in till he dies, a while earlier than he would if he had let the patent medicine alone. Its causes are numerous neglected colds, intemperance, indiscretion, youthful habits, snuff, tobacco, exposure to dampness while hot, tight lacing, interference with natural discharges, corsets, &c. But the disease is often hereditary. How often have we seen, a once beautiful, young lady who wore the blush of youth and glow of health, intelligent and lovely, fall a victim first to fashion and then to consumption. The lace jacket or corset soon took the beautiful color of health, which had to be represented by paints, and snuff soon tore down the constitution, consumption took hold and soon dust returned to dust. How often have we heard them say, "I had as well be out of the world as out of fashion." Like dyspepsia, I do believe that the best remedies are care and proper nourishment. Inasmuch as we cannot cure this disease we should use every precaution to prevent it; take care of ourselves, by this I mean to avoid excesses of every kind, take daily out-door exercise, keep the skin clean, dress loose and warm, keep the feet dry, and if

you have not got it you will not take it. I will not take up much space on this article, for it is useless. If you should take a cough and shortness of breath, pain in the breast and side, you should go to a good physician and let him decide in your case and prescribe for you. I will, however, for the benefit of those who can not do so, give a few remedies for these symptoms. If you have a bad, dry cough, boil together, in two quarts of water, balm of gilead buds one gill. hoarhoun and mullein each two ounces; boil to one quart, strain and add sugar three pounds while hot. Dose when cold is a tablespoonful, 3 or 4 times daily. Or

|  |                      |
|--|----------------------|
| Take Syrup of Squill                       | 4 ounces by measure, |
| “ Nitric Ether (Sweet<br>spirits of Nitre) | “ “                  |
| “ Paragoric                                | “ “                  |

Dose a teaspoonful. Or

Take ground lobelia 4 ounces, boil or simmer in a half gallon of water for two hours, then strain and boil down to a quart and add 2½ pounds of sugar and half an ounce of annis seed. When cold the dose is a teaspoonful four times a day the last dose at bedtime. This will often cure the most troublesome cough, and has, it is said, “rescued the consumptive from the border land of death.”

The best remedy in consumption known to us is Dr. T. A. Slocum's psychine and oxigenized pure cod liver oil. Address, 181 Pearl Street, N. Y. This is a remedy of real merit.

## DYSENTERY OR FLUX.

This disease is known by a frequent desire to go to stool, by griping pain or bearing down called Tensemus, or severe straining at stool, with blood and mucus or slime, somewhat like the scraping of a hog's entrails.

Caused by cold and other indiscretions. The best remedy in this disease is the compound powder of rhubarb and potassa, same as in diarrhea, or a tablespoonful of castor oil with ten or fifteen drops of laudanum, repeated every day or twice a day better. Salts and laudanum once or twice a day will do good. An injection of warm water thrown up the bowels daily will be of great service. If the pain is very severe, drop sixty drops of laudanum in three spoonfuls of water and throw it up the bowels of a grown person, less in proportion to age. But the compound powder or syrup should be given as in diarrhea—see under that head on page 14. Flaxseed oil given in tablespoonful doses two or three times a day will often cure when other remedies fail.

Take the white of two eggs, a tablespoonful of oil and two teaspoonfull of laudanum, beat to a froth, give a teaspoonful every hour or two hours till relieved; or, give Dovers powder in ten grain doses two or three times a day. Drink freely of a decoction made of the root bark of common willow, and a cure will follow nineteen times out of twenty. Take castor oil a tablespoonful, laudanum twenty drops, spirits of turpentine ten drops for a dose two hours apart, repeat if necessary.

## CHICKEN POX, (VARICELLA.)

This disease is not dangerous, but it is catching. It seems to be a disease belonging to children, though grown people sometimes have it.

It is not attended with much if any constitutional disturbance and generally runs its course in a few days. Sometimes only one of a family will have it, and sometimes one after another will have it till the whole family has it, and in fact it may assume an epidemic form and go through the whole neighborhood. It will attack both sexes and all classes alike. In most cases the first we know of its presence is the eruption. The first appearance is a few little red pimples break out on the skin. This is the course of from twenty-four to thirty-six hours will be little blisters, surrounded by a pink color. Quite a number of these may appear or only a few and in a few days they dry leaving only a scab. These eruptions are more abundant on the back and breast than elsewhere. Sometimes these become large itching sores if they are scratched. Therefore children should be kept from picking or scratching off the scab. This disease is sometimes also called glass pox. Once Dr. A. told a mother that her child had chicken pox, and afterward Dr. B. wishing to break down A. in order to extend his practice, told her that he was surprised at Dr. A., that it was Varicella, or glass pox, the very worst kind. Keep the bowels open and keep the child dry, is about all the treatment that they need. Sometimes sage or balm tea is very good when there is any fever and the eruptions break out slowly. There is no danger in the disease alone.

## IMPETIGO.

This is another skin disease incident to young children. It is known by its own appearance. It begins by a very small pustule or bump in the middle of a fiery red spot; if the little pimple be picked a small quantity of water will be seen. These spots are separate from each other, unless the child should pick them or scratch them, then they will run together and sometimes they will make a bleeding, painful sore; and wherever this matter touches it will be sure to form a new patch. The best thing to do is to keep the child from scratching the eruption and wash the parts well in warm water but *never* use an kind of soap; but mix Oxide of Zinc one teaspoonful in about two tablespoonfuls of unsalted lard and apply night and morning. The child would do better to take a few drops of tincture of iron three or four times a day. Keep the child clean and let it have plenty of fresh air and all will be well in a few days. When the bowels are bound I mix equal parts, by weight, of sulphur and carbonate of magnesia, and give a small teaspoonful sufficiently often to keep the bowels in good condition. This is good in any of the skin diseases of children or adult. I sometimes use cream of tartar in the place of magnesia. This I think much the best for grown people, especially if they have any difficulty with their water. It is a good thing in nettle rash, of which something will be said on another page.

## BROW AGUE, (MIGRAINE.)

This is only a peculiar type of intermittent fever or chills and fever, it is sometimes called *sun pain*, and though it is very severe, often it will yield to the same treatment as the chills and fever. It is sometimes called neuralgia and hemicrania, but this is a mistake, it is altogether a different thing. Iron and quinine is the remedy in this complaint, or quinine alone. I generally use the following: citrate of iron and quinine, (which is *Ferri Quinia Et Citrass*) sixty grains or one-eighth of an ounce in sixteen teaspoonfuls or two ounces of water, and take a teaspoonful four times a day, after first moving the bowels well with some cathartic drug, for which purposes calomel and jalop, say ten grains of each, is most used, though rhubarb, or salts, or oil, aloes or sulphur, or sulphur and cream of tartar, or a pill of blue mass will answer. Like other forms of intermitent fevers, it is likely to return every 7 or 14 or 21 days so you had better take your quinine one or two days in every week for a while, even after it is well.

## CORNS ON THE TOES.

soak and pare them down thin, then apply Citric acid every night, or caustic about twice a week until they are well. Then wear a shoe or boot sufficiently broad or loose as not to rub the toe for a while and you will be paid for your trouble.

## WARTS.

Put on the wart a little blister of spanish fly ointment and confine it there and in a few days the wart will come out, or to put a little sulphuric acid on them daily and that will remove them or trim them down closely and use costic as in case of corns, or just wet the wart with your saliva (spital) the first thing in the morning.

## DROPSY.

Dropsy is a disease arising from debility or weakness and depends upon a diseased condition of the blood or some particular organ, it can be easily distinguished from any other disease by presure of the fingers upon the swollen part, in dropsy it will leave a pit, that is the flesh will not spring to its natural position as will other swelling. To this disease has been given names according to the different parts of the body where the fluid is deposited, thus: When it is in the cavity of the brain or in the head, it is called Hydrocephalus, when in the breast or chest it is called Hydrothroax, when in the abdomen or belly it is called Ascites, when in the scrotum it is called Hydrocele and then again Ascites. ovarii &c. only children are subject to Hydrocephalus, but I feel warrnated in the assertion that dropsy is a disease of the whole system regardless of the place that is affected, this is the conclusion to which I have arrived after many years

practice and observation, independent of the same opinion given by learned authority, Hydro-pericardium, sometimes also called Heart-dropsy while it is an effusion fluid (serum) into the sac. (pericardium) which incloses the heart, most commonly occurs when dropsy of some other part is manifest, as in diseases of the heart, lungs, kidneys &c. As in the main their remedies are the same I will not enter into the particulars of each of their divisions and subdivisions, and too as all these conditions may be induced by the same cause or causes. I will for the benefit of the non-professional reader for whom this little book is written give the *remedies* used in the case of dropsy. The Calomel, Squill and Digitalis formula will be omitted as professional care is necessary in their use. The following has been successfully employed:

Calomel fifteen grains and Jalop twenty grains for a dose to be given every six hours until it operate on the bowels. It will produce large watery discharges and by this means will relieve the system of its burden, after the water is thus run off you should give muriate tincture of iron twenty drops three times daily in a little water, to renew up the blood and prevent a return of the water, but if the water returns or the swelling comes back, then take of jalop half ounce cream of tartar an ounce, salt petre half ounce, grind and mix well together and of this mixture give a teaspoonful every four or six hours till it operates as the above to be followed with the iron drops as before,

if the swelling should be hard to reduce, or if this does not operate sufficiently get the bark of the common elder that grows along ditch banks, (sometimes called pith elder, or pop-gun elder) and put a hand full in a vessel and pour boiling water to it let it stand till it gets cold, and drink freely of this, it is a good remedy in dropsy and has cured by itself followed by iron. This elder infusion should be used at the same time that the powders are being used.

\* Another very popular remedy is, take a handful of nails and put them in a quart of apple vinegar, let it stand a few days and then take a spoonful three times a day. But still another is better put an ounce of salt petre in the vinegar instead of the nails and use in the same way. I have never failed curing dropsy by the last named powder and elder, followed up with iron, when the case was not too far gone. When the patient has smothering and palpitation of the heart and cannot lay down, I then mix tincture of digitalis and tincture of iron equal parts and give twenty drops every six hours till relieved. Another remedy for general dropsy is the following: take of whortleberries (also called huckleberry) four ounces, parsly root eight ounces, put this in a half gallon of holand gin or whiskey, heat to boiling point, then let it cool and drink a large tablespoonful of this in a little sweetend water, three or four times a day. This will not answer for intemperate patients:

But always in dropsy depending upon or complicated with other diseases, the treatment should be selected and directed according to the peculiar circumstance of the case, some good tonic, as iron, gentian, compound wine of comfrey, wild cherry and dogwood, poplar &c. but the best of all these is iron.

Care should always be taken not to run the purges to far at the time. Diet should be of a light nourishing kind, not much grease or pasterly, plenty of out door exercises is best, not exposed to too much damp night air. Bathing and rubbing the whole body one day in a week by bath is profitable. It is always best to have these complicated cases treated by a well informed *physician*.

#### APOPLEXY.

Apoplexy is a sudden manifestation of a diseased condition in which state a person falls down and lies without sense or motion while the breathing is often hard and noisy, the face is of a dull red color and some times the eyes seem swollen and blood-shotten, the pulse beat with unnatural force and frequency, though some times slow and very forcible, in this condition the patient is said to be in a coma or a comatose condition or state, a person in this condition can neither feel or think nor can they make any voluntary motion although circulation and respiration continues though they are more or less disturbed, this condition does not always come on in this way, but may have several premonitory symptoms,

such partial blindness, dizziness of the head rush of blood to the head or there may be a sharp and severe pain in the head so the person may scream and turn sick and fainty with vomiting, followed in from a few minutes to some hours he gradually sinks into a comatose state.

There are other cases in which the patient may become paralyzed and retain his senses to a considerable degree, in fact a stranger might not notice that he was mentally deranged at all. In this case there is a sudden loss of power, of some limb or one side may be stricken, this is called hemiplegia, in this case the patient may tell you where and when and how he was attacked and even tell you just what is the matter, but in this last condition his speech is generally very much effected, sometimes in this last case the patient gets quite well and no trace of the paralysis be seen or felt, and sometimes after a seeming recovery he may be stricken again after the lapse of months or even years. I have a patient in the ward now who is slowly recovering from the 3rd, or 4th. I have cases where only one side of the face was effected, the eye and the effected side stands open and the mouth is drawn to the other side, apoplexy is becoming very common and my experience is the older and more debilitated the patient the less hopes of their recovery, although sometimes young, strong people die and old feble people get up, this is an exception to the general rule and may not be looked for in old and weakly

people. Apoplexy attacks people of all ages and both sexes but it is much more common after forty-five and fifty. Red face short stout built or short thick neck are said to be the most subject to it, but we sometimes see thin pale and long neck people fall under its unexpected stroke. Many people are predisposed to apoplexy owing to some hereditary constitutional inclination.

Remedies are few and very unsatisfactory. One ounce of preventive is worth not only a pound of cure, but in apoplexy at least ten pounds. When a person has a stroke of apoplexy you should loose all tight clothing and place him in a horizontal position slightly raise his head, is hot wet a cloth in cold vinegar or water, place it on his head, if his feet are cold use such means as you have at hand to warm them and keep everything quiet, sometimes whipping the feet, bleeding &c. may do some good, electricity too has been tried with some success perhaps but I have tried all in a comatose patient and could see no benefit derived from their use, in partial attacks medicine and baths may do good but I have my doubts about it. Electricity continually applied is one of the best means of arousing a paralyzed muscle to feeling and action, but unfortunately it will not last unless it is aided by medicine, and for this purpose one sixtieth or one thirtieth of a grain of strychnine in a pill of some kind as bread given three times daily is the best, though others are used as belladonna, toxicodendron, aconite, &c. I have included under the

general head apoplexy all the forms and types of paralysis. On account of space the remedies being all the same in the main.

Take iodine 8 gr.

Iodide of potassium 1 oz.

Syrup of sarsaparilla  $\frac{1}{2}$  pt.

Dose, a teaspoonful after each meal.

OR

Take iodide potassium  $\frac{1}{2}$  oz.

Tr. ergot 1 oz.

Tr. aconite 2 dr.

Syrup sarsaparilla 3 oz.

Mix, dose teaspoonful 3 or 4 times daily.

OR

Iodide of potassium  $\frac{1}{2}$  oz.

Water 1 gill.

Dose, a teaspoonful 3 times daily.

COLIC.

Under this head I shall notice first: flatulent or windy colic second billious or cramp colic and third painters colic. 1st. flatulent colic, this is a painful spasmodic affection of the stomach and abdomen, it is characterised by a fullness of the stomach and bewels with pain and more commonly a rumbling sound it is caused by cold, eating indigestible food, constipation &c. it seldom proves fatal though sometimes it strongly

threatens dissolution and in fact has been known to prove fatal in a very short time.

Treatment is instituted according to the cause, if indeed the cause is known, there are a great many things done and taken for colic, some of which are the following: first take a puke, for this purpose you may use a spoonful of common salt in a cupful of warm water, ground mustard instead of the salt, or large spoonful of sugar the same way, or a teaspoonful of ipecac, and after the stomach is evacuated and you have pain still you are to take a tablespoonful of castor oil with ten drops of spirits of turpentine, or salts in place of oil if you cannot procure or take oil, or something or anything to move the bowels, and until they move you may ease your pain sometimes by chewing calamus or drinking a tea of it, with assafoetida; put hot salt on the stomach or bowels in a little sack, or take equal parts of sulphuric ether, tincture of assafoetida and tincture of camphor, mix and take a teaspoonful every hour or two, give to children in proportion to age, or equal parts of laudanum, tincture camphor and essence of peppermint; dose a teaspoonful, or mix paragogic, camphor and peppermint; dose a teaspoonful. It is very desirable to first remove the cause by emetics and cathartics, but sometimes the pain is so severe that we cannot wait for the bowels to act, and then we must try paliative

remedies those named and afterwards the cathartic.

#### BILLIOUS COLIC.

This is a more dangerous complaint and often proves fatal in a short time. This kind of colic is generally preceded by bitter tastes in the mouth, with the loss of appetite, and other derangements of the stomach and bowels, often constipation is present, and very common the vomiting of a bilious matter, the pain often seems at first to be a heavy weight in the stomach and becomes a cramp like or twisting screwing pain and reaching the back, at other times it seems located about the navel and often fever is present.

When the bowels move and there is an abatement of pain and all the symptoms are mild it is a good sign, but when the bowels are obstinate and the symptoms continue high and the pain unabating there is great danger and when there is a sudden cessation of pain cold sweats weak and irregular pulse, fainting and hiccough then the disease is about to prove fatal by mortification.

Treatment must be prompt, and the best thing that country people can do, I mean where they cannot get a competent physician, is to use an injection up the bowels in order to empty them as much as possible and remove the cause, and for this purpose warm salt water is good or warm castil soap suds and repeat every fifteen minutes till the bowels move copiously you must see that

more than the water pass, at the same time you should apply to the stomach and bowels hot poultices of bitter herbs, such as jamestown, called (jimson,) hops, boneset, &c. keep them renewed as they get cool, at the same time give the patient a tea cup full of the decoction of wild yam every twenty minutes, or mix a tablespoonful of ground black pepper in a gill of brandy or whiskey and give a tablespoonful warm every few minutes till relieved. One-eighth of a grain of morphine given and retained in the stomach will give relief, but it would always be better injected under the skin, thirty drops of laudanum will sometimes give relief at once. But by all means move the bowels, give a large dose of castor oil and ten drops of turpentine before you use the foresaid injection;

PAINTERS COLIC, (COLICA PECTONUM.)

Also called Lead Colic. This disease is caused by lead in the system.

The patient feels dull and stupid with more or less constipation of the bowels he becomes pale, his appetite fails, he loses flesh and strength, has the taste of metal in his mouth, his breath has a peculiar fetid odor, constipation is more obstinate and now he has some pain in his lower bowels of a sharp cutting, or dull aching character, pressure on the abdomen usually gives relief. There is also generally a blue lead line seen on the gums near the neck of the teeth and sometimes paralysis of the muscle is observed, the

pain becomes very severe and often there is nausea and vomiting and often aching of the limbs.

Treatment must be prompt and a decided impression made. The first thing is to relieve pain. To do this any of the means used in the case of the preceding kinds of colic may be used, but the last of all known remedies to relieve the pain in the lead colic is opium, one grain of opium or thirty drops of laudanum, or one eighth grain of morphine, or a large teaspoonful of paregoric may be given every four hours till relief is had; or take five grains of Iodide of Potassium every four hours after the acute symptoms are passed off the bowels should be moved regularly and sweet oil is good for that purpose.

Another very good course of treatment is the following. Take Sulphate of Magnesia (salts) a half pound, powdered allum one ounce, and pure sulphuric acid one drachm, boiling water three half pints. Dose, a tablespoonful every hour till it operates, you should take care of your teeth or they might be injured by the acid. Sulphuric acid forms or converts the oxide of lead in the system into the sulphate of lead which is harmless.

I have cured some very bad cases of lead colic by using freely the strong decoction of ground ivy. I believe that if painters and others who work in lead, and are subject to this dreadful and dangerous colic would take twenty drops of elixir of vitriol in a cupful of ground ivy tea once or twice a day, that they would ward off the colic or cure it when begun. Uterine colic will be treated on in my next book on Female Diseases.

## PNEUMONIA, (or Inflammation of the Lungs.)

This disease has often been called pleurisy, years ago more than of late, and, too, pleurisy has often been called pneumonia and often it is that the patient has both, pneumonia is an inflammation of the lung tissue its self, while pleurisy is an inflammation of the pleura, the serous membrane that covers the lungs.

The fact is that you may have either independent of the other, but most common you will have both at the same time. In pneumonia you will have but very little pain, but in pleurisy you will, when you have pleuropneumonia you have both, but now I propose to speak of pneumonia uncomplicated and alone, pneumonia generally comes on with a more or less marked chill, headache, a furred tongue, an aching in the chest one side or the other and an aching along the breast bone, high fever, hot skin and lips dry, the tongue covered with a white moist fur. He breaths quickly, likes to be quiet, don't like to talk much, has a troublesome cough, soon spits up a frothy phlegm streaked with blood, more and more of a brick dust collar with sometimes wandering of mind and talking in his sleep. These symptoms generally increase till they reach their highest pitch about the fifth day, and in favorable cases on the eight or ninth day the fever abates, he feels better, his tongue begins to clean, his appetite is better he breaths easy though his breath is short and often it is several weeks before the lung clears up and is sound, but in severe cases you must not look for such favorable out-come, for the inflammation may spread to the other lung and double the distress and danger.

Unresistable delirium, increased difficulty in breathing he is not able to cough up or to throw off the phlegm he lies on his back picks at the bed clothes, breaks out in a profused clammy sweat, followed by involuntary discharges, coma and death.

#### TREATMENT.

The object in the treatment of pneumonia should be first to reduce the inflammatory action upon the lung, secondly to relive it of the effects thereof, and thirdly to restore it to its normal condition; now to meet the first indication the best thing the country people can do when there is no doctor is to give plenty of warm tea made of the root of the butterfly weed, (sometimes called pleurisy root), sweeten with sugar. I have known many cases of pneumonia cured with this weed alone, the patient should be kept in a comfortable room, and cuping over the affected lung is good or warm poultices of elm, flax-seed, or corn meal and wheat brand is good, the fluid extract of pleurisy root in teaspoonful doses given in warm sage tea is excellent, or give the following in same size dose,

Take paregoric 2 oz.

Sweet spirits of nitra 2 oz.

Syrup of squill 2 oz.

Powdered ipacac 40 gr.

Mix; dose 1 teaspoonful every two hours. Or give syrup of squill in teaspoonful doses, every two hours, alone or with the pleurisy root tea. I have found the following to answer the best purpose in bringing down the fever in pneumonia or any other fever.

Take sweet spirits of Nitre 2 oz.

Narwood's tincture of veratrum 2 dr.

Fluid extract of ipacac 1 dr.

Dose from 15 to 20 drops every two hours till pulse comes down to 70 or 80 beats in a minute, and the patient sweats freely, at the same time give your pleurisy root, or squill. And when your patient begins to spit up freely and the skin is moist, he is getting along well. If however the pain in the side is severe put a blister on over the seat of pain, these measures will generally meet the 1st. and 2nd. indications, now to restore the lung to its normal condition and to support the patient, give egg nog, and as soon as the febrile symptoms have past off give the syrup of iodide of iron in from 5 to 10 drops, 3 or 4 times a day after eating, or drinking milk which should be his chief diet. Another course of treatment in this disease is to give a blue pill every two hours, and cold water or a little vinegar till the patient is thoroughly salivated, then give turpentine with elm water, then cure the mouth with chorate of potassa, and I know of one physician who gives large doses of quinine first, last and all the time, some of his patients get well and some die. I have never yet been satisfied that quinine is much account in the treatment of uncomplicated pneumouia. It is good, no doubt when it is complicated with any of the malarial fevers, and also as a tonic in convalescence.

Pleurisy or inflammation of the pleura. The symptoms in this disease are very much like pneumonia, though commonly not so severe, but in this disease there is always pain in the effected side. The treatment is about the same as in the former disease. Cuping and mustard plasters over the pain, and drink freely of the pleurisy root tea or of the fluid extract of pleurisy root, in teaspoonful doses in warm sage or cat-nip tea will in forty-nine times in fifty break up the disease at once. Pneumonia, and pleurisy too are often associated with scarlet fever, typhus fever, typhoid, &c. when it should be treated by a skilful physician.

#### RHEUMATISM.

This is another almost irresistable scourge of the human family, and not much is known of its causes history &c. as is known of many diseases of much less importance, The doctor can do but little more with this disease than other people. There are scores of remedies for this disease and they all fail sometimes, and the last one you use before you got better of course was the one that cured, but it will utterly fail next time probably, and will do no one else any good. I might write a book double the size of this, on this disease and minutely describe its different names and types with a hundered remedies and it would be worth but little to the non-professional reader, I shall therefore lay down some general principles

and a few of the most effectual remedies now in use. It is however worth while to say that rheumatism is called by different names as it attacks different organs thus: hemicrania when it affects one side of the head, pleurodynia when it attacks the pleura, pericorditis when it affects the pericordium (the lining membrane of the heart) and so on.

We will notice two kinds of rheumatism: inflammatory and chronic. The first is attended with fever and the other is not. Inflammatory rheumatism is also called acute rheumatism and rheumatic fever. This is attended with considerable fever a high temperature, and some painful swollen joints and most commonly a profused sour perspiration, and the great danger in this type is that it may strike some internal organ and leaving there a permanent injury, as heart disease, &c. often however the temperature so high as to endanger the patients life and indeed sometimes he does die from excessive temperature, in these cases the skin becomes dry, with great thirst and the tongue coated white fur, the urine is high colored, the patient can't bear to move and the slightest shaking of his bed gives him great pain, if you motion as though you were going to hit him he screams out with great pain in the swollen joints, and he is so subject to relapse that we never know when the patient is getting well; for joint after joint becomes affected, and as I said above to affect the heart seems to be one of its strongest tendencise, and this too is one

of the dangers of Rheumatic fever, and it is curious too, that the right, or venous, side of the heart is never affected, only the left, or arterial side. Corea is another complication of this disease. As to the cause, there is now, and always has been, more or less doubt and disagreement among authors. Some contend that it is a blood disease, depending upon some specific poison, some lay the stress upon cold, others again say that it is both, others again say that it depends upon the presence of lactic acid in the blood. All it seems to me, have good reasons for their belief. Indeed I believe they are all resting upon sound hypothesis; for whatever seems most rational in either event as a course of treatment does good. But the latter theory is nearer sustained, I think, from the fact that an alkaline treatment seems to prove the most satisfactory. Now, as to the treatment of this type of rheumatism, I shall give what I believe to be generally considered best first, and then other remedies which have done good.

1st. Salicylate of Sodium            4 drs.  
       Pure Water                        4 oz.

Dose, a teaspoonful every six hours.

2nd. Bicarbonate of Potassa        6 drs.  
       Water,                                4 oz.

Dose, same as above.

3rd. Salt Petre (Nitrate of Potass) 2 oz.  
       Old Whiskey                        1 qt.

Dose, a tablespoonful three times daily.

4th. Bark of the root of Prickly ash 4 oz.

Whiskey or Brandy 1 quart.

Dose, same as the 3rd.

5th. Apply large blisters near the affected joints for a few hours, then remove them and apply poultices to keep up running as long as possible, and give formula 1st.

6th. Grind well together the following:

|                 |         |
|-----------------|---------|
| Salt Petre      | ½ oz.   |
| Gum Camphor     | 1 dr.   |
| Powdered Opium  | 20 grs. |
| Powdered Ipicac | 20 grs. |

Dose, from 5 to 6 grains every one or two hours. This last is a powerful anodyne and diaphoretic, and very much so when given in warm balm or sage tea.

Another formula for this great anodyne powder is as follows: take of

|        |         |            |        |
|--------|---------|------------|--------|
| Opium  | 10 grs. | Camphor    | 40 grs |
| Ipicac | 20 grs. | Salt Petre | 3 drs. |

Dose, 5 grains every one, two or three hours; useful in all febrile, inflammatory, nervous, rheumatic and painful affections. It will relieve pain, allay nervous irritation, promote perspiration, quiet the system and dispose to sleep.

After the active stage has passed off you should take syrup of stillingia a pint, iodide of potassa one ounce. Take a teaspoonful three times a day.

Electricity is worthless in this type of rheumatism, in the inflammatory stage at least.

Quinine in very large doses of 20 grains some

times does good, but prefer withholding that drug till the inflammatory stage is over and then give it in 5 grain doses for its tonic and alternative effect,

#### CHRONIC RHEUMATISM.

This is altogether a different affection from the type just considered. Although the acute may pass into the chronic; but generally the one exists quite independent of the other. In chronic rheumatism there is seldom any constitutional derangement, but sometimes there is some fever. But the pain is very troublesome and often very severe. Old people are more apt to suffer from this disease than younger persons, though it does attack all ages and both sexes.

It too, has different names in different muscles, or parts of the body; but, it is rheumatism all the same. Sometimes heat makes it worse and sometimes cold makes it worse; so you see one patient close by the fire, while another stands aloof. Hair-drawn theories and fine discriminations would be out of place in this little book as almost everybody knows too well what this is when they suffer from it once.

As respects the remedies; they are, too, somewhat different although some of the remedies used in the acute or good in the chronic. For the first, 3rd. and 4th. formula in the acute are also good in the chronic, and liniments will often do good in this affection. Electricity is a very valuable agent in the cure and treatment of chronic rheumatism. Flannel should be worn next to

the skin. A great many remedies have been prescribed in this disease, and strange to say, that as many have failed to cure, but what will do one good is, probably, worse than useless to another. I have had a fair chance to try all the remedies recommended in this disease; for I have had quite a number of rheumatic patients in my Sanitarium for treatment, and I am well convinced that the following will benefit more cases than any other course I know, and I will give one treated, as an example.

Mr. L.—Chronic rheumatism of long standing, muscles perished, much pain with burning sensation in the back, hips and legs, appetite poor, sleep disturbed, with general debility.

Treatment—I gave him,

|                      |        |
|----------------------|--------|
| Bromide of Potassium | 4 oz.  |
| Water                | 14 oz. |
| Wine of Colchicum    | 2 oz.  |

Dose, a teaspoonful before each meal and at bedtime. Gave electricity three times daily, increasing the use of the battery daily, until he could take a very strong current for 20 minutes at a time and for 5 times in 24 hours; and continued this course for 30 days. He had no pain or burning but was weak. I then gave citrate of Iron and quinine in 4 grain doses in syrup of stillingia for 2 weeks, continuing the use of the battery, and I dismissed my patient, well from rheumatism. I have used formula 4th. in the preceding type with great success, both with and without the battery. Bathing in an alkaline bath is sometimes good, but the non-professional

had better leave it off. I have used the following liniment: take equal parts of laudanum, turpentine, hartshorne, camphor and sweet oil; apply with heat, once or twice a day.

OR

Take Tincture of Capsicum (pepper), Oil of Sassafras, Camphor, laudanum and hartshorne equal parts, apply as the above.

Other remedies might be given, but the above will suffice.

