

THE
BOTANIC
FAMILY PHYSICIAN;
OR THE
SECRET OF CURING ALL DISEASES,
ON
IMPROVED HYGEIAN PRINCIPLES,

FULLY DISCLOSED;

CONTAINING ALSO,

*Formulas, or Recipes, for the cure of every Disease
incidental to Human Nature :*

Together with a Valuable

DIGEST ON MIDWIFERY,

From the best and most approved Botanical Publications, with
improvements, by which

*“ Every one may truly now be their own Physician, and enjoy a sound
mind in a sound body, at a cheap rate.”*

By **L. MEEKER DAY**, *Botanic Physician.*

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of New-York.)

THE SECRET

OF

CURING ALL DISEASES.

No. 1.

Aromatic Hygeian Pills, or powders, recommended in this work where physic is indicated. Take beefs gall, dried and pulverized, one large spoonful, of aloes, myrrh, rhubarb, gamboge, jalap, golden seal, mandrake and blood root, of each four tea-spoons full, of nutmegs four tea-spoons full; of cloves, alspice, cinnamon, ginger, eight tea-spoons full each; of cayenne pepper two tea-spoons full, and the same proportions for making any greater or lesser quantity, all made fine, and sifted through a close sieve, of which one tea-spoon full is a dose for an adult, and children in proportion.

To make into common sized pills, take of strong elder flower tea and wet the mass, and work together till thick enough for pills, and then form them as large as a good sized pea, and roll them in pulverised mandrake, rhubarb, or golden seal, of which take for a brisk purge from 12 to 18 at a dose, varying the quantity according to the state of the system. If taken at bed time, ten or twelve, and for some persons a less number will be sufficient. These pills or powders may be taken once or twice a week, (the powder in molasses or water, fasting, one hour before breakfast) and oftener, if necessary. Weak and consumptive patients may begin with five, and increase every other day one pill, during the same time give the Strengthening Bitters, and other medicines recommended in this work for that and other complaints.

No. 2.

Take of beefs gall, dried and pulverised, one large spoonfull; of aloes, myrrh, rhubarb, gamboge, jalap, and golden seal, four tea-spoons full of each; of blue flag, mandrake, and bitter root, five tea-spoons full each, of nutmegs, cloves, alspice, cinnamon, ginger, and Cayenne pepper, four tea spoons full each, and the same proportion for a greater or smaller quantity, all made fine and sifted through a close sieve, of which from half to a tea-spoon full is a dose for an adult, mixed in molasses, taken in the morning fasting one hour afterwards. To make into common sized pills, take of strong elder blow, decoction, or tea, and wet the mass, and work together till thick, enough for pills, then form the pills, and roll them in rhubarb or golden seal, of which take at night or morning from six to ten at a dose; begin with six and increase every four or five days gradually, until they operate, by bringing away copious discharges of mucus, and watery substances, which may be repeated once a week, till well. These pills are calculated more especially for gonorrhœa, and all complaints arising from an impure state of the blood, and for costiveness.

These pills are adapted to the constitution of patients in any, and every stage of any and every disease, incidental to human nature. In dropsical complaints they act like a charm in removing the abundance of watery humours in a remarkably short time; very frequently one dose of these pills takes away the bloat or swelling. In such cases two or three doses seldom fail to effect a cure, but the other medicine recommended in this work must be taken to warm and strengthen the system generally, which will prevent the waters, when once removed, from collecting again. Chronic rheumatism, fever and ague, bilious complaints, colds, coughs, dysentery, liver complaints, jaundice, bowel complaints, head ache, sore eyes, scrofulous complaints, gonorrhœa, or other vicious taints of the system, may be cured by the use of these pills or powders taken so as to operate copiously once in every four days, and continued according to the circumstances of the case; sometimes one dose with the use of the other medicines afterwards, as recommended in this work for each complaint; in other cases, two, three, and so on, till well. Persons of a glandular affection, and those of a gross, corpulent, and plethoric habit of body, also those the pores of whose skin are and have been closed for a long time, and an apparent dryness over the surface of the body, by which cause the humors which ought to pass outward are thrown inwardly, will require a longer course of these pills; they will also require a free use of the other medicines applicable to their case a longer time, to supply the blood with heat and nutritive properties sufficient to keep up a healthy action, thereby giving a tone to all the formerly diseased functions of the body.

For costiveness and dyspepsia take (after the full dose as before mentioned) from two to ten every night on going to bed, and the bitters four times a day, which will in most cases effect a cure.

No. 3.—*For Canker.*

Make a tea of red raspberry leaves, or witch hazel bark, or leaves of hemlock bark, either separate or all together may be used. Good for injections for piles, drink freely of the tea for sore mouth and sore throat. To add one tea-spoon full of lobelia, one of No. 6, to half a tea-spoonfull of Cayenne pepper, for cramps, fits, spasms, lockjaw, or any violent case.

No. 4. or—*Wine Bitters.*

Take of white wood bark, poplar bark, pleurisy root, and the inner bark of black birch, equal parts, of bitter root or wandering milk weed, and gentian, one half part, boil all together to a strong decoction, then strain and boil them again until the strength is all obtained, then strain and boil down to a strong ley, then add one ounce of ginger to each gallon, and Cayenne pepper enough to make it smart the throat, then add to the decoction the same quantity of Malaga wine, and after sweetening a little, strain off the whole through a flannel cloth, let it stand to settle, and then bottle it up, and take from half to a wine glass full three times a day. For pain, take one or two tea-spoons full of No. 6, or Elixir in each dose. These Bitters are good for all the complaints of men, women and children, such as worms, fever and ague, intermittent fever, cold hands and feet, wind colic, dysentery, liver complaints, weakness, debility, dyspepsia, &c

No. 5. - *The Vegetable All-Conquering Alterative Syrup.*

Blue flag, one pound; sarsaparilla, three pounds; guaiacum shavings, three pounds; sassafras root bark, two pounds; elder flowers, two pounds; add one gallon of cheap spirits and one gallon of water, boil, and pour off the liquid; then add water repeatedly, and boil till the strength is obtained. Strain and reduce to 18 porter bottles, then add thirty pounds of clarified sugar. Let it stand twenty-four hours to settle; pour off and bottle for use. Dose, a wine-glass full three or four times a day. The sugar may be clarified, by adding to it half its weight of water, then a few eggs, and boiling till no more scum arises. This syrup is used in a great variety of cases. In syphilitic, or venereal diseases, in rheumatism, chronic inflammation of the liver, it could not be dispensed with. It is also used in the treatment of scrofula, which presents itself in so many shapes. In some of the cutaneous diseases, it is very effectual; in every species of ulcer it is also valuable. White swelling, necrosis, rickets, salt rheum, or herpes; and in short, it may be used in all taints of the system, from whatever cause they may arise. It has cured when Swaim's and many other boasted nostrums have failed. It appears to act upon all the secretions and excretions. A tea of burdock seed may be taken with it, or the seeds taken three times a day; two tea-spoons full is a dose.

No. 6.

