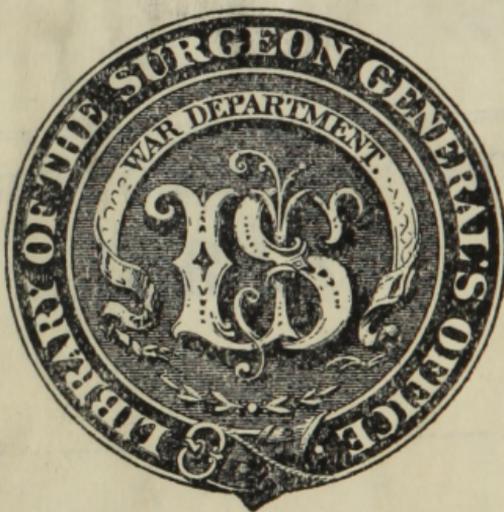




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THE

# FAMILY ADVISER;

CALCULATED TO TEACH THE

## PRINCIPLES OF BOTANY.

COMPILED WITH A STRICT REGARD TO LOGICK.

CONTAINING

DIRECTIONS

FOR PRESERVING HEALTH,

AND

CURING DISEASES.

FOR THE USE OF FAMILIES AND PRIVATE INDIVIDUALS.

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BY DANIEL J. COBB.

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ROCHESTER, N. Y.

PRINTED FOR THE AUTHOR, BY

MARSHALL & DEAN.

1828.



*Northern District of New-York, to wit :*



**BE IT REMEMBERED**, That on the twenty-eighth day of April, in the fifty-second year of the Independence of the United States of America, A. D. 1828, **DANIEL J. COBB**, of the said district, hath deposited in this office the title of a book, the right whereof he claims as author, in the words following, to wit :

“The Family Adviser; calculated to teach the principles of Botany. Compiled with a strict regard to logick. Containing directions for preserving health and curing diseases. For the use of families and private individuals. By Daniel J. Cobb.”

In conformity to the act of the congress of the United States, entitled “an act for the encouragement of learning, by securing the copies of maps, charts, and books, to the authors and proprietors of such copies, during the times therein mentioned;” and also, to the act entitled “an act supplementary to an act entitled ‘an act for the encouragement of learning, by securing the copies of maps, charts, and books, to the authors and proprietors of such copies during the times therein mentioned,’ and extending the benefits thereof to the arts of designing, engraving, and etching historical and other prints.”

**R. R. LANSING**, *Clerk of the  
District Court of the United States, for the  
Northern District of New-York.*

# PREFACE.



In compiling the following work, I have used my utmost exertions to convey the necessary ideas in as few words as possible, and have the meaning expressed. If I had not, it would have been greatly increased in size, which would have very much reduced the value of it as a family book. I have selected such vegetables as I have found to be the most useful and safe in the hands of those unacquainted with medicine, and I believe they will serve all the purposes for which medicine is intended, if used according to the directions given, as I have applied them in a great many very desperate cases, with the most complete success. A number of articles that I have formerly made use of in my practice, are omitted in this work, as I consider them injurious to the system, unless they are administered with the greatest caution; other medicine will answer every purpose for which they could be used, without their bad effects. I have divided the medicine into classes and accompanied each class with my opinion relative to its effect upon the system, which has also been sanctioned by men of study and experience. I have been as particular as possible in giving directions for the application of medicine, so that no harm will be apt to arise from inexperience, if proper attention is paid to the directions. In speaking of the diseases of our country, I have given a few ideas on the peculiarity of symptoms and mode of treatment, without mentioning what is common to all, in every case, for instance, general debility, &c. I believe that the collection is sufficiently numerous to answer all purposes if properly attended to: if it is not, more would be useless.

The diseases and conditions peculiar to females, midwifery, &c. as well as the diseases of children, many times require a strict and regular application of medicine. They cannot, therefore, be safely omitted. Surgery is a study that requires considerable attention and experience to enable the operator to manage all cases with safety; those, therefore, who wish to make a business of practice, should furnish themselves with the writings of various authors on that science, as but little is said upon the subject in this work.

Some general observations are made on preserving health, diet, &c. which if observed will be useful.

I have selected many valuable ideas from other authors,

particularly on the subject of Midwifery ; but have been compelled to put them in a different form, for the sake of brevity, except in some instances where I have taken whole sentences. In that case I have given the authors credit for them.

My object in presenting this work to the publick is, to alleviate the distresses of my fellow creatures, who are attacked with the different diseases to which the inhabitants of our country are liable, and which I consider more easily relieved than is generally imagined, if properly attended to. Experience abundantly proves that a man is as capable of collecting, preparing, and administering the necessary medicine to his family, in cases of disease, as to feed and clothe them, provided the prescriptions be made so that he can understand them. In pursuing this object, brevity is extremely necessary ; otherwise the mind that is unacquainted with study, will at once be lost in a preamble, which is, many times, as unnecessary as it would be to fill a mechanick's shop with rubbish, so that he would be compelled to search sometime for his tools, whenever he should need them. Would this assist him to do more work, or to do it better ? Can such a practice be justified by an excuse of any kind ? I think not ; but if he could make his customers think it necessary, and make his apprentices serve a length of time in proportion, he might prevent others from working at his trade, and thereby accumulate great wealth, and be revered by all as a great workman, whereas were it not for the useless part of the furniture of his shop, every one would understand his trade, and this would put an end to his greatness and gain. If I did not consider this applicable to the present privileged order of physicians and their books, I never should have offered this work to the publick, but should have considered it inferiour to many books now in use, as many able writers have favoured us with their views on the subject. But the writings of many are too abstruse, in my opinion, to be beneficial to mankind, as above analogized, as they are in many instances, a vain repetition, like the heathens' prayer, who think they shall be heard for their much speaking. The means of preserving health and curing disease is a subject with which every one is so deeply concerned that it appears to be the duty of all to make it a part of their study, as no earthly enjoyment can be considered superiour to health. Disease has doubtless afflicted the human family more or less ever since the creation of man, but we have reason to believe that the cases have greatly multiplied for a few centuries past. Luxury and idleness are perhaps the greatest enemies to health with which the human system has to contend ; and how can it be possible that any would indulge themselves in destructive habits, were they properly informed on the subject ? But that many do indulge themselves in vices of almost every kind, who are favoured with education, and that to the greatest extent, is obvious to

every careful observer. And what is the cause? I conclude that it is for the want of a proper attention to their education on the part of parents. Children are too often left to follow their own inclination, and imbibe more erroneous ideas from their associates. Children thus brought up, need a large estate to support them in their vices, and the parents labour hard to accumulate it instead of paying a proper attention to their education. This is left to those who have not the least interest in their future welfare. They are not even questioned by their parents with regard to their progress in learning while at school. The duty of parents towards their children appears to me to be far beyond merely feeding, clothing, and schooling them; the young mind should be guided into a correct knowledge of things, and carefully enlarged on every subject which concerns manhood. The means of health should be taught them as early in life as possible, that they may be guarded against the desires of excess in eating, drinking, sleeping, exercise, &c. This would enable them to arrive at puberty with a good constitution and a strong mind, which would be more valuable than a large estate without them.

I will conclude this introduction with a few pertinent remarks from Ewell's Medical Companion.

"It is strange, 'it is passing strange,' that so little popular curiosity prevails with regard to medicine, particularly when the publick mind is so actively alive to subjects certainly of less moment. Talk to the generality of mankind about *property* and you would suppose they were all *lawyers*, they reason so sensibly on the various points of *meum et tuum*: but touch them about that which is of more worth than all property, I mean health, and they are as silent as mutes. Did not experience evince the fact, we should think it impossible that in things of such high concern, men could be so preposterously deceived! so careful of the dross, and yet so negligent of the gold!

"What can be more deeply interesting than the investigation of that beautiful organization which has, emphatically, been pronounced "God's master work?" What more important than acquiring the knowledge of preserving this admirable mechanism? And what more pleasant and useful than to investigate the medical plants of our extensive country, whereby we may remedy those painful maladies which assail the human frame?

"Half the attention and the time devoted to the minor politics arising out of our party dissensions, assisted by very little of that overboiling zeal given to the acquisition of property, would, if appropriated to medical studies, enable any person of tolerable capacity to practise with safety and advantage in those cases of simple disease, which are most common to our climate, and to determine between the 'arrant

quack' and the modest, well-educated, and judicious physician.

"Assuredly, some care might be profitably directed to medicine. Why will not the intelligent citizens, who are scattered throughout the country, dedicate a part of their 'liberal leisure' to it? Of all the sciences it is the most inviting, and that which opens the largest treasures to its cultivators.— No one can lend his mind to it without receiving 'usurious interest.' Medicine is the digest of human knowledge. It is the great reservoir into which every stream of science pours its tribute, which in return spreads its fertilizing water over every field that brings forth its 'ripe and abundant harvest.'"

## FAMILY ADVISER.



HEALTH is a vigorous capacity in the system of man, which enables him to perform all motions and exertions that he is capable of, to a certain degree, without fatigue, such as his accustomed labour, &c. and nature requires a fresh supply of food to support the system, generally three times in twenty-four hours. A plain simple diet is most suitable, as different dishes at the same meal have a tendency to encourage luxury, which unavoidably creates disease in a greater or less degree, and causes inactivity of body and mind, which depends on the extent to which it is encouraged. Food that has been damaged, or poorly cooked, would also be injurious to many, even if no great quantity were received at once, as such food cannot be properly digested before it sours or putrefies. Food should be taken as regularly as possible, with regard to the time and quantity. Those who labour require more solid food than others, but even in that case, no more should be taken than is necessary to support the strength. Those who lead a sedentary life, will find their mental faculties greatly increased by living on a spare vegetable diet, as their minds will be more free for contemplation. Pure water should al-

ways be preferred for beverage, unless medicine is needed; in that case use such articles as appear necessary, which should be discontinued, as soon as health is restored. Many articles of our country production are much more for the health of its inhabitants, for a beverage at meals, and would be equally palatable, if not more so, than those imported, if used a short time, and also much cheaper.— This is admitted by all who have given them a fair trial. The clothing should be suitably adapted to the changes of the seasons; but care must be taken not to change a thick warm dress too suddenly, for a light one, but change by degrees, to prevent the danger of taking cold. When a person is unavoidably exposed to the wet, he should by no means be persuaded to change his dress; but if he is cold, apply warm garments around him, and by all means keep his feet warm until the system is again restored to its natural warmth and vigour, and the clothes have become dry. In this way the system is secured from the air until nature is guarded against the effects of cold, which otherwise would be apt to close the pores. When the bowels are regular, the excrements are generally discharged once in twenty-four hours, but in case of disease, the bowels are generally either relaxed or costive; in either case it should not be neglected;— keep the bowels as regular as possible, and the feet warm and dry. If we wish to enjoy good health and long life, we must be temperate in every respect. In examining ancient history, we find that some lived almost a thou-

sand years ; and now but few can be found one hundred years old ! How happens this surprising difference ? Are not those things that were provided by our Creator, as plenty and pure now as then ? or is it because man has become too proud to follow the path of self-denial, which leads directly to health, long life, and happiness ? We find those who live the longest, have been the most temperate, which should encourage us to follow the same path, as good health, and long life are the most desirable of any earthly enjoyments.

When we find our health begins to fail, we should enquire into the cause, and apply suitable medicines which will soon restore the energies of the system. But when disease is suffered to continue, the system becomes universally disordered ; digestion is impaired, the nervous system becomes weak, and the motion of the blood is feeble and irregular. This situation is truly distressing, and requires immediate and lengthy attention, which many times comes short of doing as much good as one potion of physick would have done at first. Delays are often dangerous. If you would avoid the evils of an impaired constitution, be temperate in all respects, and take medicine when you first need it. Have regular hours for rest and exercise. Then a part of your time can be spent in useful study, for the benefit of yourself and family, which is a much greater treasure than riches : for THAT prepares the mind for all of the changes of fortune ; THIS raises us above ourselves and neighbours.

## INDIGENOUS MEDICINAL PLANTS

## AGUE WEED.

This grows on rich wet lands, but most abundantly on new land that is partly cleared. A hairy stalk rises from two to four feet, passing through the centre of each leaf, which is rough, and from six to ten inches long, and lessening gradually each way from the center to a slim point. It has a bushy flat top, which bears white flowers the latter part of summer. It is useful in almost all diseases. It should be used in tea, or prepared in extracts. See classes H, L, U, W, and X.

## ALUM ROOT.

This is very common on most kinds of soil in this country, in woods, meadows, and pastures that have not been ploughed. A number of hairy stalks shoot up early in the spring, to the height of one foot, more or less, according to the fertility of the soil, having a number of leaves and purple flowers, which may be found at all times through the summer, but most plentiful in May and June. The flower is succeeded by a kind of spike, something like a Crane's bill. The root is an excellent astringent, about the size of one's finger, fleshy, and sometimes a number of inches long. See class D.

## ANGELICA.

This is often cultivated in gardens, and also grows wild in many parts of this country. It sometimes rises to the height of four or five feet, dividing into many branches, bearing at their top, seeds resembling those of the com-

mon parsnip. The root is divided into a number of branches. The seeds and roots have an aromattick, pungent, taste, very much alike, either of which is a good carminative medicine. See classes C and G.

### AVEN'S ROOT.

This grows on wet ground; the tops resemble those of the common field turnip, and remain green through the winter. The root is nearly as large as that of the alum root, is also fleshy, and externally of a dark brown. It is an excellent astringent, and much to be preferred to foreign tea or coffee, for a drink at meal time. See classes D and V.

### BALM OF GILEAD.

This is cultivated by many for a shade tree, and in many places grows wild, and is generally known where it grows. It is a species of poplar, has large buds containing a kind of balsam, which is the most useful part. The buds must be warmed and pressed to extract the balsam. See classes E and Y.

### BALSAM OF FIR.

This is obtained from blisters that form in the bark of the fir tree, which is found in many parts of the United States. See classes E and Y.

### BARBERRY.

This shrub is cultivated by many in their gardens, yards, &c. The bark of the root has long been used in cases of jaundice. It is an excellent stimulant. It bears small, long, red berries, the juice of which is a very sharp acid. See class U.

**BASS WOOD.**

This is a common forest tree on low lands. The inner bark of the young tree, scraped and pounded, makes an excellent poultice. See classes K, P, and S.

**BAYBERRY.**

This shrub grows on various kinds of soil, on hills, and in swamps, bearing berries close to its branches, from which the well known Bayberry tallow is made. A further description is unnecessary. The bark of the root is a powerful and safe astringent. It is much esteemed by some for snuff. See classes D and T.

**BITTER SWEET.**

This well known vine grows on rich, loose land, in woods, and bushy places in fields.—The bark of the root, which is of a deep yellow, has been much used for a long time in ointments, salves, &c. for which it is very good. This is also very valuable as an internal medicine. See classes I and R.

**BLACK ALDER.**

This grows on wet swampy ground to the height of eight or ten feet. It bears abundance of berries, which are red when ripe.—If these are chewed, they turn the spittle yellow. The bark is thickly covered with white specks, and is the part used for medicine. It is a very good physick, and vermifuge. See classes H Y and Z.

**BLACK CHERRY.**

This is a common forest tree, and bears the well known and much esteemed black cherries. The bark of its body or roots is the part chiefly used for medicine. See class U.

**BLACK COHUSH.**

This commonly grows on moist rich oak land; a number of stalks rise annually from each root, which divide into branches, one foot or more from the ground. A single stalk is continued two or more feet above this division, bearing on its top a tassel of white flowers, succeeded by small shells, which contain the seeds. The root is externally black, and has many large fibres, which are an active stimulant, and useful in many complaints. See class U.

**BLACK MAPLE.**

This small forest tree grows on cold hemlock timbered land, has a streaked greenish bark, the leaves are large, and terminate in several points like the maple leaf. The bark is an excellent cleansing medicine. See classes I and K.

**BLACK POPLAR.**

This tree is very common, and is seldom large. It has thick brittle limbs, and almost round leaves, which keep, much of the time, in motion, for which reason, it is sometimes called shaking asp. There are several kinds of poplar which are useful, but I consider that which has the darkest bark, much the best. The bark is the part used for medicine, which is an excellent stimulant. See classes U and X.

**BLOOD ROOT.**

This grows on rich moist land in woods, new meadows, and pastures. In some places it is abundant. It grows up early in the spring, from four to eight inches high, and

bears small white flowers. The root is the part used for medicine, which in appearance, resembles alum root, except that a juice resembling blood, issues from the green broken root of this. A broken end of a dried root turns red also, when wet. It is an excellent expectorant, possessing emetick and cathartick qualities, and is a powerful stimulant. This with mandrake root, equal quantities, finely pulverised, is good to sprinkle sores, to remove scurf, fungus flesh, &c. or for snuff for a polypus in the nose. See classes H, L, N and Y.

#### BLUE VERVAIN.

It is common where the ground is rich, in the streets and pastures. It has a square stalk that rises three or four feet high, is divided near the top into a number of short branches which terminate in slim stems several inches long, which are surrounded from one end to the other, with small blue flowers, which are succeeded by the seeds. The main root is surrounded by a great number of small long fibres, which are a good cleansing stimulant. See class L, U, W, and X.

#### BOX WOOD.

This is a very small forest tree, and grows on rich moist land, has a rough bark and large white flowers. The bark and flowers are a powerful stimulant. See class U.