#### CROUP.

This is an inflammatory disease of the upper part of the wind-pipe, (Larynx). Children from 2 to 5 years old are more subject to this disease. It is known by a peculiar sound, a hoarse and crowing cough; the child gets breath with great difficulty. True croup is not so common as many people think. Genuine croup is accompanied by the formation of a false membrane; sometimes thick and tough, and the child is strongly threatened with suffocation. It does not come on so suddenly as false croup, it is often preceded for a day or two by febrile symptoms, a hoarse cough sometimes before the first spasm, the skin is hot and dry, the mouth parched, and after the first spasm passes off the fever continues, In false croup, which is by far the most common, is known by the flushed face, the bluish cast of the skin, the violent effort to get breath, an expression of great anxiety and alarm, in both the action and countenance of the child. Often it is that when one fit of croup passes off another comes on

and the night is spent in alarm, when really, there is but little danger of death in false croup. But as it is difficult for the non-professional to tell whether it is false or true croup, I shall proceed to give the best remedies known in either type you should apply cloths dipped in hot water as hot as can be borne, and repeated often, being careful not to allow the water to drip from the cloths as all the clothing should be kept dry and warm.

You should continue this till the child is relieved, then cover up the child warm and all is right.

If however this should fail, give the child a half teaspoonful of allum in a teaspoonful of lard, repeat this till the child throws up, then apply the snuff poultice, which is made as follows. Take a piece of cloth large enough to cover the child's breast, grease it good with lard, and then sprinkle snuff on it till it is pretty well covered, apply this to the child's breast till it sleeps soundly and the child is well,

OR,

Give the child a small teaspoonful of lard and sugar well worked together every fifteen or twenty minutes, and I will say right here that this will save ninety-nine cases out of a hundred that is not past all hope of recovery.

I will give another remedy that I have tried with success in a score of cases and always used it on my own children and it has never disappointed me in the first instance. While giving the sugar and lard mixture apply suddenly a

plenty of cold water to the throat and upper part of the chest and give cold water to drink as soon as the breathing is better which will be in a few minutes wipe dry and put to bed. Another popular remedy and a good one, is to apply a poultice of raw onions to the throat and breast.

ROSEOLA, (FALSE MEASLES.)

You often hear people say that they had the measles twice, or both kinds. The fact is, that they had the measles one time and roseola at another time. This affection looks very much like measles, but generally the symptoms of a bad cold are absent, also the cough. The spots are a little raised, of a rose color and the patches are irregular in shape. Not much constitutional derangement, sometimes, however, the throat is much affected, and the eyes become a little red and swollen, with some chilly sensation and fever. Not much treatment is needed, as all these symptoms pass off in a few days of themselves. However, a purgative is useful, and a light diet &c., is all that is necessary. Sometimes this eruption has been taken for scarlet fever, but there is a great difference, when we look into the two diseases. The non-professional should read under both these heads before they attempt the treatment of either, as it is probable that they might be mistaken, and the treatment is different and mischief might probably grow out of such a mistake.

## DIPHTHERIA.

This is a justly dreaded and very fatal disease, It is catching from one to another. Children and grown people are subject to it, and both sexes. The symptoms of this disease vary so much that the non-professional are often misled, till it is very late to commence treatment. Being as it is, surely a blood or constitutional disease, the formation or the appearance of false membrane in the throat and mouth and nose, are only too much evidence to us that the disease has developed its self, and the chances for the patient's life are lessened by the lapse of time.

This is often the first symptom noticed by parents, and consequently we will start right here with our course of treatment.

1st, Move the bowels with some light purgative, as salts or oil. Then put in a common glass about a tablespoonful of chlorate of potassa and and mix by grinding the same amount of sulphur and 20 grains of quinine. Stir well before using, give a teaspoonful of this to a child every two or four hours, keep the patient clean, don't let him talk much, give him light nourishing diet, as milk, poached eggs, light bread, soup &c., and if the false membrane does not begin to peel off in the course of twelve hours, give him five drops of tincture of iron in a teaspoonful of water, every 4 hours. If the patient is feverish and yet pale, put 30 grains of quinine in one ounce of the tincture that you are using. At the same time you may mix in a big mouth bottle, lard a tablespoon

full, spirits of turpentine a teaspoonful, spirits camphor tablespoonful; warm and apply on flannel to the throat.

A great many gargles or washes have been used and, too, with success. As the following:

Salt a tablespoonful,

Vinegar a gill—a spoonful as a gargle.

OR

Borax  $\frac{1}{2}$  oz.

Alum  $\frac{1}{2}$  oz.

Water  $\frac{1}{2}$  pint.—Use as the above.

OR

Sulphite of Soda six drachms in a strong infusion of quassia chips. Dose, a tablespoonful 3 times daily for a grown person. Some physicians use caustic in the treatment of this disease, and is sometimes the best thing to be done. But I do not endorse it in the hands of the inexperienced. The above named remedies have always been sufficient in my hands. But you must not forget the fact that when the patient seems about well, and you are in great hope of his recovery, he may relapse and die in one or two hours; therefore you should not stop your remedies *too soon*, but go on with your iron and quinine and washes for a few days after the false membrane has disappeared; but not so often toward the last, till you are certain that your patient is quite well. I have had to blow sulphur into the throat, through a quill, and destroy the false membrane. At the same time I let him inhale the steam from bitter herbs poured on a hot rock, smoothing iron &c.

## BLEEDING FROM THE LUNGS.

This is generally coughed up and spit out. It is of a bright red color and mixed with foam and frothy matter from the mouth and throat and looks much like that in a hog's or beef's lights. Sometimes there is but little of it, again it is so severe as to take the patient's life in a few seconds or minutes.

As soon as possible give him a teaspoonful of common salt and let him swallow it down and repeat in fifteen or twenty minutes till the blood stops. Then he should keep quiet, restrain from talking and coughing as much as possible. He should take care that another fit does not come on, to this end, he should keep his feet warm, his bowels open, his breast cool and drink astringents, such as a tea made of witch hazel, white oak bark, &c.

## OR

when the drug can be had in time of bleeding, give a male a teaspoonful of fluid extract of ergot—a woman should not take this unless given by a careful physician. I have used galic acid in either sex, in five grain doses, every five minutes till bleeding stops; or give oil of Canada flea bane (errigeron) in five drop doses every half hour; or a teaspoonful of turpentine as often. The patient should rest in a half sitting posture and some one should fan his face and breast, unless it is very cool weather, let the doors stand open so that he will have plenty of fresh air and *keep quiet*.

## BRONCHITIS.

This is an inflammation of the wind pipe and I almost always find the patient with fever, having had a slight chill, with a pain in the breast, about the collar bone, a severe headache and sometimes coughing up phlegm and often a flushed face, eyes red, breath short and sometimes noisy, and feet inclined to be cold, pulse quick and strong. Give him a purge and then sweat him well; or, if there is sickness of the stomach, as there sometimes is, give him first a puke and then a purge. This often breaks up the disease at once; but if not, give him plenty of strong tea of pleurisy root sweetened to taste, and put his feet in warm water. I have greatly aided these remedies by using a warm application of some kind to the throat, as in croup.

|                    |         |
|--------------------|---------|
| Take Dovers Powder | 20 grs. |
| Quinine            | 20 grs. |

Divide into 4 doses and give one every four hours, keeping the patient warm in bed; if this is given in the above decoction it is a powerful sweat, and is one of the best in this disease.

Another good remedy is to suck the steam from hot water out of the spout of a coffee pot. This is also a good thing in quinsy. You must not forget the important fact that this disease is often the forerunner of that fatal and dreadful disease, consumption; and the time to work is when it is in its first stages. If it should, by neglect, pass into chronic bronchitis it is not easily cured. Then some of the remedies under consumption are to be used.

## NEURALGIA, (TIC DOULOUREUX.)

Of all the affections to which human flesh is heir, this is the most painful. While it attacks the face most commonly, it is no respecter of nerves or muscles, and may strike you anywhere, as suddenly almost as lightening. It may shoot from one to a hundred times along a nerve, faster than the poor sufferer can scream; and then leave only a numbness in the part, that a moment ago seemed to be torn into shreds by hot irons. I have had it for five hours at a time, until it seemed that the flesh was being pulled from the bones of my face and head with red hot hooks. I have been stricken quick as thought, and disturbed or frightened every one around by my screams and yells, without even knowing that I made the least complaint.

I know that this may seem incredible to those who never experienced neuralgia, and I pray God that they may never suffer as I have from this terrible scourge to mortal man.

I consulted over forty physicians, all good and learned men; all seemed to be in deepest sympathy with me; all willing to do me good, and they recommend this or that; some of them prescribed for me; but not the least relief could I find. My suffering was in the right side of my face and head; and once when suffering, as I thought, death a hundred fold, and fell upon the bed craving to die, my wife placed on that side of my head and face cloths wet in as hot water as she could bear her hands in, and kept them renewed for some time, till I fell asleep and slept some

time. I afterward felt better and went longer without an attack than before, and since that time it has been my resort and almost my cure. I suffer yet sometimes, but not a hundredth part of what I did. I have walked all night for several in succession; I have nearly destroyed my life several times with opium, trying to get ease. I have said, "Oh ye learned medical men! where is your skill? Oh the boasted power of medicine, how false! how insignificant! Now, I hope that my kind reader will pardon me for taxing his time to read so much of my experience; I must be candid. While medicine did me but little, or no good, yet it is good for some others, and it may be that I can point out something that will help you. It does seem really strange that patients have come from ten to twenty miles to me for something to cure neuralgia, and have got relief, when I was at the time suffering almost unendurable pain. I have prescribed the following with great success:

|                     |         |
|---------------------|---------|
| Quinine             | 40 grs. |
| Mur. Tinct. of Iron | 1 oz.   |
| Tinct. Black Cohosh | 1 oz.   |

Dose, 20 to 30 drops three times daily.

OR

|                   |        |
|-------------------|--------|
| Red Oxide of Iron | 6 drs. |
| Sulph. Quinine    | 2 drs. |
| Sulph. Morphia    | 6 grs. |
| Water             | 1 pt.  |

Shake well each time before taking. Dose, a teaspoonful 3 or 4 times daily.

OR

|                            |         |
|----------------------------|---------|
| Fluid Ex't of Gentian      | 2 oz.   |
| Fluid Ex't of Black Cohosh | 2 oz.   |
| Sulph. Quinine             | 60 grs. |
| Elixir Vitriol             | 4 dr.   |

Dose, half a teaspoonful four times daily.

OR

|                             |        |
|-----------------------------|--------|
| Citrate of Iron and Quinine | 1 dr.  |
| Sulph. of Morphia           | 2 grs. |
| Water                       | 4 oz.  |

Dose, a teaspoonful 3 times daily.

For liniments and external applications I will refer the reader to the last pages of this book, where he will find the formula for several of the best known for the relief of pain.

#### BURNS AND SCALDS.

We all know what a burn is, whether it is a scald or from fire itself, and therefore no description is necessary at all. I will, therefore, call attention to the best remedies I know of for external burns. If burns are very severe you should call a medical man at the earliest moment, for sometimes death soon follows the burn in a short time. For ordinary burns, you may make a batter of water and corn meal and apply; this will take out inflammation; or mix corn meal with linseed oil; or cover the burn with cotton lint and keep it well wet with water in which a spoonful of common soda has been dissolved to a pint of water.

If the skin is off you had better use a poultice of slippery elm and sweet milk. When the skin

is burnt off you can use sweet oil to great advantage; then cover with cotton batting. You might dissolve one grain of morphia in a cup of water and wet the burn with that occasionally till it quits hurting. Sometimes a burn, if on the finger, or a small spot is burned can be relieved by blowing your breath strongly upon it for several times. If the burn is very extensive and the skin is burned off use Turner's cerate, which is made as follows:

Take Calamine (prepared) 3 oz.

Yellow wax 3 oz.

Lard 1 lb.

Melt the wax and lard together and as it cools and begins to thicken add the calamine stirring constantly till cold. This salve or cerate should be applied on linen cloths renewed every day.

Every family should keep this valuable cerate on hand. Another good application for small burns is tar. In very painful burns, sometimes the following is applied in a tablespoon of lard, mix two or three grains of morphia and apply on lint. But nothing on earth will excel cold water or ice to give immediate relief in burns. Water and soda as mentioned above will be found excellent.

#### JAUNDICE, (ICTERVUS.)

In this disease the whites of the eyes and the skin turns yellow, bad taste in the mouth, tongue coated yellow, poor appetite, a dull stupid feeling and often an aching sensation in the right

side. In very severe cases there is slight chills and fever, the patient is very despondent and is apt to lose flesh, his urine is high colored and the stools are of a light clay color, he is apt to have headache with shortness of breath.

The treatment is varied, as what will cure one will do another but little good. This is because, no doubt, that the remedy is not adapted to the cause of the disease. I will, therefore, give a variety of remedies so that the non-professional can use them in turn.

1st. Calomel 10 grs.

Rhubarb 15 grs.

For a dose repeat every other day and if this should not work off in eight hours, take a dose of castor oil, and between doses take the following mixture:

Two raw eggs, two tablespoonfuls of common soot (clear of ashes) and one teaspoonful of salt; beat them well together. Dose, a teaspoonful every two hours. This course has cured some of the worst cases. Or,

2nd. Rhubarb in powder  $\frac{1}{2}$  oz.

Bicarbonate of Potassa 2 drs.

Ground Ginger 1 dr.

Grind these well together and take a teaspoonful once or twice a day, or enough to give you one or two good actions daily, and drink freely of the decoction of barberry root. You should also take an egg raw every day, plenty of out doo

exercise is always best if the patient is able. I have known some very bad cases of jaundice cured by taking a fresh raw egg every morning and a dose of rheubarb say 10 or 15 grains at night, but of all the remedies that I have ever used in my practice the 2nd. formula is the best; followed up with the eggs, root and salt. The diet should be light and nourishing, and horse back riding is good exercise if the patient is able. A very popular domestic remedy is to make a strong tincture of barbary root in spirits and take a spoonful three times daily.

#### WHOOPING COUGH (PERTUSSIS.)

As this cough is generally known, a description is unnecessary, especially when the whoop is heard. I will say right here that we do not offer to cure the whooping cough, but to merely palliate and modify the cough or paroxism. There are scores of remedies proposed for this affection but all fail to cure, but there are a few simple remedies that help, and such only will I give.

#### FIRST.

Frequent but small doses of the infusion of red clover blossoms, is one of the best,

OR

A few drops of the tincture of assafoetida, four or five times a day is also good.

OR

Sugar and sweet oil has been used with some advantage, given in teaspoonful doses several

times daily. Or the following is said to remove the whoop, and cut the cough short.

Take dilute nitric acid 8 drachms, and enough simple syrup to make 4 ounces. Dose a teaspoonful every four hours.

#### EAR ACHE. (OTALGIA.)

We all know well what ear ache is, although it may arise from many causes and require different modes of treatment, yet one thing is needful, that is present relief from pain and that is what we most want.

And a great many remedies are recommended but the following are generally the best.

A few drops of sweet oil dropped in the ear.

OR

A few drops of Tr. of camphor (camphor in spirits.)

OR

Hot bread bound to the ear.

OR

A poultice of roasted onions.

OR

One or two drops of laudanum and camphor.

OR

Mix laudanum 10 drops,

Glycerine a teaspoonful.

Camphor 20 drops.

Put a few drops in the ear on cotton.

OR

Glycerine 1 teaspoonful.

Morphia 4 gr.

Two or three drops in the ear, repeat it if necessary. Hardly ever fails to cure. Often it is

best when convenient to syringe out the ear with warm castile soap suds and often it is necessary to sweat the patient freely, a hot foot bath is good when ear ache is of the neuralgic kind, also quinine is best given to a child five years old in one grain doses every four hours, if foreign bodies such as grit, gravels, beans, wheat and the like, it must be removed carefully by tweezers or washed out before relief can be had. If insects such as bugs, worms &c. get in the ear, you should poure camphor or strong soap suds in the ear and kill the insect and if it does not wash out you must carefully remove it. Bear in mind these operations should be performed with great care or you might injure the tympanum or drum of the ear or some other delicate membrane. Generally if the ear be held down and water be thrown into it with a syringe, the pest will readily wash out; after the thing is thus removed the pain may be eased as above stated.

#### ITCH, (ALSO CALLED SCABIES.)

This affection is worse dreaded than small pox and strange and worse than a foolish thing is, everybody denies having it, and by this means it is scattered all over the country, to save the life of me I cannot see why any one should tell a lie any more about the itch than the mumps or measles or any thing else, though some people will tell a lie about any thing. If I had the

itch I should try to cure it as soon as possible and if any of my friends offered to shake hands with me I would say: excuse me please I've got the itch. To conceal the matter and give it to somebody else, is worse than stealing; it is too mean. If people would do right they would soon stop the loathsome disease. A great many people don't want to use the best, safest and quickest remedies for its cure that is known for fear that somebody will smell it and think that they have got the itch. And they will fool along with poke root and the like for months or even years and give everybody in the neighborhood the itch.

If it is a disgrace to have the itch, what must it be to give it to somebody else willfully and knowingly. The disgrace is on the one that gives the itch and not on the one that takes it. Now go and get you 4 ounces of the flour of sulphur and make an ointment with lard, then take off your clothes and wash yourself well with soap, wipe dry and grease well with the ointment and repeat this for three or four days, and if you don't want people to smell you, hide yourself and don't tell a lie about it just to get other people into the same trouble.

#### WORMS.

Now under this heading I do not propose to enter into a detailed account of the many kinds of worms that infest the human body, nor do I propose to take up valuable time in writing many pages on symptoms, but I do propose to

give a few plain symptoms whereby any parent may be pretty sure as to worms, whether present or not and then to give a few good and reliable remedies or means for their removal. When your child is restless at night and the upper lip seems swollen, the eyes full and dull and he picks at his nose a great deal, the stomach or belly round and full, and the saliva runs out of his mouth so as to wet the pillow, and he is often chewing or rather champing his teeth, with bad breath and fever, and sometimes choking and finally when worms pass from him.

I say when several of these symptoms are present you may say the child has worms.

#### REMEDIES.

I use the old reliable remedies in my practice. I will take a case, a boy of two years old. I will give him a dose of calomel say 10 grains and repeat it several alternate days or every other day till the stools seem natural, then I will give him worm seed oil; direction is on the bottle you buy it in. This will not fail one time in a hundred but as many people are prejudiced against calomel, I will for their benefit give another. Give oil (castor oil) and spirits of turpentine 5 drops to the spoonful of oil, after this works off, give the worm seed oil. See directions on bottle. Pink root and Sena is an excellent remedy. But that owing to neglect is scarce. I will next give

a more modern remedy, first give the child a purge of oil and then give him about 1 grain of Santonan every two hours till he takes five doses and in two hours from the last dose of Santonan give another dose of oil and five drops of spirits of turpentine.

If worms choke the child give it salt water a teaspoonful once in a while, this is also good to drive worms. I omitted to say that santonan should be given with caution, all the remedies should be repeated in a month or two, and in the mean time the child should take some iron and bitters as a tonic. The best is the following:

Muriated Tincture of Iron, one ounce,  
Sulph. Quinine thirty grains.

Dose, 4 or 5 grains, 3 times daily in sugar.

#### ERYSIPELAS OR SAINT ANTHONY'S FIRE.

This is a painful inflammatory disease, it breaks out in a scarlet red spot, and burns and itches and quickly extends over the whole limb or body and is often attended with considerable fever and delirium, it sometimes strikes an internal organ causing death in a short time. It often looks and feels like a severe scald or burn, and blisters giving great pain to the affected spot. Some times the face and head swells fearfully until one would hardly recognize his patient did he not already know him.

## TREATMENT.

A wash of copperas water often cures it.

OR

Keep it wet in sugar of lead water, a teaspoonful of sugar of lead to a pint of water.

OR

Paint it every day, with tincture of iodine.

OR

Keep it wet with slippery elm poultices.

OR

Coating the inflamed part with castor oil has been very highly recommended by some.

OR

Boil rye meal and mix with soft soap, apply.

OR

Common wood spot mixed with lard, apply.

OR

The juice of one lemon in a gill of brandy and apply every 15 minutes till cured. This is one of the best in most cases.

By all means the bowels should be kept open, and as soon as the inflammation has somewhat subsided the patient, if grown, should take tincture of iron and quinine in doses of ten drops of the former and two grains of the latter every four hours till he has taken 8 or 10 doses, then 3 doses daily. The diet should be light and nourishing, but no fats or other indigestible articles of food should be taken into the stomach.

Patients should be kept as much as possible out of the light and wind. I have used the above remedies with success, and never lost a case of this disease.

## SCROFULA OR KING'S EVIL.

This is a disease which is much more common than most people think, for there are a great many affections and ailments depend upon or have their origin in a scrofulous condition, such as, often consumption, rickets, spinal affection, bronchocele, white swelling, &c. But scrofula, purely and uncomplicated has very plain, distinctly marked symptoms, such as enlargements of glands which amount to tumors, sometimes they grow very slowly or do not grow at all for years, and then may go away. But they more commonly grow and break and run. These tumors long before they break can be moved about with the finger and there is neither pain or soreness, but when they do break they often become sore and painful. The matter, too, that they discharge is commonly very characteristic of the disease, for it is a thin, sizey, ichorous matter with little flakes. As to the causes of scrofula they are numerous, and it is often difficult to tell upon what its presence depends. But the transmission of scrofula from one generation to another cannot be denied, though one, or even two, may escape, it will visit the third or fourth with seeming increased violence, and being a blood disease, as well as an otherwise constitutional affection, it requires alteratives, blood purifying and constitutional treatment. Indeed we cannot hope for such a thing as a cure from local treatment, but can only hope, if we hope at all, for cure through

a course of constitutional treatment by renovating the system, purifying the blood and building up the waste places and diseased tissue.

That the healing of the sores may be aided by cleanliness and soothing applications will not be denied, but the cure for scrofula is in alteratives and renovating resolvents; whether it is in medicines or mineral waters. I have had a great deal of experience in the cure and treatment of scrofula and I have treated many cases that had been abandoned as hopeless cases, and I succeeded in my undertaking with the continued use of remedies that I shall presently mention. I will give one case in detail for the encouragement of any that are afflicted with this loathsome and dreadful dis-ease under whose eyes these pages may fall.

J. S. H.—a young man of 20 years had lost one foot and the stump was a running sore. The part was worse than the foot was when the doctors amputated it, and besides he had other large running sores on his body. He crawled on his knees and hands and with all the care and cleanliness that his poor widowed mother could take, the odor of foul sores was terrible. In this condition I found the young man for whom the doctors refused to further prescribe, but said that he would live but a short time. When I proposed to treat his case voluntarily he thought it was of no use, as all had been done that could be done. I said to him: S., if you will pay for the drugs at cost, I will give you my services and I will put

you on foot, and I believe that I can cure you and I want to try. The young man finally agreed, and I undertook his case and in one month he walked about, in two months he went where he pleased and continued to improve, and in eight months he took a position as clerk in a store and has been engaged in hard work of that kind nearly all the time since, for about eight years, and is now quite stout, though he has some large joints &c. Though I have not talked with him in several months I believe he will take an active part in the selling of this book. And I have no doubt but these pages will be read by many who are well acquainted with this one and scores of other cases of a like nature, treated on the same plan and principal. Treatment:

|                     |                     |
|---------------------|---------------------|
| Iodine              | 2 drs.              |
| Iodide of Potassium | 4 "                 |
| Rain or snow water  | $\frac{1}{2}$ pint. |

Dose, from 5 to 10 drops in water.

This solution must be kept in a cool dark place in a well stopped bottle but where it will not freeze in winter. This is very useful in all syphilitic, scrofulous and rheumatic diseases. It is a stimulant, alterative and diuretic.

OR

Cold infusion of walnut leaves, a teacupful with five grains of Iodide potassa for a dose, 3 times daily.

OR

|                     |       |
|---------------------|-------|
| Iodide Potassa      | 1 oz. |
| Syrup of Stillingia | 8 oz. |

Dose, one teaspoonful 3 times daily.

OR

Fluid extract of Sarsaparilla 8oz.

Syrup of Stillingia 8 oz.

Iodide of Potassa 2 oz.

Dose, a teaspoonful 3 times daily.

OR

Mak a strong decoction of yellow dock root and bark of tag alder a pint, iodide of potassa 2 ounces; dose as above.

OR

Syrup of Iodide of Iron in ten drop doses in water 3 times a day (take care of teeth.)

All these should be alternated—that is take one and then the other.

Another good and safe remedy is

Fresh Polk root 2 oz.

Whiskey or Brandy 1 qt.

Fluid extract of Stillingia 2 oz.

Dose, a tablespoonful 3 times daily.

OR

a decoction of any of the following herbs or plants single or together or any two or three together. Tag alder, false grape, burdock, plantain, black cohosh, sassafras, iron wood, iron weed, yellow dock, sarsaparilla, stillingia, wahoo, turkey corn, walnut leaves or elder flowers. These agents purify the blood, and may be, in all scrofulous diseases, combined with iodide of potassa one ounce to the pint; dose a tablespoonful, or without the iodide 3 or 4 tablespoonsful; and you

should take the potassa only two weeks in this or in any form, as the system will soon become used to its action, hence the need of changing treatment frequently.

And if there are running sores they are best treated with elm poultices and should be often washed and dressed at least once or twice a day. Charcoal powdered very fine and sprinkled over the surface of the sore will correct the smell. Oxide of zinc is also good, made very fine and mixed with the flour of elm and sprinkled or laid on the sore, or if the ulcer is very offensive to the smell cloths laid over the sore wet with a decoction or infusion of wild indigo, beet root, white oak bark, sumach or lousewort; or you may use vinegar or a weak solution of sulphate of zinc or saltpetre.

It takes a long time to cure scrofula under favorable circumstances, and patients often get out of heart and quit trying, and the physician too, often dispairs of hope of success and only gives his attention mainly to that course of treatment called paliatives, and this is only calculated to pacify the patient. For I do say, positively, that you can not cure scrofula by washing and plastering the sore no more than you can dry up a spring of water by building a dam below it and making a pond over it, or change the constituents and elements of the water under the hills by putting something in the spring or branch below. Purify, alter and tone is the course to be persued in scrofula.

## PILES, (HEMORRHOIDS).

This affection needs but little description as most people have acquaintance with it. Piles are called by a name according to their situation and kind, thus; when the sores are on the inside of the rectum it is called internal piles, when on the outside it is called external piles, when they bleed they are called bleeding piles, and when they do not bleed they are called blind piles.

Sometimes piles are caused by the presence of thread worms, sometimes depends on a distended condition of the blood vessels of the rectum or lower bowels, over purging or straining at stool. Taking too much Aloes will sometimes bring on piles, compound pills of Aloes, Gamboge and Jalop will bring on piles sometimes, and habitual constipation will produce piles. I will notice piles simple and uncomplicated. I know of no affection that has a greater number of remedies and cures than piles. I will give the best remedies I know of in bleeding piles.

Introduce a capsule full of balsam copaiba 3 times daily into the rectum.

OR

|               |                   |
|---------------|-------------------|
| Rhubarb       | 1 oz.             |
| Rosin         | 1 oz.             |
| Powdered Alum | $\frac{1}{2}$ oz. |

Mix well together and take a tablespoonful in water 3 or 4 times daily as long as the bleeding continues and keep the parts well bathed in cold

water and ointment. Use an ointment for bleeding piles of

|              |                 |
|--------------|-----------------|
| Beeswax      | 1 oz.           |
| Sheep Tallow | 2 oz.           |
| Alum         | ½ oz.           |
| Linseed oil  | 1 tablespoonful |
| Laudanum     | 1 “             |

Warm and mix—apply to the bleeding part on lint cotton after each stool and washing.

## OR

Drink plentifully of slippery elm water and take raw flaxseed oil enough to keep the bowels open daily. This is good in any kind of piles, and has cured many bad cases of long standing.

Bleeding piles has been cured as well as blind piles by injecting salt water up the rectum. Injecting cold infusion of oak bark or alum water has stopped bleeding, and so has a few drops of turpentine in starch water. For either kind of piles ointment, salve, &c. take

|                       |       |
|-----------------------|-------|
| Lard                  | 4 oz. |
| Spirits of Turpentine | 1 oz. |
| Laudanum              | 1 oz. |
| Spirits of Camphor    | 1 oz. |
| Tincture Arnica       | 1 oz. |

Mix. To be applied on cotton lint or otherwise convenient. This is a good liniment for all sores, bruises, sprains, etc.

## ANOTHER.

|                      |            |
|----------------------|------------|
| Mutton Suet          | 1 oz.      |
| Beeswax              | 1 oz.      |
| Sweet Oil            | 1 oz.      |
| Soft, raw Turpentine | 2 oz.      |
| Laudanum             | 1 oz. Mix. |

Apply as above. Another very valuable ointment for piles is the following:

|                       |         |
|-----------------------|---------|
| Extract of Belladonna | 1 dr.   |
| Extract of Stromonium | 1 dr.   |
| Sulph. Zinc           | 20 grs. |
| Sugar of Lead         | 20 grs. |
| Prussic Acid          | 5 drops |
| Fresh Lard            | 1 oz.   |

Thoroughly mix—to be applied twice daily.

#### ANOTHER OINTMENT.

Express the juice out of leaves and stems of celandine with equal parts of sweet cream and apply to the pile tumor. This is said by some writers to be the remedy of all remedies and cures when all others fail. I have no doubt but that it is good. One more remedy for bleeding piles is to drink freely of the decoction of black currant, three times daily.

#### TETTER OR SALT RHEUM.

This is a troublesome, itching inflammation of the skin in small patches, with a small eruption a little raised and rough, covered with whitish scales like fine wheat bran. It generally appears on the hands and forearms, sometimes on other parts of the body and feet. Soap and heat often make it worse and it is troublesome in the night and when the body is heated or sweaty,

There are many remedies recommended for tetter, and the following are the best I have tried.

Steep puccoon root in vinegar and wash several times a day for a week or two.

OR

make a strong solution of copperas and apply the same as the other.

OR

Use a strong soda water the same.

OR

Paint twice a day with tincture of iodine.

OR

Sometimes, old salty grease with soda will cure tetter; but if there is not much inflammation a saturated solution of oxalic acid will seldom fail to cure. It must be applied like the other.

#### SHINGLES OR HERPS.

This disease is known by a number of spots of eruption confined to one spot of a red color, a painful itching, sometimes considerable fever with headache and other constitutional disturbance. It gradually extends until half of the body or limb is affected, the skin where the eruption appears becomes sore and inflamed and gives pain in moving the body or limb, and often the appetite is impaired and the bowels are constipated. There is a great deal of superstition in the country about shingles. There is a saying that if it goes around the body or limb it will surely kill; but this is a mistake, although it very seldom

if ever goes around. Some writer says he has known it to go around without any increase of trouble. Another superstition is, that nothing will cure the shingles but the blood of a black cat. So when they suspect that they have shingles, the first thing to do is to find a black cat and the poor cat has to suffer the amputation of his tail and the blood is applied from the piece cut off. Now, it may be that cat's blood will cure herps or shingles, but I cannot see how the color of the cat would make any difference, neither why it should be blood from the tail.