Take one gallon of fourth proof brandy, or high wines, one pound of gum myrrh, pounded fine, 4 oz. Cayenne pepper, white root 4, oz. put all in a jug, let it stand in a pot of boiling water, unstopped for six hours, shake up occasionally, let it settle, and bottle up for use; take from one to two tea-spoons full at a dose, for pain, and repeat if necessary. Good for every complaint, internally and externally. For wind and weakness of the stomach, take the Vegetable Composition Powders, and of pleurisy root, equal parts, mix, and take one tea-spoon full three times a day, and oftener in severe cases, with one tea-spoon full of No. 6.

Nerve Powder.

Take the umbil or valerian, and pound fine, and take for a dose from half to a tea-spoon full to quiet the nerves, and thereby promote sleep, and in all cases where there are nervous symptoms, this powder must never be omitted. Put a tea-spoon full in the emetic and the injections, for all weak and nervous patients, or take equal parts of the valerian and bayberry bark, pulverised fine, and mix; one tea-spoon full is a dose, and may be used for the same purpose as above.

Vegetable Composition Powders.

Take 2 pounds of bayberry, 1 of hemlock, one of ginger, 1 of white root, 4 ounces of Cayenne pepper, 2 ounces of cloves, all pulverised fine and mixed. Dose, one tea-spoon full in two-thirds of a tea-cup full of warm water, sweetened. Useful in all complaints to warm the stomach, and keep up the internal heat, remove the cold, and cause the bile to flow freely into the stomach.

Emetic Powder

Take one tea-spoon full of lobelia seed, pulverised or of the tincture made by putting fourth-proof brandy or spirits, on the herb or seeds, one quarter of a tea-spoon full of nerve powder, and one tea-spoon full of Composition Powder, in a gill of blood-warm water, which may be repeated every fifteen minutes, till it operates as an emetic. The proper proportions may be given to children according to their age and strength. This is one of the best emetics known. If a little blood root is added, say four or five grains, it is an improvement for croup.

Dyspepsia Powders.

Take of No. 4 Powders, made fine, from half to a tea-spoon full three times a day, ten or fifteen minutes before eating, in loaf sugar and half a tea-cup full of water.

Another Remedy.

Take of burdock seed from one to two tea-spoons full three times a day, with or without the Bitters, as you please. This remedy has cured, when all others have failed.

Steaming for a Cold, Quinsy, or Fever.

Put white balsam into the kettle with the water. In lieu of this take catnip, hoarhound, boneset or mint, but always give the patient the Composition Powder, with No. 6, before the steaming. The steam may be carried into the bed by a small pipe if the patient is too weak to sit up, otherwise they may stand up near the fire-place, stripped to the shirt, and a blanket thrown over them to keep off the surrounding air, then fill a tea-kettle with water to the spout, and no higher, then boil the water, and convey the steam from the spout by a small tin pipe, under the blanket, between the feet of the patient, having a cup soldered on the end of the pipe of five inches in diameter, with a lid full of holes to admit the steam round the body of the patient more extensively, keep the head out while steaming, unless the head, teeth, face or throat is affected, in that case cover up the head as long at intervals as they can bear it, keep them over the steam for fifteen or twenty minutes generally. If they grow faint, wet the face with cold water or vinegar, then put them in bed, and give one tea-spoonful of Composition Powder, one tea-spoon full of No. 6, or half a tea-spoon full of Cayenne pepper, and one tea-spoon full of lobelia seeds, pulverised, and repeat it in fifteen minutes, until it operates as an emetic, then give an injection of the same articles in tea of hemlock, witch hazel, or red raspberry leaves, and after it has operated, put them over the steam again, then bathe off with spirits, or vinegar and water, and put on a clean shirt, and take some No. 4 Bitters, with No. 6 in it, and then you may eat what you please. This course must be pursued twice a week in all chronic diseases.

Injection for Clyster.

For inflammation of the bowels. Take one table-spoon full of calcined charcoal, and pour on half a pint of boiling water, or flaxseed or

slippery elm tea, then strain, and add one tea-spoonfull of salt, and two tea-spoons full of molasses, and give it in a large syringe, and repeat it every hour until relief is obtained; immediately apply a cloth wet with salt and water to the bowels, and wet every fifteen minutes if attended with pain, until relief is obtained, and give inwardly the fever or colic powders, and other medicines recommended in this work for that complaint. This course, if persevered in for three or four hours, will in all cases give relief.

Cholera Specific.

Two tea-spoons full of No. 6, one tea-spoonfull of lobelia, administered in a gill of the tea of No. 3. If the case is severe add half a teaspoon full of cayenne pepper; give injections made of the same materials, prepared in half a pint of the same tea, and sweetened with molasses, and both repeated in 15 or 20 minutes, if necessary; apply hot bricks to the feet, with a cloth wet with vinegar and water, and use the steam or fever powders after the spasm is broke, or before, if necessary to produce a perspiration, then give a portion of the Aromatic Pills. This course of treatment may be used in all cases of fits, palsy, spasms, cramps, &c.

Compound Liniment.

For inflammations, salt rheum, stiff neck, pains, and sores generally: Take of the Black Liniment, and No. 6, or the Vegetable Elixir, equal parts, shake well together, and use to bathe with three or four times a day.

Vegetable Elixir.

Add to No. 6 one half of the quantity of gum guaicum, pulverised, as of myrrh. To be given for pain in the stomach; two tea-spoons full in sugar, and repeat, if necessary.

Fever Powders.

Give one tea-spoon full of pleurisy root, pulverised, in pennyroyal or mint tea, every hour, until the pain in the side abates, and until a perspiration ensues freely, or give one half tea-spoon full of pleurisy root, and one half of crawley root, pulverised, in whitewood bark tea every hour till the violent symptoms abate, and give through the day and night for drink, pleurisy root, or whitewood bark tea. These powders may be given in all cases of difficult breathing, colds, pains, fevers, inflammation in the bowels, chest, inward fevers, wind, colic, asthma, rheumatism, worms, &c., and will never fail to give relief if persevered in, together with the Clyster and Aromatic Pills or Powders spoken of in this work, and can never be given amiss, but as soon as the fever is broke, give barley tea, and gruel made of oats, or Indian meal, and take some of the Bitters, No. 4, until the patient regains his strength.

How to prepare Beef's Gall.

Take the gall of several cattle, empty it into a saucepan or kettle, and boil it down dry, so as to pulverise it into powder in a mortar to be used in the Aromatic Powders or Pills.

Black Liniment.

For bruises, sprains, callosities, &c. Take of liver oil, one pint,

of spirits of turpentine one half pint, of sulphuric acid one ounce : after shaking the two first together, add the acid, little at a time and gently and stirring occasionally until well mixed. Apply twice a day generally, if oftener, apply a woollen cloth wet with cold water over it.

FAVOURITE PREPARATIONS.

Croup Tincture.