#### BUCK HORN.

This is a kind of high brake, and grows on small elevated spots, where the water stands a great part of the year. It is the handsomest of all the brake kind. The heart of the root resembles a hog's tush, and is the part

used for medicine, which is a good mucilage. See class P.

### BURDOCK.

This is well known; the burs being very troublesome to man, and beats as they stick fast to any thing with which they come in contact. It grows on many farms in this country near barns and other rich places. The roots and seeds are cleansing medicine. The leaves make good draughts. See classes I, and K.

### CALAMUS.

This is a species of flag, and grows on wet marshy ground, and is well known as it is much used as a carminative by chewing the root, which is exceeding hot, and causes a free discharge of saliva. See classes C, and G.

### CASTOR OIL.

It is well known that this is made from the Castor Bean, and is a good cathartick. See class H.

### CATNIP.

There are but few mothers in this country, who have not given a tea of this to their young children, for wind or pains in the stomach, for which it is very good; also, to cause perspiration. It is also used for poultices. See classes F, G, S, and W.

### CHAMOMILE.

This is cultivated in many gardens, and is much esteemed for its fine odour, and for medicine. The flowers are sold by the apothecaries for a tonick. See classes C, G, R, U, and W.

### CHARCOAL.

This is a good antiseptick, and may be us-

ed, finely pulverized, as a poultice, moistened with vinegar, or taken internally. See class A.

### COLICK ROOT.

This grows on oak and pine timbered land, has several leaves close to the ground that are smooth and pale green; a stalk rises from the centre of these, ten or twelve inches high, the top of which is a tassal of white flowers; these appear in July, and are good for snuff. The root is white, hard, and surrounded by small, white, hard fibres, which are useless as medicine; the root is the part chiefly used. See classes B, G, and U.

### CLOVE ROOT.

This grows from twelve to twenty inches high, on rich land, and is divided into a number of branches, bearing burs at their extremities, which, when dry, resemble a dry red clover head. A number of rough leaves grow close to the ground. The root is the part used for medicine, which is surrounded by a number of fibers. It makes a pleasant and healthy beverage at meal times. See class I.

### COLUMBO.

This grows on rich oak land, from four to eight feet high, has a number of branches at each joint, and long smooth leaves. The root is large, long, and smooth, a little yellow, and a pleasant bitter. See class U.

### CUCKHOLD.

This grows in gardens, ploughed fields, and in wet places. A square stalk rises from two to four feet, has a number of branches in opposite pairs, bearing at their extremities a round ball-like flower, which is succeeded by

forked seeds, about half an inch long. These are apt to stick to clothes. The leaves and seeds, are the parts used for medicine. The leaves well cured make excellent tea to be used at meal time. See class J.

### CUCUMBER TREE.

It grows on rich ground, is tall and slim in the forest, but bushy in the fields. Its leaves (in shape like those of an apple-tree) are from six to eight inches long, and four or five wide, of a dark green, and smooth. It bears a fruit about three inches long, called from its shape a cucumber which contains the seed. These form bunches by their growth, which crack open, and a red seed about the size of a white bean drops out when it comes to maturity. The fruit and bark is the part used for medicine. Their medicinal properties are similar to those of the prickly ash. See class U.

### CUMFREY.

This is so common that a description would be useless. The root is a good mucilage.— See classes P. S. and T.

### DANDELION.

This is common on all kinds of soil which is not too wet; has a smooth, round, hollow stem that rises from the centre of a number of leaves that grow close to the ground, and varies in height from one inch to eighteen, bearing on its top a yellow flower which is succeeded by a kind of down that forms a round ball. The roots and tops are good for medicine—they are cleansing. See class I.

### DWARF ELDER.

This grows on hemlock timbered land, has

a rough stalk from one to two feet high, and bears bunches of blue berries. The root is the part used for medicine. It is cleansing. See classes I, and J.

### ELECAMPANE.

This requires rich, moist, cultivated land, that is not disturbed by ploughing. A number of large leaves rise annually from the root; from the centre rises a stalk three or four feet high, bearing leaves all the way up, and flowers at the top resembling those of the garden sunflower, but much smaller. The root is white, divided into a number of branches, and runs deep. The green root has a pleasant spicy smell, but considerably pungent and unpleasant to the taste. The root is the part used for medicine, which is very cleansing and stimulating. See classes I, and X.

### FEATHERFEW.

This is very common in many gardens. A tea of the herb is often used for female obstructions. for which it is very good. See class M.

### FLAX SEED.

The well known linseed oil is made from this, which is an excellent article to apply to burns or scalds. The seed pulverized makes a good poultice. It may also be prepared in tea to be used internally. See classes P, and S.

### GARLICK.

This is cultivated in gardens. The root, which is the part used in medicine, resembles onions a little in taste, but is much stronger. It is a good vermifuge. See classes K, and Z.

## GINGER.

The root of ginger already prepared for use, is sold by the principal part of the merchants and grocers, in this country. It is good to remove obstructions. It also makes a healthy and pleasant drink with meals which is very good on a cold stomach. See classes G, U, and W.

## GINSENG.

This grows on moist and rich timbered land, and is about the same height as sarsaparilla and is divided in a similar manner. The root, which is the part used, is short and thick, and tapers gradually to a point at the lower end. It is good to strengthen the nerves. See class B.

## GINSEN.

This grows in the greatest abundance on intervals where the ground is very rich. A number of stalks rise annually from the root, which is also divided into a number of branches and has a woody pith. The leaves grow in opposite pairs all the way up. A berry grows above the leaf which is yellow when ripe. The bark of the root is the part used for medicine, which is a good laxative and stimulant. See classes O, and U.

## GOLD THREAD.

This is an evergreen, grows on small rising spots of ground, in cold swamps, &c. The tops are small and smooth. The root is thread like, yellow, and bitter. It is a good stimulant. See class U.

## GOLDEN SEAL.

This grows on rich moist land. A stalk ris

ses from eight to twelve inches, which is purple at the bottom, but changes to green towards the top, and sometimes divides into two branches, which are two or three inches long, with a leaf on each, which generally terminates in five points. One of the branches is sometimes continued about three fourths of an inch above the leaf, which bears a berry containing the seed, that is red when ripe. The single stalk grows up straight and has but one leaf. In this respect this vegetable resembles mandrake, but the stalks or leaves are not so large, and are finely cut around the edge. The root is irregularly shaped, of a bright yellow, and has many fibers. The root is a good cleansing, laxative, and stimulant. See classes O, and U.

### GRAVEL ROOT.

It grows on rich low meadow land, from three to five feet high. From four to six large leaves grow round each joint. The top is divided into a number of branches, bearing at their extremities small pale red flowers. The root forms a large bunch of dark coloured fibres, which surround the main root. The fibres are mostly used and are an excellent diuretick. See class J.

### HEMLOCK TREE.

This is a common forest tree. It has very small leaves, which are green the whole year. The leaves and twigs are a good sudorifick.—The inner bark is an excellent astringent.—The gum is good in salves and strengthening plasters. See classes D, F, T, and W.

## HOPS.

These are well known to all who make beer, which should be preferred to water when that is not pure, but all do not know that a tea made of hops is good for worm complaints, and others that require bitter medicine. See classes U, and Z.

## HORSE RADISH.

This is well known in this country, as it is used by many in the spring of the year, being grated while green, and mixed with vinegar to be eaten at meal time, and is very good to quicken the blood and appetite. It is also a good stimulating medicine; the leaves when applied as draughts draw powerfully. See classes K, and U.

## INDIAN PHYSICK.

This grows on low intervals, and at the edge of marshes. It rises from two to five feet, has a purplish stalk, and slim smooth leaves. The flowers nearly resemble those of buckwheat, succeeded by slim pods, four or five inches long. The roots or branches discharge a milky substance if divided when green. The root is dark coloured and has a woody pith. The bark of the root is a good cathartick, in many complaints. Finely pulverized it is an excellent snuff, to remove obstructions in the head, and will many times relieve pain. See classes H. and N.

## LADY SLIPPER.

There are four kinds that are called by this name, which differ more in their appearance, than in their medical virtues. The different kinds may be found on moist kinds of soil.—

The flower of one is red, another yellow, another white, the fourth red and white. The flowers of all are at the top of the stalk, and are in form like a round bag, with a small entrance into it near where it joins to the stem. Some have leaves all the way up, others but two, which are near the ground. The main root is small and is surrounded by a great many fibres, which are the part used. It is good to strengthen the nerves. See class B.

### LEMON BALM.

It is cultivated in gardens by those who are acquainted with its virtues, as few articles are equal to it as a sodorifick. It branches out a little above the top of the ground if it stands singly, and forms a large thick bunch from one to two feet high. It has smooth narrow leaves, very notched, and set thick all the way up each branch. Six purple flowers grow at each joint, succeeded by a husk, which contain the seed. The husks are about half an inch long, and terminate in five points, three up, and two down. The leaves and flowers make a pleasant drink in all diseases, especially those of a bilious nature. See class W.

### LIFE OF MAN.

This is generally known, as it grows commonly in woods and fields, on loose rich ground. The stalk rises from two to five feet, of a greenish brown, and is divided into a number of large spreading branches. The leaves are handsomely proportioned to the size of the stalk, and are notched round the edge. At the division of the branches, a main stem puts out, from three to six inches long, which is sur-

rounded by small ones. The end of these is surrounded by small berries, placed in a round form, about the rize of an ounce ball, which, when ripe, are about the colour of the stalk, and are good to eat. The root, which is the part used for medicine, is divided into a number of about equal branches, which are smooth, and keep their size, sometimes two or three feet. The pith of the root should be taken out while it is green. The outside of the root is cleansing and strengthening. See classes R. and X.

### LOBELIA INFLATA.

This herb grows on most kinds of soils, from six inches to two feet high, according to the fertility of the soil. The stalk is irregular and furzy, with pale green leaves, standing singly at a little distance apart, on the main stalk and its branches. These are also furzy on the under side, but free from it on the upper side. The edge of the leaf appears as if small points projected out all of the way round. The flowers, which are towards the top of the stalk, and its branches, are pale blue. These terminate in five points, two turn up, and three down. A small pod appears at the bottom of the blossom, which increases in size as the blossom decays; these readily yield to pressure, are the same colour as the leaves, and contain a great many very small seeds. The whole herb is very pungent to the taste, for a short time. The leaves, pods, and seeds are all good as an emetick, expectorant, and sodorifick. See classes L, N, and Y.

### MAN ROOT.

This is very plenty in some places. It has a number of vines from each root, several feet long, which bear large leaves, and bell shaped white flowers. It has a large white root, which runs deep into the ground, and is useful as a stimulant. See class U.

### MANDRAKE.

This is also found in abundance in some places. A smooth green stalk rises early in the spring, one foot or more, which carries up the only leaf or leaves about it. At the division of the stalk that bears two leaves, a stem puts out that supports a white flower, which is succeeded by the fruit, and when ripe it is yellow, of an agreeable smell, and admired by many to eat. The root is a powerful emetick, cathartick, styptick, and expectorant. See classes H, L, N, V, Y, and Z.

### MASTER WORT.

This is cultivated in many gardens, and also grows wild, and is generally known. The roots and seeds are highly esteemed by many for their carminative properties. They both possess aromatick qualities. See classes C, and G.

### MEADOW CABBAGE.

This grows on low meadow land, by the side of streams, &c. Several large, smooth, green leaves rise early in the spring from the main root, which runs straight into the ground, and is surrounded by a great number of large wrinkly fibres. The seed is contained in a small ball close to the ground, which is surrounded by a kind of sheath; the whole of

this has a strong scent, resembling that of a skunk. The main root is the part used for medicine, which is very pungent. It is a powerful antispasmodick, useful in colicks and griping pain in the bowels, fits and spasms, coughs, rheumatisms, and all nervous affections. See classes B, N, and X.

### MOUNTAIN MINT.

It grows on a rich sandy soil, and rises two or three feet high, has a square green stalk with long branches, which bear at their extremities, large reddish flowers. The leaves and flowers are exceedingly hot to the taste, and are a good sudorifick. See class W.

### MULLEIN.

This is well known, as it grows common on farms generally. The leaves make good draughts. The flowers are a good laxative for children. A tea made of the heart of the young plant, boiled in milk and water, is good to relieve griping pain in the bowels. See classes K and O.

### MUSTARD.

The seed of this is well known, being much used with food, mixed with vinegar. It is a good article for draughts, when mixed with flour: it should be finely pulverized for either; and for an emetick, for which it is said to be much used in England as a counter poison. The dose recommended is a small table spoonful, in a tumbler full of warm water, drank at one draught. Its effect is said to be instantaneous. Flour mixed with vinegar, and made into a plaster, and sprinkled over with fine mustard seed, and applied to the pit

of the stomach, will generally relieve the most obstinate vomiting. See class K.

### ONIONS.

These are commonly raised in all gardens in this country, are very good for draughts, or stimulating food. See class K.

### PEACH TREE.

This is a common fruit tree. The ripe fruit is good to open the system generally, and cause a free discharge of urine. The meats of the fruit are good to relieve pain in the stomach caused by weakness. Five or six may be eaten at a time, three or four times a day, or a tincture made of them, and the bark of the root for costiveness. The leaves are an excellent laxative for children. The bark of the root is good for worms. See class O and Z.

### PEARLASH,

When mingled with cider, vinegar and water, or clean water, is very good for those who are troubled with acidity, or slime in the stomach. If the vinegar is good, it should be mixt with water, equal quantities. To a gill of this, or good old cider, add  $\frac{1}{2}$  O of pearlash; stir it quick and drink it while it is foaming, and throw away what settles. A piece the size of a large pea, is as much as should be taken at once in water. See class F.

### PENNYROYAL

Is generally known, and so is

### PEPPERMINT.

A tea made of either, is good in all diseases. It will cause a free perspiration, if drank freely. See class W.

## PIPSISWAY.

The description of the small kind of wild lettuce is applicable to this, as to the place of its growth, stem, roots, and leaves, except these are thicker, and more notched around the edge, and narrower. It possesses much the same virtue. See class I.

## PITCH PINE.

It is well known that tar is made from this. Tar water is very opening and cleansing to the system, which should be made, by adding a quart of boiling water, to a quart of pure tar, and stir the whole together; then let it stand and cool. After it has separated, the water should be kept in bottles for use. From one to four  $\square$  should be taken three times in a day on an empty stomach. It is a useful medicine in cases of debility.

## PLEURISY ROOT.

This grows on warm sandy land. A number of furzy stalks rise annually from each root, from one to two feet high, which is thickly set with single narrow leaves all the way up. These are also furzy on the under side. The top is divided into short branches, which bear bright yellow flowers in July and August, which are succeeded by pods, that resemble those of the common milk weed, except that these are smaller and turn up. The roots are externally pale yellow, internally paler, or almost white. Some of the roots have small black veins running promiscuously over their external surface. The root is a good anti-spasmodick, carminative, expectorant, and sudorifick. See classes B, G, M, N, and W.

## PRICKLY ASH.

This I believe is so well known, as to render a description unnecessary. The bark and berries are good stimulants to quicken the action of the fluids. The berries are exceedingly pungent, and aromatick, and much more powerful than the bark. See classes C and U.

## RED CEDAR.

This is well known where it grows, being much esteemed for its durability for fence posts, &c. The cedar apple has of late been recommended so highly, I am induced to believe that it possesses uncommon vermifuge properties. The following was taken from a newspaper, soon after it was first published: it is, however, greatly abridged. They may be found all seasons of the year, on the small boughs, or twigs, of the red cedar tree, from the size of a hazelnut, to that of a black walnut. They possess the same virtues after they are dry, as when green, but are not so bitter. It was stated that a number of them had been eaten with safety, although a small quantity had produced the desired effect; they may be pulverized and mixed with molasses. See class Z.

## RUE.

This is cultivated in many gardens, and is an evergreen, of a nauseous, bitter taste. The herb is a good emmenagogue, stimulant, and vermifuge. See classes M, U, and Z.

## RUSH.

This grows on rich moist land, from one to two feet high, and has neither leaves nor branches. It is generally known as it is much used.

by women for scouring. It is a good diuretick. See class J.

### SAFFRON.

The flowers of saffron are justly and highly esteemed, as a laxative for children. They are a good stimulant, and useful in all bilious complaints. See classes O and U.

### SAGE.

This herb is much used for seasoning savoury meat, especially sausages. It is also good to remove obstructions, but care must be taken, or the patient will take cold after using it, as it leaves the pores relaxed. The herb powdered is much esteemed by many in worm complaints for children. See class Z.

### SARSAPARILLA.

This grows on different kinds of soil, and old decayed logs. A stalk rises from twelve to eighteen inches and divides near the top into three equal branches, which bear a number of pale green leaves, finely notched around the edges. The root is about the size of a goose quill and continues the same size a number of yards. The root tastes a little like life-of-man. It is a cleansing medicine. See class I.

### SASSAFRAS.

This is a common small forest tree, and is generally known, as the bark of the root is much admired by most people, for its agreeable taste. When made into a weak tea, it is very pleasant with food. It is also a good mucilage in poultices, for which it should be pulverized and combined with some astringent; or it may be used as snuff, mixed with Indian physick. See classes P and S.