#### TREATMENT.

Shingles need but little treatment besides opening the bowels well with salts or oil or salts and sulphur or anything you have at hand, and a tonic should be taken, such as iron and quinine or tincture of iron alone; and apply to the affected part an ointment of oxide of zinc, or sugar of lead a teaspoonful to the pint of water and apply on cloths. But the best of all is the leaves of house-leek bruised and applied as a poultice, I have never known this to fail, but sometimes it cannot be had and then we must use such others as we have at hand. Linseed oil is said to be good, and also castor oil, though I have never tried either. Milk and wheat bran will be found very soothing, or an ointment of lard or sweet oil and soot is also good. But in old people, tonics are of great value, such as good bitters or iron. Citrate of iron and

quinine in three grain doses will be valuable, but by all means you should keep the bowels gently open with some mild laxative as given above and the diet should be light and nourishing.

#### ASTHMA, OR PHTHISIC.

This is a spasmodic affection of the lungs and the muscular fibers of the bronchia.

It is a very distressing disease, though there is not so much danger of immediate death as the patient thinks, for indeed it seems almost impossible sometimes to live an hour, for the patient rushes to an open door or window for breath and seems to be gasping for his last breath. And persons unacquainted with the disease would say, "he is surely dying," or "he cannot live." Every feature shows great distress, the eyes blurred, the face flushed, all the leaders of the neck and the blood vessels are distended to their utmost capacity and the whole body is bathed in perspiration, a hard laborious wheezing respiration or breathing, a severe, constant cough and abundant expectoration.

These alarming symptoms, fortunately, do not last very long, but gradually subside leaving the patient in a state of exhaustion. These attacks most commonly come on at night, though not always. Sometimes he may be suddenly attacked with asthma without any previous notice and it may last an hour or more and pass off and occur no more for a year or several years and return again with increased violence.

Again some patients are never without some symptoms of asthma, such as wheezing and coughing &c., but never have very severe fits of it, only a little worse sometimes than others. Perhaps not less than forty causes have been assigned by different writers, and a large majority of these are absent in every case of asthma. So that it is very difficult to know positively upon what cause asthma does depend in a very large majority of cases. Then owing to the uncertainty of our knowledge as to the cause that may induce an attack of asthma in an individual case, we can do no better than to treat the symptoms of each case as they present themselves, upon general principles. There are two indications to be met in the treatment of asthma. The first is to arrest the spasm and the second is to hinder its return. Then the first to palliate or relieve the paroxysm.

There is nothing better than to give a puke; say 20 grains of ipacac in half a pint of warm water, two or three spoonful to be taken at intervals of five or ten minutes until vomiting is induced, then afterwards an occasional spoonful is to be taken if the symptoms continue. Though lobelia is better in my judgement than ipacac. Smoke Jimson leaves (Thorn apple or Jamestown leaves.) will often give instant relief, or smoke paper that has been soaked in a solution of salt petre. A strong tea made of the root of butterfly weed, (also known as pleurisy root) and common pennyroil taken in half teacupful doses every

fifteen or twenty minutes will often stop the most severe fits of asthma.

Suck the steam of a strong decoction of peach tree leaves, (from the spout of a coffee pot) will often help.

A cupful of good strong coffee is very good in asthma every twenty or thirty minutes, or smell strongly of sweet spirits of nitre. After the spasms pass off you should use something to keep it off as much as possible. And the best thing I ever tried is the following pill taken four times daily.

|                       |          |
|-----------------------|----------|
| Extract of Stramonium | 20' grs. |
| Capsicum              | 20 grs.  |
| Quinine               | 20 grs.  |
| Ipicac                | 10 grs.  |
| Sulphate of Morphia   | 2 grs.   |

Syrup enough to make mass. Divide into twenty pills.

OR

|                         |         |
|-------------------------|---------|
| Extract of black Cohosh | 30 grs. |
| Sulph. Quinine          | 30 grs. |
| Morphine                | 3 grs.  |
| Capsicum                | 20 grs. |

Made into 30 pills and taken as the above.

OR

The tincture of Black Cohosh and Black Haw root in equal quantities, the dose is a teaspoonful two or three times daily. A Capsicum plaster between the shoulders is also good in asthma.

## SORE LEGS.

A great many people have sores on their legs; some of long standing and very ugly, offensive ulcers. When they have existed for a considerable time they should not be healed up at once. But you should first purify the blood and build up the whole system as much as possible, keep the bowels open, and for this purpose epsom salts in teaspoonful doses once or twice a day is good, or equal parts of sulphur and cream of tartar a teaspoonful night and morning is good or salt petre 15 grains two or three times daily will be found a very cooling laxative. You should also take a tonic and a blood purifier; for this purpose quinine and iron is best, say tincture of iron or oxide of iron. The following is a good formula:

Mur. Tincture of Iron      1 oz.

Sulph. Quinine              40 grs.

Dose, 20 drops in water three times daily.

OR

Reduced Iron              40 grs.

Sulph. Quinine              40 grs.

Extract Black Cohosh      20 grs.

Make 40 pills; take one 3 times a day.

OR

Syrup of Sarsaparilla      4 oz.

Syrup of Stillingia        4 oz.

Red Oxide of Iron        2 drs.

Dose, a teaspoonful 3 times daily.

The sores should be kept clean and healthy as possible. Pouring cold water on sores is a good thing if done on an empty stomach. If there is much fever in the sores a poultice of light bread and mik, or slippery elm or flaxseed poultices will, if applied cold, take out the fever. Or wash them in cold infusion of white oak bark is also good, or a salve made of Jamestown weed, or of elder bark is very good; but one of the best remedies to cool and heal an old sore is to keep them covered with tow and wet in new sweet milk. When old sores are hard to heal a poultice made of common garden carrots will be found of great service.

Old sores should be kept clean as before said, and to do this they should be washed with warm castile soap suds and dried with a soft cloth before other applications are made. You should keep the foot and leg well wrapped with a bandage commencing at the toes and then wrapping comfortably tight till above the sore. A little opium or morphine may be used if painful. Diet should be light and cooling; you must not use spirits if you want to get well. Sometimes a very weak solution of nitric acid will help materially in healing an old sore, but as I told you in the outset you must not heal an old sore too fast or it may cause your death. Before you begin to try to heal and all the time you are healing you must take purifying medicine and tonics as above directed.

## QUINSY OR TONSILITIS.

This is an affection of the throat or rather of the tonsils on each side of the throat. These are popularly called the almonds of the ear. In quinsy these tonsils become inflamed, sore and often swollen so that they meet and obstruct the passage of food or air and they become very painful. Often there is high fever, headache and very sore throat with some constitutional disturbance and the whole throat becomes sore and inflamed and the patient has to keep the mouth open in order to get breath, and often when he tries to drink or take fluids—for he cannot take solid food—it will return through the nose; often, too, on an examination of the throat we see the tonsils almost covered with a heavy coat looking much like the false membrane in diphtheria; if now we detach this substance it will leave a raw, bleeding surface. When we see a case like this we should be very careful in discriminating or deciding whether we have a case of quinsy or diphtheria. It is very important to know if possible. Quinsy is not catching, diphtheria is; besides a different course of treatment is often very necessary in two diseases. I have seen a great many cases of quinsy or tonsilitis that were pronounced diphtheria, which though it does not come on so suddenly, many times it is called and treated instead of quinsy. In the treatment of quinsy local treatment is more beneficial than in diphtheria and may be varied according to the urgency of the

case when the chill comes on or when there is fever you should put the feet in warm water and use every available means to produce perspiration and at the same time, if the patient suffers much pain, you should give him a dover's powder, 10 grains for a grown person, and let him inhale steam from hot water; this is best done from the spout of a coffee pot, at the same time use warm applications to his throat, such as flannels wrung out of warm water and bound to the throat or bitter herbs. A liniment may be made as follows and applied to the throat.

|                    |                   |
|--------------------|-------------------|
| Spirits of Camphor | 1 oz.             |
| Spirits Turpentine | 1 oz.             |
| Laudanum           | $\frac{1}{2}$ oz, |
| Lard or Sweet Oil  | 2 oz.             |

Mix well together.

At the beginning and all through the attack he should use a gargle or wash made thus:

|                     |                   |
|---------------------|-------------------|
| Chlorate of Potassa | $\frac{1}{2}$ oz. |
| Sulph. Quinine      | 30 grs.           |
| Sulphur             | 1 tablespoonful.  |

Mix well together let him gargle his throat with a spoonful of this every two hours and then swallow it, at all events he must wet his throat and tonsils with this frequently.

If these cannot be had, a tea of any of the following may be used, red oak, white oak, sumach berries or root, or persimmon, or use alum. These last must not be swallowed as they will constipate the bowels and cause fever.

Another very good prescription when the tonsils are coated and the patient weak is the following:

|                    |                   |
|--------------------|-------------------|
| Sulph. Quinine     | 30 grs.           |
| Mur. Tinct of Iron | $\frac{1}{2}$ oz. |
| Water to make      | 3 oz.             |

Dose, a teaspoonful every 2 hours.

You should not lose sight of the diet, he should drink milk, quail's soup, and egg-nog or milk punch if he is weak and be kept indoors for some time after he seems to be getting well.

#### ELONGATION OF THE UVULA.

This is a chronic enlargement of the palate. It commonly depends upon the same cause that the enlargement of the tonsils do, and a similar course of treatment will often be sufficient, but sometimes it becomes so large and long that it gives us a great deal of trouble. It often interferes with breathing and speech, and gives rise to a very troublesome cough, and I have no doubt but that consumption has been induced by it or the continuous cough and effort to clear the throat, and the general health of the patient is otherwise interfered with long before these more grave pulmonary symptoms are manifest. So this condition of the palate should not be allowed to continue.

When astringents &c. does no good you should go to a surgeon and have it amputated; this is neither a dangerous nor painful operation, but will often save much trouble if not your life.

## HIP DISEASE, (COXALGIA)

This is a disease of the hip and depends upon a scrofulous condition, and it is sometimes mistaken for inflammatory rheumatism, for indeed the symptoms are very much alike. It is more commonly met with in children of a scrofulous habit; but it may, and does sometimes attack older people. The cause of attack, although not well understood are undoubtedly contributed to largely by cold, injuries, falls, bruises from blows, severe strains, improper diet &c.

The symptoms are not very suddenly developed; generally the pain is first felt in the knee joint, and often completely lames the patient for several days before he experiences any pain in the hip; and too, sometimes the pain is felt in both hip and knee at once, and as the disease advances the general health is more or less interfered with, such as high fever, disturbed sleep, impaired appetite, profused sweats of a fetid smell, a wasting of the muscles and often a losing of flesh generally, as well as losing of hair. The patient is unable to move himself in bed without great pain. Sometimes at the commencement of this disease it may be mistaken for neuralgia of the knee, and too, neuralgia may be taken for coxalgia, and the only way to determine or decide is by striking the knee with your knuckle or punch the affected spot of the knee with the end of your finger and if it is coxalgia a severe pain will be felt, but if it is neuralgia it will produce no pain at all. So as a general rule the diagnosis are easily made out. Now that we are pretty well sure that the patient has hip disease, what shall

we do? 1st, give the hip perfect ease. 2nd, give the patient plenty of fresh air. 3rd, bathe him in salt water and wipe him dry, then feed him well on eggs, beef, mutton, vegetables, soup, oysters, fish, &c.

The remedies that are given in scrofula are proper in this disease, and therefore I will refer the reader to that head. Iron and quinine are proper, for your success depends on sustaining the strength of the patient. Liniments are worthless but you must continue perseveringly and patiently in the use of tonics and alteratives if you expect to save your patient; you may look in vain for success without it. Read under the head of scrofula and you will find alteratives profusely given and those combined with Iodide of Potassa are generally best in this disease. You must not be careless in the treatment of this disease for your patient may die after all. Fortunately for mankind this disease is not very common.

#### WHITE SWELLING

Also known as Hydrarthrus and Synovitis. Physicians recognize three kinds of synovitis, thus: rheumatic, strumous and syphilitic. Now under these heads we might write twenty pages that would be of some importance and interest, but as we are not writing for the profession we will give the general symptoms and also a general course of treatment, for the reason that the non-professional would not be at all likely to see or understand the different marks of discrimination from the meagre description that we could give in such a limited space.

The symptoms of this dreadful disease are very slow and at first very uncertain, but gradually become more and more characteristic. The knee joint more commonly is the chosen seat, but the ankle, toes, elbow, wrist or even the hip may be affected, though rarely.

The joint becomes swollen and a little sore and after awhile pain is felt, but slight, which gradually gets worse and worse till it is very severe and the skin has a very smooth, shining appearance; and now there is considerable heat of fever in the part affected, and soon the body becomes feverish, appetite impaired, a low quick pulse, and now the patient is very restless, cannot sleep and takes night sweats and perhaps diarrhea and sinks into extreme debility and dies.

These symptoms may be a few weeks to several months developing, but this is the general course of white swelling unless interfered with by a proper course of medication and treatment. In the treatment of this disease we should employ the best alteratives and diet as in the case of hip disease and scrofula. Give the joint rest; use the remedies under scrofula; iron and quinine are indicated and you may use the following in conjunction with the other remedies.

Citrate of Iron and Quinine 2 drs.

Water (pure) 8 oz.

Dose a teaspoonful three times daily.

But one of the best alterative compounds that we can use in this disease is the following in doses of 15 to 20 drops on sugar three times daily.

|                                |       |
|--------------------------------|-------|
| Fl'd Ext. Podophyllum peltatum | 1 oz. |
| Fluid Ext. Poke root           | 1 oz. |
| Syrup of Iodide of Iron        | 1 oz. |

Mix.

ANOTHER AS GOOD.

|                           |       |
|---------------------------|-------|
| Fl'd Ext. of Sarsaparilla | 4 oz. |
| Fl'd Ext. of Yellow Dock  | 2 oz. |
| Fl'd Ext. of Black Cohosh | 1 oz. |
| Fl'd Ext of Tag Alder     | 1 oz. |

Mix. Dose, a teaspoonful 3 time daily.

OR STILL ANOTHER.

|                        |       |
|------------------------|-------|
| Fl'd Ext. Sarsaparilla | 4 oz. |
| Fl'd Ext. of Bur Dock  | 4 oz. |
| Iodide of Potassium    | 1 oz. |

Mix. Dose, a teaspoonful 3 times daily. These doses are for grown people; for children give less in proportion to age. Local application in white swelling does good; the object of this is to keep down excess of fever, or to keep out cold, or to relieve pain. To keep down fever cooling poultices, such as milk and bread or red oak and wheat bran and such like. To relieve pain jimson or peach tree leaves may be used or both together. Pounded lettuce leaves applied are very good to keep out cold, or grease a lock of wool and wrap on. Liniments are sometimes useful.

|                     |                   |
|---------------------|-------------------|
| Sweet Oil           | 1 oz.             |
| Spirits Turpentine  | $\frac{1}{2}$ oz. |
| Laudanum            | 1 oz.             |
| Tincture of Camphor | 1 oz.             |
| Bee's Wax           | $\frac{1}{2}$ oz. |

Mix and apply 2 or 3 times a day.

And if there are openings discharging matter these should be washed well with castile soapsuds and with a small syringe wash the the inside as well as out. If it is smelling bad use carbolic soap and keep the parts protected from cold. If night sweats come on let your patient drink plen- of cold sage tea or white oak and wild cherry bark infusion, or give him 15 drops 3 or 4 times a day of the following.

|                   |         |
|-------------------|---------|
| Elixir of Vitriol | 1 oz.   |
| Sulph. Quinine    | 30 grs. |

If diarrhea comes on give him two or three times a day 10 grain of kino or 10 grains of catechu or 20 drops of laudanum. If he has night sweats and diarrhea both, then give him the following in fifteen drop doses 3 or 4 times a day in sweetened water or cold sage tea.

|                   |       |
|-------------------|-------|
| Elixir of Vitriol | 1 oz. |
| Tanic Acid        | 1 dr. |

Mix. Do not forget to feed your patient well on eggs, beef, mutton, squirrels, young rabbits, birds, soups and gruels, and by all means sweet milk in plenty. In derangement of the bowels boil the milk and flavor it with nutmeg or ground cinnamon or both. Give him stewed dried fruit, apples are best; if the bowels are in a constipated condition you should try to regulate the bowels with diet, and if you have to give a purgative I would prefer cream of tartar in teaspoonful doses once or twice a day.

## GALL STONES, (BILIARY CALCULI.)

These are concretions found in the gall bladder or bile ducts and depend on an unhealthy condition of the bile. They vary in size, from the size of a wheat grain to the size of a hen's egg. And we know nothing of their existence till they begin to pass from their place of formation, when the patient is suddenly taken with pain in the right side, after awhile it passes off and the patient is free from pain and only feels a little exhausted, and again he is seized with another and often vomiting. These fits may come often or may last for some time.

Generally about these times the whites of the eyes, and maybe the skin, turns yellow, and you will notice after these fits of gall stones and wash the stools and you will find these stones on the water, for they will swim. It is useless for you to try to cure your patient till these are passed, for they will continue, and sometimes too, until the patient is unable to stand the repeated shocks and dies of exhaustion. Well, what must we do? First, relieve the pain while they are passing. I apply the following to the side and stomach 3 or 4 times a day whether the patient has pain or not. Rub it on well.

|                       |                        |
|-----------------------|------------------------|
| Camphor in Spirits    | 2 oz.                  |
| Laudanum              | 2 oz.                  |
| Spirits of Turpentine | 1 oz.                  |
| Tincture of Capsicum  | 1 oz.                  |
| Citric Acid           | $\frac{1}{2}$ oz. Mix. |

To give ease at the time give one-eighth of a grain of sulph. morphine, or if the stomach will not retain it inject one-eighth grain under the skin with a hypodermic syringe, or yet, if you cannot do that, give sixty drops of laudanum by the rectum, that is throw it up the bowels, or if you have no morphine or cannot weigh and proportion a dose, and if the stomach is not too much deranged give 25 or 30 drops of laudanum.

These means are only intended to relieve the sufferings while the gall stones are passing. Now we should do our best to hinder the formation of more gall stones, for like causes will produce like effects. Therefore, we should use means to prevent the formation of gall stones by<sup>n</sup> arousing the liver to action, changing the condition of the bile and neutralizing the excess of acid in the stomach and strengthen the system; and for this purpose the following is best.

|                        |        |
|------------------------|--------|
| Powdered Rhubarb       | 4 drs. |
| Bicarbonate of Potassa | 2 drs. |
| Ground Ginger          | 1 dr.  |

Mix well by grinding in a mortar. Dose half a teaspoonful two or three times a day, or enough to move the bowels once or twice every day, but not more; and take also the following.

|                             |        |
|-----------------------------|--------|
| Citrate of Iron and Quinine | 2 drs. |
| Water                       | 6 oz.  |

Dose, a teaspoonful three times daily.

## SNAKE BITES.

Snake bites are of frequent occurrence and so much so that it needs a separate and special notice. All snakes are not dangerous, while many are. The common black snake is harmless but the most dreaded snakes in our country are the rattle snake, the copper head or pilot, the cotton mouth and black adder, while others are more or less poisonous. The effects vary in different persons according to circumstances, age, condition, &c. Sometimes people are bitten by very poisonous snakes and suffer but little from it, while again others are bitten by snakes less poisonous and suffer very much. This may depend upon circumstances in the case, for instance, the snake bites through clothes, it often happens that the poison is lodged in the clothes and therefore does but little harm. Again the person bitten may be cool and the bite may be slight, or the skin thick and tough so that the teeth do not enter, or they may not strike a blood vessel of any size, or if a man is under the influence of liquor, he is exempted to a great degree from the constitutional effects of the poison. But of all the snakes known in our country, the rattle snake is the most dangerous, for it sometimes happens that the bitten man dies in thirty minutes after he is bitten by this snake, or he may live several days, or even weeks, and then die. In short we should always conclude the rattle snake's bite is fatal, unless prompt and affective remedies are immediately employed, and this must be employed boldly and with nerve and judgement, and too, at the earliest possible moment if we expect to do good.

It is a source of great satisfaction to the bitten man as well as his friends to know what kind of a snake bites him, as much may depend upon the energy to be used in the treatment of his case. It is proper to state here that the rattle snake always gives his intruder notice before he deals his deathly blow, he rattles or sings as it is called before he bites, and this seems to be a very peculiar and benevolent trait in his nature, and his warning has been heard and heeded by thousands who otherwise would have been bitten. A rattle snake is capable of jumping several feet and inflicting a fatal wound. My preceptor, a man of unquestionable veracity, said that he experimented with a rattle snake (with fourteen rattles) for a long time to learn what he could without being bitten and with a fishing pole teased the snake for some time and then would hold an old hat to him on the pole to see him bite, he said that the blows were given with great force and after striking the hat three or four times the snake refused to further notice it or the pole, but watched him closely and fiercely, and finally the snake made an effort to remove the cause of his trouble and jumped toward him, the snake jumped sixteen feet just missing his face. He then managed to capture the reptile and with great care extracted his fangs, and in a few days he let the snake bite a dog which bite was harmless, and afterwards suffered the snake to strike his own foot and beyond the blow which he said was with great force he suffered no pain or constitutional effect, the snake had bitten himself several times before his

fangs were drawn and it effected nothing that could be seen. Hogs will destroy rattle snakes or any other and their bites never hurt hogs. Take it for granted that when one is bitten by a snake that he knows of it, and I will therefore proceed to give the various remedies that have been employed in snake bites, and all are said to be good.

But as the rattle snake is so poisonous and fatal, and that too so quickly, that we will give attention first to the bite of a rattle snake. We have no time to stop and fool with a so called "mad stone," nor is there time to send a mile or two for the doctor for before he can get there death may render his visit unnecessary, nor should we go about hunting snake roots and teas, nor should we wait till some one could go for *whiskey* but at once tie something, a hem of your clothing or a piece of your handkerchief or anything you can get the moment you are bitten, tightly around the limb above the bite to stop the circulation completely, then let some one put his mouth to the wound if he has no sores or cuts &c. in his mouth, and suck the poison out. You need not fear this operation for there is no harm in this poison if it is swallowed. If it can not be sucked out, then take your knife and cut the whole bite out, don't be afraid of its bleeding *cut it out* and then burn the cut surface with a hot iron or with caustic or nitric acid, don't be afraid of hurting, remember that you are now trying to save life and a little hesitation on the part of any

one to do these things will prove fatal. Give him a gill of whiskey or brandy and apply the same to the wound, after this you may loosen the bandage a little for a moment and then every ten minutes loose it for a minute until you can leave it off entirely. Give him spirits, say a gill at a time, till he has taken two or three doses or manifests some sign of intoxication, then give him less at a time; and if there are signs of sinking, called the "shock," give him the more and for fear you should be mistaken as to the shock you will know it by a pale face, cold skin, feet and hands, &c. If he throws up the spirits then lose no time, get a syringe if you can and if not make a squirt of anything you have at hand and throw a double quantity up the bowels and bathe the whole body in the same; and as soon as he begins to recover from the shock you should wet large cloths in hot water and wrap it around the limb and renew it often, and give him all the milk and soups, rice or other food he can take. Give him five grains of quinine in a little whiskey every four or six hours. I have no confidence in teas; "mad stones" and the like in a rattle snake bite, such as that will do when you are bitten with a snakes that is not poisonous, *then remember* first bandage the limb, then cut out the wound, then cauterize it. Give spirits, loosen the bandage a few seconds every ten or twenty minutes for an hour or two, support the strength, give plenty of

food, milk, &c. This is the safest remedy in a rattle snake bite. And I say again, for the third and last time, let nothing deter you, suck the poison out, then cut out the wound.

Also other snake bites and rattle snake bites, too, there are a host of remedies which are as follows.

|                     |         |
|---------------------|---------|
| Iodine              | 30 grs. |
| Iodide of Potassium | 30 grs. |
| Water               | 1 oz.   |

Apply on lint cotton, keep it wet until the bite is cured.

## OR

Apply whiskey in a big mouthed bottle, fit the mouth over the wound and hold it there for an hour or half an hour and give the patient whiskey until he shows some signs of intoxication.

By holding the bottle over the bite so that the spirits will come in direct contact with the bite you will see the poison mixing with the contents of the bottle. Of course you should always cord the limb before you do anything else.

## OR

Warm Spirits of turpentine may be used on the bite in the same way as the whiskey, but not taken in the same way. Another cure has been recommended as follows: beat together the whites of two eggs and a tablespoonful of common salt and apply; but you must use stimulants as before.

While we have antidotes and remedies and all that, where snakes are found the safest way to be well of snake bite is to take care at all times not to get bit and teach our children never to tread carelessly on or play with a snake. When one learns to watch for snakes he rarely, if ever gets bit.

#### SPIDER BITES.

Under this heading I shall notice the effect of spider bites and the remedies as generally employed. There are a few kinds of spiders that we may very much dread. The black spider that lives under rocks and slabs is very poisonous; some of them have red spots on their backs, and the tarantula.

Some of the most alarming symptoms that I ever saw was from a spider bite and from that circumstance the spider is very much dreaded, I mean from the alarming symptoms that immediately follow the bite. I saw a man who was bitten by a spider so violent that it took four stout men to hold him. I was called to his assistance in a very short time after he was bitten, and when I saw him he knew nobody but violently threw himself to and fro and made every demonstration of suffering. I applied hartshorn to the bite, injected a double charge of morphine in his arm and he drank a gill of whiskey in a half pint of sweet milk and in a half hour all was over, only he was weak and drunk.

When I was a boy my father was bitten by a large black spider and from the effects of that bite, in less than half an hour he was raving, distracted and remained so for a night and day; and all that could be done for him seemed to do no good; he was sick a long time. About a year after a young man was bitten by about the same kind of a spider and he had a physician with him and he came near dying and said he could always feel the spider bite. I talked with O. C. B. Esq., who was bitten by one of the black spiders and he said he suffered untold misery until an old gentleman cured him, which he said was done quickly when the remedy was found. The remedy by which he said he was cured was the following: he procured one of those snuff balls that you often see, looking somewhat like a mushroom, but it contains a snuff of a dark grayish color, and this they boiled in sweet milk, about a pint, and he drank it and in a few minutes it was all over. I saw an old lady who said she was cured with the same remedy.

For spider bites the treatment necessary is to alleviate pain; for this purpose a dose of laudanum according to age may be given and some anodyne application may be made to the spot. A great many remedies are in popular use, such as cabbage leaf, jimson leaves, peach tree leaves, camphor, hartshorn, laudanum, spirits of turpentine, &c. But one hypodermic injection of morphine is sufficient in any spider bite I have seen.

But as this is not convenient many times the next best thing is a dose of laudanum as before said and bathe the bitten part with the same. A little spirits in sweet milk will do about all that anything will towards neutralizing the poison.

#### MAD DOG BITES.

Hydrophobia, rabies or canine madness arises from, or is produced in the human being by the rabid animal such as a dog, cat, fox, wolf, &c.

Of all the deaths to which mortal man is subject, that by hydrophobia is most dreaded; and yet a great many people will keep an unprofitable pack of distempered, half starved curs or hounds or half dozen squalling fices and run the risk of destruction. It is not my intention to wage war against a useful dog or cat, nor is it my purpose to describe the appearance or symptoms of hydrophobia in the worthless dog. I shall try to describe the most common symptoms in our species and then give such remedies as are recommended in the cure of rabies or hydrophobia. I shall commence by saying fortunately a very few run mad who are bitten by the dog and this is because no doubt, that the saliva is cleaned off the teeth while going through the clothes or some portion of tough skin, as sometimes the foot or hand and

too, sometimes the teeth may have been wiped by the snapping of something else before biting the man. And furthermore the bite may be very slight and care being taken forthwith to remove any poison that may have been deposited that he may escape. I said under snake bites that an ounce of prevention is worth a pound of cure; I say now that it is worth more than the weight of the dog in cure, even if he weighed a thousand. And my advice is, as soon as the dog shows the least signs of madness or strange feats to kill him; he is not to be trusted, and that there ought to be a law to compel the people to kill every dog they see running and roving through the country by himself. Mad dogs prove a great terror in some places. I will now give you the symptoms of the disease as they present themselves. The first sign of hydrophobia in the bitten man is an uneasy sensation and pain in the bitten part; if the bite has healed up a number of little bumps or red pimples will appear on the scar. The pain becomes more severe and now comes distress in the stomach, fullness in the head, loss of appetite, pain in the body, lowness of spirits, frightful dreams, cannot sleep, a great anxiety in the countenance, pale and haggard look, twitching in the muscles, more pain in flesh and bones, nothing tastes right, nausea and vomiting of a green matter, temperature rises and falls, pulse very quick, skin cold and a very strange uneasy feeling about the throat and breast; now it is difficult to swallow any thing, light hurts the eyes.

All the above are augmented, a dread of the sight of water or anything glistening, a draught of air or any sudden noise will excite him into a terrible convulsion. It is impossible for any one to tell of the looks and horror of a run mad man or any thing else run mad. See a man gnaw the flesh off his own arms, see him rave, hear him howl; look at his wild countenance, champing his own tongue, then see him for a moment seem rational and talk and beg his family not to come near him. The nearest and dearest friend cannot minister unto him in safety. I had rather die from a dozen snake bites or be shot or drowed or burned or draged to death by wild beasts—anything before hydrophobia.

#### TREATMENT.

Now I want to be distinctly understood that the only safe and sure remedy, if there is any, is to cut out the bitten part the moment you are bitten, and cut deep so as to cut out the poison flesh, then burn the parts with a red hot iron as soon as you can, or burn with caustic or nitric acid. I have no confidence in "mad stones," since but very few of the number that are bitten take hydrophobia, and too many people are bitten by dogs not mad that are supposed to be mad, and only about ten per cent. of that very small manority of only a few ever see a "mad stone." Then who on earth can tell whether the stone did good or not? If there were no signs of the disease in the patient how could we tell that the

patient was going to be mad, or be effected by the disease? And if he were already mad is it at all probable that mere sucking at the scar would neutralize the poison then absorbed into the system and had diseased every organ in the human body. A great many remedies have been used and recommended (I should have said means or things) but when hydrophobia is present they are worthless. A great many, so called, sure cures have been discovered and used with apparent success, but the fact is, when a man has hydrophobia there has never yet been found a remedy that can be relied upon as a cure. It is true that many people have been bitten by dogs that were very suspicious and even had fits and all that, yet he had no hydrophobia, and of course the bitten subject could not take the disease, and I think these are the patients that are cured with "mad stones," "mad dog weed," etc. I have read after many writers on this disease. One writer says he has much experience in this disease and has cured several cases of madness with strong aqua ammonia, which is hartshorn, and has given it to patients who had convulsions, (fits) and they got well. But did they have Hydrophobia?