Take of the tincture of lobelia and of blood root equal parts, mixed ; or of a tea made of equal parts of lobelia and blood root sweetened. To a child one year old, give from half to a tea-spoon full every 15 minutes, till it operates as an emetic, then give three or four of the Aromatic Pills, or one quarter of a tea-spoon full of the Powder, mixed in molasses, and to quicken their operation as a purgative, give an injection of raspberry tea, sweetened with molasses, and for drink, when they are thirsty, (which is generally often) give pleurisy root tea, which will make them breathe easy, and cause a gentle perspiration. The dose must be regulated according to the age of the child or person. This treatment is also useful in all cases of stoppage on the stomach, fevers, cramps, fits, convulsions, inflammation in the chest, bowels, or stomach, head, &c. In fact I know of no case of disease where this treatment can be used amiss, but to the utmost advantage, to both young and old, from one day to one hundred years of age, afterwards give No. 4.

For diseases of Children generally.

Make use of the same medicines as recommended in this work throughout for complaints of grown persons, only regulate the dose according to the age and strength of the child.

Tincture of Peach Meats.

Put four ounces of peach meats, pounded fine, in one quart of brandy, shake together, let it stand, take for a dose two tea-spoons full, three times a day, for a weak stomach, or for fluor albus, or whites. The same is good for gleet, weakness, or falling of the womb.

For Gonorrhœa.

Take burdock seeds, infused in gin, half a wine glass, three times aday, for a week, first then take the above tincture till well, not omitting the Hygeian Pills one a week, and the No. 5 syrup three times a day

Vegetable Syrup.

Take of Liverwort, Solomon's seal, skunk cabbage, each one pound ; blood root, half a pound ; water horehound, one pound ; add a sufficient quantity of water. Boil, and pour off the water, till the strength is obtained. Strain and boil to 20 porter bottles; add 20 pounds of strained honey ; remove from the fire, and add one pint of brandy ; let it settle, and bottle for use. Dose, a wine-glass full, three or four times a day. Use. This preparation is used in

every variety of pulmonary diseases, and particularly, however, in bleeding at the lungs, and asthmatic affections.

Scrofulous Syrup.

Take of yellow dock-root, and bark of bitter-sweet root, two pounds each; bruise, and boil till the strength is obtained; then strain, and boil to 12 porter bottles; add sugar sufficient to prevent fermentation. Dose, a wine-glassful, three times a day. Use. This syrup is used in scrofula and herpetic affections.

Antispasmodic Syrup.

Take of penny root one pound, Peruvian bark, Virginia snake-root, one quarter of a pound each: extract the strength by boiling; boil to four porter bottles; strain, and add six pound of white sugar. Dose, a wine-glass full, three or four times a day. This is a valuable tonic syrup in epilepsy; for which it only ought to be used.

Syrup for the Dysentery.

Rhubarb and wild cherry bark, a handfull; four table-spoonsful of sugar; simmer awhile. Dose, give a table-spoonful every fifteen minutes, until the pain ceases. Make it fresh every day, and add a little brandy.

Fluor Albus.

A decoction of hazlenuts and peach pits in one quart of brandy, in proportion of two ounces each.

For a Burn after the skin is off, and proud flesh appears.

Apply the scrapings of a comb or horn, lay it on the proud flesh, and apply a salve made of mutton or bayberry tallow, and green of elder, boiled together, let it cool, then spread on a linen rag. This is a cooling and healing application for a burn, and will not fail to cure.

Asthmatic Tincture.

Take of No. 6 and of lobelia tincture, equal quantities, mix. Dose, from fifteen drops to a tea-spoonful. In slight tickling coughs, fifteen to thirty drops, repeated till relief is obtained, in severer cases from half to a tea-spoonful, and repeated, until it operates as an emetic, afterwards give a dose of the Aromatic Hygeian Pills; if it does not yield to this, give a regular course of the medicine, and repeat it till cured, which it will assuredly do, if persisted in a short time.

The Mother's Cordial.

One gallon. Take one pound of the partridge berry vine, or squaw vine dried; and one fourth of a pound of high cranberry, or cramp bark; boil in two gallons of water to three quarts; strain, and add one quart of brandy, and one pound of sugar. Dose, in the latter stages of pregnancy, half a wine glassfull every night on going to bed, in a little warm water. The dose may be increased to a gill, if necessary, to relieve cramps and pain. This is an inestimable cordial for pregnant women, and should be used in all cases, for at least one or two weeks previous to confinement, as a preparatory.

The Female Strengthening Syrup.

Take one fourth of a pound of comfrey root, dried; two ounces of elecampane root; and one ounce of hoarhound. Boil from three quarts to three pints; strain, and add, while warm, half an ounce of beth root, pulverised; a pint of brandy, and a pound of loaf sugar. Dose from half to two thirds of a wine-glassful, three or four times a day. This is used in female weaknesses, bearing down of the womb, fluor albus, debility and relaxation of the genital organs, barrenness, &c.

The Children's Cordial.

Take two ounces each of pink blows, smellage root, and pleurisy root, boil to one quart; strain, and add one quart of fourth proof brandy, and one pound of sugar. Dose, for an infant, a tea-spoonful repeating if necessary. For the colic, fits, green stool, &c. of children, this is an excellent remedy.

Chalk Julep

Take of prepared chalk, four ounces; rhubarb, one ounce; pour upon them one quart of hot water. Then add half an ounce each of essence of peppermint and pargoric. Let it steep a short time, and after it has settled, decant it off, and bottle it up. Dose, for an adult, from one to two table-spoons full. In dysentery and diarrhœa, proceeding from acidity in the first stages, this will be found of superier efficacy.

Sal Aeratus and Rhubarb Mixture.

Take three parts of sal æratus, and one of rhubarb, finely pulverised. Mix. A tea-spoon full taken daily, dissolved in a tumbler of cold water and sipped up in the course of the day, is inferior to no other preparation in relieving acidity in the stomach.

Worm Syrup.

Take one ounce of aloes; half an ounce of assafætida; and four ounces of snakehead, dried; boil the snakehead to one quart, and add the aloes and assafætida, and a quart of molasses. Dose, for a child, a tea-spoon full every half hour, till it operates as physic; which will bring away the worms in a slimy mass.

Healing Wash.

Boil half a pound of witch hazle bark to a decoction of a quart; and three or four ounces of "Turlington's balsam of life." Shake them well together. For cleansing and healing excoriated surfaces, and correcting acrimony and putridity, this is second to none. It is particularly serviceable as an injection in gonorrhœa, and as a wash for venereal ulcers.

The Bittersweet Ointment.

Take equal parts of plaitain leaves and root, bittersweet bark, and spikenard root, boil out the strength, strain, and make it into an ointment with hog's lard. This is a valuable discutient ointment, it softens and relieves a caked and inflamed breast in a remarkable manner

and may be applied with great advantage in all cases of swellings and ulcers.

Sudorific Powders.

Take pleurisy root, and Indian turnip, each two ounces; blood root, one ounce; pulverise and mix. Dose, half a tea-spoon full once an hour; to be given in fevers, after the stomach and bowels are cleansed.

Snuff for Catarrh in the Head.