## SCOKE.

This grows on rich moist upland, by the side of highways, &c. and is generally four or five feet high, or more. The stalks are large, (several of which generally grow from one root) and divide into many branches; these bear long clusters of berries, that are black when ripe. The fresh juice of these dried away on pewter in the sun, makes good salve for foul ulcers. A tincture made of the berries is much esteemed by some for the rheumatism. The rule to be observed in making it, is to fill a bottle nearly full of them, then fill it with brandy. Dose from one to three  $\square$ . The root is good for draughts or for bathing. See classes F and K.

## SLIPPERY ELM.

This is a forest tree, and is easily known from the other elm trees, as the inner bark of this is a mucilage, which is the part used for medicine. It is good in poultices, syrups, and teas, for which it should be pulverized. See classes A and P.

## SMART WEED.

This hot herb grows very common by the side of highways, and other uncultivated land, and is so well known as to render a description unnecessary. It is an excellent antiseptick, emmenagogue, stimulant, and sudorifick. See classes A, F, M, U, and W.

## SNAKE HEAD.

This grows by the side of streams, and wet places, from one to three feet high, bearing leaves at each joint, of a dark green. The stalk is partly square at the bottom, but round

towards the top. The leaves are the part used for medicine, and have a nauseous bitter taste. It has a white blossom which resembles a snake's head, with its mouth partly open. It is a good stimulant, and sudorifick.— See classes U and W.

### SORREL.

This may be found on every farm in this country, and has a pleasant sour taste. The leaves roasted and applied to a swelling, assist very much in causing suppuration. See class S.

### SPEARMINT

Is good to make a tea for those who are afflicted with sickness at the stomach, or at other times for constant drink, or to cause perspiration, for which it should be used freely. See class W.

### SPICE BUSH.

Is common on low forest ground, and grows from four to eight feet high. It bears berries which are red when ripe. These, together with the leaves and bark, have a pleasant spicity taste. The leaves and bark are a good sudorifick. See class W.

### SPOTTED PLANTAIN

Grows on beach and mapleland, on small rising spots of ground, generally a number of plants together. A number of smooth oval evergreen leaves grow close to the ground, pale green on the under side; the upper side is deeper green, and has light coloured lines running in various directions over it. The root grows on the top of the ground, with fibres on the under side, and are exceedingly hard to dry. The tops and roots when green, are good for poul-

tices or for ointment. See classes R and S.

### STINKING CHAMOMILE.

This grows by the side of highways, and on hard uncultivated places on farms, one foot or more high, and has leaves and flowers resembling those of the garden chamomile. It is a good sudorifick. See class W.

### SUMACH.

This shrub grows on farms, by the side of fences and fields where other bushes are suffered to grow, if the ground is light and mellow. The branches frequently terminate in a clump of berries, which are red when ripe, and of a pleasant sour. It makes a pleasant drink in fevers. The bark, leaves, and berries, are a good astringent. See classes D, I, and S.

### SUMMER SAVORY.

This is cultivated in gardens, and needs no description. It may be used as a sudorifick. See class W.

### SWAMP SNAKE ROOT.

This is an evergreen, and grows by the side of streams, and in swamps. The leaves are supported by foot stalks six or eight inches high, (many of which have light coloured lines running in various directions,) and are notched about the edge. The root grows on the top of the ground, and is about the size of a goose quill, or smaller, from two to six inches long, with fibres on the under side. The root has a spicy taste, a little like wild ginger, externally of a purplish green, the inside is purple. Sometimes a stalk rises a foot or more high with uneven narrow leaves, all the way up.—The seeds succeed yellow flowers at the top:

the leaves and roots are used, which are very cleansing, either internally or externally. See classes N, S, and X.

### SWAMP SASSAFRAS.

This shrub grows on rich wild land, most commonly a number together. The top is generally thick and flat, and has white blossoms, which grow in clusters like white elder blows, succeeded by small berries. The leaves are oval, and end in a slim point, and sometimes turn red after they are full grown. The bark of the young sprouts is green, but gradually changes to a gray, until that is predominant; but the green sprouts can generally be found where it grows. The bark is a cleansing astringent. See classes D, I, and R.

### SWEET BIRCH.

This small forest tree, grows mostly in cold climates. The bark tastes a little like winter-green, and is admired by many to eat. It is good to quicken the blood when made into tea, or syrup. See class X.

### SWEET FERN.

This grows in abundance in some particular parts of this country and is generally known where it grows, being much esteemed to put into beer, &c. The bark, leaves, and twigs, are good astringents, and cleansing to the blood. See classes D and X.

### TAG ALDER.

This shrub is generally known. The bark, or tags, are a very cleansing medicine, internally or externally as a wash to sores, &c. See class I.

**TAMARACK.**

The gum and balsam of this well known tree, is very useful as medicine, when dissolved in alcohol. See classe E and Y.

**TANSEY.**

This is very common, on almost every farm, and is useful in female complaints. See classes M and U.

**THIMBLEBERRY.**

This grows about the edges of fields, and other places not disturbed by ploughing. The stalk grows generally three or four feet high, and differs from black raspberry, by being more erect and more thickly set with smaller prickles: the leaves differ but little, neither do the berries, except in colour, the thimbleberry being red and the black raspberry black. The leaves are an excellent astringent and diuretick. See classes D and J.

**THYME.**

This is an evergreen, cultivated in gardens, and is used by many instead of summer savory, in cooking. A number of small stems rise from the same root, six or eight inches high, and form a bunch, like sage, or hyssop. It is a good emmenagogue. See class M.

**VINEGAR.**

Good pure vinegar, is useful in many cases of disease, for an internal medicine, with pearl-ash, (for directions see pearl-ash) or for bathing, or to sprinkle the floor with, in case of sickness, to prevent a bad smell.

**VINE MAPLE.**

It grows on rich moist land in woods, and sometimes by the side of fences. A smooth

woody vine fifteen or twenty feet long, springs up from a long slim root, which is about the size of a goose quill, of a bright yellow, and is a pleasant bitter. The young vines are green, the older ones of a greenish brown, and still older ones, gray. These bear scattering leaves, a little like hard maple leaves, but do not terminate in so many points. The stem which supports the leaf, is three or four inches long, and generally unites with the leaf about one fourth of an inch from its edge. The root is a good carminative and stimulant. See classes G and U.

### WALNUT.

The walnut tree bears a nut with a thick shell, which is easily separated from it after it comes to maturity, but not before. The leaves of this are good for draughts, and the bark a good vermifuge. See classes K and Z.

### WHITE ASH.

The bark of the root, or body of this well known forest tree, makes an excellent quick physick, but should be prepared in extract, or pills. The way to prepare an extract is, to put whatever you wish to prepare in that way into a kettle and cover it with water; boil it sufficiently to get out the strength, then strain the liquor, and boil it down as thick as tar.— See class H.

### WHITE COHUSH

Grows in forests of beech and maple timber, is divided into a number of branches, a foot or more from the ground; from the centre of the branches, a stem rises, which bears a cluster of white berries at the end. The main

root is not as good as the fibres, on account of its decay. The root and berries are a good carminative. See class G.

### WHITE ELDER.

This is too well known to require a description. The bark is good for ointments, the flowers are a good laxative. The green leaves are good for sores that are inflamed. See classes O and R.

### WHITE LILY.

The root of this is large, and grows at the bottom of ponds and bays, where the water is not too deep. Long stems from this support large leaves, and a beautiful white flower, at the top of the water. The root is a good astringent, particularly in poultices. See classes D and S.

### WHITE PINE.

The inner bark of this tree is good in poultices. Tea made of the buds when full grown, is good to strengthen the urinary organs of those who cannot hold their water through the night. The turpentine is good in salves and strengthening plasters. See classes S and T.

### WHITE VERVAIN.

The appearance of this is something like blue vervain, except that it does not generally grow so high. The stem which the flowers grow on, lie more horizontally than those of the blue. The flowers are white. It is a good cleansing stimulant. See classes L, U, W, and X.

### WHITE WOOD.

This is one of the handsomest forest trees our country affords. The bark of the root is

an excellent carminative and stimulant. See classes G, U, and X.

### WILD GINGER.

This grows in the greatest abundance on hemlock timbered land, but may be found on beach and maple land. The leaves are supported on foot stalks four or five inches long, and are in shape some like the bottom of a colt's foot, but broader. At the end of the root a ball puts out on a short stem, from between the foot stalks, which contain the seed. The ball is  $\frac{1}{2}$  an inch in diameter, or a little more. The root is about the size of a goose quill, very aromattick and stimulating. It is good in snuff. See classes C and N.

### WILD MINT.

This grows on low ground, from one to two feet high, with two leaves at each joint, and branches above each leaf which are short near the bottom, but longer towards the top, until the branches disappear, and small burs which encircle the stalk, occupy their place. Burs of a similar description occupy all of the joints of the branches, except the first from the stalk. The stalk is square and furzy; the joints from one to two inches apart at the bottom, but shorter all the way up. This herb resembles pennyroyal in taste and smell, as well as in its virtues. See class W.

### WILD TURNIP.

This turnip shaped root grows on low wild land, and is so well known that a description is needless. The root is a good antispasmodick, expectorant, and vermifuge. See classes B, N, and Z.

### WILD LETTUCE.

There are two kinds of this that grow common on uncultivated upland. The large kind has short foot stalks, which spring from the root. The other kind has a stem about four inches high, which supports its leaves near the top. The roots of both are slender and white, and run from one plant to another, sometimes a number of yards. They are very cleansing and purifying to the blood. See class I.

### WINTER BRAKE.

This evergreen brake grows on rich upland, and puts forth a number of branches every spring, at which time the old ones decay down to the surface of the ground. The branches are short and do not stand erect. The leaves are thick and of a deep green. The root is a good astringent. See classes D and V.

### WINTERGREEN.

This grows on warm dry land, four or five inches high, and has red berries. The young plants are very pleasant to eat; the herb is a good diuretick. See class J.

### WITCH HAZEL.

This grows ten or fifteen feet high, on rich unimproved land, where large timber is not thick, generally a number together. It has a great many white spots, which sometimes encircle the body and limbs. For this reason it is called by some, spotted alder. The leaves are a good astringent, and will sometimes stop internal bleeding. See classes D and V.

## WORM WOOD.

This is cultivated in many gardens, and is so well known as to render a description unnecessary. The herb is a good stimulant and vermifuge. See classes U and Z.

## YARROW.

This grows in pastures and other improved land which has not been disturbed by ploughing for a year or two. It has fine slender leaves, and a flat top of white flowers, about a foot and a half high. The herb is a good stimulant and sudorifick. See classes U, V, and W.

## YELLOW DOCK.

This grows in gardens and ploughed fields, where the ground is rich. The leaves are narrow, and much esteemed by some for greens. The root is very cleansing to the blood, used as a tea, or externally, as a wash or ointment. See classes I and R.

## YELLOW LILY.

This does not differ much from the white lily in appearance, except in the colour of the blossom, which is yellow. The root is an excellent article in poultices. See class S.

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*Rules to be observed in collecting and curing Medicinal Plants.*

Barks from the bodies of trees, or large roots, should be collected in June or July, as they are then much stronger than earlier in the season: after that time, they will not be

apt to peel freely. The outside bark or rind should be taken off before it is peeled, so that what is used will be pure. The bark from young thrifty trees should always be preferred.

Roots of all kinds should be gathered in the fall, as they then possess their full strength, which must, in a great measure, be lost by freezing. Large roots should be cut into thin pieces across their length, so that they can dry more speedily. The bark of small roots should be beaten or scraped off while green, as it would be difficult to get it off after it is dry; besides it will dry the better after it is off.—These, as well as large roots, should be carefully examined, and all useless substances separated from them before they are dried, either by washing, scraping, or cutting, as such substances are injurious in every respect.

Herbs of every kind should be gathered before their blossoms all disappear, as their strength fails after that time. They should be free from the wet of rain or dew when collected, particularly examined, all dead leaves and useless substances of every kind removed, and the leaves and flowers carefully preserved for use.

Medicine should be dried in an upper room near the roof, where damp air can be kept out, and fresh dry air admitted. The room should be furnished with a stove, so that a fire may be kept up in damp weather, as medicine should always be dried as quick as the heat of the sun would dry it in hot weather. All that is dry should be removed from the room

before fresh medicine is brought in, (or at other times when it is sufficiently dry) and carefully packed in barrels or boxes, so that it will be secure from the air or dampness.

Vegetables are used as medicine many times without any benefit, owing to the carelessness with which they are collected and cured.— Careless persons are as apt to collect herbs in a rain storm, or between showers, as at any other time, and perhaps more so; for what other time could possibly be spent in so trifling a manner? They are then thrown into some improper place to dry or mould, where they remain undisturbed, except by vermin, as they are generally at liberty to add any filth to them that comes in their way. Such substances would be very injurious to the system, and would create disease instead of removing it.— Many who would not trouble themselves to know whether the medicine was properly prepared or not, would be more than ever convinced, that vegetable medicine is not powerful enough to remove disease, and thus prove the necessity of using minerals. Then you must send for a doctor, and submit to his advice, without even consulting your own judgement in the case. Please to make another trial, and take at least as much pains to cure the medicine for yourself and family, as you do the food for your cattle, and in a short time you will think as I now do, that minerals are needless as medicine.

## ON THE APPLICATION OF MEDICINE.

As it will be necessary in the course of this work, to speak of medicine in quantities of a tea, and table spoonful, very often, and being of opinion that no inconvenience will arise from these two quantities being represented by characters, I have adopted the following: The  $\square$  to represent a table spoonful, and the  $\circ$  a tea spoonful. These being so different, they will not be apt to be taken one for the other, and it will be an easy matter to set a figure or fraction before either of them, so as to represent a greater or less quantity, as the case may require; thus:— $2 \square$ ,  $\frac{1}{2} \circ$ ,  $\frac{1}{4} \circ$ ,  $\frac{1}{8} \circ$ ,  $\frac{1}{16} \circ$ . The figures increase the number of spoonfuls, and the fractions reduce a spoonful into smaller parts, as half, quarter, eighth, and sixteenth. Three  $\circ$  make one  $\square$ , five  $\square$  make one wine glass, and a wine glass three times full makes a teacup full, provided that all are of the common size.

Great allowance must be made for the difference in constitutions, as a common dose would be insufficient in some cases, while it would operate with dangerous violence in others.—The quantity required to operate should by all means be enquired into, and the utmost care taken that too much be not given. If too small a quantity be given at first, it can be increased with safety, but if too great, there is no remedy.

In all cases of long standing, the first object should be to produce a general action through

the system, in as mild a way as possible, by making use of such medicine as the case may seem to require. The tea recommended for jaundice is good in all bilious complaints. As the effect of the medicine, and its expected action upon the system, are explained in each class, but little is necessary to be said elsewhere; the mode of treatment will be indicated by the symptoms of the disease. In a violent attack of disease, the first object should be to get the circulation free in the extremities, and open the pores at the surface. Sudorifick medicine is generally proper for the first application, if it can be applied in a proper manner: for directions, see class W. If the symptoms require a cathartick, observe the directions given with class H—if an emetick, attend strictly to the directions given with class L. But in all cases of long standing, mild applications at first, are much to be preferred. See class N, which should be accompanied by a cleansing drink for constant use.

A compound should not generally contain more than four articles; but it is sometimes necessary to increase the number to six or eight, as a knowledge of this work and disease will show. Strict attention should be paid to the operation of medicine, and the compound varied as necessity may require. Catharticks or emeticks should never be neglected, when the symptoms appear to require them. The same rule will hold good for either of the other classes.

## CLASSES OF MEDICINE.

The classes of medicine are calculated to effect different objects, according to the directions given with each class. In referring to the different classes through the course of this work, I shall designate them by the letters of the alphabet, as they with a little practice, will be easily comprehended; and a letter is more expeditiously made, or seen, than a long word. The arrangement of each part of the work, will be found in complete alphabetical order.

### CLASS A.—ANTISEPTICKS.

Charcoal,	Slippery Elm,
Smart Weed,	Yest of Strong Beer.

Slippery elm, or smart weed, may be made into a tea, and taken internally, or applied externally as a wash, or bruised and moistened with hot water for a poultice. Half a pint or more of yest, thickened with pulverized charcoal, or flour, and warmed by a gentle heat, until it begins to ferment, makes a good poultice for a putrid ulcer. Charcoal may also be moistened with vinegar and applied as above; or used as an internal medicine, in doses of  $\square$ . It may be taken in tea and often repeated.

### CLASS B.—ANTISPASMODICKS.

Colick Root,	Ginseng,
Lady Slipper,	Meadow Cabbage,
Pleurisy Root,	Wild Turnip.

Meadow cabbage is one of the best of this class, and should be used in doses of  $\frac{1}{2}$  O night

and morning. Wild turnip is next best, but should be given in rather larger doses; these two may be compounded with pleurisy root, equal quantities, and used in all cases of cough or debility of the nerves, or for colick; dose  $\frac{3}{4}$  O night and morning, or for colick when needed, or colick root the same quantity. Ginseng and lady slipper may be used two or three times in a day,  $\frac{1}{2}$  O at a time, when tonicks are required after nervous debility.

#### CLASS C.—AROMATICKS.

Angelica,	Calamus,
Chamomile,	Master Wort,
Prickly Ash Berries,	Wild Ginger.

Either of the articles of this class, may be compounded with other classes for an internal medicine, to make them more palatable and stimulating. They should be used only in quantities sufficient to alter the taste, unless they are needed as a carminative.