One man of undoubted veracity, who was a minister, made the following statement:

"My only brother was bitten by a genuine mad dog—one tooth entered the fleshy part of his leg, as he was undressed for a bathe in a brook; the dog had followed him and the other boys to the creek and as soon as the dog came near the water and saw the boys plunge in he took a fit and

snapped his brother who had not yet leaped into the water. The dog, having a fit, frightened all the boys and they carried the bitten boy to the house and sent for a "Mad Stone" a half mile off. In 30 minutes from the time the boy was bitten the stone was applied; "it stuck" five or six times. This mad stone, said he, "had cured a great many cases," and continued, "it was applied every day for a week. When my brother began to complain of the sore which had about healed up, and during all this time he was taking an infallible cure—mad dog weed—but as soon as the suspicious symptoms began to appear he was carried about sixty miles to a doctor who always cured, and the doctor said, "Yes, I'll cure him." But still the boy grew worse, and another never-failing doctor was at once called to his assistance, and in about five days the boy had fits and showed clearly that he had Hydrophobia—both the doctors agreed that the cure was in hartshorn and mad dog weed, and believed still that they would cure the boy. Another mad dog bite doctor came in and said that if they had a certain Mad stone he could cure him, and my father asked him where it was, and he said it was fifty or sixty miles away, and he found out that it was the same Mad stone that they had just wore out on the boy's leg. The boy grew worse, and one of the doctor's said if he had taken a few pints of the strong decoction of this mad dog weed (scull cap) along when he was bitten he would have been now as well as he ever was. My father told him that he had taken large quantities of it from

the first hour after he was bitten. And my brother died in a few days the most horrible death that any of us have ever seen. The doctors said that it was the first case they had ever lost. Yes, said I, it was probably the first case of Hydrophobia they had ever seen. When I was a boy a relative of mine, a boy, was bitten by a mad dog (the dog was really mad and died in a few days of Hydrophobia) in the left hand, his grandfather brought him to Dr. Nixon at once, who excised (cut out) the whole bitten part—the cut was made larger and deeper than the bite. And then he cauterized it, that is, he took a piece of lunar caustic and burnt the cut surface thoroughly and burnt the wound the second time, and the boy never run mad. Now, if you don't want to die of Hydrophobia you must not be bitten by any rabid animal. But if you should be bitten, cut out the bite right there and then. While I believe that caustics and red hot iron may do, the surest plan is to cut it out, and then use your caustics, &c., for before you can go somewhere and heat an iron, or go somewhere for caustic or nitric acid, a part, at least, of the virus or poison will be taken into the system by the blood. I have often injected morphine under the skin of a patient's arm who would tell me that they could distinctly feel the effects of the drug in two minutes—would not the poison of a snake or a dog be taken

up in a few minutes, now inject morphine into a small blood vessel and you will feel the effects of the drug all over in from five to seven minutes, and, too, the higher the circulation the sooner is it taken up. Now, run a mile or half mile, what good would a little caustic do on the bitten part? If, however, you should have the caustic with you, why then, if you are a little cowardly with the knife, or careless about the matter, or have no knife, you should plunge the caustic to the very bottom of the wound and thoroughly and effectually cauterise or burn everywhere that the skin is broken. But the great advantage in bandaging the limb between the wound and heart and cutting out the part that is bitten, is, that instead of the blood carrying the poison into the system, it will bleed it out and save your life.

#### NETTLE RASH.

This disease, or affection, is also called Hives—(Urticaria) &c.

It breaks out in patches or raised spots of a pale red color—the skin thickens up and itches like the sting of a nettle or a bee—these wheals come quickly and often the whole body breaks out in these large spots—white on top and redish around the border, and often when they disappear they leave purple spots. I have seen this rash appear in stripes and ridges—sometimes these patches burn and itch till the patient would cry and writhe in his suffering, and scratch off the

skin, and maybe when he would get done scratching one place another would be claiming his immediate attention, and would suffer thus for hours—one spot may disappear and in a few minutes another will appear near by, and so it may continue for several hours.

Hives sometimes come on by itself, but most commonly there is some other trouble or constitutional derangement. We are now writing about nettle rash alone. I have been in the habit of giving the following in order to get a full determination to the skin:

|                         |   |           |
|-------------------------|---|-----------|
| Sweet Spirits of Nitre, | - | 1 oz.     |
| Tr. Veratram,           | - | 1 drachm. |
| Fl'd Ex. Ipecac,        | - | 20 drops. |

Dose—20 drops every two hours till sweating is produced. If the patient is suffering much I will give the following:

|                            |   |   |            |
|----------------------------|---|---|------------|
| Opium,                     | - | - | 5 grains,  |
| Gum Camphor,               | - | - | 20 grains, |
| Ipecac,                    | - | - | 10 grains. |
| Salt Petre in fine powder, |   |   | 2 drachms. |

Mix well and divide into ten powders.

Give one every two hours till rest is produced.

It is sometimes best to commence the treatment of Nettie Rash by an emetic. A spoonful of ground mustard in warm water will empty the stomach at once, then a dose of salts will do good. Flour rubbed on the skin will sometimes do good. When a person is subject to this affection he will relieve himself by taking Fowler's solution, 5 to 10 drops after meal, for a few days,

but should not be too long continued. Another prescription sometimes will cure it and will also break up the disposition to the disease. Take

|                   |   |          |
|-------------------|---|----------|
| Cream of Tartar,  | - | 1 ounce, |
| Flour of Sulphur, | - | 1 ounce. |

Dose—a teaspoonful twice a day.

You may apply, with a soft cloth, to the skin, the following:

|                  |   |                      |
|------------------|---|----------------------|
| Oxide of Zinc,   | - | 2 drachms,           |
| Calamine powder, | - | $\frac{1}{2}$ ounce, |
| Glycerine,       | - | 2 ounces,            |
| Water,           | - | 4 ounces.            |

A great many other remedies are used sometimes, but the above will be generally sufficient.

#### FRECKLES.

Freckles on the face and hands are very objectionable to some people and they would like to get rid of them.

These are an excess of pigment which is the matter that gives color to the skin, freckles appear in patches on the face, neck and hands—they are not always produced by the sun or heat, but some people seem predisposed to freckles while others are exempted all their lives, notwithstanding the supposed cause. They may be removed, says a writer, by the daily application of the following poisonous solution:

|                      |   |           |
|----------------------|---|-----------|
| Corrosive Sublimate, | - | 2 grains, |
| Water,               | - | 2 ounces. |

Apply with a flannel rag.

## INTUSSUSCEPTION OF THE BOWELS.

This term means in plain english one part of an intestine introduced in to another, and is sometimes called by physicians invagination, this generally takes place near the portion called the ileum when the intestine passes into one below, it is called progressive, and when it passes into it above, it is called retrograde, invagination, progressive invagination may take place so low down that it will happen down through the rectom, this does not very often come, but when it does, there is obstinate constipation, great tenderness over the abdomen or belly, sick stomach and vomiting with sudden attacks of pain, and sometimes the fascies are vomited up, there is fever, quick pulse, cold feet and hands &c. This is sometimes the result of long constipation, cramp in the bowels, but more commonly it is thought to depend upon the concentration of the segment of the intestine, one becomes contracted while the other is dilated so that the one can pass into the other. The treatment of intussusception should be trusted only to the most skillful surgeon—nevertheless we should use large quantities of warm castile soap suds by injection, this will do no harm and often does good, when this difficulty is suspected we should use only such means as will most likely subdue the spasm and relax the muscular contraction or cramp and this is best done by the above named injection and warm relaxing poultices over the bowels, but as stated above you should call a doctor.

## LIVER DISEASES.

Oh this poor liver is abused and blamed and belied more than every other organ, or gland of the body, and patent medicine men make the poor in-offensive, honest, hard working liver a target to be shot at with their big guns, (Medical almanacs) and the liver has to stand a continual volley of pills and it does seem strange to me how a man in New York can induce a man here to fall out with his own liver, and assist the New Yorker in directing his volley to that organ, and I am firmly fixed in the opinion to day that at least nine hundred and ninety nine out of every thousand are worsted by the liver pills, one man took 26 boxes of ——'s liver pills and was worse than when he begun, and he wrote the doctor and explained his case, and asked his advice, the *doctor* wrote back "continue the pills"

The fact is, that the great liver doctors are smart enough to know that a man who feels bad wants to feel better, and when a man is afflicted with pain or sick stomach or headache or any other ache or bad feeling it is charged to the liver and the poor liver has to foot the bill, or go into bankruptcy the poor thing is not allowed even a homestead, of course the liver as well as any and every other organ is liable to become deranged and even diseased. But I do think that it is malpractice to try to cure every affection and disease to which the human family is subject, by eternally medicating the liver.

The liver sometimes becomes diseased; it is subject to inflammation, boils, tumors, cancers, neuralgia, rheumatism, hypertrophy, atrophy, torpidity, congestion, &c. And it should not be forgotten that other organs are subject to the same diseased action, and "when one member suffers all the members suffer with it;" and while the liver is undoubtedly diseased, often the disease is only a symptom of some other cause not depending upon any liver derangements, and yet the liver is to blame; for instance, not long since I read an article under the head of gall stones and the writer strongly urged that this is a liver disease. Now, the formation of these gall stones are undoubtedly owing to an unhealthy condition of bile, and this is induced by over-stimulating food and fermented drinks &c. Now is the liver diseased for the reason that we over-eat and drink and otherwise misbehave ourselves? See again, a torpid liver liver, is this not an over-worked liver? And is it not only an a symptom of engorgement somewhere else? If you over-load your wagon does that disease your team, and must you go to physicing your horses? The truth is that uncomplicated diseases of the liver are very rare. I am well satisfied in my own mind that nine-tenths of the so-called chronic liver complaints are only symptoms of inactivity, or over-action, or diseased action of other organs, such as the stomach kidneys, &c. I am writing for the non-professional reader and I will say that all these liver complaints should, in the main, be treated upon general principles; in fact I think that it would rather blunt and obstruct the understanding of

the non-professional or uninformed to attempt every minute symptom and description of all the intricate complications and supposed diseases of the liver. These conditions are alluded to under the head of dyspepsia on page 30, and it is a curious fact that so many men are misled by these symptoms of dyspepsia, when ninety-nine cases in a hundred might be remedied by attention to the skin, diet, exercise, temperance and prudence in all things.

The continual drugging, or pilling, or regulating the liver under the mistaken idea that it is the great rebel and sinner in our bodies who stands in battle array, as an enemy to all and every healthy organ and condition of the human body, and I am sorry to say that so many doctors are still in the old ruts, "as daddy did so do I." It is strange that dyspepsia, still is regarded as *liver complaint*.

Now I propose to lay down a few general principles upon which the liver complaints may be treated satisfactorily and successfully when not complicated with other diseases. If you have pain and other uneasiness in the right side, just under the ribs, that is on the right side of the stomach, and have fever, coated tongue, constipated bowels, dull headache, sometimes vomiting of a bilious matter and chills, cold feet &c., you may suspect inflammation of the liver. Remedies, warm poultices to the side, a dose of calomel and jalop, or rhubarb, or oil and turpentine, or salts, or anything else that will move the bowels, and by this means you will greatly modify

all distressing symptoms, if the fever is very high drink plenty of the decoction of pleurisy root, or take five grains of each, Dovers powder and Quinine every two hours till copious perspiration is produced, but if you have not the Dovers powder substitute ten or fifteen drops of laudanum with the quinine. But you should move the bowels well before using Dovers or laudanum. After the more urgent symptoms have passed off you should use a laxative every day, as well as to keep up a moisture—you will find the following very good: The compound powder of Rhubarb and Potassa, on page 17, in half teaspoonful doses, sufficiently often as to produce one good action every day. You should take light, nourishing diet. For the yellow color of the skin that sometimes appears in this condition, read under the head of Jaundice, on page 71.

Some times abscess of the liver is the result of this form of congestion and inflammation of the liver, then alteratives and tonics are called for. See under the head of Pleurisy, &c.

A very good alterative for this affection is:

Fluid Ex. of Poke Root, 1 ounce,  
Syrup of Iodide of Iron, 1 ounce.

Mix. Dose—15 drops 3 times daily; or,  
Syrup of Sarsaparilla, 4 ounces,  
Iodide of Potassa, 4 ounces.

Mix. Dose—Teaspoonful 3 times, daily.

You should take eggs, milk, mutton, beef, rice, mush, fish, and plenty of soups.

The fact is not only in liver complaints, but in all other complaints, we should treat the disease by its symptoms and not by its name. Where there is constipation use laxatives, where there is pain use anodynes, where there is fever use diaphoretic or sweating medicines and sedatives as large doses of quinine etc. If there is sick stomach use means to allay that, such as bismuth, peppermint, peach tree leaf, mustard poultices and so on.

You should always try to correct every disorder that you can by diet, exercise, sleep and attention to the skin, you will find that nine-tenths of this supposed chronic liver diseases will disappear and give you no trouble after you correct the condition of the stomach, and that is best done by diet in part, the less drugs you swallow as a rule the better off you will be at last. The above disease of the liver in its acute or chronic stage, is generally called liver complaint. Torpid liver, billiousnes and billious disorder. And under the same heading might be classed enlargement, congestion, induration &c. and upon the above condition depends deficient action, morbid secretion, functional derangement, and so on and on. But when the above more urgent symptoms, as described above, are met and subdued and the general system is built up, and diet and cleanliness, with prudence in everything is observed, the patent pills are unnecessary and the patient will enjoy life and become inspired with new hope

and energy life will not be a burden and sleep will be sweet and refreshing, the once dull eye and haggard countenance that indicated gloom and distress now shows life and animation.

I will now give a few of the best medicines for these supposed liver troubles.

Tinct. Podophyllum Peltatum 1 oz.

Tinct. Black Cohosh 1 oz.

Dose, 15 to 20 drops three times daily.

OR

Ft'd Ext. of Yellow Dock 2 oz.

Ft'd Ext. of Poke Root 2 oz.

Tinct. of Puccoon Root (red) 1 dr.

Dose 20 drops three times daily.

ANOTHER.

Ft'd Ext. Blue Flag 1 oz.

Ft'd Ext. of Burdock 2 oz.

Ft'd Ext. of Tag Alder 3 oz.

Dose a teaspoonful three times daily.

If the bowels are constipated, or if there is soreness in the stomach use

Rhubarb in Powder 4 drs.

Bicarb. Potassa in powder 2 drs.

Mix. Dose, 15 grains after meals once or twice a day, or enough to produce one good action daily but not more than two.

OR

Rhubarb in powder 2 drs.

Gum Camphor 30 grs.

Mucilage of Elm 1 gill.

Dose, a tablespoonful twice a day (slippery elm bark in water.) Also a tablespoonful of corn meal, in cold water will do good.

## SORE MOUTH, (STOMATITIS.)

This is an inflammation of the mucus membrane of the mouth, as it may prove to be partial or complete, for it may include the whole inside of the mouth, including the gums, tongue and cheeks, or it may be seen only in little yellow spots or uncers, with swollen border, very sore and inflamed in acute cases the mouth is dry and hot—or sometimes the flow of saliva is great and very acrid, if swallowed it will inflame the throat and stomach and bowels, and often gives rise to pain in the stomach and bowels, and too, gets up a diarrhœa, and in some cases there will be fever and other signs of constitutional disturbance, and if left alone it will soon interfere with the functions of the stomach, and the patient soon begins to lose flesh and show signs of failing health; sometimes they refuse to eat because of the pain, the breath becomes offensive and sleep is disturbed. This is sometimes caused by improper food, indigestion, poorly nourished blood, syphilitic taint, &c.

Local remedies. I have generally succeeded in healing the mouth by the use of the following:

|                                 |            |
|---------------------------------|------------|
| Borax (borate of soda)          | 4 drachms, |
| Strong decoction of Sumac root, | 1 pint,    |
| Glycerine,                      | 1 ounce.   |

Wash the mouth several times daily.

Or,

|                      |            |
|----------------------|------------|
| Chlorate of Potassa, | 4 drachms, |
| Cream of Tartar,     | 2 drachms, |
| Glycerine,           | 1 ounce.   |

water, half pint—wash the mouth and swallow a spoonful 3 or 4 times a day.

OR

|                      |                     |
|----------------------|---------------------|
| Chlorate of Potassa, | 4 drachms,          |
| Iodide of Potassa,   | 1 drachm,           |
| Sulphur,             | 1 teaspoonful,      |
| Quinine,             | 40 grains,          |
| Water,               | $\frac{1}{2}$ pint. |

Dose.—Teaspoonful every two or three hours. Wash the mouth well before taking it, and then wet the mouth well with the dose before swallowing it.

Another form of sore mouth (called Stomatitis Materna), or Nursing Sore Mouth.

The above course of treatment will, in most cases, be sufficient, though it sometimes happens that nothing will do good till the child is weaned. In addition to the above the

|                 |            |
|-----------------|------------|
| Tinct. of Iron, | 1 ounce,   |
| Sulph. Quinine, | 40 grains. |

Dose.—20 drops in water will do good. It should be taken 3 or 4 times daily, and the mouth should be washed with the above more frequently. Sometimes you should use the compound powder of Rhubarb and Potassa. See page 17. It should be taken in such doses as to produce one or two actions from the bowels a day; for usually the bowels are constipated, and sometimes soreness is felt in the stomach. I have prescribed the following with good success:

|                              |            |
|------------------------------|------------|
| Citrate of Iron and Quinine, | 2 drachms, |
| Water (pure)                 | 4 ounces.  |

Dose.—A teaspoonful 3 or 4 times daily.

#### THRUSH.

This is a form of Stomatitis to which infants are subject. This is a kind of inflammation known by a crop of little ulcers, white or yellow, very painful and often seem to interfere with the child's nursing.

TREATMENT.—Borate of Soda (Borax) in water, say a teaspoonful of borax to a gill of water will generally cure the thrush. You must wash the mouth with a soft mop or rag, if sweetened with honey it will be better. If this does not cure, use chlorate of potassa in place of the borax, the child's bowels should be kept regular and the skin clean and sweet. There is some little superstition about the cure of this disease. It is said that any one who never saw their "dada" can blow in the child's mouth and cure the disease. I should love to know what the seeing or not seeing their daddy would have to do with the curing of the Thrush. I think that not using of tobacco would be more reasonable than not seeing their father. And there is another superstition about putting on and pulling off the babies clothes, that is, if you put the clothes over the child's feet and off over the head, they say it will have "fits." While yet another party says, "if you put the clothes on over the head and off from the feet, the child will die with diarrhæ."

## BRONCHOCELE.

This is a tumor on the forepart of the throat which is an enlargement of the Thyroid Gland. The growth of this tumor is very slow and sometimes stops for awhile and grows again very slowly, and again it seems to stand still for years and then grows rapidly till it gains a considerable size. The inhabitants of mountainous districts, or in moist sections, are more liable to this affection. Females are far more liable to the disease than males, and is often associated with uterine difficulties. Its cause is not much understood, though it has been attributed to many causes, such as eating snow, &c., but the fact is, it is often transmitted from parents to children. Sometimes the swelling takes place on but one side of the neck and sometimes on both sides at once. This is most common and often grows to a considerable size without pain or any disturbance to the patient, or any change in the color of the skin. Again, the tumor may greatly interfere with breathing, and sometimes threatens suffocation. It is most generally soft and feels like dough under the skin. It does not always make the same appearance in different persons. The face of the patient is subject to flushes, the skin assumes a yellowish hue, the tumor becomes hard and knotty and the patient suffers from choking, often, and sometimes a weight in the upper part of the breast, and often a cough comes on, the patient's health begins to fail, and they become weak, appetite fails and the patient dies.

TREATMENT.—I have had a great many cases of this kind in the last few years and have had a fair chance to try the many remedies that are recommended for the cure of Bronchocele, and I shall emphasize the best that I have tried. Among the best course that I have tried is the following: If there is not contra-indication I would use the compound solution of Iodine, commencing with five drops and increase to ten, three times a day, at the same time I would pass a current of electricity through the tumor twice a day, or as often as I could see the patient. If I could not use the above solution of Iodine I would use the following:

|                       |           |
|-----------------------|-----------|
| Bromide of Potassium, | 4 ounces, |
| Water,                | 1 pint.   |

Dose.—A large teaspoonful at first, twice a day, for three or four days, then 3 times for as long, then 4 times a day afterward, and at the same time using the following ointment:

|                  |            |
|------------------|------------|
| Bromide Potassa, | 2 drachms, |
| Lard (fresh)     | 1 ounce.   |

Mix well and apply once a day, on a cloth, wearing the cloth all the time. I should have said above that I painted the skin over the tumor daily with the tincture of Iodine. But I always used the electro-magnetic current. In the absence of the Battery the above will cure after a while if the patient will continue the use of the remedies. There are other remedies proposed, but the above are the best I have ever tried, and I have tried a great many.

## ST. VITUS' DANCE (CHOREA.)

This disease is one of common occurrence of late years, and it is one too, the cause of which is not understood. I say this because different writers ascribe different causes or course of reasoning. It is, however, a kind of muscle or nerve convulsions. The patient cannot use his foot or hand that is affected as he pleases, for some times when it is his aim to do a thing his hand will involuntarily take the contrary direction, and so with his foot, he cannot put his foot where he pleases and there seems to be a continuation of convulsive movements of the affected limb or limbs. These motions are very irregular, both as to time and extent. I have seen some patients that would be still for a moment and then for sometime would continue to jerk and move in any and every direction and again become nearly still, or maybe quite still, and then, on the least attempt to move the hand or foot, would fly in a different direction. If he tries to drink, sometimes he will make a great many motions before he gets it to his mouth, if he does at all. One unacquainted with this affection will think that the patient is just fooling, or doing it for fun, and sometimes laughs at him, but when he sees that the poor fellow cannot help it, he laments his error; the patient is sometimes unable to perform labor and becomes weak and pale and he can hardly talk at all. His eyes may be affected. Sometimes

we meet with cases of acute chorea and in these cases we may be deceived for the whole body may be suddenly jerked and every muscle seem to be excited at once like he was touched by the electric spark. I saw one case in which there was considerable fever, and the patient laughed at himself till he cried, and at last he became scared at his situation, and that made the matter worse. He could not hold one thing in his hand, and when anything was given him to drink he sometimes would snap the vessel and spill the water or whatever it was. When he would try to put the pillow under his head he was just as likely to throw it off the bed. This was a singular case. I gave him 30 grains of Chloral Hydrate with a little success. I then repeated without any benefit. I then injected morphine, with great difficulty in holding his arm still. This did good, and I repeated it in four hours and he became quiet. I kept him under the influence of that drug for about 36 hours. In the mean time I gave him Quinine and strychnine, as much as he could bear of the last named Alcoloid. I then let him up from under the influence of morphia and the trouble did not return, but he had a great deal of fever and in a few days he was well, only complained of being very sore. I am not sure that strychnine had anything to do with the cure, but I am very sure that it did good while he was under the influence of it, and I do not believe that he could have stood the shocks 48 hours.

I have treated a number of cases of chorea and have seen benefit derived from medicine, but I have more confidence in the electro-magnetic machine, with medicine. There are a great many remedies used in the treatment of chorea, but while they have cured some, they did others no good at all. Electricity is a great auxilliary<sup>d</sup> in the treatment of this affection.

The following are the remedies generally used:  
Syrup of Iodide of Iron, 5 drops after meal.

OR

|                                    |            |
|------------------------------------|------------|
| Citrate of Iron and Quinine,       | 2 drachms, |
| Cod Liver Oil and Glycerine, each, | 2 ounces,  |

Dose.—A teaspoonful 3 times daily.

OR

|                      |            |
|----------------------|------------|
| Mur. Tinct. of Iron, | 1 ounce,   |
| Tinct. black Cohosh, | 1 ounce,   |
| Sulph. Quinine,      | 40 grains. |

Dose.—20 drops 3 times daily.

OR

Fowler's Solution of Arsenic. Commence with 3 or 4 drops and increase to six or eight, just after each meal.

OR

|                     |                      |
|---------------------|----------------------|
| Horse Radish root,  | $\frac{1}{2}$ pound, |
| White Mustard Seed, | $\frac{1}{2}$ "      |
| Good Cider,         | 1 gallon.            |

Let this stand a week, then take a tablespoonful or two 4 times daily. This is an old remedy and it is a good one in recent cases.

Tonics are surely needed in this disease, and the one I generally employ is Tincture of Nox Vomica and Tr. of Iron, equal parts, and Tinc. of Gentian as mach as both. Dose—10 or 15

drops a day. I do not believe that much is gained in too large doses of drugs, but they should be continued a long time.

The diet should be nourishing, the body warm and clean.

#### BOILS.

We all know what boils are and what it is to have them. The big name as generally used by the learned is, Furunculus.

When a boil is just coming, if you will burn the summit with caustic it will stop it at once, or if it has gone too far put a poultice of poke root roasted and mashed up with wheat bran or light bread, where puss is formed in a boil it should be opened at once, it is much better to open a boil than to let it burst. The best thing to prevent boils is to take epsom salts in broken doses, say a teaspoonful once or twice a day, or I have sometimes prescribed equal parts of Cream of Tartar and Flour of Sulphur. Dose. —Teaspoonful once or twice a day. All that can be done to any advantage in boils is to keep the bowels open and the blood in good condition, and if boils come, burn them on top with lunar caustic before they form matter, and if they do form then you should open them as soon as there seems to be any softness on top, and not wait for them to break, for in so doing, the matter is often re-absorbed and causes another boil, if this course of treatment is carefully carried out, you will rid your self of boils.

## CARBUNCLES (ANTHRAX)

These are much more serious than boils, they are much more painful and larger and malignant, and often they give rise to great constitutional disturbance, such as fever, loss of appetite, disturbed sleep, loss of flesh, &c. Carbuncles generally manifest themselves by presenting several little bumps or heads not larger than peas, all soon become mounted upon a pome swollen under the skin. They are very slow in their progress, and very painful. On opening these pimples or little heads, they show that they are very deep-seated and discharge a little thin, bloody matter, but gives no relief to the patient.

They eventually mature in size from one to four or six inches in diameter, and seem disposed to gangrene, and are disposed to slough, and are slow to heal, and sometimes they run but little and these are the most painful and slow.

TREATMENT.—Should be directed to the general condition of the patient. You should use anodyne poultices on the sore, such as will favor supuration and cool the fever and ease the pain. Jimpson leaves, peach tree leaves, mullein, house leek, milk and bread, strong red oak bark tea and wheat bran have been used to some advantage. But I have seen the best results from a poultice of roasted poke root. Take a poke root and roast it in the ashes like roasting a potato. When it is soft mash it up well with a little milk and wheat bran, and poultice with this. Sometimes this poultice will scatter a boil or carbuncle.

I have had to inject morphine into the tumor to give ease. If it is very painful you may keep a cloth wet in laudanum on the swelling.

But, by all means, you should give tonics and support the strength of the patient. Give him Iron and Quinine and a plenty of rich, nourishing diet. I generally prescribe the following when the patient is weak and pale:

|                         |            |
|-------------------------|------------|
| Muriate 'Tinc. of Iron, | 1 ounce,   |
| Sulph. Quinine,         | 40 grains, |
| Proof Spirits,          | 1 pint.    |

Dose—Tablespoonful 3 times daily, and when the carbuncle begins to suppurate (run) I will give the following:

|                            |           |
|----------------------------|-----------|
| Fluid Ex. of Sarsaparilla, | 4 ounces, |
| Syrup of Stillingia,       | 2 ounces, |
| Syrup of Iodide of Iron,   | 1 ounce.  |

Mix. Dose—A teaspoonful 3 times daily.

The opening of the carbuncle should be thoroughly washed out twice a day, with a syringe, and you may use castile soap suds for this purpose, and sometimes some benefit can be obtained by using the following solution:

|                |            |
|----------------|------------|
| Oxide of Zinc, | 2 drachms, |
| Water,         | 6 ounces.  |

Shake well just when you are going to use it and pour it in, or inject it in, once or twice a day. Some people, and in fact, some physicians think the knife is the best treatment, but I am well satisfied in my own mind that deep cutting is not only unnecessary punishment to the patient, but often makes a larger and more malignant sore. Though the heads should be kept opened fully.

## FELONS, OR WHITLOW.

These are risings generally on the fingers. The matter is very deep and generally seated under the membrane that covers the bone, called periostrem—indeed a more painful rising could scarcely be imagined, nor could a more sensitive seat be selected than the end of a finger.

The cause of felon is not always known, though they come from bruises and the like often, no doubt. Some people think and speak lightly of a felon, but I will assure my readers that if they never had a felon they have been blessed, for nothing else seems to be able to give half the pain nor last half so long to the appearance.

The symptoms of felon are, in common with other risings, only, at first you are apt to think that you have a brier or nettle in the finger and often pick it for no purpose, and the end of the finger becomes hot and painful, grows worse and worse, and as it is called, throbs hard and fast. By this time you may be sure that you have a felon and too, that it will keep you company for a time, say about ten days, when it will break and run and at the same time a joint or two of the bone will come away. It will be slow to heal and will leave a blunt, ugly, tender finger's end. You will never want but one felon, for while it is progressing you can neither eat, nor sleep much, sometimes patients will walk and cry both day and night until worn out for want of sleep, and look as badly as if they had just got up from a long spell of fever.

Now I shall give you only such remedies as have proved themselves to cure felons, not neglecting to mention the knife which I use after I find that none of the following will stop the swelling and pain, although they rarely fail. Take the inside of an egg shell, the skin, and wrap the finger with it, the wet side of the skin next to the finger and let it stay twelve or eighteen hours, this has cured many felons, it will bind so tightly that it will kill the felon, or wrap tape or strip of cloth around the finger, commencing at the end and continue half way the finger and let it stay for a day, and if the felon is not dead repeat it. Mix turpentine and salt and bind that on the felon for a day or two, keep it wet with the turpentine. Soak the finger in warm tincture of lobelia, this is said to be a sure cure for felon, or for cures, take salt, turpentine, hard soap, work together and bind on, or mix salt with the white of an egg and apply, this is good, or you may mix equal parts of unslaked lime and brown soap with whiskey and fill a thimble and apply and in a day the matter will be drawn to the skin. But the best is when matter has formed, to cut to the bone and be sure to open the membrane that covers the bone, and then mild poultices is all that is necessary. Unless you cut down to the bone it will be of no avail, therefore be sure to make the incision deep and effectual.