Take colt'sfoot, snakeroot or asarabacca, and bayberry bark, each two parts; and bloodroot, one half part; pulverise fine and mix. If the wandering milkweed be added to this, it cures headache.

Colic Powders.

Take two table-spoons full of pleurisy root, and a tea-spoon full of Cayenne pepper; pulverise and mix. In colics, steep the whole in half a pint of water, sweeten, and take it at a dose. It may be repeated according to circumstances. Or, which is better, equal parts of pleurisy root and crawley root, pulverised, mixed, and given in powder.

Pulmonary Balsam.

Take of spikenard root, one pound and a half, hoarhound tops, elecampane root, and comfrey root, one pound each; add a suitable quantity of water. Boil, and pour off the infusion repeatedly; until the strength is all extracted; then strain and reduce the whole of the liquid down to about twelve porter bottles; then add of white sugar twelve pounds, and good honey six pounds; clarify it with the white of eggs. Let it stand twenty-four hours, in order that it may settle: add one quart of spirits, and finally bottle for use. Dose, a wine glass full three or four times a day. Use. This preparation is highly useful in the treatment of pulmonary affections, and coughs of long standing. It is admirably calculated to relieve that constricted state of the lungs which is often met with in consumption, and to assist expectoration. It does not appear to increase the circulation, and is, therefore, a safe remedy in any stage of consumption.

Common Injection.

Take of sweet milk, and mucilage of slippery elm, one pint each; olive oil, one gill; molasses, half a pint; sal aratus, one drachm; mix. Use. This forms an injection of much value; and may be used in almost every case where one is indicated. It is often used with admirable effects in dysentery or diarrhœa. Sometimes, when there is great pain in the lower intestines, it will be better if a drachm of laudanum is added to each injection, and it will not fail of relieving the griping pain occasioned by the disease. It should be used with a large French syringe.

Soapsuds Injection.

Take of soapsuds, strong, a sufficient quantity. Inject it about blood warm. Use. This is an injection which may always conveniently be procured. It is mild and may be administered when a more stimulating injection would be hurtful. It is very useful in habitual costiveness, when purgatives are ineffectual.

Common Poultice.

Take of slippery-elm bark a sufficient quantity, pulverised : stir it in hot, or warm, milk and water, to the consistence of a poultice. Use. This poultice exceeds every other in point of efficacy. It is of almost universal application ; and removes inflammation sooner than any other. Compared to this, every other poultice dwindles into insignificance.

Alkaline Poultice.

Take of ley, rather weak, warm it, and stir in of slippery-elm bark sufficient to form a poultice. Use. This poultice is useful in inflammation of the breast, and other parts, in felons, white swellings lockjaw, wounds, fistulas, &c.

Anti-bilious Powder, Common Purgatives, or Physic.

Take of Jalap, one pound ; Alexandria senna, two pounds ; pepper-mint plant, one pound. Let these articles be separately pulverised, then mix them together, and pass through a fine sieve, Dose. A tea-spoon full, (about a drachm.) It should be put into a tea-cup, with a lump of loaf sugar, and a gill of boiling water added ; and given to the patient when cool, fasting, or on an empty stomach. Use. This forms the best general purgative that is now known. It combines power with mildness of action, and acts throughout the whole alimentary canal, cleansing it, and producing a healthy action. It may be given to every age and sex ; it removes offensive accumulations in the bowels, without bringing on subsequent constipation. It stimulates every contiguous organ to a healthy state. It is useful in all diseases where physic is required. In bilious and febrile diseases it is invaluable.

Black Plaster, or Healing Salve.

Take of olive oil, three quarts ; common resin, three ounces ; beeswax, three ounces. Dissolve the whole of these articles together, and raise the oil almost to boiling heat ; then add, gradually, of pulverised red lead two pounds and a quarter, if it be in the winter ; if in the summer, two pounds and a half. In a short time after the lead is taken up by the oil, and the mixture becomes brown, or a shining black, remove from the fire ; and, when nearly cold, of pulverised camphor, half an ounce.

It should remain on the fire until it forms a proper consistency for spreading, and which may be known by dipping a spatula or knife into it from time to time, and suffering it to cool. Use. I have found this elegant salve superior to every other, where applications of this kind are required. It has an excellent effect in every kind of ulcer, in burns, in sores, in venereal, scrofulous, and fistulous, and all other ulcers. It should be spread thin, on a piece of linen, and renewed once or twice a day.

Green Salve.

Take of turpentine and bayberry tallow half a pound each ; dissolve together, and form into a salve ; add sweet oil, if necessary. Use. This salve is designed for scrofulous ulcers.

Female Bitters.

Take of crane's bill, four ounces; comfrey, four ounces; beth root, four ounces; motherwort roots, four ounces; whitewood bark, four ounces; orange peel, one ounce; cinnamon, half an ounce; all bruised, and infused in three quarts of good wine, and sweetened. This is very useful in all cases of female debility, fluor albus, and immoderate flow of the menses. &c

Stoughton's Bitters.

Take orange peel, one pound; gentian root, three pounds; camwood, two pounds; pulverise and infuse them in six gallons of spirits; and after shaking it well for five or six days, decant, and bottle it up for use.

For Dropsy.

Take gentian roots, four ounces, elecampane, eight ounces; sassafras, bark of the root, one pound: sarsaparilla, two pounds. Boil the whole in two gallons of water, till one half is evaporated. Dose, a wine glass full four or five times a day.

Common Gargle.

Take of the flowers of life everlasting, or Indian posey; sage, and golden seal, or gold thread; make a tea, and sweeten with honey. Very useful for a sore throat, &c. Or chew the blossoms of Indian posey, and swallow the juice, which will be found of great benefit in quinsy, sore throat, &c.

REMEDIES APPLICABLE TO PARTICULAR DISEASES.

Intermitting Fever, or Ague.

Peach pits and the inner bark of black alder: infuse in good spirits. Take it fasting, and often in the day. Also the Hygeian Pills once or twice a week.

Dandelion and sorrel, in decoction, is said to break the worst fevers.

For Inflammatory, Putrid, and other Fevers.

To create a sweat in spotted and similar fevers, take potatoes, fresh out of the earth, without washing; roast or boil them, till they can be mashed, and apply them in bags hot to the feet and sides. Vinegar may be added; at the same time give one tea-spoonful of crawly root every half hour.

For Quinsy.

To prevent its coming on, take a tea-spoon full of salt in the mouth, and as it dissolves gargle the throat with it. Repeat this till the quinsy is dispersed.

To discuss the quinsy in its first stages, apply a plaster of four ounces of hard soap, half a pound of sugar, half a pint of linseed oil, two ounces of resin.

Thrush, or Canker Sore Mouth.

For a sore mouth—take the yolk of a roasted egg, burnt leather pulverised, sage and burnt alum: mix with honey for a gargle.

Take sage, hysop, gold thread, borax and alum; boil all together in a half pint of water, and add molasses for a gargle.

For Pulmonary Consumption.