#### CLASS D.—ASTRINGENTS.

Alum Root,	Avens Root,
Bayberry,	Hemlock,
Sumach,	Swamp Sassafras,
Sweet Fern,	Thimble-Berry,
White Lily,	Winter Brake,
Witch Hazel.	

The articles of this class of medicine, possess the power of contracting those parts of the system to which they are applied, in full strength, which is very useful in many diseases, particularly in relaxes, and dysenteries.—They are also very cleansing, and are, there-

fore, useful in cases of canker, if used in tea either internally, or applied to sores externally, or given as injections, in cases of piles, or other diseases of the bowels, such as dysenteries, relaxes, colicks, &c. It is frequently necessary to add a little lobelia, in either case. either in tincture or by steeping the herb with it. Sumach, swamp sassafras, and sweet fern, either separate or combined, are excellent when made into tea, to wash sore eyes, or other sores, and the same taken internally, or other articles of class I, for constant drink. ○ of the powdered roots or bark may be taken in substance, or □ made into a tea by adding a quart of boiling water to it, and used as occasion may require. A tea may also be made of the leaves, and used as above directed.

#### CLASS E.—BALSAMS.

Balsam of Balm of Gilead,      Balsam of Fir,  
Balsam of Tamarack.

The balsam of balm of gilead, or tamarack, is most useful when dissolved in alcohol, either internally or externally; but may be used a few drops at a time on loaf sugar, which is the way to use balsam of fir. They are good to remove soreness, if applied to the part affected.

#### CLASS F.—FOR BATHING.

Catnip,      Hemlock Boughs,  
Pearlash,      Scocke Root,  
Smart Weed.

Although I have given three articles belonging to class W, the preference for this purpose.

I consider all of the articles of that class good when these cannot be obtained. Soko root should be sliced, and a sufficient quantity of it boiled for half an hour to make a strong decoction. A strong decoction should also be made of the other articles, either by boiling or steeping. A sufficient quantity of pearlash should be used to make the water feel slippery. Common ashes will answer in room of pearlash. All these articles should be used separately, and are good applied to the whole system externally, as a wash in cases of obstructions. When the feet are bathed, the heat should be continued by the occasional addition of hot water, and secured from the air or dampness as soon as they are sufficiently bathed and wiped dry, by applying warm dry flannel. Cold bathing is extremely useful in some cases, and should always first be applied to the head, and means taken to get the system warm again as soon as the operation is over, by getting into a warm bed, &c.

CLASS G.—CARMINATIVES.

Angelica,	Calamus,
Catnip,	Chamomile,
Colick Root,	Ginger,
Master Wort,	Pleurisy Root,
Vine Maple,	White Cohush,
White Wood.	

This class of medicine is very useful to remove wind from the stomach and bowels when they are empty in consequence of a poor appetite. A tea made of either of the articles of this class not very strong, may be used as occasion may require. Any of them that would

be suitable might be chewed, and the juice swallowed, and is much to be preferred to tobacco, as they will strengthen the stomach instead of weakening it, and will soon do away that pernicious habit, if persevered in for a short time. I rejoice that I am free from that habit, after having been a slave to it for sixteen years, without receiving any benefit.

### CLASS H.—CATHARTICKS.

Ague Weed,	Black Alder,
Blood Root,	Castor Oil,
Indian Physick,	Mandrake,
White Ash.	

These articles should be differently compounded, according to the object aimed at in administering them. If for costiveness, compound ague weed, blood root, and indian physick equal quantities, except the blood root, which must be  $\frac{1}{2}$  as much, and if necessary, add mandrake as much as there is of the indian physick. Make use of a tea made of a sufficient quantity of this, daily, to move the bowels gently; or it may be prepared in spirits. Use class N alternately. Change as often as once a week to prevent the power of habit, when it is necessary to continue such a course for any length of time. If a more quick and powerful operation is required, it may be effected by the articles of this class separately, or compounded in various ways. The best compound in common cases is, mandrake two parts, meadow cabbage two parts, blood root one part, made fine and well mixed. Of this a small  $\circ$  is a dose at night, and another in the morning, if necessary. Black alder and mandrake

should be used in the same way and quantities to cleanse the blood, or for worm complaints. Castor oil, or the extract of white ash, may be used in doses of a small  $\square$ , and repeated in three or four hours if necessary. Increase or diminish these prescriptions according to the constitution. This is a very important class of medicine, and should be attended to with much care, as a powerful dose, or too frequent a use of it, cannot fail to reduce the system and injure the constitution. Pills may be made by adding mandrake two parts, emetick herb one part, blood root one part, to the extract of ague weed, mandrake, and white ash. The powders should be well mixed before they are added to the extract. Dose from three to six at bed time.

#### CLASS I.—DETERGENTS.

Bitter Sweet,	Black Maple,
Burdock,	Clove Root,
Dandelion,	Dwarf Elder,
Elecampane,	Pipsisway,
Sarsaparilla,	Sumach,
Swamp Sassafras,	Tag Alder,
Wild Lettuce,	Yellow Dock.

Two or three articles of this class should be compounded together, and used in a tea for constant drink in cases of bad humours in the blood, and the same applied as a wash to sores. It is sometimes necessary to make use of this class for a long time, with the occasional use of other classes as necessity may require. It must, therefore, be remembered to change from one compound to another as often as once a week. It will cleanse the blood and cause it to flow freely.

## CLASS J.—DIURETICKS.

Cuckhold,	Dwarf Elder,
Gravel Root,	Rushes,
Thimbleberry,	Wintergreen.

This class of medicine is calculated to remove obstructions in the urinary organs, and is, therefore, useful in all cases of stoppage of urine, dropsy, &c. When there is pain in the bowels in consequence of the urine being obstructed, a tea of some of the articles of this class, will generally afford immediate relief.—Gravel root is the most powerful of either, and should be compounded with wintergreen, and may be used in tea or spirits.

## CLASS K.—FOR DRAUGHTS.

Bass-wood Leaves,	Black Maple Leaves,
Burdock Leaves,	Garlick Roots,
Horse Radish Leaves,	Mullein Leaves,
Mustard Seed,	Onions,
Scoke Root or Leaves,	Walnut Leaves,
White Elder Leaves.	

Leaves should be wilted, and roots roasted, and applied about blood warm to the hollow of the feet, as soon as they are wiped dry after bathing. They are also useful applied to painful swellings, particularly bass-wood, black maple, or white elder leaves. Mustard seed should be mixed with flour and vinegar and applied to the feet. Garlick roots or onions are good applied to the pit of the stomach of infants when their lungs are affected.

## CLASS L.—EMETICKS.

Ague Weed,	Blood Root
Blue Vervain,	Lobelia Inflata,
Mandrake,	White Vervain.

This class of medicine is very useful in those

cases of disease, where the stomach is very foul, as it is more readily cleansed by them than by catharticks. Either of the articles of this class may be used for this purpose. Those that operate as physick should be used in larger doses than is required for that purpose, but is not always safe, especially in cases of much debility, as they might operate with dangerous violence as physick, if they did not operate as an emetick. *Lobelia inflata* should, therefore, be preferred as an emetick, as it never operates as physick, unless it is scalded. Meadow cabbage should be mixed with the herb, or seed, as it will in a great measure prevent pain in the stomach and bowels. The proportion should be, seed two parts, meadow cabbage one part;—these should be made fine and well mixed. From  $\frac{1}{2}$  to a  $\circ$  of this may be mixed in a tea cup  $\frac{1}{2}$  full of warm or cold water, or sudorifick tea; stir it well together, and take  $\circ$  of it, and if it should not cause distress in the stomach in five minutes,  $\frac{1}{4}$  of it may be taken at a time, once in fifteen or twenty minutes, or oftener, and the same quantity repeated in the same way, if it should not operate in thirty or forty minutes after the last is given. Emeticks should never be given until costiveness is removed. If it be, excruciating pain may be the consequence. The herb should be preferred for an emetick for young children. The dose should generally be, as much as would lie on  $\frac{1}{2}$  an inch of the point of a narrow penknife blade, and may be repeated two or three times if necessary. These quantities are sufficient for constitutions gen-

erally, and should be followed by a cathartick, in four hours (more or less, as the case may require,) if it should not produce vomiting; and sometimes if it does; this would depend on the strength of the patient. If that was sufficient, it would generally be best. A tea of catnip, ginger, pennyroyal, peppermint, or wild mint, should be preferred through the operation of an emetick, and are also proper for the sick at any time. An emetick is proper for those who have taken too much cold water, and should be followed by stimulants, or other applications, as the case may require.

#### CLASS M.—EMMENAGOGUES.

Featherfew,	Pleurisy Root,
Rue,	Smart-weed,
Tansey,	Thyme.

A tea made of either of the articles of this class is useful in all female obstructions, but should generally be assisted by bathing the feet, and common expectorating powders.— Sometimes an emetick or cathartick would be necessary. Use such other medicine as necessity may require, until health is restored.

#### CLASS N.—EXPECTORANTS.

Blood Root,	Indian Physick,
Lobelia Inflata,	Mandrake,
Meadow Cabbage,	Pleurisy Root,
Swamp Snake Root,	Wild Ginger,
Wild Turnip.	

When a powerful expectorant is required, compound blood root one part, lobelia one part, mandrake two parts, meadow cabbage two parts. This is the most common com-

pound in this class, but should be varied as occasion may require. If for costiveness, add Indian physick two parts, and increase the quantity of that, and mandrake, if a common dose should not move the bowels in two or three days. Or, if the bowels are relaxed, add pleurisy root, wild turnip, and swamp snake root, instead of the Indian physick and increased quantity of mandrake. Wild ginger may be added to either compound. The dose should be from  $\frac{1}{16}$  to  $\frac{1}{2}$ , or in some cases to  $\text{O}$ , and may be taken in cold or hot water, or molasses, two or three times a day. It may be necessary to assist the operation of this class also, by bathing the feet, and other classes, as the case may require. It should be taken the first thing in the morning, and the last at night.

#### CLASS O.--LAXATIVES.

Ginseng,	Golden Seal,
Mullein,	Peach Tree,
Saffron,	White Elder.

A tea made of either of these articles may be used as a laxative for children, or for those in advanced life, whose bowels are weak.—Golden seal should be used in all cases of cancer. A compound of blood root and emetick, of each one part, mandrake and wild turnip, of each three parts, finely pulverized and well mixed, is the best physick for children I have ever used. It is much to be preferred to laudanum or paregorick to make them rest well nights, if given so as to regulate the bowels. A common dose is as much as would lie on half an inch of a narrow bladed penknife. The

quantity may be increased, or repeated once in thirty minutes, if necessary, two or three times.

### CLASS P.—MUCILAGES.

Bass-wood,	Buck-horn,
Cumfrey,	Flax Seed,
Sassafras,	Slippery Elm.

The articles of this class should be made fine for either poultices, tea, or syrups. If they are properly used they are good to strengthen the stomach and nerves. They should by no means, be used in substance as an internal medicine, without being well prepared in tea or syrup. Sassafras should be used internally only when the blood is too thick, as it thins it very much.

### CLASS Q.—OIL OF ANIMALS.

Bear,	Goose,
Hen,	Mud-turtle,
Rattle Snake,	Skunk,
Squirrel,	Wild-cat.

Goose oil, hen oil, and skunk oil, make very good internal medicine for young children, in doses of  $\frac{1}{2}$  O for a stoppage of the lungs. Bear oil and squirrel oil, as well as those already named, are good to prepare ointments in. Mud-turtle oil and rattle-snake oil are very powerful alone, and will soften a callus, and will thereby many times limber a stiff joint. They should be used with great caution, as they are very relaxing. Wild cat oil is excellent in cases of chronick rheumatism. The parts affected should be frequently ointed with a little of the oil at a time.

## CLASS R.—OINTMENTS.

Bitter Sweet,	Chamomile,
Life of Man,	Spotted Plantain,
Swamp Sassafras,	White Elder,
Yellow Dock.	

The best way to prepare an ointment is, to put whatever you wish to make the ointment of into a deep iron vessel like a skillet; add a sufficient quantity of some of the oils named in the preceding class for that purpose to cover them. Keep it for several hours as hot as it can be without crisping the articles, then press out the oil, and preserve it from the air for use. Either of these may be added to the strengthening plaster, to soften it for salve, or applied alone to swellings or sores. An ointment of yellow dock, prepared in fresh butter or cream, is good for the itch or other humours, to be applied at bed time. Swamp sassafras may be compounded with yellow dock. Two or three of the other articles may be compounded together, or either used separate.

## CLASS S.—POULTICES.

Catnip,	Cumfrey,
Flax Seed,	Sassafras,
Sorel,	Spotted Plantain,
Sumach,	Swamp Snake Root,
White Lily,	White pine,
Yellow Lily.	

A strong catnip tea or hot water, may be thickened gradually with pulverized basswood, cumfrey, flax seed, sassafras, sumach, white or yellow lily, either separately, or two or three combined. Sorel should be roasted in a wet linen cloth covered with embers, and

made into a salve while hot, and applied about blood warm. Spotted plantain should be pounded and applied while green. Swamp snake root may also be used green. The roots and tops should be pounded together, and steeped a while in hot water; apply them to the sore about blood warm, and keep them wet with the same tea a little warm. White pine bark may be scraped fine and used in the same way. Sumach may be pulverized and mixed with some mucilage. Lily root, if used green, should be roasted and pounded, and applied blood warm.

#### CLASS T.—SALVES AND STRENGTHENING PLASTERS.

Hemlock Gum, four pounds,	} One pound of each.
Bayberry, or	
Mutton Tallow,	
Bees wax,	
White pine turpentine.	

Melt the whole together, and strain it clear; when about blood warm, add  $\frac{1}{2}$  lb. pulverized gumfrey, and mix them well by stirring until cold. These make an excellent strengthening plaster. Enough of either of the ointments may be mixed with it to make it sufficiently soft for salve. The marrow of a hog's jaw is an excellent salve, and compounded with the above, will add much to their cleansing properties.

#### CLASS U.—STIMULANTS.

Ague Weed,	Barberry,
Black Cherry,	Black Cohush,
Black Poplar,	Blue Vervain,
Box Wood,	Chamomile,
Colick Root,	Columbo,

Cucumber Tree,  
 Gold Thread,  
 Hops,  
 Man Root,  
 Rue,  
 Snake Head,  
 Vine Maple,  
 White Wood,  
 Yarrow.

Ginseng.  
 Golden Seal,  
 Horse Radish,  
 Prickly Ash,  
 Smart Weed,  
 Tansey,  
 White Vervain,  
 Worm Wood,

This class of medicine is calculated to raise an action in the system, which is necessary in case of debility, and will many times invigorate and strengthen it for a short time. Such an action should never be raised above what nature can support. Stimulants may be given at an improper time, when they would do much hurt by causing a pressure through the whole system; especially when the system is much obstructed. Such obstructions should be removed by proper medicine for that purpose, before stimulants can be made use of to advantage, except those used in class W. It is the opinion of many that this class is strengthening, and should therefore be used freely, but such an opinion is very erroneous; for too much stimulus is worse than the want of it, as increased excitability caused by medicine, exhausts the power of nature equal to that caused by hard labour, or in any other way. A compound of black cohush, colick root, and white wood, should be used moderately for chronick rheumatism, either in a tea for constant drink, or tinctured in spirits, and a little taken three times a day, on an empty stomach. Black cherry, prickly ash, and white ash, a sufficient quantity of these steeped in cider, to make it strong; dose, a wine glass full three

times a day before eating, is good for the ague and fever, after cleansing the stomach and bowels. Two or three of the other articles may be compounded together or used separate, and one quart of boiling water added to one or two  $\square$  at a time, either in tea for constant drink, or the same tinctured in spirits; in this case, half a wine glass full is sufficient. An article belonging to class C and D, may be used with any compound of this class..

#### CLASS V.—STYPTICKS.

Aven's Root,	Mandrake,
Winter Brake,	Witch Hazel,
Yarrow.	

A tea of Aven's root, or witch hazel leaves, is an excellent remedy for internal bleeding. Winter brake may be used in the same way. A snuff of mandrake will generally stop the nose-bleed. A tea of yarrow is an excellent medicine to regulate and check profuse hemorrhages. The position of the body, should be as favourable as possible, so that no particular pressure shall be caused by the weight of blood above its issue, as well in this case as in wounds generally.

#### CLASS W.—SUDORIFICKS.

Ague Weed,	Blue Vervain,
Catnip,	Chamomile,
Ginger,	Hemlock,
Lemon Balm,	Mountain Mint,
Pennyroyal,	Pepper Mint,
Pleurisy Root,	Smart Weed,
Snake Head,	Spear Mint,
Spice Bush,	Stinking Chamomile,
Summer Savoury,	White Vervain,
Wild Mint,	Yarrow.