## TOOTH ACHE.

This is an affection too well known to need any description, and I shall proceed at once to give the remedies. Of course, the best and quickest, and I might say, and only absolutely sure remedy for tooth ache is to have the tooth pulled out. But when this is not convenient, and you want to have the trouble of easing your tooth, you may try the following by putting the remedy on the tooth if you cannot get it to the nerve of the aching tooth which is best done by wetting a small bit of cotton and placing in the cavity of the tooth.

Alum in fine powder 1 dr.

Sweet Spirits of Nitre 7 drs.

OR

Gum Camphor in powder 2 drs.

Chloroform 1 dr.

Aqua Ammonia (hartshorn)  $\frac{1}{2}$  dr.

OR

Oil of Cloves  $\frac{1}{2}$  dr.

Oil of Cajeput  $\frac{1}{2}$  dr.

Oil of Amber  $\frac{1}{2}$  dr.

Gum Camphor (powder)  $\frac{1}{2}$  dr.

OR

Strong Spirits Camphor 2 drs.

Tinct. of Red Pepper 2 drs.

Sulph. Morphine 4 grains.

(Or Laudanum 2 drs.)

OR

Salt Petre (powdered) 2 drs.

Laudanum 4 drs.

Spirits of Camphor, 2 drs.

OR

Oil of Sassafras 1 dr.

Oil of Cloves 1 dr.

Laudanum 1 dr.

All these remedies are good for tooth ache, but to kill the nerve and to destroy the tooth drop one or two drops of nitric acid in the tooth, or muriatic acid will do the same. There are many other remedies which have eased the tooth-ache, but as I told you in the outset, if it is not contraindicated the best thing to do is to have the tooth pulled out.

## FITS.

When a child has fits the best thing to do is to put it in warm water up to its neck and hold it there for ten or fifteen minutes, all the time pour cold water on its head, or keep a cloth wet in cold water on its head, after the fit has passed off wipe the child dry and lay it in the bed, not on feathers, but a hard bed and keep its head cool with wet cloths.

You should move its bowels as soon as possible and this is best and quickest done by the use of warm castile soap suds thrown up the bowels with a syringe. If you have it give the child (say six months old) ten or fifteen drops of sweet spirits of nitre every half hour till it appears better, or you may give catnip tea, or sage tea, or salt water in small doses. Sometimes Bromide of Potassium is excellent, put one drachm in an ounce of water and give a teaspoonful every two

or three hours, or you may use Salt Petre in the same way. Sometimes Fits depend upon teething when it is best to cut the gums, or if fits depend on the presence of worms remove them, or whatever the cause if known, and it can be removed, it should be done at once. And do not forget that an ounce of preventive is worth a pound of cure.

#### BOWEL CONSUMPTION.

This disease is also called Mesenteric Derangement and is thought by many to be a scrofulous condition of the mesenteric glands. Children are by far the most subject to this disease, though grown people are not exempt from its attacks. From its symptoms it has been called "Tobes Mesentericu" the symptoms are commonly very characteristic of the disease and may be always suspected when the following symptoms are present, a very severe cutting pain in the abdomen (belly) with milky or chalk colored frothy discharges, sometimes small streaks or specks of blood are seen but not often, the bowels become swollen and often sore on pressure, while the rest of the body and limbs loses flesh and strength, though the appetite is generally good, food seems to do but little good and the patient soon becomes sluggish and stupid, the skin is dry and often scaly, not often much thirst though the pulse are from one hundred to one hundred and twenty or more in a

minute, and soon dropsical swelling appears about the feet and legs and often the face and other parts of the body.

#### TREATMENT.

Keep the skin clean and in good condition, keep the bowels open by the use of the compound powder of Rhubarb and Potassa, or the compound syrup of the same, mentioned under "diarrhœa" on page 14. Give good nourishing and unstimulating food, soft eggs and milk, toast, rice, vegetables &c., and as to medicine you should use Antiscorbutic anti scrofulous remedies, such as are found under the heading of Scrofula, page 80.

I have used the following with success,

|                           |       |
|---------------------------|-------|
| Syrup of Yellow Dock,     | 4 oz. |
| Syrup of Sarsaparilla,    | 4 oz. |
| Tincture of Black Cohosh, | 1 oz. |

Dose, a small teaspoonful three times daily.

OR

|                          |                   |
|--------------------------|-------------------|
| Syrup of Stillingia,     | 1 oz.             |
| Syrup of Yellow Dock,    | 2 oz.             |
| Syrup of Sarsaparilla,   | 2 oz.             |
| Syrup of Iodide of Iron, | $\frac{1}{2}$ oz. |

Dose, as above.

OR

|                              |       |
|------------------------------|-------|
| Citrate of Iron and Quinine, | 1 dr. |
| Syrup of Rhubarb,            | 4 oz. |
| Tincture of Black Cohosh,    | 1 oz. |

Dose, as above.

Whatever you use you should continue for a long time, changing occasionally as the system gets used to the action.

## DEAFNESS.

Deafness may depend upon so many causes that it would be impossible to give them with a correct course of treatment to the non-professional, in a book like this; besides it would be productive of more harm than good for the unskilled hand to undertake to treat diseases of such important and yet delicate organs as the ear, eye, heart, &c.

I shall therefore propose such treatment of this affection as will not harm the ear or any of its nerves or membranes, for I believe that the ear and eye should be treated only by the skilled specialist, for a great many ears and eyes have been lost by submitting them to the experimenting hand of the unskilled and careless pretenders in the practice of medicine, or by the use of the "patent cure alls" so much advertised in news papers and medical almanacs. I will here urge upon my readers, if you are unable from any cause to get the services of a good and well skilled oculist or optician, by all means try to keep your hearing as well and as long as possible (and also your sight,) by rigidly refraining from the treatment offered by Tom, Dick and Harry, and let patent medicines alone, because where one man is made better ten are made worse and no one should be willing to run the risk of losing their hearing or sight in this way. The patent medicine man wants to sell his stuff and he cares not whether you ever see light or hear thunder so he gets the money.

Now I will just say, that whether your ear is dry or running, it will help it to wash it out with warm castile soap suds and keep it clean, and if it runs much or a long time, you will do well by using one of the remedies under Scrofula or Bowel Consumption; for often this ear running is owing to a taint of scrofula, and when the ear is dry, often its condition will be remedied by using something to supply the want of natural wax and moisture. And to do this you may wet a piece of cotton with the following and insert it in the ear.

|           |       |
|-----------|-------|
| Glycerine | 1 dr. |
|-----------|-------|

|                   |                   |
|-------------------|-------------------|
| Oil of Turpentine | $\frac{1}{2}$ dr. |
|-------------------|-------------------|

OR

|           |       |
|-----------|-------|
| Sweet Oil | 1 dr. |
|-----------|-------|

|           |       |
|-----------|-------|
| Glycerine | 1 dr. |
|-----------|-------|

You should wash out the ear every few days, and if there is an accumulation of wax, as is sometimes the case, you should, of course, dissolve this and remove it. You can do so by using the following as the above and frequently washing out the ear, afterward.

|           |                   |
|-----------|-------------------|
| Sweet Oil | $\frac{1}{2}$ oz. |
|-----------|-------------------|

|           |       |
|-----------|-------|
| Glycerine | 1 dr. |
|-----------|-------|

|               |               |
|---------------|---------------|
| Sassafras Oil | 6 or 8 drops. |
|---------------|---------------|

For bodies in the ear and painfulness of the ear &c. read under the head of earache on 74th page.

## INFLAMMATION OF THE BLADDER.

This is called by physicians Cystitis. This, as its name indicates is an affection of the bladder, which may either attack the muscular coat or the mucus membrane of this organ. It is an inflammation, either acute or chronic, hardly ever acute but most always chronic. In the acute form the symptoms are mainly as follows: a severe burning about the bladder, a beating or throbbing pain with soreness about the organ, a constant desire to pass water, which will only pass away with great pain and difficulty, it only drops away, and sometimes it will not pass at all and the bowels become constipated and will not move, there will be fever, skin hot and dry, sometimes nausea and vomiting is present. As the disease goes on toward a fatal termination a low typhoid condition takes place and the patient dies in coma or convulsion.

## THE TREATMENT

is first to induce a copious sweat, now use anything you have at hand that will accomplish this end, Dover's Powder in ten grain doses every six hours, followed with some warm teas will be good, but I would use the following powder in five grain doses every hour till ease and sweating is brought about. Mix well together:

|                      |         |
|----------------------|---------|
| Opium                | 10 grs  |
| Camphor in powder    | 40 grs. |
| Ipecac in powder     | 20 grs. |
| Salt Petre in powder | 3 drs.  |

The above to be taken in warm teas of some kind. You should take a teaspoonful of cream of tartar in a tea cup full of elm water every two or three hours till the bowels move. Warm water thrown up the bowels will do good. Warm poultices applied to the bladder and peritoneum will do good.

Doctors sometimes use cup plasters &c., but the above will be about all the family can use, unless they are well read and prepared for the treatment of such diseases. When the catheter has to be used the hand of a skilled physician should guide it.

In the chronic form of Cystitis, which is the most common, is sometimes called Cystirrhœa and Catarrh of the bladder. The symptoms are not so severe as in the former, there is more mucus in the urine and less fever. But as the disease advances there will be a dull aching pain in the region of the bladder with a frequent desire to pass water, and also with a considerable difficulty in retaining the urine, whether the urine is much or little. As the disease advances there will be an increase of mucus, which if allowed to stand in a vessel, will settle to the bottom. When abscesses form you will see blood mixed with the mucus, and often very large quantities of this puss is passed in a day, even several pints, often much pain of a spasmodic kind will be felt when attempts are made to empty the bladder.

Now there is generally some fever, skin hot and dry, tongue coated, and considerable thirst. Now, diseases of the prostate gland, as well as ulceration of the bladder, takes place. Now, general debility and emaciation is present with hectic fever, nervous debility and irritability, cold clammy sweats, coma and death.

## CAUSES.

It may be caused by anything that will bring on the acute form, or it may follow the acute form, and it is often brought on by intemperance, excessive venery, highly seasoned food, retaining the urine too long are all sometimes the causes of chronic cystitis, but I believe that the most common cause of this disease is masturbation.

Treatment consists in mild stimulating diuretics and sedatives. One of the best means of cure is absolute rest and drink of the decoction of the following: Bucu leaves, 1 ounce, steeped in 1 quart of boiling water. Dose, when cool, half a teacup full three or four times a day. You may drink slippery elm water at the same time.

## OR

take the leaves of Uva Ursi and use as the other, or you may use them together, half of each, or you may use the compound infusion of trailing Arbutus.

Dr. King, of Ohio, has used the following with great success.

|              |         |
|--------------|---------|
| Alum         | 10 grs. |
| Benzoic Acid | 15 grs. |
| Water        | 1 gill. |

Take the whole for a dose and repeat this three or four times a day.

OR

you will find the daily use of the infusion of common bean hulls (or pods) good; this is a good and cheap as well as a convenient remedy.

The above remedies will be found sufficient in nearly all cases. I have had several bad cases and never failed to bring about the desired relief, by the use of the above remedies. Sometimes, however, it is best to inject certain infusions into the bladder, but this should be done by, or under the directions of a competent physician. In addition to the above it will be found necessary to keep the bowels open, and for this purpose I have used the compound powder of Rhubarb and Potassa, see under the head of Diarrhœa, or I have used the following:

|                  |       |
|------------------|-------|
| Flour of Sulphur | 1 oz. |
| Cream of Tartar  | 2 oz. |

Mix and take a teaspoonful once or twice a day, or enough to move the bowels. The body should be kept clean and warm, the skin well rubbed, diet light and easy of digestion.

### RETENTION OF URINE

or dysuria is no small matter, and when it is of long continuance it is dangerous and should have prompt attention.

Inasmuch as this affection may depend upon so many causes, it would be difficult to lay down, in a book of this size, the different modes and means of cure which must necessarily depend upon so many different circumstances. All, therefore, that could be expected in so brief a sketch, will be to lay down a few general principles and such remedies as can be used without particular regarding causes; though it is proper to give a few of the many causes. Retention of urine, or dysuria may depend upon gravel, tumors, paralysis of the bladder or of the urethra, ureters, or some mechanical obstruction, or inflammation of the bladder or neck of the bladder, or from cantharides taken inwardly or absorbed from blisters, or from blows, falls, fevers, &c.

#### SYMPTOMS.

There is an inability to void urine, and on attempting to do so there will be more or less pain, and the water will only drop, if any pass at all; or in some cases when gravel is present it may start and stop. Now the pain is more severe, and the bladder becomes more and more distended and tender on pressure. The patient now becomes greatly alarmed, and tries often and strains to force his water, which often does harm. Sometimes the bladder becomes so full as to overcome the resistance and pass off some fluid and give great relief, and sometimes it will so distend the bladder as to burst, or if not that it often sets up dangerous inflammation. The bladder has

been known to hold a gallon without rupturing; though much less has done the final and fatal work. As to treatment, a great mistake is often made in giving all kinds of teas to excite the kidneys, when the cause is in the bladder or urethra, which does great harm because the kidneys secrete the more, and the bladder cannot pass it off but is forced to hold the fluid while it is being more rapidly filled by the use of teas.

Warm hip-bath is always admissable when there is no other cause for not using it—I mean when the condition of the patient otherwise, will admit of it. Cloths wet in hot water and laid over the bladder will often do good. Jimson leaves or peach tree leaves steeped in hot water in a sack or cloth, used in the same way will do much good. Sometimes Balsam Copaiba on sugar, every 4 hours will do much good, or I have given Spirits of Nitre in an infusion of Buchu, say 20 drops every hour or two till four or six doses are taken. A tea made of water melon seed or pumpkin seed is a very popular remedy, and sometimes does good, but as I have just told you, teas often do harm. When these means fail, and the cause is not known, you should lose no time but resort to the catheter. This instrument should always be used by a well instructed hand. If, however, the Dysuria should happen, as in fevers you should use the warm applications as

above directed, and give ten drops of Muriated Tincture of Iron in a little tea of melon seed, or Buchu, or Uva Ursi &c., every two hours; this will often give relief.

#### INCONTINENCE OF URINE (ENURESIS)

This is a condition in which the patient cannot hold water, and it is common among children and old people. It may depend upon many causes, such as paralysis of the bladder, gravel, tumors, spinal affection, great irritability of the bladder, enlargement of the prostate gland, masturbation, pregnancy, and among children it often depends upon habit acquired through carelessness, and like other diseases of this class the cause should be found out if possible and be removed by proper means. But when this cannot be done you should treat this affection as others, on general principles. I shall now prescribe for a child five years old, which dose will be found sufficient for old people. Take a roll of long shape Isinglass, boil in a pint of water till dissolved, then add a pint of good sweet milk, heat to a boiling point, flavor with cinnamon, or nutmeg and sweeten. Give a wine glass, or two tablespoonfuls twice a day.

OR

|                         |       |
|-------------------------|-------|
| Muriated Tinct. of Iron | 1 oz. |
| Balsam Copaiba          | 1 oz. |
| Tinct. of cantharides,  | 1 oz. |

Dose, ten drops three times daily for a week.

OR

you may use the following,

|                       |        |
|-----------------------|--------|
| Spirits of Nitre,     | 1 oz,  |
| Tinct. of Iron,       | 1 oz,  |
| Tinct. of Nux vomica, | 2 drs. |

Dose, ten to fifteen drops in cold infusion of wild cherry bark.

## OR

Slippery Elm water has often proved good. It must be taken freely, and I have used with it enough cream of tartar and sulphur (half of each) to keep the bowels open.

Persons afflicted in this way drink but little water or other fluids, especially at night they should abstain from tea and coffee.

And we should always try to correct the difficulty by care and change of habit as much as possible. The patient should be often called up in the night that they should evacuate the bladder and should be cautioned in the daytime to hold as long as possible.

Infusion of the following barks, single, or together will be found very beneficial in this affection. Dogwood, poplar, wild cherry, black haw, tag alder, sugar maple, sweet apple, peach tree leaves, lions tongue, bean hulls, a strong decoction of cabbage stalks, &c. This should be taken in wine glass doses several times daily.

The use of electricity should not be lost sight of in the treatment of this affection, a light current should be passed through the bladder and along the spinal column, twice a day, and a tepid bath is often of great benefit in the treatment of this affection.

## GRAVEL (CALCULI.)

By this term is generally meant a stony like deposit in the kidneys, or bladder, or both. For want of space we cannot consider this disease in all its details, neither can we give all the different remedies as used under so many different circumstances. As I am writing for the benefit of the non-professional, I shall only give a few of the most common symptoms and also a few of the most available means of relief. Pains in the back and in the regions of the kidneys and bladder with a difficulty in passing water, at times worse than others, often suggests the presence of gravel or calculi.

And often on letting the urine stand a short time in a clean vessel you will find one or more gravel, varying in size from that of a mustard seed to that of a small pea, when the small gravels are found, of course all doubts as to the presence of gravel is to an end. Then the treatment should be directed first to relieve the pain and assist in the passage of the gravel, and second to hinder the formation of others.

While you are suffering from the passing of gravel you should use a warm hip bath, sit in a tub of warm water, and take 30 drops of laudanum, or one or two teaspoonfuls of paregoric to ease the pain, or if you have it take 10 grains of Dover's powder, and when the fit has passed off you should use such remedies as will hinder return of the trouble, or the formation of stone. Various remedies have been suggested, such as the following.

Warm infusion of Uva Ursi leaves or Buchu leaves, say an ounce to the quart of water. Dose, a wine glass full every six hours.

OR

Nitro Muriatic Acid      5 drops

Oil of Pumpkin Seed    10 drops

Three times daily on sugar or in some warm infusion.

OR

Liquor Ammonia in 10 or 15 drops doses, in sweetened water three times a day; but should not be continued too long.

OR

Give Bicarbonate of Potassa in 20 grain dose's three times a day.

OR

Give Benzoic acid, 10 grains, three times daily.

OR

Give Carbonate of Lithia, 5 grains, as often.

The above are all used as preventatives and may be relied on. I prefer the Bicarbonate of Potassa. You should not use much fats or heavy strong diet, but light nutritious diet. The skin should be kept clean and the bowels open. I prefer for the last named purpose the use of the compound powder of Rhubarb and Bicarb. Potassa. I will just say that there has nothing been found sufficient to dissolve the stone when once formed, and if too large to pass it must be removed by surgical operation, if removed at all. Therefore, we should direct our remedies to prevention rather than cure.

## BROKEN BONES.

In case a bone gets broken it is very important to set it as early as possible, and too, it should be set by a competent physician, but if you cannot get the doctor in time you should take hold and try to first get the ends together as near as they were before the bone was broken as possible, and then use the best means you can to keep them in this position till they heal. If it is a limb broken you can do this easily with splinters and bandages, so applied as to keep the limb in a proper shape and position. You must remember that you must overcome the resistance of the muscles, this requires great force sometimes, and require that the system must be relaxed. When this is necessary, you should get a doctor especially if it is a thigh, after the bone is set, you should support it in an easy position, and keep down inflammation as much as possible; for this purpose I know of nothing better than plenty of cold water. The bowels of patients should be kept open and the diet should be low and bland, or unheating, but of course enough to keep up strength, milk and mush, or rice is the best diet. The above are the general principles which is about all that can be laid down in a book of this size. But I would say again, that you should obtain the services of a good physician and that too, without the loss of much time, because, after a few hours delay it is hard, if possible, to set some broken bones.

## DISLOCATION OF BONES.

The object is always to reduce the dislocation by which is meant to put it back in place. There are some joints very easily adjusted, while others are often very difficult, and sometimes impossible.

As this book is intended for those who are unacquainted with the anatomy of the joints, it would take more space than we have to give a description of the joints with the signs, or symptoms of the various dislocations that may occur, so much depends upon such information, that I think it probable that more mischief may be done than good by just any one undertaking to replace dislocated bones. I have often seen joints out of place still, that were supposed to be set right by some one that happened to be handy when the accident occurred, and I have had to reset the bones after they had been out of place for weeks. The wrist and ankle may be pulled back by almost any one and they may be right, but as to the shoulder, hip and knee, it is very important that some one should superintend the reduction and treatment of these joints who has both knowledge and experience in such practice. You should, therefore, call a good and responsible physician. To give the non-professional reader a correct idea of all symptoms and mode of operating would take a book larger than this. True, I could give some plain directions by which you might operate, but still it would be best to call in the doctor.

## CATARRH OR COLD.

This affection is so common and so well understood it would seem at first unnecessary to mention. But when we consider the fact that it is one of the worst enemies to the human family (people look upon colds as trivial and say, "Oh, it is nothing but a bad cold,") when it lays the foundation for one of the most dreaded, fatal and incurable diseases that afflicts mortal man, and as long as you call it a cold, nothing more is thought of it though it lays up the patient for days at the time and he seems unable to sit up, "it is only a cold;" yet it is often dealing a deadly blow. While it is true that many people have colds and seem to get well, yet a bad cold is dangerous. And the worse the cold the more danger, and still a slight cold is more apt to be neglected. Cold should always be promptly met, if there is fever especially; fever and sore throat always calls for attention. Hundreds of people have died of consumption that might have lived to old age without it, if they had paid attention to a bad cold. Catarrh in the head is the result often of a neglected cold and will, if left to itself, nine times out of ten bring on a much worse disease, consumption, of which few, if any, are ever cured. In fact, many diseases and affections owe their very existence to neglected colds, such as rheumatism, for instance, if it does not depend upon colds, it is often made worse, as is many other diseases by the presence of cold.

Its symptoms are too well known to require much description; its causes are also too well understood to require much space in so small a book. More than three-fourths of all the evil consequences of colds might be avoided by due care and caution. It is often said that an ounce of prevention is worth a pound of cure, and it is certainly so in colds. Although there are many remedies and cures for colds, often it will happen that they will all fail and leave the patient in a worse condition.

Now, as to the treatment of catarrh or colds without fever, the following may be relied on as being both safe and effectual if done at the proper time.

Make a strong tea of pleursy root (sometimes called butter-fly weed), for a grown person put in a tea cup full of this warm tea ten grains of quinine and drink it down and go to bed, cover up warm and stay there till you get done sweating and dry off. If it is not broken up repeat at night; but this will rarely have to be done. Then keep dry and warm. If you have much fever, headache, back and leg ache you may add a small teaspoonful of paregoric.

The above dose is for a grown person and you must give less to children according to age, and very old people must take less. Camphorated Dover's powder in 5 grain doses every two or four hours is also very good. That is a dose for a grown person; it is not well suited to small children.

## CANCER (CARCINOMA).

Cancer is certainly one of the most formidable diseases that ever afflicted mortal man, and it is much more dreaded than consumption, and because of its almost incurability. Hundreds of self styled cancer doctors have gone forth into the world with great cancer cures that were worse than the disease, for often they make the disease worse and get the patient's money, and hasten the unfortunate to the grave. I do not intend to reflect upon those who have really cured cancers, and who have good remedies &c., but I do say, that many a poor sufferer has been duped and made worse by ignorant, irresponsible puffs. I have seen so many of them, and asked them questions, as if I myself had something, and was destitute of any information whatever; and by this means I found out that they were as ignorant, almost, as mules. I saw a young man once strutting and splurging around, with his old hat mashed in at the top and his neck curved, hunting cancers. He CURED cancers, so he must be heard, he said the doctors had no sense, they could not cure a cancer; he could, he knew all about "em". He had cured hundreds that the doctors had tried and failed. While he yet spake a young man came up with a boil on his breast and asked the doctor (?) what he thought of that? The doctor examined it closely and asked the young man if somebody had not been fooling

with it. The patient told him that he showed it to a doctor awhile ago, who said that he would knife the thing in a day or two. "No, Sir," said the Dr., "don't you let him do it." Using his own grammar, "It is the most worst cancer in the world. It is what we cancer doctors calls a smugg cancer." "Well," said the patient, "will it kill a fellow, you reckon?" "Kill a fellow? yes, in less 'an two months." "Well," said the patient, "can you cure it?" "Oh, yes, I have cured hundreds of them." "Well, what will you charge me?" "Well, let me see it again." He now spit on his finger and rubbed the formidable smugg cancer slowly and said: "Well, I will cure you for fifty dollars; can't cure you for any less." The young man now commenced laughing at the doctor, then all hands joined in and I stopped them and commenced a conference with the doctor, and I do say candidly, that I never talked with a man that knew less about cancers or their cure, and finally I got mad and told him that he ought to be kicked out of the country. I am quite willing to admit that cancers have been cured by plasters when taken in time, but I have the best of reasons to believe that thousands of little warts, wens and tumors have been driven into ugly, and even dangerous, sores by cancer plaster made up by fools and quacks, who knew nothing, and cared as little, so they could scare the money out of the patient. I heard of one doctor who they said carried about six pounds of beef gristles and one chicken gizzard to show for cancers that he had taken out.

And with these he scared many timid women, and gulled many a five dollars out of poor people for nothing.

I say again, that there is cure sometimes for even cancer; and there are men who have had some reputation as cancer doctors, and have taken out many tumors &c., that might have proved fatal; yet, not one-tenth of the so-called cancers are real cancer. My opinion is, that an absolute cancer can be cured only by the knife, and that must be applied in time. Though I will give a few of the many remedies and cures for cancer, that have been used with success in removing tumors and cancer-like sores; and they may have cured the absolute cancer—not the smugg.

I could write twenty pages describing cancers, but I will not write a line for that purpose. If you have anything you suspect as being a cancer you go to an educated and well informed physician and surgeon and ask him his opinion and advice.

I have now about ten or twelve remedies that were used by celebrated cancer doctors. \* \* \* use the following:

Chromic Acid applied to cancer,

OR

Oxalate of Copper dissolved in Oxalic acid,

OR

Sulph. of Zinc 1 dr.

Sanguinaria 2 drs.

Extract of Red Clover enough to form a plaster and apply.

One that has done wonders was made as follows:

|                      |                |
|----------------------|----------------|
| Sulphate of Zinc     | 1 oz.          |
| Sulphate of Copper   | 1 oz.          |
| Sulphate of Morphine | 1 dr.—Applied. |

OR

|                      |        |
|----------------------|--------|
| Strong Apple Vinegar | 1 gal. |
| Honey                | 1 qt.  |
| Vertigris            | 1 lb.  |
| Pewter               | 5 lbs. |

Boil slowly down to one-half, skim and put it in glass stopple bottles and keep close from light and air; this applied after washing the sore and repeating if necessary.

OR

Dr. King gives the following:

|              |        |
|--------------|--------|
| Lard         | 3 lbs. |
| Vertigris    | 2 oz.  |
| Bee's Wax    | 2 oz.  |
| Scotch Snuff | 1 lb   |

Melt the Lard and Bee's Wax and stir in the other ingredients. He says this is known to have cured several so-called cancers of the face.

OR

Sulphate of Zinc alone has been used.

OR

Evaporate the juice of Sheep sorrel in a pewter dish in the sun, and apply on leather or silk. This should be applied daily till the cancerous growth is killed. This I have seen used by an old gentleman in Davidson county, N. C., whose

name is Peter Byerly, who disclaimed being a cancer doctor, yet he cured many ugly looking sores called cancer. He gave me the recipe eighteen years ago.

I will now give the reader the famous old recipe known as Fell's Plaster and treatment of cancer.

|                           |                   |
|---------------------------|-------------------|
| Chloride of Zinc          | 3 oz.             |
| Blood Root in fine powder | 1 oz.             |
| Bayberry wax              | $\frac{1}{2}$ oz. |
| Extract Conium            | 3 drs.            |
| Watery Extract of Opium   | 3 drs.            |

Mix all together and form into an ointment.

#### HOW TO USE FELL'S PLASTER.

Remove the skin and apply the plaster to the raw tumor, and when it forms a scab cut lines through the scab so you do not cut the sound or live skin, a half inch apart, and continue the application alternating this plaster every twelve hours with the following:

|                     |             |
|---------------------|-------------|
| Glycerine           | 2 drs.      |
| Spermaceti ointment | 4 oz.       |
| Iodide of Lead      | 2 scruples. |

Mix and apply every 12 hours.

Internally he gave the following pill:

|                   |             |
|-------------------|-------------|
| Blood Root        | 2 scruples  |
| Iodide of Arsenic | 4 grs.      |
| Extract of Cicuta | 4 scruples. |

Make 80 pills; take one pill three times daily. This is an old remedy and a good one.

And while I am writing on cancer I want to say that there is a variety of ulcers and tumors that if left to run their course will prove fatal, and yet they are not cancers; and many of those are cured by ointments and plasters and are called cancers when indeed they are not cancers. I say again that a genuine cancer is not easy to cure; and indeed I have my doubts whether a cancer after it is well developed and become marked by its true peculiar characteristics has ever been cured. I saw one cancer of the breast which was treated by a celebrated cancer doctor who said he had it in plenty time, and the most powerful remedies were used, but still the patient died. I saw another lady who had cancer of the breast; she had the breast amputated when the cancer was not larger than half a bird egg, and thought herself free from the malady, but yet she died of cancer. I knew of an old lady to die of cancer of the face, after it had been cured, as all thought, years before. I knew another case, a gentleman had cancer in the face. As soon as it was discovered he went, I think, to the great National Surgical Institute, at Indianapolis, where a cure was to be sure, and had it taken out and the wound healed up. He came home as every one thought, well; but in a short time it made its appearance, and from cancer he died. I believe the nearest a cure I ever knew was a lady who lived about twenty-one years after

having a cancer cut out; but she, too, died with cancer. It was once discovered that a man by the name of Smith, in Rowan county, had something near his left eye. It was supposed to be a cancer, and he forthwith put himself under the care of a corps of "cure-all cancer doctors," who were infallible, of course, no pains or money spared, but he died. I saw him often during his illness and he said treatment was begun in a few days after the little bump or wart was discovered, and too, before it seemed the least sore.

But I do not recite these cases to discourage any one from trying to be cured, for often if a cure is not affected, life is prolonged. And too, it is possible that it is not cancer, and may be healed. But I would in all candor advise you to go to a well informed physician, and by no means hazzard your life in the hands of ignorant quacks or fools who pretend to know so much about cancers, and indeed, know nothing; and so they get your money they care but little what becomes of their patient

A man once, while sharpening his plow in the black-smith shop, got burned by a little scale, in the corner of his eye; he concluded to have some fun and went to a "cancer doctor" who told him it was a cancer of the worst kind, and assured the farmer that if it was not killed it would kill him in six months, and agreed to cure it for twenty dollars; and said that he could cure it with one plaster which cost over fifteen dollars—which was all a lie.