A Syrup: Take one ounce each of spikenard, cinnamon, Virginia snakeroot, and parsley; two ounces of pleurisy root; and half an ounce each of cloves and gum myrrh. Steep the whole three hours in two quarts of water. Then strain, simmer down to a pint, and add, while warm, one pound of sugar, and a pint of port wine. Bottle it up. Dose, from half to two wine glasses, three times a day, according to the strength of the patient.

Rad vitæ, or life of root, half an ounce, steeped in a quart of water and used for a common drink, is a most valuable remedy in beginning consumptions.

For night sweats in consumption, or if the urine is frothy, give the elixir of vitriol, ten drops four or five times a day.

For a bleeding at the lungs, give moderately, a tea of sweet bugle or of cranesbill, or witch hazel tea, or a table spoonful of fine salt repeated.

For Coughs, Colds, &c.

A large draught of boneset tea, on going to bed. A little peppermint may be added to prevent nausea.

Liquorice, slippery elm, indian turnip, and elecampane—make a syrup. Take three times a day.

For a cough.—Honey, hoarhound, liquorice, and slippery elm.

For the Asthma.

Vomit, when necessary, with lobelia, or blood root.

Skunk cabbage root or balls, pulverised, and taken in molasses

For the dry asthma—raw garlics.

For the Palpitation of the Heart.

Take motherwort; castor, one fourth of an ounce, and skunk cabbage root. Infuse in one pint of spirits. Dose, a tea-spoon full, or more, three or four times a day.

Or, tincture of stramonium—ten to fifteen drops, three times a day. Or umbil, or a lobelia emetic.

For Pain in the Chest.

For pain in the breast—Take elecampane root, snake root, comfrey, spikenard, burdock, bittersweet, wild cherry bark, Solomon seal; infuse in rum and sweeten. Dose proportioned to its strength: or No. 6.

For Headache.

For a snuff—Coltsfoot, pulverised; mix half and half with Scotch snuff, and one part bayberry bark.

For the Toothache.

Chew the xanthoxylum, or Toothache bark; a piece the size of the finger nail is sufficient at a time. Repeat till the pain ceases.

as effectual as any thing of the stimulating kind; or No. 6, put in the tooth.

In obstinate tic doloreux, pain, or rheumatism in the upper jaw and face, roasted fresh potatoes, applied hot, very frequently give relief.

For Diarrhœa and Dysentery.

A decoction of witch hazle bark, drank freely, with boiled milk and sugar.

Or, a nutmeg, pulverised, in the yolk of an egg.

For the Piles.

For Fistula and Piles—Take the expressed juice of skunk cabbage one pound, fresh butter, one pound, and mutton tallow, half a pound simmer for two hours, and then press out the ointment for use. Anoint the part twice a day for ten minutes.

Along with these applications, internal remedies must not be neglected, such as the Alterative Syrup.

For Diabetes.

Prince's pine, gravel weed, and wintergreen, in decoction. Drink freely.

For Flatulency, Wind Colic., &c.

Remove the cause, whether it be acidity, debility, or coldness in the stomach.

For present relief, give first of all, the pleurisy root, in powder, a tea-spoonful at a dose, repeating every fifteen minutes, or No. 6, repeated.

Or, take two parts each of angelica and pleurisy roots, and one part of sweet flag, and infuse in brandy for a bitter.

In wind and bilious colics, and in iliac passion, purgative and stimulating clysters are of great service. Also clysters of yeast; or of tobacco smoke.

The crawley, or fever root, cannot be given amiss in any species of colic. Alone, or taken in tea of pleurisy root, it is superior to any thing else in common use.

If necessary, foment the pit of the stomach with hops or oats, fried in vinegar. Use friction freely on the bowels.

For Cholera Morbus.

Put a table spoonful of hot ashes in a tumbler of cider, and give the patient three table-spoons full of it. This commonly cures in half an hour. If the dose is thrown up, repeat.

Pearlash, in solution, may be given to allay the irritation of the stomach.

For Epileptic Fits, Cramps, Convulsions, &c.

To break epileptic fits put a spoonful of salt in the patient's mouth. This will give quick relief in most cases.

For cramps.—The cramp, or high cranberrybark, given in tea, will relax them in almost all cases.

For Palsy.

Give hot stimulants internally, and apply externally, with friction. Xanthoxylam bark, prickly ash galangal root, grains of paradise, &c. may be employed with advantage in palsies. Also horse-radish, mustard seed, burdock seed, No. 6.

For Jaundice.

If from an obstruction from biliary calculi, give emetics.

Raw eggs, three or four times a day in wine, help greatly in the cure of jaundice

Take one gallon of cider, one dozen eggs, half a pint of hard soot, one double handful of wild cherry bark, and a handful of prickly ash. Boil. Add half a pint of treacle, four pounds of sugar, and four spoons full of ginger. Dose, half a gill, three time a day,

For Dropsy.

Take a tea of dwarf elder roots, for daily drink. Continue it for thirty days.

Take a handful of rose willow bark, and half a peck of dry chestnut leaves: boil in five quarts of rain water to two; and add a tea spoonful of sulphur. Dose, a tea-cup full three times a day.

Apply hot stimulating cataplasms to the feet and legs; as horse-radish, mustard seed, Cayenne pepper, &c. and give the Aromatic Powders once a week.

For Worms.

Essence of wormwood, and turpentine dropped on sugar.

Or, the red berries of black alder made into a syrup, or in powders and tea, a teaspoonful every morning, fasting in molasses.

Or, old tobacco pipes, pulverised fine, and given in molasses, then give physic to bring them away.

For the Stone and Gravel.

The juice of horsemint, and the juice of red onions, are said to be almost a specific cure for the stone.

Or, cleavers, and oil of pumpkin seeds.

Or, gravel weed in decoction

Take arsemart, a large handful, make a decoction, and add a gill of gin. Take the whole in twelve hours. This has discharged a tablespoonful of gravel stones at a time.

For Sore or Inflamed Eyes.

A fomentation and poultice of hops, or slippery elm.

To remove the discoloration of a blood shot eye—apply fresh killed meat to the eye, repeating it every hour till the coagulated blood is dispersed. Or, apply the breast of a live chicken, with the feathers picked off, to the eye.

For Rheumatism.

Take one ounce of seneca snake root; two ounces of white pine bark; two ounces of burdock root; an ounce and a half of prickly ash bark; boil all in four quarts of water, to three, and take half a pint, morning and evening, fasting. This preparation will be found to possess great efficacy.

Also, drink four times a day, of a decoction of half a pound of prickly ash bark, two ounces of toothache bark, one ounce of bittersweet, and four ounces of squaw root; boiled in eight quarts of water to the consumption of four. One gill is a dose.

For Scrofula, or King's Evil.

Frostweed, or scabious, drank daily, in decoction, and applied as a poultice, has cured numbers in this city.

Take pond lily root and prickly pear, bruise to a pumice; and add resin and beeswax, for a salve.

Also drink, for six weeks, half a pint per day of decoction of devil's bit. Or, the same quantity of ground ivy.