Two or three of the articles of this class may be compounded together, or used separately, and one or two  $\square$  made into a tea, by adding one quart of boiling water, for obstructed perspiration; and should generally be assisted by bathing the feet, draughts, &c. It is sometimes necessary to add a small quantity of emetick to the tea, so as to nauseate the stomach a little, which will assist in opening the pores.—The body should be suitably secured from the air, or cold damp substances, through the operation of sweating, and some time afterwards, so that the pores may not be obstructed again; but the face should always be open to pure fresh air, for without it, the powers of the system are incapable of performing their office. The sweating should be moderate, and not continued any great length of time, that the strength may not be exhausted. When it becomes necessary for the patient to be exposed to the air, either to change the clothes after sweating, or from unavoidable necessity in the time of sweating, or if faintness should ensue, bathe the hands, face, and breast, in cold spirits, vinegar, or water, which will generally prevent any bad effect; but the feet should, by all means, be kept warm, and the draughts renewed when necessary. As more passes from the system through the pores, than by all the other evacuations, while health is enjoyed, no objection can reasonably be made to the use of this class of medicine if used with care and prudence. Neither can a reasonable being wonder that pain is a constant companion of those who do not enjoy

the relief of such an evacuation, as it is the only natural channel for such fluids, so that, when their passage is obstructed, they are unavoidably forced another way, or retained in the system.

### CLASS X.—SYRUPS.

Ague Weed,	Black Poplar,
Blue Vervain,	Elecampane,
Life-of-Man,	Meadow Cabbage,
Swamp Snake Root,	Sweet Birch,
Sweet Fern,	White Vervain,
White Wood.	

For a common syrup after a disease, take ague weed, elecampane, life of man, meadow cabbage, swamp snake root, and sweet fern, of each 2 □, and 4 □ of white wood; put the whole into an iron kettle, with three quarts of pure water; simmer it away one half, then strain and sweeten it sufficiently to make it palatable, and add one pint of spirits to keep it from souring; when about blood warm, add 2 □ of wild turnip, and ○ of buckhorn or slippery elm—dose 1 or 2 □ three or four times a day. It should be well shaken up before it is used. When a more stimulating syrup is required, 2 □ of either of the other articles of this class may be added before it is simmered, but the quantity of water, sweetening, and spirits, should be increased in proportion.

### CLASS Y.—TINCTURES AND SOLUTIONS.

Hemlock Gum,                      Hemlock Oil.

Three ounces of each of these should be put into one gallon of alcohol, after pounding the gum. Shake it well once or twice a day

for a day or two, when it will be fit for use;  $\frac{1}{2}$   $\circ$  of this may be taken internally in cases of pain in the stomach, rheumatism, &c. and applied externally to the part affected. Tamarack gum may be prepared and used in the same manner. Half a pound of the gum pounded fine, is required to a gallon. Tamarack balsam may be dissolved  $\frac{1}{2}$  pound to a gallon, and should be thoroughly shaken several times a day for a number of days. This is useful for bruises, sprains, and the venereal disease.—Balm of gilead balsam should be prepared and used in the same way; dose  $\frac{1}{2}$   $\circ$  two or three times a day. Lobelia inflata seed, eight ounces, finely pulverized, to one gallon, should be shaken a few times; dose  $\frac{1}{2}$   $\circ$ , and may be increased. Lobelia inflata herb, dried and pounded, eight ounces, and common spirits one gallon; dose  $\circ$ , and may be increased to  $\square$ , in cases of asthma or other cases where an emetick is needed. It is also useful externally, applied to bruises, burns, sores, &c. Black alder, blood root, and mandrake, four ounces of each, common spirits, one gallon. This is a useful application to sores, or an internal medicine; dose  $\circ$ , or more if the stomach will bear it. It is an excellent medicine to cleanse the blood.

#### CLASS Z.—VERMIFUGES.

Black Alder,	Garlick,
Hops,	Lobelia Inflata,
Mandrake,	Peach Tree,
Red Cedar,	Rue,
Sage,	Walnut,
Wild Turnip,	Worm Wood,

A compound of black alder one part, lobelia inflata herb one part, mandrake one part, wild turnip three parts, made fine, and well mixed—dose  $\frac{1}{16}$   $\circ$ , or a little more for a young child, or  $\circ$  for an adult. Cedar apple may be used in the same quantity, or more. The juice of garlick should be taken a little at a time, and often. A tea of either of the other articles is useful in worm complaints, if given for a few days. Peach tree bark may operate too powerfully as a physick if continued long.—Ashes made of walnut bark should be used in the form of a weak lye. I have never had occasion to use more powerful vermifuges than those named in this class. I believe there is more injury done by administering poison to kill worms, than the worms themselves would do if entirely neglected.

Teas of all kinds should be made with boiling water, and steeped a sufficient length of time to extract the strength of the substances. Powders may generally be taken with cold water, unless the bowels are diseased, in which case warm water, tea, or molasses, should be used.

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☞ In class L. 51st page, I have stated that if a small quantity of the emetick should not cause distress in five minutes,  $\frac{1}{4}$  of the potion should be taken once in fifteen or twenty minutes.—If it should, give  $\circ$  of a tincture made of some of the gums or balsams, and give the emetick according to directions, as soon as the distress abates.

Although the emetick is a powerful stimulant, and many times has a powerful effect upon the system, yet I never have known it to produce the least bad effect when judiciously administered.

## DIET FOR THE SICK.

When the powers of the system are enfeebled by disease, the food should be light and easy to digest; especially after taking an emetick or cathartick, as, by the operation of either, the power of digestion (the gastrick juice) is in a great measure removed from the stomach. If solid food be taken into the stomach at such a time, it will not readily digest, and thus the remedy would be worse than the disease.— Food should be prepared in liquid form for those who have taken active medicine, and continued until the stomach is again supplied with the gastrick juice, which will be a longer or shorter time, according to the strength of the system, and the activity of the fluids. If the system has been diseased but a short time nature will soon furnish this deficiency, if the operation of the medicine should remove the disease; but if it should not, light food must be continued until the cause is removed, and a short time after, when it may be gradually exchanged for more substantial food. But great care must be taken not to overload the stomach, for that would almost unavoidably produce a relapse. Broth, made of various kinds of wild game, is considered best, as it is easier to digest, and is more strengthening, than that made of domestick animals. But when domestick animals are preferred, or are most convenient, young animals, well fatted, should be used, for the reasons above given. If the system be not too much reduced, or is

gaining strength, some of the meat may be eaten, if boiled tender; but bread should be the chief part of the solid food, as that is less liable to putrefaction than any other substance. The bread should be perfectly sweet, light, and at least twenty-four hours old. A small quantity of this should be moistened with the broth, if the stomach can bear it. A reasonable quantity of salt should be used in all cases, and a little pepper if it should be desired. Fresh oysters are good, prepared in various ways; milk porridge, water gruel, boiled milk, and the like, are suitable for food at any time. Boiled milk and mutton broth are preferable in bowel complaints.

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## REMARKS ON DISEASE.

The diseases of the human system appear in so many forms, that any one unacquainted with the operations of nature might suppose it would require many volumes to describe them all. But it is a well known fact that diseases may differ very much in their symptoms and appearance, and still require the same treatment, which should in all cases be such as will assist nature. Many, however, by their practice, appear willing that people should believe that disease ought to be treated like some monstrous animal, on the death of which the safety of nations depends, as they give to

their patients the most dangerous mineral and vegetable poisons that can be found. This is not the only thing that would induce such a belief; a stench very much resembling the putrefaction of animal substances, generally attends such cases, caused by the putrefaction of those fluids, which are inactive, for the want of an equilibrium through the system. In this way disease is continued for some time, that might be removed in a few hours, and much pain prevented, if proper attention were paid to it in its first stages.

Many believe that mineral medicine is injurious, and that it should be used only in cases of necessity, as they call it; but such people are apt to call for help too late, for it is after trying every thing else, as they frequently say, when it is impossible for medicine to do any good. Call the doctor at first, or never. Never prescribe for the sick without sufficient knowledge to warrant perseverance in the course you commence. Then you may do your friend a kindness, but not otherwise.—Wrong applications are extremely dangerous.

In cases of disease, much injury is done by well meaning ignorants; that is, when your friend is sick, you feel very anxious about him, and will enquire of every one you see, what you shall do for him. In this way you may ask fifty, and very probably all will have different remedies, and each in opposition to the other. If you have been industrious you have tried perhaps twenty different kinds of medicine in two or three days, and finding your friend failing fast, you condemn vegetation, and send for

a doctor, who tells you, and very justly too, you have neglected the welfare of your friend too long, and that it is too late for him to do any good. You now reproach yourself and your neighbours, and promise that you will never neglect sending for a physician again. This you live up to strictly ; nothing now can ail your family, but you must and will have a doctor, who would most surely offend you if he should advise you to make use of any of the articles you have once condemned, for that would make you believe that he was more ignorant than yourself, and of course you will have some one that can say something you cannot understand, which will suit, and the man of sense is many times thrown away for a mere coxcomb. And he, willing to make the best of a good job, will bind you so fast with the correctness of his prescriptions, that you will find it hard if not impossible, to give them up ; then let what will happen, you will be satisfied. If this be the end of your duty to your family, I am sure you have a tedious journey through life ; a road I hope never to travel. It is the greatest consolation to me, to know what medicine myself or family needs in case of sickness ; for then I know what to expect from the operation of it ; otherwise we have our thoughts upon the doctor, and believe as sacred whatever he tells us, instead of watching the progress of the disease.

A sense of the responsibility we take upon ourselves, when we prescribe for the sick or distressed, would make us shrink from our duty, if ease, on our part, was the only object :

but, instead of lessening our exertions it should cause us to double our diligence, and acquire as correct knowledge as possible of all diseases and the mode of treatment which they require, so that our prescriptions may benefit all who prefer them.

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## ON ELECTRICITY.

Electricity has been employed to so much advantage, that I must consider it useful in most, if not all the diseases of our country. It appears from various accounts, that Thomas Brown, of Albany, and Jesse Everett, of New-York, have, by their ingenuity and perseverance, obtained a more perfect knowledge of this useful science than has ever been practised before. "The **ETHERIAL PHYSICIAN**," a work published by them, contains much respectable testimony concerning its efficacy in removing disease.

If the pores were sufficiently open, and the powers of the system sufficiently active, to throw off offending matter, nature would be freed from many burthens without the assistance of this or any other application. But when disease prevails, it is for the want of this power, and as electricity assists nature, both in opening the pores and causing a free circulation, all who devote their time to the practice of medicine, should furnish themselves with

this powerful assistant, together with a correct knowledge on the subject. Medicine should not be thereby excluded by any means; because the different classes appear necessary. I do verily believe, that, if electricity were properly accompanied by medicine, very few, if any curable diseases, could withstand their power; and that they would be removed in a much shorter time, than they could be with either separately. The reason appears obvious: In cases of very foul stomach, it would require a great length of time for electricity alone to free nature of its burden. It should therefore be assisted by the different classes of medicine recommended to cleanse the stomach, &c. And as the electric fluid raises considerable action in the system, it should be supported by medicine between the different applications which are made with it.

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### *Of Ague or Intermittent Fever.*

This consists of three stages, cold, hot, and sweating; these are succeeded by a perfect intermission from either. The cold fit is preceded by yawning and stretching, and a desire to get near a good fire. The whole external surface appears rough with cold pimples, and the back feels as if cold water were running up it. These symptoms are soon followed by shivering, which is succeeded by the hot, and

that by the sweating stage. This disease is generally attended with a tedious pain in the head and other parts of the system, especially the back.—The three stages occupy from six to twenty-four hours, according to the violence of the disease.

The cause of this disease is generally confined to some particular climate, as it is never known in some countries, while it is very prevalent in others. It is probable that the effluvia from low damp places is generally the cause.

I have cured a number of cases of ague and fever with the medicine recommended for the jaundice, and never have failed in one instance where that has been followed with the compound recommended for ague and fever, in class U; but it is necessary sometimes to give an emetick, as well in this as in other diseases, before other medicine can have any good effect, especially if the patient should be afflicted with much sickness at the stomach and vomiting. The emetick should be repeated if these symptoms, or a poor appetite, should continue. A tea of ague weed and swamp snake root should be used for constant drink. If that should irritate the stomach, use swamp snake root alone. After the disease is removed, other stimulants may be useful.

Strict attention should be paid to the diet (see diet for the sick) and exercise. Nature should not be burthened with either, for by them a cure might be prevented for a long time, especially if the nervous system be much

impaired. If it should be, antispasmodick medicine should be used—See class B.

### *Of Ague in the Breast.*

This complaint, if properly attended to at first, is generally of but little consequence, but if neglected, may be very distressing.—Cloths, moistened in a strong decoction of bitter-sweet, or smart weed, applied and properly continued, will commonly afford immediate relief. The stomach should be well guarded with class U or W. If it be necessary to promote suppuration, poultices should be preferred. A tincture of lobelia is good applied occasionally at any time. After it discharges, and the inflammation is removed by poultices, washes, &c. salve would be proper. If the health be otherwise poor, use such medicine as the case may require.

### *Of Asthma.*

This complaint consists of great difficulty of breathing and a cough. Sometimes there are intervals of considerable length between the paroxisms; at other times the patient is unable to rest in a horizontal position for years together.

Powerful expectorants are absolutely necessary in this complaint; see classes L, N, and Y. The quantity required, may be repeated three or four times, once in fifteen or twenty minutes, unless it give relief, or causes vomiting, sooner. After the paroxism has abated,

make use of the different classes, as the case may require, until health be restored.

### *Bleeding at the Nose.*

Some are afflicted with habitual nose bleeding in hot weather. The snuff recommended in class V, used a few times a day, has cured a number of cases, and never has failed in any case to which I have applied it. I have known this to stop a violent discharge of blood from the nose, when all other means had failed. It would generally be best to bathe the feet, and apply draughts and warm flannel to them, and keep the body in an erect position. Sudorifick tea should also be used in bad cases.

### *Of Bloody Urine.*

This may be caused by blows, bruises, or falls, or lifting heavy burthens, jumping, or hard riding, or by a small stone lodged in some of the urinary passages. If it originate from bruises, &c. make a free use of a tea of bitter sweet or smart weed internally, and the same articles bruised, moistened with hot water, and applied to the abdomen. If from gravel or stone, observe the directions given for dysury. Some of the tinctures may be applied to the abdomen in either case.

### *Of Biles.*

These are caused by a diseased state of the

blood, and are very painful. When they first make their appearance, the swelling can generally be reduced by applying a tincture of lobelia seed, a few times, covering the tumour with the strengthening plaster, and cleansing the blood with a tea of class I, at the same time. A roasted onion is an excellent application before it breaks, and honey and flour, or salve afterwards.

### *Of Bruises and Falls.*

Fomenting applications, as recommended for ague in the breast, are useful in cases of this kind, with the occasional use of some of the tinctures. The sudorifick tea, bathing the feet, draughts, &c. should also be attended to strictly, and by all means use class N, or more powerful physick. When the powers of life are suspended, friction with the flesh brush, flannel, or hand, should be applied to any part of the external surface, especially the extremities, and the feet bathed in warm water as soon as possible. As soon as it is practicable, proceed as above directed, which will keep the powers of the system active, and health will soon be restored without the help of the lancet.

### *Of Burns and Scalds.*

Superficial burns or scalds, can generally be immediately relieved by bathing the part once or twice, in either of the tinctures that are prepared in alcohol. If the skin be off, a

soft poultice should be oiled over with linseed oil, or some other soft oil, and applied, and often changed. In all cases of sores, the powers of the system should be kept active by the different classes of medicine, as the sore will heal more kindly.

### *Of Cancer.*

This disease is, at first, a small swelling in the gland, or affected part, unaccompanied by pain. The tumour increases gradually in size and hardness, becomes knotty and irregular, and when the powers of the system begin to fail, it is attended with excruciating pain, as if pierced with a sharp instrument. The tumour increases until at length the skin changes to a purple, and so continues to change, until it becomes very dark, and the part is attended with much pain, and a burning heat, when it breaks and discharges a thin acrimonious matter which sometimes cuts off blood vessels. In this case, blood will be discharged with the matter. If it be still neglected, the whole system becomes diseased, with symptoms that attend other diseases, and should be treated in a similar manner.

Electricity has proved a valuable application for the cure of cancers, and many other local diseases. I have reason to believe that it has failed in but few instances of affecting a complete cure when it has been judiciously applied; and it is probable that a suitable application of medicine with it, might have prevented a failure in any case. When those

who are afflicted with a local disease, cannot be favoured with electricity, the object aimed at in administering that, should be strictly adhered to; viz. to open the pores and keep the fluids active, so that the sharp humours may pass from the system through the pores, instead of gathering to the tumour; this should be continued until health be restored. When it becomes necessary to remove a cancer by an external application, I consider the Indian method, much the best. They scald with hot water, as much as they wish to remove, then apply a poultice immediately, which should be continued until the scalded flesh and inflammation are removed, when salve, and ointment would be proper; ointment may be applied each time the poultice is changed, after the part is thoroughly washed, which should not be neglected. The Indians secure the adjoining flesh by winding bark around it, but I think that a tin tube, would be far preferable. This can be applied to any tumour where causticks would be proper, and would do more in two or three minutes, than could be done with a caustick in an hour or two; besides it has this superiour advantage, it leaves no poison behind it.

### *Of Canine Madness.*

When a person has been bitten by an animal supposed to be mad, it should be secured if possible so that the certainty can be ascertained. Much anxiety might be prevented by knowing the animal was not mad; and if it

were, seasonable attention might be paid to the case. The wound should be cleansed by powerful poultices, and the fluids kept active by classes I and N. The diet should be light, and free from animal substances or high seasoning.

### *Of Catarrh.*

This complaint is caused by a cold that seats on the glands about the head and throat, and consists in a discharge of sharp serum therefrom. Besides making use of medicine as the case may require to restore health, make use of a snuff several times in a day, made of Indian physick and wild ginger, equal parts.