The farmer told the doctor that he would risk one eye on it, and went on about his business. I do believe that hundreds of people have been scared by these upstarts and robbed of their money and disfigured for life, if not killed, when in reality there was nothing the matter. So I send them over with the patent medicine men.

### SPRAINS.

By the word sprain we mean a forcible strain of a joint, or near a joint, such as a crean of the ankle or wrist which gives rise to pain, swelling and fever in the injured part. A sprain does not mean a dislocation or out of joint. Sprains are common and very painful, and they are so common as not to need a further description; though I will say that a severe sprain is often worse than a broken bone and takes longer to get well. I knew a sprain to keep a man from walking fourteen weeks; while another man had both bones of his leg broken by a fall and got well enough to plow in seven weeks. A sprain is a serious accident and should not be looked upon as a mere bruise, for often the joint is injured for life, and it should be treated with some judgment and care. When you sprain your ankle or other joints you should put it to rest at once and keep it in an easy position till it gets well.

As for other treatment you should try to keep down fever and swelling as much as possible, and to do this many things are recommended, such as a poultice of red clay made up with vinegar and applied.

OR

Burnt dirt prepared in the same way is also very good

OR

A poultice of elm bark, or jamestown leaves commonly called jimson

OR

Cold water from the well or spring applied on cloths, or poured on is good

OR

If circumstances forbid applications of cold water you may use red oak and wheat bran

OR

You may use tincture of camphor and at the same time keep warm elm poultices on

OR

Use a liniment made as follows:

|                     |       |
|---------------------|-------|
| Tincture of Camphor | 1 oz. |
| Tincture of Opium   | 1 oz. |
| Spirits Turpentine  | 1 oz. |
| Hartshorn           | 1 oz. |
| Sweet Oil           | 4 oz. |

Shake and apply on cloth, or otherwise two or three times in twenty-four hours. If you will be still, you will often get well quicker without any treatment than you will with the best treatment if you keep moving and trying to use the injured joint.

## RUPTURE OR (HERNIA.)

This means a protruding of the intestines not through the skin but through the membrane of the abdomen or belly, sometimes at the navel called the umbilicus and sometimes in the groin, and sometimes lower down on the upper and forepart of the thigh and so on. And without giving a minute description of all the different kinds of hernia, or rupture, I will just say when you find a soft tumor occurring suddenly in any of these places after much exercise, you had better go forthwith to a doctor and let him ascertain the nature of the swelling, for no one who is not well skilled in the treatment of hernia, and the human anatomy should undertake to fool with or handle a rupture, as sometimes life is lost by careless and unskillful handling and too, by neglect of patients hoping to get better. A friend of mine lost his life by just waiting to get better, when, if he had just told some body an hour or two sooner he could have been saved. Often men, and more commonly women, try to keep it a secret, when they should go at once to a medical man and have their condition made better and safer without any sacrifice of modesty, or unnecessary exposure, go therefore at once as your only safety and never wait to get better and through a false modesty die, when relief could be had.

## VISITING THE SICK.

Much good or harm can be done by visiting the sick. I have had a good opportunity to witness the effects of visiting the sick. Some people are so full of care and love for the sick, that they seem to make it a point to try to talk the poor sufferer to death, and while they do not think that they are doing harm; they are doing in a great many cases more harm to the sick than the doctor can do good. While it is a good thing to visit the sick, yet we should be very careful how we behave ourselves while there, for when we see a patient suffering we cannot expect to make his suffering less by keeping him disturbed with much loud talking which is calculated to augment his anguish and disturb his rest, I have known some people go to set up with the sick (and sometimes when the patient was very low) and as soon as they entered the sick room, they would set their tongue in motion and nothing but a continual clatter and roar of gab could be heard all night, the patient could not sleep or rest, and the family, though worn out for want of sleep and rest, could not sleep for that tongue; and of course they hate to say anything for fear they will make the talking machine mad, and thus for fear of hurting feelings they endure the torment all night, and if the patient is in his right mind prays for day, in hope that he may sleep and rest, and yet if the neighborhood has two or three of these incessant talkers, and they agree to take

it turn about; oh! what a pity! Sometimes the poor, unfortunate sufferer sinks and dies for want of that necessary sleep and rest, and the doctor is often blamed.

I have often seen these cases and wondered how on earth a well man could stand it; and not only that, but sometimes it seems that some young people are glad when somebody gets sick enough to sit up with; for they can meet and court, and laugh and talk all night and keep the family awake, and the poor sufferer rolling and groaning in his agony all night. Sometimes, again, we see a dozen there one night and nobody the next; this is for want of understanding. And again, we see sometimes a poor family, (though good people) afflicted and therefore they are compelled to undergo heavy expenses that the people in the neighborhood ought to bear cheerfully; for sometimes there are people who seem to have so much care for the sick, that as soon as any one gets much sick in the neighborhood that they will throw down everything, and the old man and old woman, and maybe five children will go to *board* and *stay* till the sick gets well or dies, and the family has them to cook for and wait on, and Lord, help, when they happen to be of that talking family. And, too, I never saw a neighborhood, that I now remember, but was cursed with a tattler, and often the sick-room is a convenient place for that class to go to get up a muss and uproar in the settlement, and to their shame

go and talk about the afflicted family or something that they had, or did, or had not, or did not. Did I say cursed with such people? Yes, I would emphasize the word *cursed*. Many times the sick are made worse by their best friends whose hearts are full of love and sympathy, by feeding too much, or giving them something they ought not to eat; while they are aiming it all good, yet, they should be very cautious, for often diet interferes with medicine and changes the action of drugs from good to bad and does harm.

I will here speak of another class of visitors; though they do not talk too much, yet they do not talk right, nor act right. They will come to the door of the sick-room, and stand and look amazed, with their eyes fixed on the patient and after awhile break out with: "Oh! George, how bad you do look! Do you think you will ever get well? You look so much worse than you did when I saw you last." After scaring the patient out of his wits, then walk up to the bed: "How do you feel, George? You look awful bad. Can you eat anything? I am awful *feard* you won't get well." Then away to the kitchen and scare the family out of their senses. Although these people do not mean to do harm, yet, they help to hurry the patient out of the world, and that is not all, they are responsible.

I will speak of another class of visitors which I think does more harm than all the others put together. I mean that class of meddlers who try

to make the patient and family dissatisfied with the doctor and nurse, for it is a well known fact that the more confidence a patient has in his medical advisor the better are his chances for recovery. And when you see or hear any one trying to destroy that confidence, by telling that some one died, that this same doctor treated, and somebody else got well that Dr. so and so treated, you may know at once that he or she is a fool; for where is the doctor that lost all of his patients, or where is the doctor who never lost any? Now, what are the facts in the case? It may be that he is owing this same doctor, and this same doctor wanted his money, and therefore, "he is not fit to doctor my dog." "Now, send and get Dr. so and so, he is the chap." Now, what do you suppose he cares if the patient dies in one hour, so he has destroyed confidence and otherwise injured the doctor, and succeeds in getting them to send for Dr. so and so. I shall have to dismiss this class of visitors, from the fact, that I am not able to employ language to tell how dangerous and mean such people are.

There is another class, however, belonging to this category that I must mention, for this article would be too deficient without it. I mean that class of people who "knows something," and has been just like the patient, and if they had not turned their stocking wrong side out and drank witch hazel tea, they would have died "shoer." Another steps in and finds that the patient has

“yaller janders” (jaundice) and he must take whiskey and barbary. Then in comes another and says he has mumps, and he must be steamed with double tanzy. In comes another and says he has got the bowel consumption and nothing in the world will do him any good but black-berry wine. And yet another says, “Oh, heavens, the patient has got brown skeets (Bronchitis) and Dr. so and so give uncle Ben a medicine that looked like ’lasses, and if I was in your place I would change doctors.

I will give the reader two examples of these visiting know-alls. Once when my dear mother was sick, and Dr. Bulla, of Randolph county was treating her, he left some pills for her to take in his absence. One day an old lady came in to see mother, and wanted to see her medicine; when she saw the pills she blared her eyes and stamped the floor, saying, “Oh, mercy, why Puah, don’t take ’em, for the Lord’s sake, why them pills is nothing in the world but rat’s veins and quick-silver. I am surprised; but then the doctors don’t know nothing.”

Once an unmarried lady, about thirty-five years old, who *knew*—she was one of the knowing kind—called in to see one of my patients; while I was in an adjoining room. She examined my patient carefully and said, “Mary, you are point blank like I was, I was just like you for the world,” and I don’t know what she would have said if I had not interrupted her by saying, “Oh, yes, you have

told on yourself, have you? Now, if I had told that you had the child-bed fever, you would have been mad enough at me to tear my eyes out. I would not tell such things as that, if I were you.

Now my dear reader, I want to call your attention to another class of visitors, and I want you to follow me closely. It is a class that you will admire, and maybe you will want them to visit you. I mean a visitor who, when he comes, will walk light, enter the sick-room with a smile, and a soft "good morning, Willie. I am glad to see you looking as well as you do; are you not feeling much better? I am so glad you are doing as well as you are. Oh, I hope you will soon be well again. You must not get out of heart, Willie, take your medicine and get well, and come over and see me. Is there anything I can do for you? If there is anything in the world you want, that we have, or can get, you must let us know and you shall have it, if it can be had. I'll call and see you again, Willie."

God bless such a visitor, such are sent of Him who said, "visit the sick." Now, reader, you can not imagine how such a visitor can soothe and quiet the wrecked system and the anxious and troubled mind. Such visitors do good; they are worth more than their weight in gold; they bring hope, light, peace and heaven-born tranquility to the sick; they drive away gloom, fear, doubts, despondency and care; they give joy and gladness.

And by their kindness they cool the burning cheek, they quiet the throbbing heart, they still the heaving sigh, they strengthen the feeble nerve, they bring back lost confidence, they increase the desire to live, and by their willing efforts and quiet and constant care and prayerful watching, they have often snatched victory from the very jaws of defeat.

No one can imagine how powerfully soothing it is to a suffering mortal to remember that "They care for me, and they pray for me."

#### NURSING THE SICK.

When we consider how much depends upon accuracy of judgment, decision of mind, nerve and care, we begin to see how important it is to have an educated nurse; for the doctor may do all he can, and advise properly, and if his directions are not carried out, of course his aim is missed; and often the patient dies and the doctor is blamed, while the nurse is solely responsible. I can call to my mind many cases where a good nurse was worth more than a dozen doctors, unless they could have stayed with the patient. The doctor comes, examines his patient and prescribes according to his best judgment, and gives directions concerning medicine, diet, care, &c., and expects, of course, that everything will be done according to order. Now, suppose a nurse fails and the patient dies, who is to blame? Not the

doctor, I am sure. The nurse took the case out of the doctor's hands. It may be because the patient complained of bad taste or something of that kind, or some one of our "know-all" visitors comes in and suggests something, and the nurse is thus drawn off.

A nurse ought to know what the doctor wants to accomplish with his medicine; they should know what medicine is doing and they should know what and how to feed and when to feed; how cool or warm to keep the room; in short, a nurse should know how to take care of the sick. The doctor should carefully and thoroughly instruct the nurse as to what, how and when to do, and then the nurse should go and do precisely as directed. No one else should give medicine to the patient or feed or water or anything else without the nurse's knowledge and sanction. It is the nurse's business to see that the sick is not weary with company; in fact, no one should call on the patient without the consent of the nurse. All the family should listen to, and mind the nurse, so far as concerning the sick. The doctor should always be thoughtful enough to advise as to the arrangement of the room &c., as well as company, and the nurse should see that every injunction is carried into effect. A nurse is never to give a patient a harsh word but always show firmness with kindness. The doctor should instruct his nurse, so well as to know what his medicine should do, and what it should not do, that he can be notified at once in case some important change or unexpected effect should be seen.

The best doctor in the world can do but little with a careless nurse, but a poor doctor can do wonders, aided by a good, careful and competent nurse, while the doctor's advice and professional services is often indispensable, yet, the services of a good nurse is worth equally as much, if not more; for the doctor leaves medicine and if it is not given, of course, it will do no good, and if it is given wrong it is worse than not at all. Then seeing the need of a good nurse, somebody in every neighborhood should study and learn how to nurse, and it would be to the advantage of the people in it to give encouragement by paying a good nurse well for their services. I do believe that there should be schools for the purpose of educating nurses and then employ them, many die as it is, that would get well if that were the case, no one can nurse well unless they know how, and if the doctors would take a little more pains to instruct their nurses, they would have much better success, and would sacrifice nothing. I do not want you to forget that a nurse that will allow the patient disturbed by visitors and noise or any thing else unnecessarily, ought to be sent home if they are not at home, and if they are, somebody should take their place. A nurse should never be afraid of making any body mad, but do their duty and mind the doctor's directions.

## PROPERTIES OF BARKS, ROOTS &C.

Alteratives are medicines that cure diseases by purifying the blood &c., they are given for liver complaints, skin diseases, scrofula, rheumatism and so on, you may use them single, or several together by making a tea or decoction and drinking a half tea cupfull two or three times daily.

I will give a list of a few out of a great many plants.

|                |                   |
|----------------|-------------------|
| Stillingia,    | Blue Flag,        |
| Sarsaparilla,  | Elder Flowers,    |
| May Apple,     | Sassafras,        |
| Plantain,      | Tomarac,          |
| Iron Wood,     | Dwarf Elder,      |
| Water Dock,    | Iron Weed,        |
| Yellow Dock,   | Guaiacum,         |
| Burdock,       | Turkey Corn,      |
| Adders Tongue, | Button Snakeroot, |
| Wahoo,         | Black Snakeroot,  |
| Prickly Elder, | Tag Alder.        |
| Spikenard,     | Wild Cherry.      |

These are a few that may be culled from materia medica. We will notice a few astringents, such as will stop exhausting discharges &c., which may be prepared as above and taken the same way or more freely if demanded, as they are very plenty. I will just name them, so as to give the reader a thought if such agents are required, as in diarrhœa, flooding, &c.

|                 |                  |
|-----------------|------------------|
| Alum,           | Catechu,         |
| Alum Root,      | Cat-tail Flag,   |
| Persimmon Bark, | Hounds Tongue,   |
| Black Birch,    | Blackberry Root, |
| Raspberry Root, | Dewberry Root,   |
| Yarrow,         | Uva Ursi,        |
| Witch Hazel,    | Oak Bark,        |
| Logwood,        | Hard Hack.       |

Many others might be added, but the above are quite sufficient.

Diaphoretics are medicines used to produce sweating and are given in fever, colds, &c. when the skin is dry.

These may be used as the others, warm.

#### DIAPHORETICS.

|                |             |
|----------------|-------------|
| Pleurisy Root, | Horsemint,  |
| Catnip,        | Sage,       |
| Ginger,        | Peppermint, |
| Smartweed,     | Thyme,      |
| Feverfew,      | Pennyroyal, |
| Balm,          | Skullcap,   |
| Blue Vervain,  | Boneset,    |
| Cotton-seed,   | Spicewood.  |

And many other agents are used for this purpose, but you can nearly always obtain one or more of the above, pleurisy-root and balm together are good for colds, in fact, any one or more will be found good in catarrh, coughs, &c. but care should be taken not to take cold after their use, as they will leave the skin open.

A decoction or oil of the following are good for colic, or pains in the bowels, and given with medicines, often keep them from griping, they can be used as the other classes, that is, in quantity.

|                        |                       |
|------------------------|-----------------------|
| Allspice,              | Calamus (Sweet Flag,) |
| Anise,                 | Caraway,              |
| Angelica,              | Cloves,               |
| Camphor, (small dose,) | Cinnamon,             |
| Ginger,                | Catnip,               |
| Sage,                  | Nutmeg,               |
| Pennyroyal,            | Peppermint,           |
| Horsemint,             | Ditney.               |

And many other plants, &c. but the above will suffice.

We will now notice such as will give action from the bowels with their doses,

|             |      |                         |
|-------------|------|-------------------------|
| Aloes,      | from | 5 to 10 grs.            |
| Jallap,     | “    | 10 to 20 grs.           |
| Rhubarb,    | “    | 10 to 20 grs.           |
| Calomel,    | “    | 10 to 20 grs.           |
| Castor Oil, | “    | 1 to 2 table-spoonfuls  |
| Salts,      | “    | 1 to 2 table-spoonfuls. |

Many other agents will operate in the same way, such as elder bark in warm infusion, senna, prickly elder, Locust bark, blue flag, blackroot, &c. which must be taken in half teacupful doses of the warm infusion, and repeated if necessary in an hour or two. The above will be sufficient, as some, or several can be had at any time.

## ANTIPERIODICS

Are medicines that are given in chills, or ague (intermittent fevers) remittent fevers &c. The powdered article a half teaspoon or teaspoonful may be given at a dose, or of the decoction one or two teaspoonfuls several times daily.

## ANTIPERIODICS.

|                  |                  |
|------------------|------------------|
| Apple Tree Bark, | Dogwood Bark,    |
| Poplar Bark,     | Peruvian Bark,   |
| White Willow,    | Wild Horehound,  |
| Ironweed,        | Black Snakeroot, |
| Hickory Bark,    | Iron Wood,       |
| Horse Chestnut.  |                  |

These are used as remedies in fever, &c., but it is best to use quinine &c., when it can be had conveniently.

Diuretics are medicines that are used to cure difficulties in passing water, some are used in cold water, these are marked (\*) before them, others may be used in warm infusion, and are taken in tablespoonful doses frequently.

## DIURETICS.

Artichoke, Apple Tree Bark, Sunflower Seed, Water Plantain, Parsley, Bush Honeysuckle, (\*) Watermelon Seed, Squill, (\*) Elder Flowers, (\*) Pumpkin Seed, Onion, Mullein, (\*) Slippery Elm, Horse Radish, Mountain Pink, Sassafras, Smart Weed, Garlic.

Spirits of Nitre should be given in half teaspoonful doses in cold water. Turpentine 5 drops on sugar.

## EMMENAGOGUES

Are medicines which bring on the menstrual flow and are useful to Ladies who have taken cold, &c., and a warm infusion of one or more, may be taken in half teacup doses three or four times daily.

|                  |                    |
|------------------|--------------------|
| Pleurisy Root,   | Feverfew,          |
| Spanish Needles, | Smartweed,         |
| Tansy,           | Mayweed,           |
| Rue,             | Life Root,         |
| Thyme,           | Cotton Bark,       |
| Pennyroyal,      | { Black Cohosh,    |
| Winter Fern,     | { Black Snakeroot, |
| Rosemary,        | Blue Cohosh,       |
| Saffron,         | Savin,             |
| Partridge Berry, | Motherwort,        |
| Origanum,        | Squaw Weed.        |

The following may be given in tablespoonful doses, of the decoction, or teas for colds, or dry coughs. They will aid in spitting up. This class of medicines is called

## EXPECTORANTS.

|                      |                  |
|----------------------|------------------|
| Balm of Gilead buds, | Cat-tail Flag,   |
| Speedwell,           | Flax-seed,       |
| Horehound,           | Licorice,        |
| Comfrey,             | Sunflower Seeds, |
| Spanish Needles,     | Slippery Elm,    |
| Mullein,             | Catnip,          |
| Lobelia,             | Boneset.         |

Gargles are used in sore throat, relaxed condition of the mouth and throat; and may be used often, and may be made of any or several of the following:

|                   |                   |
|-------------------|-------------------|
| Black Haw Root,   | Sumach Bark,      |
| Blue Cohosh,      | Hyssop,           |
| Sage,             | Alum Root,        |
| Vinegar and Salt, | Alum,             |
| Honey,            | Hops and Salt,    |
| Rattle Snakeroot, | Wild Cherry Bark, |
| Witch Hazel,      | Borax,            |
| Red Pepper,       | Bayberry,         |
| Sumach berries,   | Blackberry Root.  |

The following are tonics, and may be taken in cold infusion. They will strengthen the system, increase the appetite and renew the blood. I will only give such as anybody may use, and will be found almost everywhere.

#### TONICS.

|                      |                 |
|----------------------|-----------------|
| Dogwood Bark,        | Bellwort,       |
| Wild Cherry Bark,    | Turkey Corn,    |
| Hickory Bark,        | Yellow Root,    |
| Horse Chestnut Bark, | Black Haw Bark, |
| Pleurisy Root,       | Rhubarb,        |
| Bitter Root,         | Quassia Chips,  |
| Virginia Snakeroot,  | Black Ash,      |
| Tansy Leaves,        | Beth Root,      |
| Barberry,            | Buchu Leaves,   |
| Chamomile,           | Dandelion,      |
| Swamp Dogwood,       | Gentian Root    |

Poplar Bark,  
 Horehound,  
 Colombo,  
 May Weed,  
 Ironweed,  
 Peony,  
 Ground Ivey,  
 Peruvian Bark,

White Willow,  
 Black Alder,  
 White Ash,  
 Common Nettle,  
 Mistletoe,  
 Buck Bean,  
 Tomarac,  
 Boncset.

The following are also tonics, with the dose given. They should be taken in water, and many of them will injure the teeth, and therefore, should be taken through a quill or wash the mouth immediately with a solution of soda. They may be taken three times daily for some time, say a week or two.

Dilute Muriatic Acid 10 drops  
 Dilute Nitric Acid from 5 to 10 drops  
 Dilute Sulphuric Acid 10 drops  
 Muriated Tincture of Iron 15 drops  
 Elixir of Vitriol 10 to 15 drops.

The Tinctures of all the Plants, Barks, &c., mentioned above, may be taken in teaspoonful doses.

Oxide of Iron 5 grains,  
 Phosphate of Iron 5 to 10 grains,  
 Reduced Iron 1 grain,  
 Citrate of Iron 10 grains,  
 Citrate of Iron and Quinine 3 grains,  
 Sulphate of Iron (Copperas) 1 grain,  
 Prussiate of Iron 3 grains,  
 Syrup Iodide of Iron, 10 drops;  
 Lactate of Iron 1 grain,  
 Protoxide of Iron 3 grains.

There are other preparations of Iron, but they all possess so nearly the same properties that it is not necessary to continue the list.

Many other properties of Plants, Roots, &c., might be given, such as Vermifuges, stimulants, internal and external, Sedatives, Sialagogues, Snuffs, Narcotics, Fomentations, &c.; but where they are indicated they are mentioned in the treatment of diseases in the body of the work,

### TINCTURES.

We will devote a few pages to Tinctures; how to make them, and what for, with their doses.

#### TINCTURE ACETATE OF IRON.

Water 9 oz.

Sulphuric Acid 6 drs.

Dissolve by gentle heat in this mixture

Sulphate of Iron 8 oz.

Then mix together

Nitric Acid 4 drs.

Water 1 oz.

and add to the above and then evaporate to the consistency of syrup, then dissolve the whole in

Alcohol 1 qt.

Now mix separately

Acetate of Potass. 8 oz.

Alcohol 1 qt.

and shake till dissolved—mix the whole together and filter.

This is a good astringent Tonic and can be used in doses of 20 drops. This is a good injection for Leucorrhœa.

#### TINCTURE OF ASAFETIDA.

Asafetida 2 oz.

Alcohol 1 pt.

Shake together, occasionally, for two weeks, then strain through cloth. Asafetida is good for Colic, Hysteria, Low Spirits, &c. Dose, 20 to 30 drops.

#### TINCT. BLACK COHOSH, (Snake Root).

Powdered Cohosh Root 2 oz.

Alcohol 8 oz.

Let stand two weeks, frequently shaking and filter (strain). The dose is from 10 to 40 drops, and may be given in all diseases, as Rheumatism, Neuralgia, Lung affection, &c., as a gentle Tonic.

#### TINCTURE OF BLOOD ROOT, (Puccoon).

Powder of Blood Root 3 oz.

Alcohol 1 pt.

Let stand two weeks and filter. Dose, from 10 to 40 drops—useful in suppressed menstruation. It is an Expectorant, Alterative and Tonic, and good in affections of the liver, stomach and lungs. In large doses it will vomit.

### TINCTURE OF CAPSICUM, (Pepper).

|                   |        |
|-------------------|--------|
| Ground Red Pepper | 4 drs. |
| Alcohol           | 1 pt.  |

Let stand two weeks and filter. Dose, from 10 to 40 drops. This is a paramount Stimulant and Tonic—useful in all debilitated conditions of the stomach and system. It is useful in sore throat and as a stimulant on the skin. It is a part of many Liniments.

### TINCTURE OF CAMPHOR,

|             |       |
|-------------|-------|
| Gum Camphor | 2 oz. |
| Alcohol     | 1 pt. |

Let it dissolve—this is useful in colic, cramp of the stomach, and is also good for external purposes, as in rheumatism, sprains, pains, &c.

### TINCTURE OF CATECHU,

|                   |       |
|-------------------|-------|
| Powdered Catechu  | 2 oz. |
| Powdered Cinnamon | 1 oz. |
| Alcohol           | 1 pt. |

Let it stand two weeks in filter. This is used in Bowel complaint, &c., in doses of from 20 to 60 drops.

### TINCTURE OF CINNAMON.

|                 |        |
|-----------------|--------|
| Ground Cinnamon | 1½ oz. |
| Alcohol         | 1 pt.  |

Let stand two weeks and filter. This is good in Diarrhœa, Dysentery, Flux, Profused Menstruation, Flooding, &c. Dose, from 1 to 3 teaspoonfuls in sweetened water or milk.

## TINCTURE OF COTTON ROOT BARK.

|                        |       |
|------------------------|-------|
| Bark of Cotton Root    | 4 oz. |
| Sweet Spirits of Nitre | 8 oz. |

Let stand two weeks and filter. This is useful in derangement of Menses, such as painful or suspended Menstruation. The dose is from 20 to 40 drops diluted in water &c.

## TINCTURE OF GENTIAN.

|                            |       |
|----------------------------|-------|
| Pounded Root of Gentian    | 1 oz. |
| Dilute Alcohol (or Brandy) | 1 pt. |

Let stand 2 weeks and filter. This is a grand tonic when the stomach is weak in dyspepsia &c. Dose a teaspoonful three times daily.

## TINCTURE OF GINGER.

|               |       |
|---------------|-------|
| Ground Ginger | 2 oz. |
| Alcohol       | 1 pt. |

Let stand two weeks and filter. This is good in Cramp in stomach, Colic, &c. It is also given in weak stomachs, in doses from 20 to 40 or 60 drops in <sup>s</sup>sweetened water.

## TINCTURE OF OPIUM, (Laudanum).

|                      |        |
|----------------------|--------|
| Good Opium in powder | 1 oz.  |
| Work it up well in   |        |
| Warm Water           | 4 oz.  |
| Then add Alcohol     | 12 oz. |

Shake occasionally for forty-eight hours, then filter and it is ready for use.

This Tincture of Opium, or Laudanum, is used to allay pain, check the bowels in summer complaint, to quiet the system, &c. Dose, from 10 to 30 drops. This should not be given to infants or very old people, as it is capable of destroying life, in small doses; in fact, it should be taken or given with great caution to anybody.

### SYRUPS.

Simple Syrup is made by taking:

|                       |         |
|-----------------------|---------|
| Loaf or Crushed Sugar | 2½ lbs. |
| Water                 | 1 pint. |

Simmer together till well dissolved, strain while warm. We use this in making medicated Syrups.

### LEMON SYRUP.

|               |         |
|---------------|---------|
| Water         | 1 gal.  |
| Citric Acid   | ½ lb.   |
| Ivory Black   | 1 lb.   |
| Refined Sugar | 13 lbs. |

Boil together and filter, then add

|              |       |
|--------------|-------|
| Oil of Lemon | 1 dr. |
|--------------|-------|

Or you can make it in this way:

|              |          |
|--------------|----------|
| Citric Acid  | 1 dr.    |
| Simple Syrup | 1 pt.    |
| Oil of Lemon | 3 drops. |

To make Lemonade mix this syrup with water to suit your taste.

## OINTMENTS.

For Sugar of Lead Ointment—melt together in a clean vessel

White Wax 2 oz.

Lard 4 oz.

Add after melted,

Sugar of Lead 2½ drs.

and stir till cold. This Ointment is good on burns, sores, blisters, &c.

## OXIDE OF ZINC OINTMENT.

Lard 3 oz.

Oxide of Zinc ½ oz.

Rub them well together. This is good for skin sores, sore nipples, sore feet, cracked heels chap, &c.

## POKE OINTMENT.

Extract of Poke 1 dr.

Lard 1 oz.

Work well together. This is excellent for skin diseases, scald head, itch, and old sores.

## OINTMENT OF SOOT.

Clean Wood Soot 1 oz.

Lard 4 oz.

Work well together and you have a good ointment for burns, scalds, erysipelas and other inflammation of the skin; should be applied on cotton batting and renewed daily.

One of the most healing ointments for old sores, cuts, wounds, &c. is the following:

### COMPOUND LEAD OINTMENT.

|                  |         |
|------------------|---------|
| Sweet oil        | 2½ lbs. |
| White Turpentine | ½ lb.   |
| Beeswax          | 4 oz.   |
| Unsalted Butter  | 4 oz.   |

Melt this together and strain. Then heat to near a boiling point and add gradually red lead one pound, stir the mixture till it is nearly black, then add after it is nearly cool,

|                  |        |
|------------------|--------|
| Honey            | 12 oz. |
| Powdered Camphor | 8 oz.  |

### IODINE OINTMENT

Is used in bronchocele tumors, enlarged tonsils, scrofulous tumors, &c.

|                   |         |
|-------------------|---------|
| Take Iodine       | 15 grs  |
| Iodide of Potassa | 30 grs. |

Rub them in a

½ dr. of alcohol,

Then add Lard 1 oz.

And well mix.

### COMPOUND POWDERS.

|                    |        |
|--------------------|--------|
| Dover's Powder     |        |
| Nitrate of Potassa | 8 drs. |
| Powder Opium       | 1 dr.  |
| Ipecac in powder   | 1 dr.  |

Grind well together. Dose 10 grains.

### COMPOUND POWDER OF IPECAC AND OPIUM.

|                    |             |
|--------------------|-------------|
| Opium in powder    | 10 grs.     |
| Camphor in powder  | 40 grs.     |
| Nitrate of potassa | 8 Scruples. |

Grind well together. This is useful in all febril, inflammatory and rheumatic or painful diseases, it relieves pain, allays nervous irritation and promotes perspiration, quiets the system, and disposes to sleep. Dose, from 3 to 6 or 8 grains, every one, two or four hours.