Take the bark of the bayberry root, pulverised, and apply to the lumps three times a day. If it breaks, wash the sore constantly with the decoction, and apply the green leaves. Drink bayberry tea constantly, a cup full four times a day.

Or, drink a tea of the scrofula plant, and apply a poultice of the same.

For Cancers.

For a salve.—Press the juice out of poke berries, and set it in the sun till it is evaporated to a salve.

Or, take Indian turnip, pulverised, to make a poultice.

For a stone cancer.—Take the powder of dry yellow dock root, wet with port wine, and apply it to the cancer, renewing it three times a day. Make a daily drink of a decoction of yellow dock, and bark of black alder, each a handful, boiled in four quarts of water to two.

Cancer root and balm of gilead buds, bruised together for a cataplasm. Or, use the cancer root for a wash.

For Salt Rheum.

Boil one pound of plaintain in two quarts of beef brine, and one of urine, for an hour. Wash.

Take half a pound each of elder bark, yellow dock root, burdock root, tag alder bark, and lignum vitæ; and one fourth of a pound of sassafras bark. Make a syrup.

For cleansing the blood.—Take a handful each of pleurisy root, rose willow bark, spicewood bark, dock root, plaintain root, dandelion root, spikenard, comfrey, and burdock; and a little calamus. Boil to two quarts, and add half molasses. Dose, a small glass full three times a day.

For Erysipelas, or St. Anthony's Fire.

Elder flowers in decoction, form a very good laxative in this disorder.

Take Virginia snake root, masterwort root, burdock root, whitewood bark, and ginseng root—infuse in brandy. Dose, a wine-glassful three times a day.

For a poultice—a rye pudding, boiled, and mixed with soft soap.

Lay on three or four times. Apply scorched rye flour, three or four times a day, and give physic.

For Scald Head.

Take a pint of tar; and a quarter of a pound each of spermaceti and mutton tallow. Boil in a quart of water an hour—skim and cool. Anoint.

For a Felon, or Whitlow.

Take indigo weed and blue flag roots—a poultice.

Or, two ounces each of white hellebore and blue flag, boiled in a quart of milk. Hold the finger in it when hot, and afterwards poultice. Take a lump of rocksalt, the size of a walnut, and roast it in a cabbage leaf in hot embers for twenty minutes—then powder it, and mix it with hard soap for a salve. A little turpentine may be added. Put the finger in week ley a few minutes every hour in the day.

For the Venereal Disease.

For Gonorrhœa—Take one ounce each of spirits of lavender and balsam copaiva; half an ounce each of spirits of turpentine, and spirits of nitre; and one-fourth of an ounce of Harlæm oil. Shake well together. Dose, from fifteen to twenty-five drops three times a day, and take the Aromatic Powders for a purge, and two tea-spoons full of burdock seed three times a day, and the Alterative Syrup.

For a wash for malignant and eating syphilis and other sores—Black cherry bark, boiled in urine. Wash. Apply black oak bark, or No. 6, to the sores.

For syphilis—Take poke roots, and tamrac bark—make a decoction. Take three times a day. Or the Alterative Syrup, which is better, and the Aromatic Pills.

For Fluor Albus, or Whites.

Take one ounce each of cherry bark, and butternut bark; and four ounces of bark of rose willow. Boil to three quarts; and add a quart of Madeira wine, and six ounces of sugar. Dose, two tea-cups full a day. Omit in particular situations.

Or, boil one pound of rose willow root in six quarts of water to three; and add three pints of port wine and four ounces of sugar. Dose, a tea-cupful three times a day.

Or, one quart of brandy, and four ounces of peach pits, pounded. Dose, one table-spoon full three times a day.

For injection—White oak and alum.

Or, Cranesbill, white oak, and highbriar, in decoction.

For Obstructed Menses.

Horseradish and rust of iron infused in old cider.

Or, spruce hemlock, tansy, pennyroyal and oak of Jerusalem—a decoction.

Bearing down of the Womb.

Heartsease and arsemart, for a decoction. Bathe.

Or, boil flaxseed, and add mullein and heartsease, and lay across the abdomen.

Take white oak bark, beth root, crow foot and ro-e leaves, each one ounce. Boil in four quarts of water to two; strain, and add a pint of port wine, and two ounces of pulverised alum.

For injections—Camomile tea.

For After Pains, Delivery, &c.

For after pains—Camomile and beth root in decoction—dose, and inject.

For a quick delivery—Take a piece of muskrat skin and steep it. Drink, and it will make quick work.

For quieting false pains—Drink a tea of red raspberry leaves.

For flooding—Take cranesbill, or red ras, berry leaves, or scabious, in decoction.

Or, take a strong tea of rock or hard soot. It is said this has stopped the flow when all other means failed.

Salves, Ointments, Plasters, &c.

Strengthening plaster—Take the whites of two eggs, two handfuls of white oak bark, one ounce of resin, one ounce of alum, and half an ounce of camphor. Boil the bark to half a pint; and add the rest, and simmer to a salve.

For a burn—Take stramonium, plantain, and mullein. Make an ointment.

Another: Tag alder bark, chesnut leaves, and sumach roots. Boil, and add fresh butter and sweet oil.

For healing and cleansing: Take bittersweet, plantain, and life ever lasting. Make an ointment.

For cleansing; Mandrake root, pulverised, and mixed with turpentine, resin, and mutton tallow. This destroys fungous flesh.

Take two pounds of tobacco, one pound of resin, one pound of turpentine, one pound of lard, and two ounces of beth root. Boil the tobacco and beth root, and add the other ingredients, simmering them till the water is evaporated.

Also, apply a poultice of blood root and beth root, pulverised, and mixed with honey. If the leg be swelled, poultice with slippery elm bark.

For the itch: Sulphur, turpentine and hogs lard. Mix, and anoint the soles of the feet, and palms of the hand, and hold to the fire. Take cream of tartar inwardly.

For tetters: Take half a pint of brandy, half a gill of tar, and a table spoon full of potash. Melt together, and apply with a feather.

To scatter a swelling: Take a double hand full each of wormwood, rue, camomile, and fever few; pound together, and simmer in hog's lard over a slow fire.

To cleanse an ulcer; fill the sore with wild turnip, pulverised.

A certain cure for Hydrophobia.

Take of Hellbore one half tea spoonful, of Lobelia seeds or Tincture one tea-spoonful, of Cayenne pepper one half tea-spoonful, all stirred into one half pint, tea made by infusing a handfull of the herb Scull cap in one pint of hot water, ten or fifteen minutes. This dose may be taken at two drinks ten minutes apart, and must be repeated if relief is not obtained, in one half hour, keep them in a sweat twenty four hours, and after the fits or spasms are broken, give the composition and nerve powder, and hot bitters to keep up the strength of the patient,

MIDWIFERY.

Management of Labour.