### *Of Chapt Hands.*

Apply a little tincture of lobelia to the affected part at bed-time, and dry it by a moderate heat.

### *Of Cholera Morbus.*

This complaint is caused by loading the stomach with too many kinds of food or fruit, or both combined, or such of either as clog the stomach and bowels so that it cannot be properly digested. Nature is compelled to make an effort to free herself from such a burthen; a violent puking and purging is the consequence, which is generally continued by the irritation of bile that is brought into the stomach by vomiting, after the food appears

to be removed. A draught or two of pearl-ash and vinegar will generally check the irritation. (See pearlash.) Parched corn is also very useful in this complaint; it should be made fine and a little given at a time mixed in mint tea, or some other pleasant drink. After the disease is checked make use of such medicine as the case may require until health is restored. In this way this disease can be easily managed. The food should be light and easy to digest. (See diet for the sick.)

### *Of Colds.*

This is the most common malady, and is the foundation for many lingering diseases. A description of symptoms would be useless, as all are acquainted with them. Nature often effects a cure in this complaint, which is too apt to encourage negligence with regard to the treatment, for, if nature be unassisted, until its power is exhausted, disease of course is the more strongly seated, and will require the more medicine and attention. Sweating is generally proper in this complaint, (see class W) followed by a cathartick, or emetick, or both, as the case may be. Or, if the system has been disordered previously, other applications may be necessary. When it is attended with the catarrh in addition to the above, use the snuff recommended for that complaint. If it be attended with or followed by a cough, follow the directions given under that head.

*Of Colick.*

This complaint originates from eating indigestible food, or from flatulency, which cause violent pain in the bowels, generally near the navel. It is sometimes attended with a twisting sensation, at other times with cramp, and cold extremities, and most frequently obstinate costiveness. The first application should be, a dose of colick root, or some other article belonging to class B. If that should not give immediate relief, bathe the feet and give an emetick: warm applications should be made and continued to the feet and bowels. These applications should generally be followed by a cathartick, and other medicine if necessary.—Injections of ague weed, or such as is named in class D, should be often administered until relief be obtained.

*Of Consumption.*

This is caused by neglecting diseases in their first stages, until nature is compelled to submit, without power of resistance. The strength and flesh fail gradually, until at length the hectic fever is manifestly seated. This fever has generally two paroxisms in a day; the first about noon, the other in the evening, which increases gradually until after mid-night. Each paroxism is commonly preceded by some degree of shivering or coldness, and frequently terminates in considerable evacuations through the pores. The pulse is quick and weak; the eyes generally bright and clear, and

the tongue clean and smooth. These symptoms are accompanied with a distressing cough, and an expectoration of purulent matter from the lungs, which is heavier than water as it will sink in it. The matter thus expectorated is usually either white, yellow, or green, and often foetid. The symptoms of pain and debility in this disease would include those of all other diseases, as nature is generally burthened in every respect.

If the case be too far advanced for a cure to be effected, a regular application of medicine would do no harm; but, on the contrary, would mitigate those distressing symptoms, and thus smooth the bed of death. The first application for a week or two, should generally be, classes I and N, with the occasional use of other classes, as the case may require, particularly classes F and K. In the second course, more effectual means should be used to cleanse the stomach and remove obstructions. Bathe the feet, apply draughts, and give a light emetick. After the operation of the emetick, bathe the whole external surface and apply a dry warm dress and draughts. This course should be repeated as often as once a week until the stomach is well cleansed.—Care should be taken in the intervals to avoid taking cold. Use a tea of class W for constant drink; or, if the stomach can bear it, class U may be used occasionally. Pearlash and vinegar (see pearlash) should be used once in two or three mornings, or oftener, if the patient be much troubled with sourness in the stomach. Classes B and G, as well as

other classes, to promote the natural evacuations of the system, should be used as occasion may require. Syrups should be used after the stomach is cleansed.

### *Of Corns.*

These are caused by wearing shoes which are too tight. In the first place a calus is formed, which by constant pressure, frequently extends to the bone. They are then difficult to cure. Rattle-snake or mud-turtle oil, will, if applied a few nights at bed time, generally eradicate them. The occasional use of the oil, however, should not be dispensed with until the corns be entirely removed.

### *Of Costiveness.*

This common complaint is caused by obstructions that prevent the flow of those juices which assist the excrementous part of our food to pass through the intestines. For the want of this assistance, the heavy part of our food forms into hard bodies, and is not discharged every day as it should be, but varies from two to three or four days and sometimes longer.— In order to effect a cure in this case, such medicine should be made use of as will cause a general action through the whole system, in as mild a way as possible; for, if a powerful cathartick be given, it will cause a powerful action for a short time in those obstructed glands, and then leave them more debilitated than they were before. This is often the cause

of the complaint. Use classes H and N alternately, according to the directions which accompany them. The diet should be light and easy to digest. (See diet for the sick.) If sourness of the stomach should attend this complaint, and it often does, make use of pearlash before eating, once or twice a week. (See pearlash.) Other medicine may be required, which should be used according to the symptoms.

### *Cough.*

This is a sudden contraction or convulsion of the lungs, by which the air in them is suddenly forced out, and causes a noise which, like all other sounds of the human voice, is occasioned by the motion of the glottis. It is commonly caused by a cold, which, if neglected, or improperly treated at first, may soon end in a consumption, especially if the blood be out of order. In all cases of this kind, give antispasmodicks and expectorants, and also the other classes, to assist nature to eject offending matter from the lungs. In bad cases, care should be taken with regard to the air that is received into the lungs, which should be neither hot nor cold, wet nor dry, but the medium. Fresh air should be preferred to that of a hot room, as it imparts more animation to the system on account of its possessing more oxygen. The external surface should also be secured from cold damp air, or substances of every kind that would have a ten-

dency to obstruct the fluids, by a dry warm dress.

### *Of Cramp.*

This distressing complaint is caused by an involuntary contraction of the muscles. It can generally be relieved in a short time by bathing the feet, and using meadow cabbage, or other articles of class B. Apply draughts also, and keep the feet warm. An emetick would be necessary if this should not give speedy relief. Other applications might be necessary, which should be used according to the symptoms. External friction to the part affected, is also very beneficial.

### *Of Croup or Rattles.*

This complaint causes a rattling noise in the throat of children, on account of the throat and stomach being much filled with phlegm, which originates from a violent cold. The stomach should be cleared by an emetick as soon as possible. The feet should be bathed, and draughts applied to them. Animal oil is also good, either before or after an emetick. Garlicks or onions should be roasted, and applied to the pit of the stomach, oiled over with a little animal oil. The feet must by all means be kept warm.

### *Of Deafness.*

This complaint is occasioned by a defect in

the formation of the organs of hearing, in which case the person remains deaf for life, and many times dumb also, owing to a similar defect in the organs of speech. It is sometimes caused by the inspissation of the fluids of the head, in consequence of disease, in which case electricity would be very proper. Sometimes by an ulcer in the ear. In either of these cases, keep both ears filled with cotton wool, wet with the emetick tincture, and give medicine to clear obstructions, and cleanse the stomach and bowels. This will, in a short time, cure the most tedious ear-ache that I have ever witnessed. If deafness proceed from debility of the nervous system, make use of class B, and such other medicine as will strengthen it. The cotton wool should be used dry in this case. Sometimes deafness proceeds from extraneous substances' falling into the ear. When this is the case, the ear that contains it should be laid downward, on a thick soft pillow; then lay a cushion or pillow on the other ear, and strike this with the hand, but not so hard as to cause pain. This, I believe, has removed such substances when other means have failed. A little soft oil poured into the ear at the commencement, would assist greatly.

### *Of Dentition or Teething.*

This, in itself, is not a disease, but is frequently attended with alarming symptoms, such as a relax, which exhausts the strength, wastes the flesh, and is accompanied with fe-

ver, &c. When this is not the case, medicine is not generally required; but when it is required, as little should be given as the case will admit of.

Much powerful medicine at this tender age would be injurious through life. An emetick would generally be proper for the first application. See class L. This should sometimes be followed by some laxative. See class O. These, or either of them, should be followed by wild turnip and alum root, equal quantities. Dose  $\frac{1}{4}$  O once in three or four hours in molasses or warm tea. Or, if these cannot be had, meadow cabbage or pleurisy root may be used instead of the wild turnip, and avens root, bayberry, or hemlock, instead of alum root. A tea of smart weed is useful at all times in this complaint, and if the bowels are bloated or inflamed, it should also be applied externally to them about blood warm, in substance, after being pounded and boiled. I have used a compound of equal quantities of elecampane, master wort, and pleurisy root, with good success, when all other applications had failed. Put  $\frac{1}{2}$  O of this into a tea cup full of boiling water, and steep it a short time. This should be given once an hour, in such quantities as to have it last thro' the day. The food should be prepared in a liquid form. (See diet for the sick.) A warm tea of some of the articles of class D should be used for constant drink. These prescriptions are applicable to all cases of relax or dysentery, for children. Cold water should not be used at all for drink in cases of relax or dysentery, as it increases the pain and disease,

*Of Diseases of the Liver.*

These consist of inflammation, ulcers, &c. caused by cold and obstructions which are not properly attended to at first. When a disease of the liver has been suffered to continue for any length of time, the following symptoms will appear :

“The acute disease is marked by a pungent pain in the right side of the belly, increased by pressure with the hand, often extending to the chest and right shoulder, some difficulty of breathing, a dry cough, thirst, sallow countenance, a yellow tinge in the white parts of the eyes, and sometimes actual jaundice, high coloured urine, and either costiveness or a purging. In some instances there is a deficiency of bile in the intestines, and then the stools are always of a clay colour; sometimes there is a super-abundance, which passes off by vomiting and stool.”

The treatment recommended for consumption, would be proper, except that physick should be given more freely, especially if it should not reduce the strength too much.—Cases of this kind which have been suffered to continue but a short time, can generally be relieved by using a tea of ague weed, or blue or white vervain, for a few days, and a potion of physick once in two or three days, for a week or two; a strengthening plaster should be kept between the shoulders, and on the side where there is the most pain.

*Of Dropsy.*

“Dropsy consists in an effusion and preternatural collection of the serous or watery part of the blood, in the whole of the body, or some part of it, and essentially interfering with the functions of life,” by enlarging the part where it is seated when it appears externally, or by filling the chest internally. This disease has had many names applied to it to show the different parts of the system which it affects, but as all originate from the same cause, they require similar treatment. It is generally caused by overdoing the strength of the system, either by medicine, or exercise, and in some instances by the loss of blood; either may leave the system inactive, so that the natural evacuations are retained in the system. When these causes have been neglected until the disease appear, the natural evacuations should be promoted by the different classes of medicine. The means recommended to produce a general action in case of consumption, is good also in this, as well as in other cases of debility. Draughts should be kept to the feet as much as possible. Electricity is very beneficial in all cases of this kind, and when it can be, it should always be employed.

*Of Dysentery.*

In a violent attack of this disease, the patient is generally affected with cold and shivering, succeeded by heat, flatulency, costive-

ness, griping pain in the bowels, and a frequent discharge from the rectum, which is sometimes a clear mucous, at other times pure blood, or both these mixed. Sometimes the discharge is thin and putrid, attended with a burning heat, and bearing down of the parts. This can be relieved in some measure by warm applications to the seat, small of the back, and abdomen. It generally originates in the same cause as the cholera morbus; but in this disease, the excrements do not pass off freely as in *that*, as they are discharged only in hard lumps. The powers of life are soon exhausted unless the discharge can be checked. A proper action should be produced to take such fluids into general circulation when stopped, otherwise mortification must unavoidably take place. Hence the evil of making use of powerful astringents, without causing a proper action at the same time. Injections are sometimes necessary (See class D) both before and after cleansing the stomach by an emetick. Emeticks should be repeated if necessary, and followed by the medicine recommended for costiveness, or more powerful physick if necessary, which must be continued until costiveness be removed. It may be necessary to bathe the feet, apply draughts, &c. A tea of classes D and W, should be used for constant drink, which should be given warm. Strict attention should be paid to cleanliness and diet. (See diet for the sick.) Antiseptic medicine is often beneficial, (see class A) especially if mortification be apprehended.

*Of Dysury or Obstruction of the Urine.*

This complaint originates in several causes, the worst of which is the gravel and stone. Let the cause be what it may, class J should be used, followed by, or accompanied with other classes as necessity may require

*Of Epilepsy.*

“The epilepsy, or falling sickness, as it has been vulgarly named, is a violent and convulsive motion of the body, in which all, or many parts of it, are variously agitated, and severely contracted. In true epilepsy, there is a total loss of sense, and although persons who are affected with this disease, fall down suddenly, similar to those struck with apoplexy, they do not lie quiet like them, as if in a profound sleep; hence the difference between the two diseases.” “The tongue is thrust out of the mouth, and is frequently much wounded by the violent and sudden contraction of the muscles of the lower jaw; there is a discharge of frothy spittle, with a kind of hissing noise; the thumbs are shut close in the palms of the hands, and are with difficulty taken out, and all sensation is suspended, insomuch that even by stimulating the body in various ways, the patient cannot be brought to himself. After a time the convulsive motion ceases, leaving the person apparently in a profound sleep, from which he gradually recovers without having the smallest recol-

lection of what has passed during the fit.— He complains, however, of general lassitude, torpor, and heaviness about the head. During the convulsions, the pulse is quick and irregular, but upon their cessation, returns to its natural state. The fits are very apt to recur during sleep.” This disease is generally caused by an irregular manner of living, such as being deprived of food for a while, then indulging the appetite to excess, long thirst, then overloading the stomach with liquids, long watching, followed by excess in sleeping, &c. The small pox and measles are sometimes preceded by an epileptick fit. Let the cause be what it may, the most strict attention should be paid to regularity in every respect. The diet and drink should be light, and taken as regularly as possible; this is a matter of great importance. Make use of class H or N, or both alternately, until the bowels become regular. An emetick should be given, as necessity may require, to cleanse the stomach. A thorough application of class W, together with bathing, draughts, &c. would sometimes be useful. Class U may also be used to advantage, after the stomach and bowels are cleansed.

#### *Of Erysipelas, or St. Anthony's Fire.*

This is an eruptive disease, and affects different parts of the system, particularly the face. It appears in large blotches, which are attended with a peculiarly acrid heat, and violent itching. The stomach and bowels should first

be cleansed by classes H and L, and a constant drink made of class I, and the same applied occasionally externally as a wash.

### *Of Faintings or Swoonings.*

In this complaint there is a diminished action of the heart and lungs, and sometimes a sudden and total suspension of all the functions of the system, accompanied by a death-like paleness. It originates in various causes. Persons of a delicate constitution, are most liable to such an attack. The patient should be laid in a horizontal position in the open air, with the head a little elevated, and the arms spread out. The clothes, if tight, should be loosened, so that the circulation can be as free as possible. The face and breast should be sprinkled with cold water, and the extremities rubbed with a flesh brush or flannel, to increase the circulation there. After recovering from the attack, use a tea of some of the articles of class U, and other classes if needed.

### *Of Fever.*

Heat, when attended with disease, is called fever, or inflammation, and is either extended to the whole system, or confined to some particular part. Sores of every kind are apt to have more than common heat in them. The first is called fever, the last inflammation.—The different names given to fevers I do not consider necessary, as all require much the same treatment. They may originate in any

cause which obstructs the system, as they appear in a greater or less degree, in almost all diseases, and are, therefore, more properly symptoms than the origin of the disease. The inspissation of the fluids at the surface, prevents the heat and insensible perspiration from passing the pores as usual, which causes dullness and inactivity of the body and mind, a heavy pressure throughout the system, hot flashes, and cold chills, pain in different parts, particularly in the head and back, a dry skin, and a quick pulse, steady heat on the surface, hurried breathing, and sometimes delirium.--- The salivary glands being also obstructed, the mouth and fauces become dry, which is the cause of their being coated. The patient will be thirsty, and the heat excessive, until the pores are opened at the surface, or the vital powers reduced. The pores can be opened generally in a short time by bathing the feet, applying draughts to them, &c. then give an emetick, which should generally be followed by a cathartick in three or four hours after the emetick has done operating. This should generally be followed by class N. The patient should also have a tea of class W for constant drink. Repeat the whole whenever it may appear necessary. This process will, in a short time, remove the cause of disease from the system, and leave all the fluids flowing freely, which is very essential, as perfect health cannot be otherwise enjoyed. The vital powers can be reduced by bleeding, or, if disease be neglected, nature will soon be exhausted by the effort she makes to throw it

off; in either case, as soon as the system becomes relaxed, perspiration will be likely to take place; then, if nature be sufficient to throw off obstructions without assistance, the patient will soon recover, but if not, a lingering illness will unavoidably be the consequence, unless something be done to assist. Class U should be made use of as soon as the disease is sufficiently removed.

*Fever-Sore—Inflammation and Ulceration of a bone.*

“FIRST STAGE.—A peculiar obtuse, deep-seated, aching pain, extremely distressing to the patient, which soon affects the health to a remarkable degree. At length the parts swell, and a tumour forms, possessing great hardness, the skin becomes red and extremely tender, there is an increase of heat and other symptoms of inflammation.” This is often caused by a severe bruise, which affects both the flesh and the bone, and is sometimes caused by a general disease becoming a local one. In bad cases of this kind I think the treatment recommended for cancers would be most proper. But I have known one case of this kind cured by the application of the sorrel poultice for a few days, followed by washes and other poultices, and then by salves. If the health be not good, use such medicine as the symptoms may require, until health be restored. A strict attention to the first symptoms is absolutely necessary. Leaves should be kept constantly

on the inflamed part, except where the poultice is. See class K.