### COMPOUND POWDER OF RHUBARB AND POTASSA.

|                   |        |
|-------------------|--------|
| Rhubarb in powder | 4 drs. |
| Bicarb. Potassa   | 2 drs. |

Mix well together. Dose, 10 or 15 grains. This is one of our best remedies in sour stomach, diarrhœa, flux, dysentery, &c.

### MILD LAXATIVE POWDER.

|                 |        |
|-----------------|--------|
| Sulphur Flour   | 2 oz.  |
| Cream of Tartar | 2½ oz. |

Mix well. Dose, teaspoonful night and morning.

OR

|                |       |
|----------------|-------|
| Rhubarb        | 1 oz. |
| Magnesia Carb. | ½ oz. |

Mix.—Dose as above in water.

## MIXTURES.

|                       |                   |
|-----------------------|-------------------|
| To Water              | 1 pt.             |
| Add Elixir of Vitriol | $\frac{1}{4}$ oz. |
| Sulph Quinine         | 3 drs.            |
| Sub. Carb. of Iron    | 3 drs.            |
| Tincture Pepper       | 1 oz.             |

Dose, a large teaspoonful 3 times daily will cure any kind of chills, and is a good tonic. Renews the blood, gives an appetite, and strengthens the system.

## TAKE

|                       |       |
|-----------------------|-------|
| Water                 | 1 pt. |
| Bromide of potassa    | 4 oz. |
| Tincture of Velerrin  | 2 oz. |
| Tincture of Colchicum | 2 oz. |

Dose, a large teaspoonful in water. Good for chronic rheumatism, pains, and wakefulness; also for fits of the epileptic kind.

## TAKE

|                           |       |
|---------------------------|-------|
| Muriated Tincture of Iron | 1 oz. |
| Tincture of Digitalis     | 1 oz. |
| Camphor water             | 6 oz. |

Dose, a teaspoonful in a little water. Good for palpitation of heart and nervous excitement.

## TAKE

Equal parts of soda and cream of tartar. Dose, half teaspoonful for heartburn.

## SNUFF AND ITS EFFECTS.

When we look around us we cannot fail to see the heart sickening effects of strong drink. Alcohol, in his merciless ravages on our race, has crippled every branch of business; he has made his thousands of widows and tens of thousands of orphans; he has sowed broadcast misery, suffering and shame; he has destroyed the peace and happiness of thousands he has not killed; he has brought down the cloud of despair upon thousands of once happy families; he is bold in his work, defiant in his march; he yells as he carries his multitudes to ruin.

But what of snuff? Snuff does not make its consumer so drunk, nor do the consumers of snuff do so much rioting or murder, nor does the use of snuff produce nor cause so much dread, neither does it bring the same kind of despair as alcohol; but its work is more like the noiseless midnight assassin, who silently steals his way to the chambers of the fairest and most beloved of our land, and silently deals out debility, disease and death upon our wives, sisters, mothers and daughters, sapping the very foundation of health, undermining the constitution; weakening every organ, debilitating every nerve and weakens both body and mind. It silently sows its seeds of disease and constitutional debility away down in the third and fourth generation, lessening and de-

troubling the sweetness of life, both physically and mentally; thus paving the way to vice debauchery and ruin. For when the mind, body and nervous system are all weakened, who can deny but that the will and power to resist evil are weakened also? And who can deny for one moment in the face of all these facts that the very tendency is to evil, and that continually?

It causes female weakness and thus prepares the system for disease and disables the constitution to resist. The use of snuff brings on dyspepsia, with all its horrors, by weakening the stomach; it favors consumption, for it depresses the lungs and weakens the action of the heart. It favors hysteria, for it destroys nerve force and deranges the menstrual function. And, thus, it brings on displacement and disease of certain organs, by its debilitating influence.

I am well satisfied, from observation and investigation, that thousands are to-day in asylums and houses of prostitution, that would have been virtuous and pious mothers, sisters and daughters, loved and respected by all, and they would have been to-day intelligent and useful members of their respective families, but for the ruinous effects of tobacco and corsets.

Since I have made a specialty of the treatment and cure of female diseases I have treated twenty-one cases of Nymphomania, in the last eight years, and I am satisfied from careful investigation

that seventeen of these cases were chargeable to the excessive use of tobacco and corsets. The other four were dependant upon other causes mainly, yet I am not satisfied that snuff and corsets had nothing to do with them. That it effects the third and fourth generations cannot be denied for do we not almost daily see the fulfillment of that promise and declaration in divine writ: "I am a jealous God, visiting the iniquities of the fathers upon the third and fourth generations, and showing mercy unto thousands that love me."

I spoke above of corsets; now, I do not believe that any lady can lace on a corset and stoop down or get a full breath, but what they can see the damaging effects or tendency of her enemy, the corset. And why is it that our women are willing to sacrifice the glow of health and the happiness and ease with delight and long life for that, that is a thousand times worse than nothing, and that too, which not only inclines themselves, but their posterity, evil and ruin, is a problem that I cannot solve. But I intend to give this subject more thought and consideration in my book on "Causes and Cures of Female Diseases."

We cannot undo the mischief that is already done, but I appeal to husbands, parents, guardians, and friends of our wives, daughters and sisters to use every effort available to check this evil and save our own people and their posterity from further wreck and ruin, and I do most earnestly

appeal to the female members of our families to look to their interest and the interest of their posterity and stop before their health is forever gone.

But you say that snuff does not hurt you. Why then the shortness of breath, that palid cheek, that palpitation of heart, lowness of spirits, that derangement of stomach, that relaxed condition of the system, that sunken eye, that general debility, that wasting of tissue, why that nervousness, that death like appearance of the skin? Look at the gome about your mouth, that muck and filth on your teeth and tongue, go and smell the fetid stench of such a deposit somewhere else and then consider that you breathe off of such filth and tell me, is that healthy? Go measure the saliva or fluid that you rob from the stomach, supplied by the God of nature to aid digestion, to supplement the waste of tissue and to convert starchy food into sugar, without which starch is insoluble and hurtful, then tell me it does you no harm, well, one says, "it is a fashion and I had just as well be out of the world as to be out of fashion." Go on madam, you will soon be out of both, and will be held responsible at the bar of God for self abuse and untimely death, as well as for the influence you exert, and the evils entailed upon your posterity.

## CLASSES OF MEDICINE.

Medicines are prescribed by physicians for the purpose of producing a certain effect, that is when they want to meet a certain indication they prescribe one or more of a certain class of medicines whose effect upon the human system, is such as to counteract the effects of some other cause. Thus medicines are prescribed in view of certain physiological action upon the system, it can be readily seen therefore that medicines are given for the effect required. And medicines are often called by these properties, thus we say we will give the patient a cathartic, we mean that we will give him a medicine that will have that effect, or if we wish to give a medicine that will check diarrhœa &c., we say we will give him an astringent, or to ease pain we will give him an anodyne, &c., &c.

Now I will give a short dictionary of these terms.

**ALTERATIVES.**—Medicines which restore health by gradually acting upon the system, and neutralizing morbid condition.

**ANTIPERIODICS.**—Medicines which cure diseases that come on periodically, as chills, sun pains, &c.

**ANTISPASMODICS.**—Medicines that will cure, or relieve spasms, &c.

ASTRINGENTS.—Medicines that check discharges by puckering up the tissues, &c.

ANODYNES.—Medicine that eases pain, &c.

APHRODISIACS.—Are medicines that excite, or increase the sexual propensities.

ANTAPHRODISIACS.—Are medicines or agents which blunt sexual propensities.

ABORTIVES OR ECBOLICS.—Agents that will produce or bring on abortion.

ANTHELMINTICS OR VERMIFUGES.—Agents that will remove worms.

ANTACIDS.—Agents that will neutralize acid, &c.

ANTALKALIES.—Agents that will neutralize alkalies, &c.

ANTILITHICS OR LITHONTRIPICS.—Hinders the formation of stone in the bladder.

ANTISEPTICS.—Agents that will remove putrefaction.

ANTISCROFULOUS.—Agents that cure scrofula, &c.

ANTISYPHILICS.—Agents that cure syphilis, &c.

ANTISCORBUTICS.—Agents which cure scurvy, &c.

APERIENTS.—Agents that act mildly on the bowels.

CATHARTICS.—Agents that act on the bowels and cause them to throw off their contents, &c.

CARMINATIVES.—Agents that cause the expulsion of wind from stomach and bowels.

DIAPHORETICS.—Agents that will cause perspiration (sweat).

DIURETICS.—Agents that increase urine, &c.

DILUENTS.—Which increase the fluids in the blood.

DISCUTIENTS.—Agents that remove, or disperse tumors, &c.

DISINFECTANTS.—Agents that will neutralize offensive matter.

DEMULCENTS.—Agents applied externally to soften or relax inflamed parts, such as elm poultices, &c.

DETERGENTS.—Agents that cleanse wounds sores, &c.

EMETICS.—Agents that when swallowed will cause vomiting.

EXPECTORANTS.—Agents that loosen the phlegm from the throat and lungs so you can cough it up, or spit it off.

ERRHINE.—Agents that will cause sneezing.

EPISPASTICS.—Agents that will blister the skin, &c.

ESCHAROTICS.—Agents that will burn and leave a scab or slough same as caustics, &c.

HYPNOTICS.—Agents that will produce sleep.

HYDRAGOGUE (CATHARTIC).—Agents that will produce watery discharges from the bowels.

NAUSEANTS.—Agents that produce sickness on the stomach.

NARCOTICS.—Agents that depress nervous action of the brain, &c. as opium, stramonium, &c.

PECTORALS.—Agents to cure lung or chest diseases.

PARTURIENTS.—Agents that promote uterine contractions, &c.

RELAXANTS.—Agents which relax muscles, &c.

REFRIGERANTS.—Agents that diminish the heat of the body without depressing nervous action.

RUBESCENTS.—Agents that will turn the skin like mustard.

STIMULANTS.—Agents that increase action and they are general, local, or diffusible.

STOMACHICS.—Agents which give tone to the stomach, &c.

SEDATIVES.—Agents that diminish nervous action.

SUDORIFICS.—Agents that produce copious perspiration.

SIALAGOGUE.—Increases the discharge from the mouth.

TONICS.—Agents that tone up, or invigorate the system, they are general, special, or local.

TEUTONICS.—Agents that produce twitting, or spasmodic actions of the muscles.

STYPTICS.—Agents that act upon the blood vessels and general system, so as to stop blood.

COUNTER IRRITANTS.—Derivatives, Revellents, or revulsions, are agents which produce redness of the skin and relieve inflammation of internal organs, or parts. When this effect is produced externally, it is called counter irritation, when internally it is called revulsion.

EMMENAGOGUES.—Are agents that excite or increase the menstrual functions. These are uterine tonics, generally.

Now some of these are sometimes subdivided, but for our present purpose the foregoing are sufficient for the common reader to see the importance of understanding these agents, and their action on the system, for without this information you cannot prescribe medicine with any certainty of success. Some medicines possess two or more of these properties. Take opium for instance, opium may be administered as Astringent, or Sedative, Narcotic, Anodyne, or Stimulant and Hypnotic, and it has also Diaphoretic properties.

The success of a physician mainly depends on his knowing what is the matter, then, knowing how to remedy that matter. In order to do this he must be able to diagnose, that is, he must be so well posted in symptoms and signs of diseases that he can tell from them just what is the matter of his patient.

Now he must be so well posted in the physiological actions of the different drugs and medicines that are used in the cure of diseases, that he can select at once the thing, or things that will arrest the disease, and at the same time counteract its effects, or cure the effects of the disease.

Now as age, sex, and circumstances very much modify the administration of drugs, he must take circumstances into consideration, both in diagnosing and prescribing, and he must also consider surrounding circumstances in *prognosing*, by which term is meant, foretelling the final result or ending of the disease, and not only should he be acquainted with circumstances, conditions, and symptoms, but he should know the cause of such symptoms, or disease, so that if it depends upon an existing cause, that cause should be removed if possible.

## EXPLANATION OF MEDICAL TERMS.

## ABDOMEN,

The belly, or from the stomach down to the pubic bone.

## ABDOMINAL,

Belonging to the belly, as Abdominal organs, or cavity, &c.

## ABDOMINAL VICERA,

Are the organs of the belly.

## ABNORMAL,

Means unhealthy, or not natural.

## ABLUTION,

Means bathing, or washing, cleansing, &c.

## ABSCESS,

A tumor containing matter, as a large boil.

## ABATE,

To decrease in power or strength.

## ABSORBENTS,

Are glands, or small vessels which take up, or soak up fluids, or liquids.

## ABSORPTION,

Art of taking up, or drinking as dry earth absorbs the water.

## ACCELERATE,

Means to increase in speed, or force, or both.  
Stimulants accelerate the action of the heart.

**ACCUMULATE.**

To gather together in one place, as water accumulates in the body or some part of the body.

**ACID.**

Sour, as vinegar and many other substances.

**ACETOUS.**

Tasting, or smelling like vinegar.

**ACETATED.**

Mixed with acid, like water made sour with vinegar.

**ACRID.**

As acrid taste, burning in the mouth, or throat.

**ACUTE.**

Sharp, or very severe when applied to disease, means a disease severe in its attacks, effecting the whole system, and running a speedy course, like croup or pneumonia, &c.

**ADMINISTER.**

In medicine means to give medicine, or to prepare the dose and give to the patients, otherwise to manage affairs.

**AIR.**

The atmosphere, that which we breathe.

**AIR PASSAGE.**

Nose, throat, windpipe, lungs, &c.

**ALBUMEN.**

The white of an egg, or matter like that.

**ALBUMENARIA.**

Urine containing albumen detected by heat.

**ALIMENT.**

Means food, &c., in the stomach and bowels.

## ALIMENTARY CANAL.

The canal through which the food passes, as stomach, bowels, &c.

## ALKALI,

Is a substance that forms salts with acid, as ammonia, soda and potash.

## ALKALINE,

Partaking of the nature of alkali.

## ALKALOID,

Is a vegetable alkali, or nearly so, like Sulph. Quinine, Morphine, &c., which will neutralize acid like alkali.

## ALTERNATE,

To take by turn, first one and then the other. ■

## ANAESTHESIA,

Means insensibility.

## ANAESTHETICS,

Are medicines or drugs that produce that effect.

## ANASARCA,

Means general dropsy.

## ANEMIA,

Want of red globules in the blood, pale.

## ANTERIOR,

Means before, or in front.

## AREOLA,

Is a dark circle around the nipple of the breast.

## ASCITES,

Means dropsy of the belly.

## ATROPHY,

Means to lessen in size, or perished, wasted, &c.

## AUGMENT,

Means to make larger, to increase in size.

## ASTHENTIC,

Means debility from disease.

## BILE,

A secretion of the liver, yellow and bitter.

## BILIOUS,

Due, or pertaining to the bile.

## BLAND,

Mild, nourishing, but not stimulating.

## BISTOURY,

A surgeon's small knife.

## BRONCHIA.

Air tubes leading to the lungs.

## BRONCHIAL.

Pertaining to the bronchia or tubes.

## BRONCHITIS.

Inflammation of the bronchal tubes.

## BIENNIAL,

Means lasting, or coming every two years.

## BAFFLE,

To disappoint, or bother, or defeat.

## BLISTER,

Water gathered under the skin, as from a burn.

## CALCAREOUS.

Lime, or something formed of lime.

## CALCULUS, OR CALCULI.

Stone, or stones found in the bladder, &c.

## CANCERUM ORIS,

Mortification of the mouth and face.

## CAPILLARY.

Small blood vessels and nerves of the skin, &c.

Those hair like vessels of the skin are called capillary vessels.

## CAPRICIOUS

Changable, irregular, not constant. &c. An irregular appetite is called capricious.

## CAUTERIZE,

Means to burn with caustic, or hot iron.

## CATAMENIA,

Monthly flow of females, menses.

## CATAPLASM,

Means a poultice of anything applied.

## CEREBRAL,

Appertaining to the brain, as disease of the brain.

## CERVICAL VERTEBRAE,

The first seven joints of the back bone counting from the skull downward.

## CESSATION,

Discontinuation or stopping of motion, &c.

## CHALYBEATE,

Medicine or water containing iron, &c.

## CHRONIC DISEASES,

Are diseases that continue without inflammatory symptoms, they often last for years.

## COLLAPSE,

A failure of vital force or strength, a state of prostration, a sudden sinking, &c.

## COMA,

A profound sleep or stupor, like one in an unconscious sleep after a fit, &c.

## COMPLICATED,

Several diseases existing at the same time in the same person, as mumps, measles, &c.

## CONGESTION,

An accumulation of blood in some vessel or part, opposing reaction, as in congestive fever.

## CONTAGION,

A poison matter that causes diseases, when a disease is catching it is called "contagious."

**CONTRACTED,**

When applied to organs means drawn up or narrowed, but when applied to disease it means caught or taken, as contracted a disease or a cold, &c.

**CONTRAINDICTION,**

Means contrary or opposed to as an astringent medicine is contraindicated in constipation of the bowels; sedatives in prostration, &c.

**COUNTER IRRITATION,**

Means irritating one part to cure another; to cure a pain in the stomach by applying a mustard plaster on the outside is called curing or relieving by counter irritation, &c.

**CONVALESCENCE,**

Is that state of the patient after the disease is broken up and before perfect health.

**CRITICAL,**

Means dangerous and uncertain, and often means a turning point in disease.

**CRISIS,**

Means about the same thing, a turning point.

**CUTANEOUS,**

Belonging to the skin, diseases of the skin are called cutaneous diseases.

**COLLIQUATIVE**

Means a weakening discharge of fluids, &c., night sweats in consumption, &c., are called colliquative sweats.

**CIRCUMSCRIBE,**

Means to limit or keep in certain bounds, when a disease is confined to a certain spot, it is said to be circumscribed to that place, &c.

## DEBILITY.

Weakness or feebleness.

## DECOCTION.

The water in which a vegetable is boiled, a tea.

## DELIRIUM.

A wandering derangement of the mind, out of the right mind, as in fevers, &c.

## DEMENTIA,

Means a weakness of the mind—silly minded.

## DENTITION,

Is the time of cutting teeth.

## DEPLETION,

Means draining the system of fluids; thus, bleeding with the lancet is called depletion.

## DETERMINATION,

In medicine, means a tendency to any one part, as when the blood rushes to the head, we say that it is a determination of the blood to the head, &c.

## DIAGNOSIS,

Means to tell diseases one from another by distinguishing symptoms.

## DIATHESIS,

A constitutional tendency to a disease, as where a patient has a tendency to scrofula, we say he is of a scrofulous diathesis, &c.

## DISCRIMINATE,

To tell one disease or symptom from another.

## DISTENDED,

Enlarged, filled up, swollen, &c. When the abdomen, or belly, becomes full and round we say it is distended, or when the bladder is very full it is distended.

## DORSAL VERTEBRAE.

The twelve joints of the back-bone next below the first seven, counting downward.

## DOMESTIC,

Appertaining to home or the family, such articles as sage, soda, salt, &c., are called domestic remedies.

## DYSMENORRHEA

Is the name given to painful menstruation, a female complaint.

## DYSPNOEA

Is what the doctor calls hard, oppressed breathing; a short, hard breath, &c.

## DILUTED,

Is anything made weaker by the addition of water, like mixing water with spirits &c.

## ECCHYMOSES,

Is what is seen when there is black or bluish spots on the skin where it has been bruised; the effusion of blood under the skin.

## ECZEMA,

Is an itching eruption of the skin like heat.

## EDEMA,

Is a watery swelling of any part; sometimes a joint, or a limb, or a foot.

## EFFETE MATTER,

Is such as has been used and thrown off. The matter from the bowels, bladder, &c., is called effete matter.

## EFFICACIOUS.

When medicine has a beneficial effect it is said that it is efficacious.

## EFFLUVIA,

Is an invisible matter emanating from diseased bodies; we can sometimes smell it.

## EFFUSION

A pouring out. When we say effusion of blood, we generally mean the pouring out of blood into some cavity from a ruptured vessel.

## EJECTED,

Thrown up or cast out from the body.

## ELASTIC,

Springing back to its former shape, &c.

## ELEVATOR,

Is an instrument for elevating, or raising anything, as pieces of bone &c.

## EMESIS,

Means vomiting or pukeing.

## EMACIATION,

Very lean, little but skin and bone.

## EMPIRIA OR EMPIRIAL,

Medicines whose virtues are ascertained by experience without any regard to any application of science.

## EMULSION,

Is a mixture of any gummy substance with water, or oil and water.

## ENCLEMIC.

Diseases which are peculiar to a certain class.

## ENDERMICALLY,

When we dissolve quinine and apply to or through the skin, we say that we administer quinine endermically.

## ENEMA,

Means an injection into the bowels.

**ENGORGEMENT,**

Congestion of any part from an accumulation of blood in that part.

**EPIDEMIC,**

A disease extending over a large portion of the country, as when any disease like cholera attacks a large section, it is called epidemic.

**ESCHAR,**

Is a slough or scab from a burn, or from caustic, the dead matter is called an eschar.

**EXACERBATION,**

Is an increase of symptoms of disease.

**EXCREMENT,**

Matter thrown off from the body, as the matter from the bowels, bladder, &c.

**EXCRETORY ORGANS,**

Are organs which throw off excrements, &c.

**EXHALATION,**

Discharging the air from the lungs, &c.

**EXHIBITING,**

In practice means, giving medicine to patients.

**EXPECTORATION,**

Is the act of spitting up matter from the lungs, &c.

**EXUDATION.**

Means oozing out as through pores, &c.

**EXPULSION,**

Means forcing out, or expelling a thing.

**EXOSTOSIS,**

A swelling of the bone, a tumor of the bone.

**EXCISED,**

Cut off, or cut out, or split with a knife; we excise tumors, cancers, &c., and amputate legs and arms.

## FACILITATE,

To make easy, to enable us to do readily and quickly, to make a thing less trouble to do.

## FASTIDIOUS,

Fickle minded, hard to please, dainty, &c.

## FEBRILE,

When there are symptoms of fever, or when fever is present: we say, it is febril symptoms.

## FECULENT,

Foul, filthy, like discharges from the bowels.

## FECES,

The matter cast off by the bowels.

## FETAL LIFE,

The life of a child before it is born.

## FETOR.

A stench, a disagreeable smell, unpleasant odor.

## FETID.

Having a disagreeable smell, a stench, &c.

## FILTER,

To strain through paper, or cloth, or sponge,

## FLACCID,

Soft, flabby, flimsy, without resistance.

## FLATULENT,

Windy, when there is wind in the stomach or bowels, we say we are flatulent. Flatulence and flatus means the same.

## FLUCTUATE,

Moving, unstationary, not settled.

## FUNCTION,

When an organ is doing what nature assigns to it, we say, it is performing its functions.

## FUNCTIONAL DISEASES,

Are diseases caused by nonperformance of such duty or function.

## GANGRENE,

Mortification, or a partial death of a part.

## GELATIN,

A substance like jelly.

## GENITALS,

Organs of generation.

## GESTATION,

The period of pregnancy.

## GRAIN,

A small weight, the sixtieth part of a drachm.

## GOITRE,

An enlargment of the fore part of the neck.

## HALLUCINATION,

Delusions of the mind, confused and mistaken ideas, wrong imaginations, &c.

## HEMICRONIA,

A painful affection of one side of the head, sun pain, brow ague, rheumatism of the scalp, &c.

## HEMIPLEGY,

Palsy of one side of the body.

## HEMOPTYSIS,

Bleeding from the lungs, spitting of blood.

## HEMORRHAGE,

A flowing of blood, or a flooding, &c.

## HEPATIC,

Belonging to the liver, when a patient has a derangement of the liver, we say, it is a hepatic derangement.

## HYGIENE,

Science relating to the preservation of health.

## HYDROCEPHALUS,

Dropsy of the head.

## HYDROTHORAX.

Dropsy of chest or breast.

## HYPERCATHARSIS,

Excessive or over purging the bowels.

## HYPERTROPHY,

An enlargement of an organ without change of structure

## HYPOCHONDRIACAL,

Low spirits, blues, hypo, spleenyes, &c.

## IMPUNITY,

Free from punishment or evil effects.

## IMPURITY.

Foulness, uncleannes, filth, &c.

## INCOHERENT,

Rambling in mind and speech

## INCIPIENT,

Beginning, the start, as a disease in its first or incipient stage.

## INCONTINENCE,

Inability to hold discharges as urine, &c., lewd, unchaste, not virtuous.

## INDOLENT,

Ulcers or tumors that progress slowly without pain, are called indolent ulcers and tumors.

## INDURATED,

When a tumor or part becomes very hard, it is said to be indurated.

## INFANTILE,

Pertaining to infants, like infantile diseases.

## INFECTIOUS,

Catching like measles, mumps, &c. are called infectious diseases, catching diseases, such as may be taken one from another.

## INFLAMMATION,

Any part attended with heat or fever, red, swollen, &c. as inflammatory diseases.

## INFUSION,

Cold infusion is to pour water on herbs, &c. and soak out the strength. A hot infusion is when we use hot water for the same purpose.

## INHALE,

Is to breathe into the lungs, to draw in breath.

## INTERCOSTAL SPACE,

Is the space between the ribs.

## INTERMITTENT,

When a pulse stops occasionally, it is called an intermittent pulse, ague, chills, &c. are called intermittent fever, because it stops, or goes and comes.

## LANCINATING.

Pains that seem like a knife or sharp instrument was piercing through the parts.

## LATERITIOUS.

Resembling brick dust, as in pneumonia when the patient spits up a matter looking like it was mixed with brick dust, it is called Lat-eritious expectoration.

## LIBIDINOUS,

Lewd, unchaste in word or action or both.

## LIVID,

A bluish or blackish color, like a bruise.

## LOCAL,

Means confined to one spot or place, a disease of one part alone is called a local disease.

## LOTION,

An external medicated wash, like weak lye.

**MALADY,**

Means a disease or ailment &c.

**MALARIAL,**

Belonging to malaria; ague is a malarial disease.

**MALFORMATION,**

Means misformed, not naturally formed.

**MAMA,**

Means the female breast.

**MALIGNANT,**

A disease tending to a fatal determination, distracted and incurable diseases

**MASTURBATION,**

Self pollution, which is a dangerous violation of the laws of God and nature.

**MATERIA MEDICA,**

That part of medical science that treats of or upon the history and effects of medicines.

**MITIGATION,**

Soothing or relieving, consoling, &c.

**MORBIFIC,**

That which gives rise to disease.

**MONOMANIA,**

The derangement of the mind on one subject.

**MORBID,**

Means unhealthy, as a morbid appetite, &c.

**MERCURY,**

Quicksilver, or medicines prepared therefrom.

**MENINGITIS,**

Means inflammation of the brain.

**MINUM,**

Means one drop, the sixtieth part of a drachm.

**MENSES.**

The monthly flow.

## NAUSEA,

Sickness of the stomach.

## NECROSIS,

Mortification or the death of bone.

## NEPHRITIS,

Inflammation of the kidneys.

## NOMENCLATURE,

A list of words used in a particular science.

## NOSOLOGIST,

Is one who explains and classifies diseases.

## NYMPHOMANIA,

A disease of females, much more common than has been supposed, and one that should have more attention than heretofore.

## OBESITY,

Means fatness, fleshiness, corpulence.

## OBSCENITY,

Lewd, vulgarity in speech and action.

## OBTUS,

Stupid, dull or blunt; not sharp.

## ODOR,

Smell of a thing, good or bad.

## OMINOUS,

Foreshowing, a sign or symptom of a thing.

## OPACITY,

Hidden state, obscurity, darkness.

## ODORIFEROUS,

Having an agreeable smell, like roses &c.

## OPIATES,

Medicines containing opium in some form.

## ORIFICE,

Is a hole or opening. When we speak of the hole in the ear we call it the orifice of the ear.

## PALIATE,

To lessen or relieve, to soothe or quiet.

## PALOR,

Paleness of countenance, looking pale.

## PANADA,

Food for the sick made of bread and water or crackers and sweetened water.

## PARACENTESIS,

The operation of tapping the bowels in dropsy.

## PAROXISM,

Fits or spells recurring at intervals.

## PATHOLOGY

That treats upon the knowledge of diseases.

## PERCUSSION,

Striking on a part to learn its condition by sound as on the chest, &c.

## PERSPIRATION,

Sweat, watery substance that oozes out of the skin.

## PHYSIOLOGY,

Is that science which treats of life in organized bodies and the properties and functions of those bodies, the relation of life, matter and action. Primary physiology should be taught in our common schools.

## PRECLUDE,

To hinder, to prevent, to turn aside or off.

## PROTRACTED,

Continued for a long time or delayed.

## PROGNOSIS,

Foretelling the termination of a disease.

## PREDISPOSED,

Being disposed to disease before hand, inclined to take it, &c.

**RANCID,**

Rauk, strong, musty, like old fat meat.

**RESERSION,**

Striking in, going back or going in, &c.

**RECTUM,**

The lower bowels, the fundament, anus.

**REDUCE,**

To replace, as when a joint is dislocated we reduce it, put it back in place.

**REDUCTION,**

Means replacing a joint or part.

**RECUMBENT,**

Lying down, or in a lying condition.

**REDUNDANT,**

More than is needed, more than enough.

**REMISSION,**

A short abatement of disease, but not all gone.

**RESOLUTION,**

A scattering or dispersing of a disease.

**RESPIRATION,**

Means breathing, both in and out.

**REQUISITE,**

That which is needed and must be had in order to succeed or do a thing.

**REGIMEN,**

Proper use of food and exercise in the cure of diseases—sometimes it only means diet.

**RIGORS,**

A shivering or shaking, as in chills &c.

**ROTATING,**

Means turning round and round.

**RUBEFACTION,**

The skin reddened by heat &c.

## SALIVA

The spittle from the mouth, vulgarly called slobber.

## SALIVATION

An increased flow of saliva or spittle.

## SALUTARY

Beneficial to health, promoting health &c.

## SATURATE

To take up all that is possible like a tincture or tea made as strong as it can be.

## SCIATICA

Rheumatism of the nerve of the hip.

## SECRETED

Taken from the blood by certain organs.

## SEDATION

A quiet condition of vital force depressed.

## SEDDENTARY

Habit of sitting a great deal or mostly.

## SEMI

Means one half and is expressed by ss.

## SEQUAL

The result or termination of an action.

## SINAPISMS

Mustard plasters are called sinapisms.

## SOLUBLE

That may be dissolved in any liquid.

## SPINAL COLUMN

The twenty-four joints of the back bone beginning from the head counting downward. These are divided into three sections, the first seven are called the cervical vertebra, the next twelve the dorsal and the last five the lumbar vertebra

## SPORADIC

Not depending upon contagion or epidemic.

## STERNUM

Means the breast bone in front.