There is no subject of which women in general are so entirely ignorant, as that of parturition, or delivery. Almost all of them are under the impression that labour is completed more by art than nature; hence the most noted accoucheurs are employed to attend during this interesting period; and professional men, in general, have no wish to undeceive them on this subject, as their interest is too much concerned. I have been often astonished to see the credulity and ignorance manifested on these occasions. Thanks and blessings have been poured upon me, under an idea that I had saved their lives in labour, when I had done nothing but look on and admire the perfectly adequate powers of nature, and superintend the effects of her work; and it is nature which accomplishes all, while the accoucheur gets the credit of it. There is not one case in a thousand in which you can be but only a silent spectator, except it be to calm the fears of the ignorant and timid attendants. The mischief and injury that is done by the untimely interference of art is incalculable.

In pregnancy, women must be bled till they have not strength enough to accomplish delivery, and when it takes place, the forceps or other instruments must be used, which often proves fatal to the mother or child, or both.

Were all women properly instructed in this branch, many lives would be saved; and it is upon this branch that I wish to see a Reform, as well as other branches of medicine; but the want of room prevents me from here enlarging upon this subject.

All women should be instructed in midwifery, and those who are of a proper turn of mind should be well qualified to act in the capacity of midwives; no man should ever be permitted to enter the apartment of a woman in labour, excepting in consultations, or on extraordinary occasions. The practice is unnecessary, unnatural and wrong.

There are various particulars to be avoided, and several things to be done in the management of women during labour. I have only room here to state a few, and shall begin by pointing out the course to be pursued in

Natural Labour.

When called to a woman supposed to be in labour, we must ascertain whether her pains are true or false; and which may be easily known by a little inquiry. If the female complains of flying, or unsettled pains about the system, occurring mostly toward evening, or during the night, and being slight or irregular, it may be taken for granted that they are spurious, or false. If these symptoms prove troublesome, an infusion or tea of hops may be taken; or if this is not sufficient to relieve them, or procure sleep, an anodyne may be taken, and it may be necessary also to give laxative medicines.

True pains may be known by the pain being more concentrated in the lower part of the belly, through the loins and hips.

The pains now increase in regularity and force, returning every ten or fifteen minutes, and leaving the woman comparatively easy in the intervals.

When the pains become regular and severe, there is a discharge of slimy matter, tinged with blood, known by the name of shows. At this period of labour it will be proper for the accoucheur, or the person who attends the labour, to examine, in order to ascertain what part of the child presents, which may be done by requesting the female to sit in a chair, or on the side of the bed, and to extend the legs, when the longest finger, dipt in sweet oil, may be passed up the vagina to the part which presents, and the sense communicated will determine the nature of the presentation. In nineteen cases out of twenty, or in almost every case, the head will be felt.

When it has been ascertained that the labour is natural, or that there are no impediments or obstacles, there will be very little more to do than superintend the person. It will be necessary to give the proper instructions to the attendants to make suitable preparations, or have every thing necessary in readiness.

The woman may be delivered on a bed or a cot, as is most convenient; if a bed be used, all but the mattress should be turned back toward the head, and it should be so prepared that the moisture from the uterus, and other discharges, may not add to the discomfort of the woman. A dressed skin, oilcloth, or folded blanket, may be placed on that part of the mattress on which the body of the woman is to rest; a coarse blanket, folded within a sheet, ought to be laid immediately beneath the patient; this is to absorb the moisture, and is to be removed after delivery. The rest of the bed clothes are to be put on the ordinary way; the woman when she is no longer able to remain up may now lie down, with her head elevated in any position which is most desirable, about every case that I have ever attended, the back has been preferred, although most all writers recommend that the woman be placed upon her side. This practice is unnatural and wrong, for obvious reasons; it retards the labour pains, and prevents the accoucheur from superintending the progress of the labour. The pillow that is directed to be placed between the knees, to keep them widely separated soon gets displaced, by the motion or change of the female, and the legs, instead of being kept apart, again come in contact, and thus the passage of the child is obstructed; but when the female is placed upon her back, this difficulty is obviated; a free passage is permitted, the pains are more effectual, the spine is better supported, and better access can be had to the parts during labour, and after the delivery of the child. In short, there is a decided advantage in this position in every respect.

The dress of women in labour should be light and simple, both to keep themselves from being overheated, and to prevent anything from being in the way of what assistance is necessary. In addition to the means recommended, I direct a sheet to be placed around the waist of the woman, to prevent the blood, excrements, or waters, from coming in contact with the linen or cloths, and as much as possible the bed; her linen may be tucked or pushed up so far that there will be no necessity of removing it after delivery.

Every thing being thus adjusted, very little more will be necessary but to wait patiently, the efforts and operations of nature. There should be few attendants in the room, and these should not whisper to each other, or express any fears or doubts. When the pains become very severe, quickly succeeding each other, the midwife, or the person who officiates, may sit by the side of the woman, and upon every severe pain may keep her hand upon the parts, even though no manner of assistance can be afforded; and occasionally when the head of the child presses hard, it may be gently touched or pressed with the longest finger, in order to as-

certain the parts which present the progress of labour, as well as to be able to give from time to time suitable encouragement; not only so in the last stage of labour, the hand may be kept near the parts to know the moment when the head of the child presents; as some little assistance at this time is called for; not by supporting the perineum as some advise, but *first* to remove any obstruction which often arises from the clothes.

Second. To support the child in its passage, and in the interval of pains; and to keep the head from pitching downward, and thus obstructing the labour.

Third. To detach the umbilical cord or navel string from the neck, when it incircles it, which is often the case, and which endangers the life of the child.

Fourth. To deliver the woman in case of hemorrhage or great flooding; but at the same time there must be no further interference of art; little or nothing can be done toward facilitating the delivery of the child, except when a large bag or collection of water presents and opposes; when it may be ruptured with the longest finger, and this often affords much aid: although such is the ignorance and credulity of some women that they suppose that almost every thing is accomplished by art. A physician or midwife who watches only the process of labour, and does little or nothing, is pronounced inhuman and cruel, and perhaps ignorant, because he is honest in not interfering with the simple and beautiful process of labour; or in other words for relying upon the great resources of nature; but such is the fashion and credulity of mankind, or rather womankind, that physicians are obliged to take the advantage of such ignorance and credulity, and regulate their proceedings accordingly. I have myself often been obliged to stand hours over a woman under pretence of aiding delivery, when in *reality* I did nothing at all. The labour would have progressed just as well had I been out of the room; but this deception I have been obliged to practice in order to satisfy ignorant, gossiping, or crying attendants. When the woman is disposed to make much noise, she should be directed to hold her breath during the pains, and aid or assist them by pressing downward as much as possible. The feet may press against the bedstead and the woman may take hold of a handkerchief and pull when a pain occurs; or she may grasp the hand of an assistant for that purpose. Sometimes from various causes, labour is very much retarded; from rigidity of the parts, the situation of the child, debility, &c. When this occurs, and labour is tedious and protracted, our reliance must still be upon the powers of nature. We may however aid her efforts, by warm fomentations of *bitter herbs*, often applied to the lower part of the belly, which will prove relaxing, and will facilitate the labour; when warm diluent drinks may also be given, such as *tanzy*, *pennyroyal*, &c.