### *Of Giddiness of the Head, or Vertigo.*

This complaint frequently originates in a foul stomach, which should be cleansed by an emetick, or cathartick, or both, followed by other classes, as the case may require. It sometimes originates in nervous debility; in that case use class B.

### *Of Gout.*

This disease requires the same treatment as rheumatism. It is generally caused by overstimulating the system with highly seasoned food, or stimulating drinks, either of which clog the fluids.

### *Of Gravel and Stone.*

This is a collection of sand-like particles which unite in the bladder or kidneys, and sometimes increase to a very large size. They remain in those organs for the want of proper action, for when that is produced by diureticks, they are sometimes removed, after they have collected in so large bodies as to be troublesome. See Dysury.

### *Of Headach.*

This is most generally caused by costiveness, foul stomach, obstructions in the head,

or by its fullness of blood. If by costiveness, make use of medicine for that complaint; if by foul stomach, after using class N, and pearlash and vinegar, for a few days, an emetick would be proper; if by obstructions in the head, use snuff recommended for catarrh, a few times; if by too much blood in the head, bathe the feet and apply draughts to them, bathe the head with vinegar or cold water. If these should not give relief, bathe the head with a small quantity of tincture made of gums or balsams, and use such other medicine as may appear necessary. Headach sometimes proceeds from too much sleep, too much watching, and too close application to study. Such excesses must be avoided in order to obtain relief. If it proceed from nervous debility, use anti-spasmodick medicine night and morning, keep the bowels in good order by the use of laxatives, &c.

### *Of Heartburn.*

This is a burning sensation at the pit of the stomach, and there is sometimes a discharge from the mouth of watery fluid. For relief, observe the same treatment as for headach caused by foul stomach, after which stimulants would be proper, and occasionally a cathartick.

### *Of Hiccough.*

“This uneasy and often distressing complaint consists in a convulsive or spasmodick

affection of the muscles subservient to deglutition, and the midriff or diaphragm," which many times severely affects the whole system. It arises from any cause which irritates those parts, such as swallowing dry substances or powerful stimulants, poison, &c. or from a want of nourishment in the stomach. It is in nowise alarming in a state of health, as it can be removed by a full draught of cold water, or applying snow or ice to the lips. If these applications do not afford relief, make use of classes F and W, which I have never known to fail, when used according to the directions.

#### *Of Hypochondriack Affection, or Low Spirits.*

The peculiarities of this complaint are, apprehending great danger without sufficient reason, as, fear of poverty, while they are blessed with abundance; of approaching death, &c. This disease is called hypochondria when it affects the male sex, and

#### *Hystericks*

When it appears in females. Its peculiarities are, a sense of suffocation, by an imagined ball rising in the throat, sudden changes of mind, occasioning alternately crying, laughing, and sometimes even screaming, &c. The patient sometimes falls down, and, during the fit, is insensible of what passes; her limbs are variously agitated, she appears in great distress, and a frothy spittle is discharged from her mouth. When the spasms abate, a soreness is

felt over the whole body. In order to give relief in the time of a fit, bathe the feet, apply draughts to them, and keep them warm. If the clothes are tight, be sure to loosen them, and give antispasmodick, carminative, and stimulating medicine combined, which should be made use of for constant drink, with the occasional use of catharticks, emeticks, and other medicine, as the case may require. The patient should enjoy agreeable, lively company, and exercise by riding, when the weather is good. If any thing in particular should be the exciting cause of the disease, avoid it by all means.

*Of an Incontinence of Urine.*

*Kidney aff  
elms*

“In this disease there is an involuntary evacuation of urine, from an inability to retain it, owing to various causes, which give rise to a weakness or paralytick condition of the sphincter muscle of the bladder. Sometimes it arises from calculous concretions irritating the neck of the bladder, or from injury done to the parts in the operation of cutting for the stone; from pressure of the womb during a pregnant state, and now and then from injury done to the bladder during labour. Too frequent a use of spirituous liquors, excess in venery, and the practice of onanism, are frequently the exciting causes of an incontinence of urine.”

If the complaint should be caused by concretions in the bladder, observe the directions given for gravel and stone. If it proceed from

debility, cleanse the stomach and bowels, and use a tea of ague weed or tanzy, for constant drink, or, if these cannot be obtained, other stimulants may be used.

*Of Incubus, or Night Mare.*

This occurs during sleep, and is distinguished from dreams by a sense of weight upon the chest, from which the afflicted apprehend great danger, but have not power to move in the least degree. They gradually wake up, but still remain incapable of motion, until at length, by repeated efforts, motion is effected, and the system is at once restored to all its wonted energies. At other times they remain motionless, are sensible of all they hear, but cannot move without assistance. Abstaining from a hearty supper, and lying on the right side will many times be sufficient; if not, make use of class B, or other classes, if necessary.

*Indigestion or Dyspepsia.*

Alternate changes of relax and costiveness attend this complaint, and many other disagreeable feelings, particularly flatulency acidity, hypochondria, hystericks, &c. Class N should be made use of, accompanied by pearl-ash and vinegar, until costiveness be removed, then two or three light emeticks would be beneficial, after which make use of carminatives, stimulants, antispasmodicks, and other classes, if needed; if not, continue such part of the same as necessary.

The chief causes of indigestion are, inactivity, intense study, excessive evacuations, sensual gratifications, irregularity with regard to diet and drink, drinking spirituous or vinous liquors, an immoderate use of tea, coffee, tobacco, opium, &c. A rigid abstinence from the above causes must be observed or medicine cannot possibly do good. The food should be light and easy to digest. (See diet for the sick.)

### *Of Inflammation of the Eyes.*

In common cases of this complaint, the preparation recommended for that purpose in class D, frequently made use of, is generally sufficient, especially if it should be assisted by a potion or two of physick, but in obstinate cases, in addition to these prescriptions, use class N and W, and sometimes it may be necessary to apply a poultice to the eyes. In either case, the eyes should be frequently bathed in cold water, especially in the morning.

### *Of Insanity, or Derangement of Mind.*

This is a disease of the mind, commonly occasioned by disappointment, great intellectual exertions, nervous debility, long continued habits of intemperance, &c. Its effects are as various as the mind of man. A minute description of them would be alike tedious and unprofitable to the reader. In all cases of this disease, strict attention should be paid to diet. (See diet for the sick.) Pure cold wa-

ter should be the only drink in a healthy condition of the bodily system; but if the patient be feeble, cleansing and strengthening medicine should be given, and a free use made of antispasmodicks. Every pains should be taken to cheer and animate the spirits; affectionate treatment, exercise, and change of scenery, will often times do more to remove the disease than medicine. Confinement should never be resorted to, except in extreme cases, when the patient would be liable to do personal injury to himself or others.

### *Of the Itch.*

This is an eruption of the skin, which causes a constant inclination to scratch, especially when warm. It is commonly communicated from one to another, by wearing the same clothes, sleeping together, &c. A tea of burdock, elecampane, life of man, and yellow dock, equal quantities, or other articles of class I, should be taken for some time, to cleanse the blood; then use the yellow dock ointment nights, and a wash of tag alder bark mornings. Alder tea is also good for constant drink.

### *Of Jaundice.*

In addition to the common symptoms of debility and obstructions, the jaundice is attended with bitter taste in the mouth, yellow appearance of the eyes and skin, exceedingly high coloured urine, slow pulse, and sleepi-

ness that is hard to overcome. It is caused by obstructions which prevent the gall from being appropriated to the use for which nature designed it. The human machine is kept in order by the solids and fluids acting in harmony with each other. The liver separates the gall from the blood, which is conducted into the intestines through the biliary duct.—The use of the bile appears to be to stimulate the intestines to a proper motion, called the peristaltick motion, and it assists also, by its physical properties, in removing the excrementous part of our food from the intestines. In case of jaundice, there appears to be more than a common quantity of bile in the system, as large quantities are thrown up by vomiting, besides the yellow appearance of the skin, &c. ; whereas, at other times, no such symptoms appear. Ague weed, or either kind of vervain, two parts, lemon balm, or some other powerful sudorifick, two parts, bayberry, or some other astringent, one part, and a small quantity of saffron flowers, or white ash ; 1 or 2  $\square$  of this compound should be made into a tea daily, for constant drink. Pearlash and vinegar, (see pearlash,) should be taken two or three times a day, just before eating. After using these four or five days, a potion of physick would be necessary, for which the extract of white ash should be preferred. An emetick and other medicine, as directed on page 69, may sometimes be proper. It is my opinion that this complaint is of more frequent occurrence than is generally imagined ; all who prescribe for the sick should attend to the other

symptoms of jaundice as above directed, whether the skin be yellow or not. If the first symptoms are neglected, it may terminate in bilious or intermitten fever. It is probable to me that this complaint is the foundation of the yellow fever, as many of the symptoms are similar, but more aggravated in the latter owing to the putrefaction the atmospherick air is impregnated with, in and about large cities. Large quantities of frothy bile are thrown up by vomiting; the stomach becomes more and more inactive, until putrefaction takes place; very offensive yellow sweat, vomiting black or yellow matter, violent motion of the extremities, offensive black stool, the pulse sinks, and death closes the scene.

### *Of Measles.*

This is a contagious disease, and like the erysipelas, passes off without suppuration.—The eruption disappears in a few days from its first appearance, in a kind of scale, which is only the scarf skin, and is soon replaced by another. It is attended with a cough and fever. These are sometimes but trifling; at other times, they are severe, and require strict attention. I have had considerable opportunity to become acquainted with this disease, and find it easily managed, if the stomach and bowels are properly cleansed by emeticks and catharticks, and the fluids kept active by sudorificks and expectorants. If the eruption should not appear soon after the first appearance of the symptoms, make use of clas-

ees F, K, L, and W. Use also class B for the cough, and other classes, as the case may require. The eyes are much affected generally in this complaint, and require attention. (See inflammation of the eyes.) Great care should be taken with regard to taking cold, either before the appearance of the disease, or afterwards, as it is always attended with serious consequences. If a cold should be unavoidable, proceed as above directed.

### *Of Mumps.*

“ In this disease, the inflammation spreads to the parotid and maxillary glands, affecting also the ligaments and muscles which raise up and connect the lower with the upper jaw: hence, although there is seldom any remarkable degree of fever, the external swelling is very large, and there is severe pain on opening the mouth.

“ Like other inflammatory affections, the mumps generally come on with cold shiverings, sickness, vomiting, pain in the head and back, and other slight febrile symptoms, which are succeeded after a little time by a swelling of the parotid and maxillary glands; sometimes only in one, but more frequently in both. The breathing and swallowing are in general but little affected, but when the swelling in the glands begins to abate, some degree of tumour frequently attacks the testicles in men, and the breasts in women, which then become hard and painful: however, this affection is in general but of short duration. It increases until

about the fourth day, and from that period it declines, and in a few days goes off entirely. It is seldom that the tumours suppurate, or form matter."

If the patient should not take cold in this complaint, he will not generally require medicine. But should he take cold, make use of medicine as directed in the case of measles. If the swelling should change its seat in consequence of taking cold, in addition to the above, apply bitter-sweet ointment to the part affected.

### *Of Palpitation of the Heart.*

The complaint that is known by this name, consists of an irregular motion of the heart, which is sometimes so violent as to shake the wearing apparel that covers the breast. Antispasmodick medicine should be given night and morning. Other medicine should also be used to regulate the stomach and bowels, and care taken to regulate the system in every respect. Passion of every kind must be carefully avoided.

### *Of the Palsy.*

"This disease may be considered as a loss or diminution of motion, or feeling, or of both, in one or more parts of the body. When one entire side of the body, from the head downwards, is affected, it is distinguished among professional men, by the name of hemiplegia. If one half of the body, taken transversely, be

the seat of the disease, it is named paraplegia, and when confined to a particular limb, or set of muscles, it is called a paralysis.

“ In some cases, an attack of palsy is preceded by a numbness, coldness, paleness, and slight convulsive twitches; but more usually there takes place a sudden and immediate loss of all motion and sensibility of the parts. The eye and mouth are frequently drawn awry, and the speech, if not wholly taken away, is indistinct and incoherent.

“ The immediate cause of palsy is a compression on the brain. The predisposing and occasional, are injuries of the nervous system, by intemperance, certain poisons received into the body, as mercury and lead, the nervous colick, injuries done to the spinal marrow, a sudden fright, advanced age, &c.— The disease may also arise from the suppression of any accustomed discharge of blood, the drying up issues or old ulcers, or whatever tends to relax and debilitate the constitution. Sometimes it proceeds from a translation of rheumatism, or gout, to the head, but most frequently from a previous attack of apoplexy.”

The most ready means should be made use of to cause action through the system and cleanse the stomach and bowels. Bathe the feet from thirty to sixty minutes, at the same time make use of sudorificks, then apply draughts, &c. and give an emetick, which should be followed by a cathartick. Repeat this process as occasion may require, until the stomach be well cleansed. Class N should be made

use of for some time, and other classes if necessary. The above should be accompanied by electricity if possible.

### *Of the Piles.*

“The piles consist of small tumours situated on the verge of the fundament, which are sometimes round, prominent, and distinct; but at others, run into each other.” “Should these break, blood is then discharged, and the patient is,” in some measure, “relieved from pain; but if they remain perfect,” “much agony is felt during every motion, and much inconvenience is experienced by sitting down on a common seat. The piles may be occasioned by costiveness, either habitual or improperly neglected; by a frequent use of purgatives of a drastick nature or containing aloes; by living on food highly spiced and seasoned;” “and an inactive life,” &c. Abstain from such things as cause it, and take medicine to regulate the stomach and bowels, together with the use of injections, as recommended in class D, and a strengthening plaster to the small of the back. If the tumour should appear externally and not readily go back, apply warm cloths moistened in a decoction of bitter sweet or some other article of class I. Bitter-sweet ointment should be applied occasionally.

### *Of Pleurisy.*

Besides other symptoms of a violent attack of disease, the pleurisy is attended with

a sense of weight across the chest, and severe pain in the side near the sixth or seventh rib, darting from thence in various directions, especially to the breast, back, and shoulder blades. The symptoms increase and respiration is performed with pain and difficulty. It is generally attended with a dry and distressing cough. It is caused by a sudden cold after too much exercise or stimulation, which produce an inflammation of the pleura. Class N should be used as freely as the stomach can bear; also a strong decoction of pleurisy root. Bathe the feet, and apply draughts to them. If these should not give relief in six or eight hours, the patient should take an emetick, followed by a cathartick. This process I never have known to fail of giving relief in a short time. A strengthening plaster should be applied to the side after the perspiration has subsided. Make use of class U, and other classes, as occasion may require, to regulate the stomach and bowels.

### *Of Quinsy.*

This consists in a swelling and inflammation of the tonsils, palate, and other parts of the throat, which, if neglected, will proceed on to suppuration. It is caused by a violent cold in the throat, in consequence of that part being more exposed than common. When it is first perceivable, make use of means to remove the cold, and bathe the throat a few times with a tincture of lobelia, and secure it from the air with flannel; also take a sufficient quantity of

it to cause spitting, which will generally effect a cure. If it should not, apply a poultice to the neck, after ointing the part with bitter-sweet ointment, or some other, which should be applied whenever the poultice is changed.

### *Of Rheumatism.*

This consists of a distressing pain, which is not confined to any particular part of the system, and often changes its seat from one joint to another, and is many times attended with swelling. The pain is greatly increased by motion, which is many times prevented by the violence of the disease. It is either acute or chronick. These both originate from the same cause, which is, generally, obstructed perspiration, occasioned by wearing damp clothes, wet feet, being long exposed to cold air, and other means that obstruct the fluids suddenly. In the first or acute stage of this disease, the treatment for pleurisy would be proper, and if that should be properly applied, the second stage would never appear. But where the first is neglected, more attention should be paid to the second, as it will require a more lengthy attention than the first, but requires similar treatment. One or two □ of a tincture of the green root of meadow-cabbage should be taken night and morning, or the medicine recommended for this disease in class U, would be useful in the second stage, but not the first, as spirits are improper in any disease that is attended with fever, that is, while the fever continues. Antispasmodick

medicine should be used in all stages of this disease, night and morning; a potion of physick should be given once in two or three days, and an emetick when it may appear necessary.

### *Of Ruptures.*

This generally results from accidental injuries. If a part of the intestines pass through the opening, and do not readily return, it is sometimes attended with great distress. When this is the case, the patient should be placed on the back, and warm applications made to the part. After it returns, it should be kept up by a bandage or truss. If it should not return without, give an injection, (see class D) which will cause action in the bowels; keep them as regular as possible. It is generally caused by violent exertions, as jumping, wrestling, lifting heavy weights, &c. which must be carefully guarded against in all respects. Should a rupture appear in young children, in consequence of much crying, coughing, sneezing, &c. the same means should be persevered in, as above directed, both to prevent it from coming down again, and to return it. The child should be kept as quiet as possible, so that the rupture may heal again.