## STOOLS,

Means the matter discharged from the bowels.

## SUBCUTANEOUS,

Means under the skin, put under skin.

## SUBSIDE,

Passes off, becomes less severe, to decrease.

## SUFFOCATION,

A stoppage of breath from drowning &c.

## SUPPURATION,

Discharges of puss or matter.

## SYMPATHETIC,

Disease of one organ acting upon another.

## SYNONYMOUS,

Having the same meaning or thought, idea, &c.

## SYNOVIAL FLUID,

Is the fluid in the joints of the body.

## TARSUS,

The edge of the eyelid, the instep or ankle.

## TENESMUS,

A painful effort of the bowels as in flux.

## TINCTURE,

A solution of medicine in proof spirits.

## TONSILS,

Almonds of the ear, glands of the throat.

## TORPID,

Motionless, stupid, inactive &c.

## TRANSIENT,

Of short stay, of short duration, quick over.

## TRANSLATED,

Shifted from one place to another, gone to another part or place.

**TREMORS,**

Involuntary shivering or shaking, unsteady.

**TRITURATE,**

To rub into fine powder, to pulverize.

**TYMPANUM,**

Is the name given to the drum of the ear.

**TYPHOID,**

Sinking, depressed condition of the system.

**TYPHUS,**

A depressed and sinking condition of vital force.

**UMBILICUS,**

The navel, vulgarly called nable.

**UREA**

Is a white substance in the urine.

**URETERS**

Are tubes that convey water from the kidneys to the bladder.

**URETHRA**

Conveys the urine from the bladder.

**URIC ACID,**

Is in the urine and often forms gravel.

**VACCINATE,**

To put matter under the skin (generally cow pox).

**VAGINA,**

The passage from the womb to the outer parts.

**VAPOR,**

The fumes of steam, smoke, gas, and spirits.

**VENESECTION,**

Bleeding with the lancet or knife.

**VENTRICAL CAVITIES,**

Of the heart and brain, in the heart the right sends the blood into the lungs and the left sends the blood over the whole system.

## VERTIGO,

Dizziness of the head, giddy headed.

## VERILE,

Manly, strong, masculine &c.

## VIRUS,

Atoms that convey the poison in contagious diseases, as small pox, yellow fever &c.

## VITIATED,

Corrupted poison, impaired, perverted &c.

## VOLATILE,

Passing off in a vapor, evaporating

## VORACIOUS,

Greedy, over-anxious, over-eager, &c.

## WANT,

Accustomed to, inclined to, mode of doing.

## ZONES,

Climates, regions, belts, &c., &c.

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I have only given a few of such words as I thought would be of most common use to the reader of this book, consequently it is very incomplete, and no one regrets it more than I do, but as the book is a small one, there is not room for a more abundant dictionary of medical terms. I shall devote the remainder of these pages to such useful information as I think will be of most use to the readers and promise them that I will try to impress the best ideas possible. The following pages contain miscellaneous recipes, formulas and items of interest to the farmer, merchant and mechanic as well as to the family generally.

## THE FOLLOWING TABLE SHOWS,

The properties in a general way of the different medicines shown in left hand column; the principal properties in the middle column, and the dose for a grown person in the last. In dosing children the following rule must be observed. A child from one to two years old may take one twelfth of a grown person's dose.

From two to four, one sixth.

From four to six, one fifth.

From six to eight, one fourth.

From eight to ten, one third.

From ten to twelve, one half.

From twelve to sixteen, two thirds.

You should take the general condition into consideration as well as age, old people cannot stand as much as younger ones can, females less than males.

In the last or right hand column you must observe that dr. stands for drachm or a small teaspoonful; gr. stands for grains; and m. stands for minium or drops.

For class of medicine see page 201 &c.

| MEDICINE.         | PROPERTIES, EFFECTS, &c. | DOSE.        |
|-------------------|--------------------------|--------------|
| Aloes Powder,     | Cathartic,               | 10 to 20 gr. |
| Alum,             | Astringent,              | 5 " 20 gr.   |
| Ammonia Carb. of, | Stimulant, Expectorant,  | 2 " 5 gr.    |
| Anis Seed Oil,    | Aromatic,                | 5 " 10 m.    |
| Antimonial Wine,  | Emetic,                  | 2 dr.        |
| Assafœtida,       | Antispasmodic,           | 5 to 20 gr.  |
| " Tr.             | "                        | 15 " 30 m.   |

| MEDICINE.                 | PROPERTIES, EFFECTS, &c. | DOSE.             |
|---------------------------|--------------------------|-------------------|
| Balsam Copaiba,           | Diuretic,                | 15 to 20 m.       |
| Balsam Peru,              | Expectorant,             | 15 to 20 m.       |
| Balsam Tolu Syrup,        | "                        | 1 dr.             |
| Bearberry Fluid Ex't,     | Diuretic,                | 1 dr.             |
| Beladonna Ex't.           | Narcotic,                | $\frac{1}{4}$ gr. |
| " Tincture,               | "                        | 5 to 15 m.        |
| Bismuth Sub. Nitrate,     | Tonic Astringent &c.     | 20 " 30 gr.       |
| Blood Root, Tr.           | Expectorant, Alterative, | 20 " 30 m.        |
| Blue Mass,                | Purgative,               | 15 " 20 gr.       |
| Buchu Fluid Ex't,         | Diuretic,                | 1 dr.             |
| Catechu Powder,           | Astringent,              | 10 to 15 gr.      |
| " Tincture,               | "                        | 1 dr.             |
| Camphor Gum,              | Stimulant and Sedative,  | 3 to 5 gr.        |
| " Tinct.,                 | " "                      | 20 " 30 m.        |
| Castor Oil,               | Purgative,               | 2 " 8 dr.         |
| Calomel,                  | "                        | 10 " 20 gr.       |
| Chalk Prepared,           | Astringent,              | 10 " 30 gr.       |
| Chamomile Fluid Ex't,     | Tonic,                   | 1 dr.             |
| Chloral Hydrate,          | Narcotic &c.,            | 10 to 30 gr.      |
| Colchicum Root Fl'd Ex't, | Sedative & Diuretic,     | 5 to 10 m.        |
| " Wine,                   | " "                      | 20 " 30 m.        |
| " Seed Tinct.,            | " "                      | " " "             |
| Cubebs Powder,            | Diuretic and Alterative, | 10 " 20 gr.       |
| Dover's Powders,          | Diaphoretic and Anodyne, | 10 gr.            |
| Epsom Salts,              | Cathartic,               | 2 to 6 dr.        |
| Gentian Tinct.,           | Tonic,                   | 1 dr.             |
| Ginger Ground,            | Aromatic and Stimulant,  | 5 to 20 gr.       |
| Glauber Salts,            | Cathartic,               | 2 " 4 dr.         |
| Gamboge Powder,           | "                        | 2 " 4 gr.         |
| Gelsemium Fluid Ex't,     | Anodyne & Sedative,      | 5 " 10 m.         |
| Ipecac Powder,            | Diaphoretic,             | 1 " 2 gr.         |
| " "                       | Emetic,                  | 10 " 30 gr.       |
| " syrup,                  | Diaphoretic, &c.         | 1 dr.             |

| MEDICINE.                 | PROPERTIES, EFFECTS, &c. | DOSE.                  |
|---------------------------|--------------------------|------------------------|
| Ipecac Wine,              | Expectorant, &c.,        | $\frac{1}{2}$ dr.      |
| Iron and Quinine Citrate, | Tonic,                   | 3 to 5 gr.             |
| Iron Carb. of,            | Tonic,                   | 3 " 8 gr.              |
| " Citrate of              | "                        | 5 gr.                  |
| " Iodide Syrup,           | Tonic and Alterative,    | 5 to 10 m.             |
| " Reduced,                | "                        | 1 to 2 gr.             |
| " Phosphate,              | "                        | 3 " 5 gr.              |
| Jalap Powder,             | Cathartic,               | 10 " 20 gr.            |
| Laudanum,                 | Narcotic & Anodyne,      | 15 " 30 m.             |
| Leptandrin,               | Cathartic,               | 2 " 5 gr.              |
| Magnesia,                 | Laxative,                | 40 " 60 gr.            |
| Morphia,                  | Narcotic and Anodyne,    | $\frac{1}{2}$ gr.      |
| Mustard Seed,             | Emetic,                  | 1 dr.                  |
| Myrrh Tincture,           | Expectorant,             | 25 m.                  |
| Opium Pow'd,              | Narcotic & Anodyne,      | $\frac{1}{2}$ to 1 gr. |
| Paregoric,                | Anodyne,                 | 1 " 2 dr.              |
| Peruvian Bark,            | Tonic, Antiperiodic,     | 20 " 40 gr.            |
| " Tinct.,                 | "    "                   | 1 dr.                  |
| Potassa Bromide,          | Sedative,                | 20 to 30 gr.           |
| " Citrate,                | Laxative, Diuretic,      | 20 " 3 gr.             |
| " Chlorate,               | Expectorant,             | 10 " 15 gr.            |
| " Iodide,                 | Alterative,              | 10 " 15 gr.            |
| Quinine,                  | Tonic, Febrifuge,        | 3 " 10 gr.             |
| Quassia Infusson,         | Tonic,                   | 1 dr.                  |
| Rhubarb Pow'd,            | Cathartic,               | 15 to 25 gr.           |
| Rue Decoction,            | Emmenagogue,             | 4 dr.                  |
| Sage Decoction,           | Diaphoretic,             | 2 oz.                  |
| Santonian,                | Vermifuge,               | 1 to 2 gr.             |
| Sarsaparilla Decoet'n,    | Alterative,              | 1 " 2 dr.              |
| " Fluid Ex't,             | "                        | 1 " 2 dr.              |
| Senna Decoction,          | Cathartic,               | 8 dr.                  |
| " Fluid Ex't,             | "                        | 1 dr.                  |

| MEDICINE.          | PROPERTIES, EFFECTS, &c. | DOSE.       |
|--------------------|--------------------------|-------------|
| Skullcap infusion, | Tonic, &c.               | 8 to 12 dr. |
| Stramonium Tr.,    | Narcotic and Anodyne,    | 15 " 20 m.  |
| Sulphur Flour,     | Laxative and Alterative, | 1 to 2 dr.  |
| Turpentine,        | Stimulant, Diuretic,     | 1 dr.       |
| Thyme Infusion,    | Aromatic,                | At will     |
| Tansy Oil,         | Emmenagogue,             | 10 m.       |
| " Infusion,        | "                        | At will.    |
| Valerian Tinct.    | Antispasmodic,           | 1 dr.       |

I have abridged the above table, believing that it is amply sufficient for our present purpose beside a great many preparations are mentioned in the body of the work in the treatment of the various diseases mentioned in the book, again some have been omitted because I do not believe that it would be best for the nonprofessional to handle many that might do harm instead of good.

I have been particular in noticing such as any one may use, when needed, with safety. A great many herbs, roots, barks, &c. have already been noticed on page 180, and too I have tried to make the explanations fully plain and simple so any one can understand them.

I shall now present the reader with quite a number of valuable recipes &c., many of them made public now for the first time, and too, many of them alone are worth more than five times the price of the book.

## TOOTH POWDERS.

Mix one ounce of finely crushed chalk, one half ounce of cassia powder, one ounce orris; mix well and you have the best of powder for cleaning the teeth.

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## TO PRESERVE SKINS WITH HAIR ON.

Stretch the skin on a board or table with tacks, hair down, then scrape off all the flesh and fat; now work in in all the powdered chalk you can till the chalk begins to role off; now take the skin off and rub in as much powdered alum as it will take, then wrap it up closely and put it in a dry place for a few days and it will become as pliable as if it was tanned and will remain so.

---

## LILLY BALM.

Steep elder flowers in boiling water and let it stand till cool; it will eradicate tan, freckles, pimples, blotches, &c.

---

## EYE WATER.

|               |        |
|---------------|--------|
| Rose Water,   | 1 oz.  |
| Sugar of Lead | 6 grs. |

A drop or two in the eye night and morning is good for sore eyes.

---

## UNIVERSAL LINIMENT FOR BURNS.

Mix equal parts of olive oil, linseed oil and lime water; shake well and apply. I have tried this in many cases. It is good.

## BLACKBERRY BRANDY.

Mix one quart of blackberry juice to three quarts of brandy and one ounce of essence of cinnamon; sweeten to taste. This is excellent in bowel complaints &c.

---

## HAIR DRESSING.

A good hair dressing is made by mixing equal parts of castor oil and proof brandy. Perfume to suit with oil of rosemary or oil of lavender &c. This will not only keep your hair clean and pliant but prevents it from falling out.

---

## PICKLE FOR BEEF.

For one hundred pounds of beef, take three quarts of salt, one pound of brown sugar, two ounces of ground black pepper; mix it in water enough to cover the beef, let it boil, take off the scum and let it cool and pour it on the beef. It should be used up by the first of May, as salted beef will not keep well through warm weather.

---

## PEPPERMINT CORDIAL.

Take one measure of essence of peppermint, twenty measures of pure spirits and twenty measures of water and five measures of good syrup. This is good for sick stomach or colic in children and for bowel complaints; a few drops of paregoric added to each dose will improve it.

## GLAZED WHITE WASH.

Take two gallons of water, one pound and a half of rice, one pound of moist sugar, let the mixture boil till the rice is dissolved, then thicken to the consistency of white wash with finely powdered lime.

This is a pretty satin looking whitewash and does well for inside purposes.

## TO CASE HARDEN IRON.

Heat the article to a bright red and rub or sprinkle on it prussiate of potash, as soon as the potash seems decomposed plunge the article into cold water. This will make iron almost as hard as steel.

## LIQUID GLUE.

Take good glue one pound, dissolve it in one pint of water by putting the vessel containing the glue and water in another vessel of hot water, then add twelve ounces of acetic acid, if for winter use you may use more acid, and less in summer, you should use as little acid as will keep it liquid.

## COLDS IN THE HEAD.

Simply breathe the fumes of tincture of iodine every few minutes, and all the symptoms of the malady will soon disappear.

## FOR WARTS.

Apply muriatic acid with a knitting needle to the tops of the warts, a few applications will in a few days remove them without pain or soreness.

---

 FOR COLDS.

|                     |                   |
|---------------------|-------------------|
| Water               | 1 qt.             |
| Flaxseed            | $\frac{1}{2}$ oz. |
| Extract of Licorice | 3 oz.             |
| Raisins             | 4 oz.             |

Boil slowly twenty minutes and add

|              |       |
|--------------|-------|
| Brown Sugar  | 4 oz. |
| Good Vinegar | 1 oz. |

Dose, a tablespoonful every two or three hours through the day, and two tablespoonfuls at bed time.

---

 A FELON,

May be cured if taken in time by mixing a little salt with the white of an egg and binding it to the felon.

---

Colic is often cured by taking every five or ten minutes a half teaspoonful of salt in a little warm water.

---

Croup has been often cured by giving half as much salt as of honey. Mix well and give a teaspoonful every ten minutes.

## TO MAKE PENCIL WRITING INDELIBLE.

You will simply wet it in new skimed milk and let it dry, will not rub out or fade.

---

 BLUE INK.

Grind well together prusian blue oxalic acid each one half ounce, add soft water till you have the right shade, then add a tablespoonful of gum arabic to each quart of ink.

---

 TO TAKE OUT GREASE SPOTS,

Use spirits of ammonia, this will take out ink or fruit stains without injury to the fabric.

---

 BEST RED INK.

|                  |                     |
|------------------|---------------------|
| Best Carmine     | 2 grains            |
| Rain Water       | $\frac{1}{2}$ ounce |
| Water of Ammonia | 20 drops            |

Add a little gum arabic, and you will have the best red ink for ruling &c.

---

 TO PRESERVE BUTTER TO KEEP 2 YEARS

Mix well together,

|                    |       |
|--------------------|-------|
| Salt Petre         | 1 oz. |
| White Sugar        | 1 oz. |
| Spanish grate Salt | 2 oz. |

Grind well, then add one ounce of this mixture to each pound of butter, mix well and press in a close vessel so as there will be no vacuities and closely cover.

This recipe is worth the price of the book.

### HORSE TAMERS SECRET.

Rub a little oil of cumin on your hand and approach the horse and put it on his nose, and get a little in it. Take 8 drops of oil rhodium and a little horse castor grated fine, and put them into a thimble, open his mouth and put it on his tongue; neither of these oils will injure the horse in any way. Now you may use your horse in the usual way, put a strap round his ankle and draw up through a cirsingle after strapping up the other foot, you may cause him to kneel down, or lay down in a short time without the straps he will do your bidding; this is said to tame the wildest horse in a short time, you should be careful not to use the whip or other punishment.

You may use your horse as above daily till he will obey you at all times.

---

### GOLD AND SILVER COUNTERFEIT DETECTOR.

|                        |         |
|------------------------|---------|
| Take Nitrate of Silver | 1 dr.   |
| Rain Water             | 1 gill. |

When dissolved it is ready for use. If coin is pure it will not change the color, if not it will turn it black.

---

### TO BRONZE IRON CASTING.

First clean with acid and then immerse in a solution of sulphate of copper (blue vitriol) and wash it well.

## BLACK INK.

Dissolve one fourth pound of Ex't logwood in one gallon of clean soft water, heat to a boiling point in a clean iron vessel, skim well and strain, then add ninety grains of bicarbonate of potash, and fifteen grains of prussiate of potash, dissolve in a half pint of hot water, then stir for three minutes and when cold it is done.

---

 READY RELIEF.

|                       |                   |
|-----------------------|-------------------|
| Alcohol               | 1 pt.             |
| Oil Hemlock           | $\frac{1}{2}$ oz. |
| Oil Sassafras         | $\frac{1}{2}$ oz. |
| Spirits of Turpentine | $\frac{1}{2}$ oz. |
| Balsam of Fir         | $\frac{1}{2}$ oz. |
| Chloriform            | $\frac{1}{2}$ oz. |
| Tincture Catechu      | $\frac{1}{2}$ oz. |
| Tincture Guaiac       | $\frac{1}{2}$ oz. |
| Oil of Origanum       | 1 oz.             |
| Oil of Winter Green   | $\frac{1}{4}$ oz. |
| Gum Camphor           | $\frac{1}{4}$ oz. |

This is good for external or internal pains.

---

 VINEGAR.

|             |                     |
|-------------|---------------------|
| Acetic Acid | 1 $\frac{1}{2}$ lb. |
| Molasses    | 3 pts.              |
| Rain Water  | 10 gal.             |

Put all in a keg, shake once daily. This is good vinegar and it's cheap and can be made any time.

## INDELLIBLE INK.

Dissolve two ounces of nitrate silver in a little water, then mix it in one gallon of common writing ink in which considerable gum arabic has been used. Add gum arabic till it will not spread. Keep the bottle in dark paper, away from the light.

---

## TO REMOVE FRUIT STAINS.

To remove walnut and fruit stains from your fingers. Dip them in strong store tea, and rub well with the same.

---

## OINTMENT FOR CHAPPED HANDS.

Mix together in a cup on a stove,

Gum Camphor 3 dr.

White Beeswax 3 dr.

Spermaceti 3 dr.

Olive Oil (Sweet Oil) 2 oz.

Anoint your hands and put on gloves at bedtime.

---

## OIL FOR HARNESS.

Mix Foot Oil 1 qt.

Beef Tallow 4 oz.

Lamp Black 3 tablespoonfuls

In summer add

beeswax 4 oz.

This is an excellent oil for harness and should be kept by farmers.

## SILVER AND GOLD PLATING.

To make the Gold Solution.—Dissolve a gold dollar in one and a half ounces of nitro-muriatic acid then add one half ounce of sulphuret of potassa dissolved in a gill of water, This will precipitate the gold to the bottom. Then wash the precipitate in warm soft water and after it is well washed put it into a solution of cyanuret of potassa, three-fourths of an ounce dissolved in a pint of water. This forms the solution.

## SILVER SOLUTION.

Dissolve a quarter of a dollar in two-thirds of an ounce of nitric acid diluted with one-fourth of an ounce of soft water; and after it is dissolved you must add half an ounce of muriatic acid and an equal quantity of soft water; this will precipitate the silver to the bottom. Wash this precipitate well, as the above, and then put it into a solution of two-thirds of an ounce of cyanuret of potassa dissolved in one half pint of soft water and this forms the solution ready for use.

## DIRECTIONS FOR USING EITHER.

Put the solution in a common bowl or a glass vessel, and when you thoroughly cleanse the article to be plated from all grease and dirt, you should immerse it in the solution for ten or

fifteen minutes then take it out and wash and polish and repeat till the plate is thick enough or all the metal is taken up.

### CHINESE CEMENT.

White Shellac pulverized 4 oz.

Clear Gum Mastic  $\frac{1}{2}$  oz.

put this in a bottle and add

Sulphuric Ether 2 oz.

let it stand an hour and add

Alcohol 1 pt.

Shake occasionally until dissolved. Keep away from fire or lamps while mixing or using.

To use the cement just warm the edges of the article to be mended and apply the cement with a pencil, brush, or otherwise.

### ERASIVE SOAP.

This recipe is worth ten times the price of the book to any family, and it costs but little to try it.

Aqua Ammonia 2 oz.

White Shaving Soap 1 oz.

Salt Petre 1 teaspoonful

Soft Water 1 qt.

Mix, and it is ready for use. This is the soap of all soaps for cleaning coat collars or anything else.

### FRICITION SOAP.

To remove tar and grease; mix one pound of brown soap with two pounds of clean white sand,

## A CHEAP PAINT.

Take a half bushel of unslaked lime and slake it with boiling water, keeping it covered during the process, then add a peck of clean salt and five gallons of hot water, three pounds of ground rice boiled to a thin paste, and stir boiling hot, then put in a half pound of clean glue prepared as follows: put the glue in a small vessel, and then put the vessel in a larger one containing water, and then boil the vessel containing the glue, this will melt the glue without burning it. When the whole is mixed let it stand a few days, and when used it should be applied hot. Any shade can be given that you may desire, by using the usual coloring matters, such as lamp black &c. A pint of this paint if properly put on will cover a square yard, and will retain its brilliancy for years, on brick, stone or wood.

## OIL PASTE BLACKING.

|                |        |
|----------------|--------|
| Oil of Vitriol | 2 oz.  |
| Tanners' Oil   | 5 oz.  |
| Ivory Black    | 2 lbs. |
| Molasses       | 5 oz.  |

First mix the oil and vitriol together and let it stand a day and night, then add the ivory black and molasses and the white of an egg. This is superior blacking, will not injure leather, and will give you a good gloss and will last you a long time. It gives universal satisfaction and costs but little to try it.

## SOLDERING.

How to make the soldering fluid.—Dissolve two ounces of zinc in four ounces of muriatic acid in a glass vessel, then dissolve one ounce of Sal Ammonia in a gill of water and add it to the other mixture. Use care in handling the acid not to get it on your clothes or in your eyes.

To make the solder, you will melt together four parts of lead, three parts of tin, and two parts of bismuth and run into sticks.

To use the Fluid and solder.—You must scrape the parts, to be soldered, clean and bright, then with a small stick mop you will apply the fluid where you want the solder to stick; then put on a small piece of solder and hold over a lamp or apply heat otherwise. The solder melts much easier than tinner's solder and will flow where the fluid is applied, and will be found very convenient in domestic use. It will solder tin, brass or iron; and with this solder and fluid you can easily mend your broken jewelry &c., without taking it to the shop, which is sometimes very inconvenient.

---

A Silver Plating fluid is made by dissolving a little quick silver—say the size of a buck shot—in half an ounce of nitric acid and water mixed. This applied, with a soft mop, will give copper or brass the appearance of silver, but will not last a great while.

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## HEALTH HINTS.

People who have lung diseases should wear a flannel pad between their shoulders and keep their breast and feet well protected from cold and dampness.

---

You should never bake your back to fire, but merely warm it.

---

You should always go to bed with dry and warm feet and dry clothes.

---

Never sleep in damp beds, summer or winter; and a mattress is better than feathers.

---

You should always keep your house well ventilated, but not sleep in a current of air, especially when you are heated.

---

Never run to keep from getting wet, for you then get hot and often wet, too. It will not hurt you if you are cool, but if you are hot it may cost you your life.

---

Keep your feet warm and your head cool.

---

Fire places are much more healthy than stoves. A stove may keep your body warm, but not your feet. If you use a stove you should keep water on it.

---

School houses should be well ventilated and would be better heated by fire-places than stoves. You are not so apt to take cold.

Cold water at the table is better than hot coffee. Cold bread and milk is much more healthy than hot bread and coffee.

---

You should not eat any more if you are hungry than if you were not hungry.

---

You should never go to bed in less than an hour after you eat supper.

---

You should, by all means, avoid drinking much cold water while your blood is hot, nor should you plunge your head, hands or body in cold water while you are hot.

---

Children should never sleep with old folks or they will soon become pale and sickly.

---

Never suffer your daughters to lace themselves or use snuff, and they will be a thousand times better off, and look ten times better.

---

Neither children nor grown people should ever chew rosin or gum—or tobacco.

---

Never take medicine unless you need it; then be sure to take only what you do need.

---

Medicine that you do not need will do you harm.

---

THE END.

**NOTICE.**

Having been strongly solicited by many of my patients and friends to write a little book on the prevention, cure and treatment of FEMALE DISEASES. I have consented to do so, and aim to have the treatise out by the 1st of July, 1888.

Having made a specialty of that branch of practice for the last ten years, I feel confident that my book on that subject will pay the reader ten-fold for price and trouble.

I will cheerfully correspond with any lady on the subject of health; and no lady need feel the least hesitancy in writing to me, as all communications of a private nature are held in strict confidence, so she need not fear I will disclose any thing that it is needful for me to know in order to prescribe for her. All letters of this kind containing five cents in stamps will receive due notice and reply.

The above book will be bound in pamphlet form and will be sent by mail on receipt of fifty cents, after the 1st of July, 1888.

Hoping that it may prove a blessing of incomprehensible value to thousands of our afflicted wives and daughters,

I am yours truly,

W. G. HAMILTON,

SALEM, N. C.

## PUBLISHER'S TESTIMONIAL.

I am aware that it is quite common for people to give recommendations, testimonials &c., without giving them much thought, or I am afraid, much care. This is all wrong, and causes a great deal of trouble. Again people may, and do, give these for the sake of gain or profit; this, too, is wrong, and no man who does it is worthy of confidence. For neither of the above reasons, but for the reason that I think it in every way deserves patronage do I recommend this book to public favor, believing that it will prove a blessing to thousands.

Knowing, personally, the Author as I do, and believing him to be a conscientiously, true Christian gentleman, I look upon his work as bordering on philanthropy, and feel all the more like it was not only a pleasure, but a *duty*, also, to recommend this work to public favor,

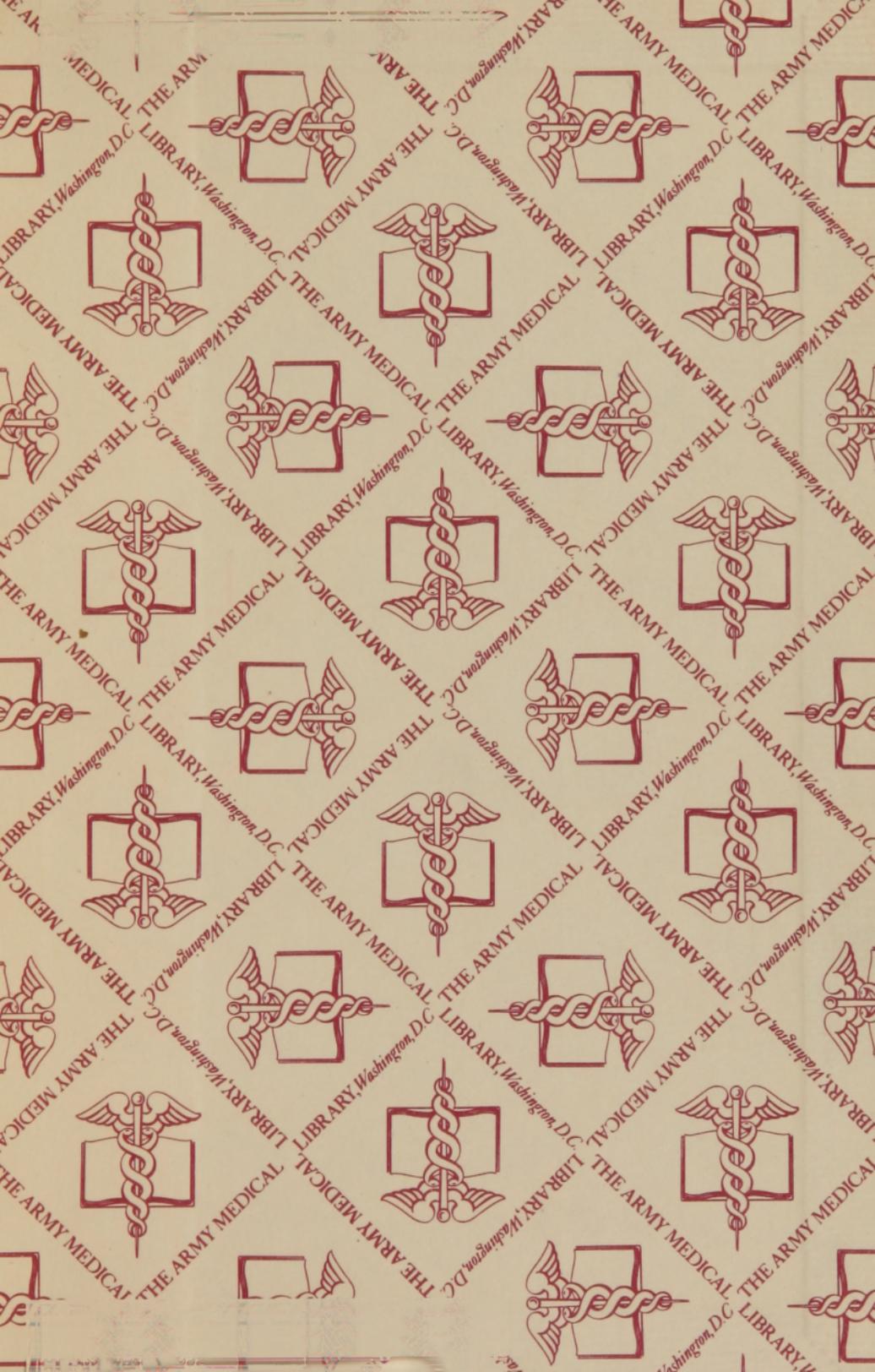
Respectfully,

W. C. PHILLIPS.









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