If the labour still continues stationary, we have nothing to fear provided there is a right presentation; but should the pains become feeble or lessened from flooding, debility, or any cause, or should they prove unavailing, after a reasonable length of time, give the composition power. This will increase the pains and speedily accomplish the delivery.

When the head is delivered all that is necessary to do is to support it, and wait for the pains to expel the child; except it seems livid and in danger of injury, or when the cord is twisted around the neck, when assistance must be rendered to accomplish the delivery. The face of the child must now be turned upward, and the cord freed from the neck or body, and the person who assists, will pass a narrow piece of tape around the cord, or navel string, about an inch from the body, and tie as tight as can be drawn, otherwise hemorrhage or bleeding will take place; and another must be tied at a little distance from it above, and be separated betwixt them with a pair of scissors. The child is then to be given to the nurse. The woman must now be covered up and directed to lay quiet.

THE AFTER BIRTH.

The after birth or placenta must be detached or removed, if nature does not accomplish it in a short time. Generally after about twenty or thirty minutes, a pain is felt which may be sufficient to expel it; if it should not, and should there be no pain, gentle manual attempts may be made to remove it.

The head and breast may be elevated, and the cord taken hold by the right hand, the two first fingers may be carefully introduced into the vagina; and the anterior or forepart of the placenta, or after birth, held in this situation for some

minutes, in order to excite a contraction of the uterus. The woman may now be directed to hold her breath and press down, which forces it forward, and at the same time, a little extension is made upon the cord with the left hand, while extension is made upon the after birth with the right; this will almost invariably extract in a few minutes. If from any cause it should not, no further attempt should be made for the present, but it must be left for a few hours, when if the natural contractions of the uterus do not remove it, it must be done in the manner recommended, with this difference, that a little more force be used. In the interval, however, every thing wet must be taken away.

After the labour has been thus completed, if the woman is not too weak, one or two assistants may raise her up and seat her upon the side of the bed or cot, while another will remove all the wet clothing, as well as the bed, and with a little warm spirits wash off the blood, water, &c., which remains; this is particularly necessary, as the omission of it may give rise to puerperal fever. I know not that any other has practiced this method, but I have found it conducive to the comfort as well as the health of the patient. Some practitioners will not suffer the woman to be removed from the situation to which she has been delivered under twelve or twenty-four hours, for fear of hemorrhage or flooding; but this is a great and dangerous error. It is impossible to tell what mischief may arise in consequence of suffering her to remain drenched in water and blood for this length of time.

After these precautions have been observed, and the bed properly prepared on which has been placed folded blankets, skin or oilcloth, covered with a warm sheet, she may be laid down, and diaper, or a suitable piece of muslin laid to the parts to absorb the lochial discharges. A bandage may be also placed around the abdomen or belly, and made moderately tight, but not enough to render her uncomfortable. A large tub previously well dried may be placed by the side of the bed, and the woman directed to place her feet in it and when she is lifted up, every thing that is around her wet to be passed into it. It prevents the necessity of afterward washing the floor and carpet, which might prove injurious by causing a check to perspiration.

Preternatural labour, or cross births, are those in which some other part than the head presents. We cannot in general assign any reason for such occurrences, nor can the woman by any sensation of her own be assured that the presentation is unusual. Apprehensions of this kind should not be indulged in. If the feet or breech present, the delivery is to be accomplished by properly accommodating the uterus of the child to the capacity of the pelvis, but no force should be employed, and though there is always some risk to the infant, there is none to the mother. If the arm, shoulder or sides of the child present, the delivery is impossible until the infant be turned, and the feet brought down into the passage. This is an operation which may be done with comparative ease and safety, if the wrong position of the infant be discovered before the waters are discharged; but otherwise both mother and child are in considerable danger. The womb closely contracting round the body of the infant when the water is drained away, and being soft and spongy in its texture, it is liable to be torn if much force be employed and then either the child may escape into the cavity of the belly, or if it be extracted by the feet, blood may be effused from the womb into that cavity, and such injury be done as to prove fatal. Women too frequently add to the danger of the operation of turning by their restlessness and impatience, they should remember how much is at stake, and exert all their fortitude so as not to embarrass the practitioner.

The labour having been thus accomplished, it will be necessary to guard against any subsequent symptoms which may occur to take place.

TREATMENT AFTER DELIVERY.

AFTER PAINS.

Soon after delivery these usually come on, and with some women prove remarkably severe. The quicker the labour has been, the slighter they will prove in general. Women with their first child are seldom much troubled with after-pains; but as the uterus is thought to contract less readily after each future labour so they are more liable to suffer from them in any succeeding delivery than in the first.

When after pains prove so troublesome as to deprive the patient of her rest, it will be necessary to have recourse to *fomentations* or *anodynes*; red pepper and spirits simmered together a few minutes, and flannels dipped in it and applied to the belly, will generally relieve them; if it fail, apply a fomentation of *bitter herbs*, and give two spoonful of the tincture of *hops*, in milk or tea. These means are to be assisted by keeping up a sufficient pressure on the belly at the same time, by means of a broad bandage.

FLOODING, FLOW OF THE LOCHIA, &c.

In all women a certain degree of hemorrhage usually takes place after delivery, produced by the removal of the placenta, which thereby lays bare the mouth of the blood vessels in the inside of the uterus; and this commonly continues until the womb contracts to such a size as to close them up again. The discharge for the first four or five days consists usually of florid blood, after which time it assumes a mucous appearance, and so ceases gradually.

In weak and relaxed habits it sometimes happens, that instead of saturating a cloth now and then, as is natural to all women, the blood gushes out with such rapidity and violence as to run quickly through all the bed clothes, and even to soak through the bed itself; which case the patient will be reduced to a state of great debility, if the hemorrhage is not soon restrained. A little alum whey, or a tea made of beth root or scabious, will soon check it. Pouring cold water on the abdomen, over the region of the uterus, from a height of four or five feet, will generally arrest the flooding immediately.

Where a suppression of the lochia ensues before the accustomed period, the discharge ought again be promoted, if possible, by plentiful dilution, and the application of warm fomentations to the parts. Should these means prove ineffectual, gentle evacuations from the bowels must be made, and the feet bathed and perspiration promoted.

REMARKS.

The compiler of this little, though complete manual of *Materia Medica*, has taken great pains to select the best and most approved formulas for insertion in this work, from the most celebrated and eminent Botanical publications of the present day, which have been added to the catalogue of original recipes, on the Hygeian principles; and by a close attention to the administration of them, according to the direction therein contained, every person may be their own Physician. Care, however, must be taken to keep down the canker, which always accompanies disease, by using the canker medicine freely, and there will be no danger. Perservance is another important ingredient in effecting a cure in all chronic diseases, without which no person can expect to be radically cured. Another matter of equal importance, is to understand well the contents of this book, (which alone is the publisher's reason for making it small,) which may be done in a short time by occupying the few leisure hours of the many that most people have to dispose of. Follow the directions herein given; be temperate in all things; and remember the old adage, that an ounce of prevention is worth a pound of cure, or a stitch in time saves nine.

THE PUBLISHER.