### *Of Salt Rheum.*

This is a local disease, confined chiefly to the hands, and sometimes forms cracks which discharge a watery fluid. It is attended with a burning itching, very troublesome in cold

weather. If the health be good, a tea of class I should be used for constant drink. Wash the hands several times a day with the same and after drying them, oint them over with the bitter-sweet or swamp sassafras ointment. Be careful not to expose the hands to cold air suddenly. Bathe them occasionally in a tincture of lobelia.

### *Of Scald Head.*

This is a disease in which the head is covered with a scab. It is contagious and generally affects whole families, especially the children. Observe the same treatment for this, as for salt rheum. Secure the affected part from the air as much as possible, by a silk cap. Physick occasionally with mandrake and black alder, in both of these complaints.

### *Of Scrofula or King's Evil.*

“The characteristick signs of this disease are swellings of the lymphatick glands, chiefly in the neck, a thick upper lip, smooth skin, florid complexion, enlargement of the belly, and obstinate ulcers. It generally arises between the third and seventh year, yet sometimes later, and even at the age of puberty, particularly in persons of a relaxed habit, of an irritable fibre and fine skin.

“When it makes its appearance, it is attended with hard, unequal, or knotty tumours in the glands about the neck, and under the jaw.”

Make use of some of the articles of class I for constant drink, and apply a poultice of lily root or spotted plantain to the tumour, which, together with medicine to improve the health otherwise, will, in most cases, eradicate the humour from the system in a short time. A lengthy application might, however, sometimes be necessary.

### *Of Sore Mouth.*

This is caused by canker, and is called thrush. Golden seal or gold thread is good for it, used either as a wash or chewed like tobacco. If these should not give relief, a little lobelia should be added to the tea. Class D may be necessary some times, and sometimes an emetick should be given, followed by a cathartick. This should be repeated once in three or four days, until the disease be removed. The use of golden seal, or some other cleansing article, should not be dispensed with, until health be restored.

### *Of Spitting Blood.*

When this discharge comes from the lungs, it is apt to be frothy. It is sometimes brought up by hawking and coughing; at other times it rises into the mouth by vomiting; in this case, it is very bright, being discharged but a short time from the blood vessel. It is many times preceded by the symptoms of a sudden and violent cold. It often originates in the same cause as a rupture. The patient should be

kept as quiet as possible, a light vegetable diet observed, and a rigid abstinence from all spirituous, vinous, or fermented liquors, tea or coffee; and Aven's root tea, substituted therefor. Occasionally use swamp snake root tea. Astringents generally, are useful in this complaint, and it is many times necessary to bathe the feet, and apply draughts to them, in order to get the circulation downwards as much as possible, which will stop the pressure on the lungs.

#### *Of Stitch in the Back or Side.*

This complaint is not attended with violent pain, except when it is caused by motion, as stooping, &c. The pain is then so severe that the affected part loses so much strength, that the patient is sometimes obliged to use his hands to assist him to get into an erect position again. If health be otherwise good, bathing the affected part a few times with hemlock tincture, after taking  $\frac{1}{2}$   $\circ$  of the same, will effect a cure in a short time. This course will also cure a common lame back. If the health be not good, use such medicine as the case may require.

#### *Of Substances lodged in the Throat.*

This sometimes happens to children while eating, and sometimes by their play-things or other substances getting into their throats accidentally. Such substances should be removed as soon as possible, by the finger, which

should be carefully put down below it, when it can be easily taken out.

### *Of Tooth Ache.*

This is a troublesome complaint, and, if violent, is as intolerable to bear as any other. It is generally caused by colds and obstructions, and is many times accompanied with swellings. The swelling should be bathed several times a day with some of the tinctures.—Take a dose of the same, and if it should not give relief, use sudorificks, &c. continuing the tincture, if necessary.

### *Of Ulcers.*

Ulcers are open tumours, supported by the humours of the system. The discharge from them should be encouraged by poultices, washes, tinctures, &c. until the system can be cleared from humours, by the different remedies directed for cancer.

The following receipt, a salve for old ulcers, was furnished by a friend, who speaks very highly of its virtues. Tag alder bark, wormwood herb, sumach bark, hemlock bark, and hen-dung. Put the hen-dung into a bag, and boil the whole twelve hours, then strain and simmer in hog's lard. When cool, add a small quantity of spirits of turpentine.

For a wash, use southern wood and slippery elm, digest forty-eight hours. To two quarts of this, add a piece of blue vitriol the size of a pea.

*Of Vegetable Poison.*

When any article containing vegetable poison has been swallowed, an emetick should be administered as soon as possible, in order to remove the poison; during the operation of which, give slippery elm tea freely. In an hour or two, give a potion of the extract of white ash, and a common injection occasionally, until the physick operates. Alkalis should not be neglected, as they in some measure counteract the effect of the poison, but should be given in vinegar. The most common vegetable poisons are cicuta, or poison hemlock, ivy, night shade, henbane, muskrat root, laurel, poison sumach, poppy, helebore, (called also itch weed, and poke.) If any of these should be applied to the external surface, it would cause swelling, and a violent itching. Some persons are not easily affected by them. In cases of swelling, &c. from external poison, keep the stomach well guarded by a tea made of some of the articles of class I, and the same, or blue vervain, used as a wash. If these should not have the desired effect, make use of sudorifick medicine for drink, and bathe the affected part with tincture of lobelia.— If it should still be obstinate, make use of the means recommended in case of animal poison, for which, see canine madness. Mineral poison should be treated in a similar manner. Mustard seed finely pulverized, is highly recommended for poison. (See mustard.)

*Of the Venereal Disease.*

This disease is caused by intercourse with common prostitutes, and generally affects the parts of generation, but sometimes appears on different parts of the body. Children are afflicted with it if their parents, especially the mother, have been, previous to their birth; and thus it is handed down from generation to generation. This disease appears in different forms. Clap, or mildest state of the disease, manifests itself in from four to ten days, generally, but sometimes not under two or three weeks from the time of receiving the infection. It commences with an itching in the most tender part of generation, and a scalding sensation when making water, which increases, and is soon followed by a discharge of white mucous matter from the penis, in men. This soon changes to a yellow or green colour, and increases much in quantity. The discharge is from the vagina in women, and is generally discoloured. They are also afflicted with a scalding sensation in making water, but the discharge is performed with more freedom than in men, as the organs of generation are differently formed in the different sexes, so that the urine does not pass through the affected part in women as it must in men.

The more advanced or ulcerated stage of the disease is called chancres. The ulcers appear first in small red pimples which contain a transparent fluid. These break and

form new ones which are very sore and painful, and spread considerably. It is sometimes communicated to the nipple by a child who is thus compelled to bear the sin of the parent. Swellings, called bubos, frequently form in the groin, and if matter be suffered to get into a sore on the hand, bubos will be likely to form in the arm pit. They are very painful, and seriously affect the motion of the joints. As the disease progresses, brown or copper-coloured spots appear on different parts of the system; the throat becomes ulcerated, voice hoarse, and swallowing difficult; inflammation takes place in the eyes; the nose is affected, and finally consumed. Pain and ulceration continue to increase until the patient finds relief from bodily suffering only in death.

Strict attention should be paid to cleanliness, diet, and drink. Equal quantities of mandrake, black alder, and tag alder pulverized, should be used once in four hours, say from  $\frac{1}{2}$  to  $\circ$  at a time until it operates freely as a cathartick; then reduce the quantity so that it will be just sufficient to move the bowels gently every day until the disease entirely disappears. Each dose of the above should be accompanied with  $\frac{1}{2}\circ$  of the tincture of hemlock or tamerack gum, and tamerack or balm of gilead balsam dissolved in alcohol. If ulceration take place in the passage, or under the prepuce, first cleanse the part with fine soap suds by a syringe, then by a tea of swamp snake root, swamp sassafras, and bitter sweet with a small quantity of lobelia tincture added to it, and an ointment made of the same

articles, except lobelia. This should be done as often as once in six hours. At the time of making use of the above prescriptions, use a tea of bitter sweet, cuckhold, and dwarf elder, or burdock seed, pipsissway, and sumach, or white pine and slippery elm barks, and thimbleberry leaves for constant drink. If the above be properly attended to in the first stages of the disease, and health be otherwise good, it will be sufficient to effect a cure. But if the system be out of order, make use of such medicine as the case may require. Poultices are sometimes necessary. See class S. When they are removed the part should be washed in a tea made of class I. An open ulcer should be sprinkled over with fine powders of mandrake and blood root, to remove scurf, fungus flesh, &c. and a fresh poultice applied. After the inflammation has subsided, salve would be proper. When the whole system is affected with this most loathsome and despicable of all diseases, it is necessary to wash the whole external surface with a tea of class I, once in twenty-four hours. Change the under clothes often, and use every means of cleanliness to prevent the matter that has once been thrown out of the system from getting back.— A plain simple diet should be used. (See diet for the sick.) At meals, a tea of cuckhold leaves, avens root, or ginger, is much to be preferred to common tea or coffee. If a gleet should continue after the other symptoms have subsided, take tar water three times a day for some time.

*Of Warts.*

These appear on different parts of the system, particularly the hands. A strong decoction of oak bark will most certainly remove them, if applied several times in a day, for a week or two.

*Of White Swellings.*

“The large joints, such as the knee, ankle, and elbow, are most liable to attacks of this malady.

“In the first stage of this disease, the skin is not at all altered in colour. In most cases the tumour is trivial, although the pain is severe, and felt commonly at one point of the articulation. The swelling at first occupies the little hollows of the joints, but soon becomes general. The patient soon only touches the ground with the tip of his toes, and the limb becomes stiff and crooked. These are the appearances in the first stage.

“At length the diseased joint appears of an enormous size, the skin not much altered, but smooth and shining, with a few red veins running over it. Some openings appear, and discharges from them: sometimes these heal, but soon break out again. The health fails, and hectic fever comes on.”

When this complaint first makes its appearance, bathe the part frequently with some of the tinctures that are prepared in alcohol, and use the different classes of medicine, to get a

thorough action through the system. If this should not give relief, use the means recommended from other bad swellings.

### *Whitlow or Felon.*

These seat on the bone, at or near the joint, and if neglected, generally consume a part of the bone. The following salve is the best remedy I know of: Hard soap, salt, and spirits of turpentine,  $\square$  of each; work them together until they form a salve. This should be applied to the tumour when it first makes its appearance, and repeated, if necessary.

### *Of Whooping Cough.*

This is a contagious disease, and is attended with a loud whooping when the breath is drawn in while coughing. The expectorating powders should be taken at least once in 12 hours, as much as the stomach can bear, and a light emetick once in two or three days, or oftener, if necessary. For particulars see cough.

### *Of Worms.*

The worms found in the human stomach and bowels, are of three kinds, viz: The ascariides, the teres, and the tape worm. The ascariides somewhat resemble short pieces of white thread. These most afflict the stomach and fundament. The teres is a round worm, generally a number of inches in length. These

occupy the stomach and intestines. The tape worm is flat like tape, full of joints, and if not removed, it sometimes grows to a number of yards in length. These also occupy the stomach and intestines. The cause of worms is chiefly, if not always owing to a foul stomach and indigestion, which also cause all of the variety of symptoms upon which so much dependence is placed as indicating their presence. Such symptoms should be regarded as indicating a disordered stomach and bowels, and medicine given to remove slime, &c. from them, and regulate the health otherwise. For further directions, see class Z.

Great caution should be observed in eating cold meats, cheese, and every other substance that is liable to be fly blown. From the eggs or blows of the common pantry fly are hatched in the stomach the little worms which resemble common maggots.

Good in his study of medicine, says "From the deposite of the eggs of these species of the fly in so many branches of the common food of man, there is no difficulty in conceiving how they may pass into the human intestines. In a sound state of the stomach, indeed, we have little reason to believe that they could be hatched and live in that organ; but they may find a convenient nidus, and live comfortably in a debilitated stomach, and apparently through the entire range of the intestinal canal."

These cause gripings, tenderness of the abdomen, costiveness, rigors and cold extremities. They are frequently discharged in great

numbers. Columbo root is believed to be the best medicine to expel them from the body.-- It should be taken several days in succession.

Another kind of worm, is described in Eberle's *Materia Medica*, found in the bodies of some French soldiers, who died of an epidemick disease. This species is also found in America, but rarely. They are small flat worms, from one to two inches long. Common vermifuge medicines are found to expel them.

### *Of Wounds.*

In case of a wound, where a blood vessel is cut off, the first object should be to stop the bleeding. Pressure is the only way, that can be depended upon as safe. If the bleeding be from a large vessel, the first thing should be to put a roll of cloth or a large covered cork over the bleeding vessel; then tie a handkerchief loosely round the limb, and over the roll; put a stick into this and twist it round until the blood stops. If it proceeds from an artery, it will be thrown out unsteadily by the motion of the heart, and appear very bright and florid. In this case the rool or compress must be placed between the wound and the heart. From a vein, the blood appears of a darker colour, and runs steadily, and requires the compress to be placed on the opposite side of the wound from the heart. The bleeding from small blood vessels can be stopped by pressure with the hand, until the wound be cleansed by using cold water free-

ly; then dry the skin with a warm cloth, bring the wound together, keep it in its place by straps of firm linen cloth an inch wide, and fastened at each end to the skin by adhesive plaster. These straps should be a number of inches long, and placed across the wound with a small space between them. Their number should be according to the length of the wound. Then apply a bandage over these, so as to keep the lower part of the wound together if possible, and keep the parts as still as convenient, until they heal, which will be in four or five days. If the wound should get inflamed, use a tea of some of the articles of class I, for a wash, which should be often applied; if that prove insufficient, apply a poultice. Use the wash when you change it, and apply mandrake and blood root powders, if scurf or fungus flesh should make its appearance. Salve would be proper, after the inflammation be removed. In addition to the above treatment, it is sometimes necessary to tie the blood vessel with a ligature, in order to stop the blood, and sometimes a tea of class V, used cold, should be preferred to cold water, as it will do more to contract the end of the blood vessel. The bowels should be kept moderately open by the use of physick and other medicine, to keep the system or the juices thereof, active. The food should consist chiefly of vegetables, soup, &c.

Much might have been said upon the causes of disease in this work, which might be gratifying to many ; but as it is not my intention to contend upon controvertible points, I have thought proper to copy a few remarks from the pen of that able writer, John Wesley. He, after making some remarks on disease and their effects upon the system, observes :

“ But all this is mere conjecture ; it may be so ; and it may not. So that, though we may guess much, we know nothing about it.

“ It is sufficient for us to know how we may avoid diseases, whether we can account for them or not. To this end, we should avoid whatever, in meat, drink, motion, or rest, is likely to produce any considerable change in the blood. The body likewise, should be as far as possible accustomed to bear some change of food, air, and other externals, that if we should at any time be constrained to make such a change, no ill consequence may ensue. But no precise rule can be laid down which will suit all constitutions. Every man must consult his own reason and experience, and carefully follow them.”

“ The animal machine is like a clock, the wheels whereof may be in ever so good order, the mechanism complete in every part, and wound up to the full pitch ; yet, without some impulse communicated to the pendulum, the whole continues motionless.”

“ So *fearfully* and *wonderfully* are we made ! Made of such complicated parts, each so nicely fashioned, and all so exactly arranged ; ev-

ery one executing such curious functions, and many of them operating in so mysterious a manner! And since health depends on such a numerous assemblage of moving organs; since a single secretion stopped, may spoil the temperature of the fluid, a single wheel clogged may put an end to the solids; with what holy fear, should we pass the time of our sojourning here below! Trusting for continual preservation, not merely to our own care, but to the Almighty Hand, which formed the admirable machine, directs its agency, and supports its being!"

## DEFINITIONS.

- Abdomen. The cavity of the body below the diaphragm.
- Acute. A disease attended with an increased action of blood, and violent pain.
- Antiseptick. Against putrefaction.
- Antispasmodick. A medicine to quiet the irritation of the nerves and muscles.
- Aromatick. Spicy, strong scented.
- Articulation. Joint.
- Astringent. Binding, contracting.
- Calculous. Stony, gritty.
- Carminatives. Medicine to dispel wind.
- Cathartick. Medicine to purge downward ; physick.
- Caustick. An application which consumes flesh.
- Chronick. A disease of long continuance.
- Concretion. Several parts formed into one body.
- Contagious. Taken by the breath or external union.
- Deglutition. The act of swallowing.
- Detergent. Cleansing medicine.
- Diaphragm. The Diaphragm divides the upper and lower cavities of the body.
- Diuretick. Having power to increase the discharge of urine.
- Effluvia. A stench which corrupts air.
- Emetick. Medicine which causes vomiting.
- Emmenagogue. Medicine to cause menstruation.
- Equilibrium. Equal circulation.
- Eradicate. To destroy or remove.
- Eruption. Sores or blotches on the skin.
- Excitability. Power of motion.
- Fauces. The top of the throat.
- Fœtid. Stinking, rancid.
- Flatulency. Wind in the stomach and bowels.
- Fungus. Fungus flesh is an unnatural growth of tender flesh in a sore.
- Gland. A smooth fleshy substance which serves as a strainer to separate some particular fluid from the blood.
- Glottis. The top of the windpipe.

- Inspissation. The act of making any liquid thick
- Lassitude. Weariness, fatigue.
- Laxative. Mild physick.
- Ligament. A strong substance which unites bones in articulation.
- Logick. Logick is the art of using reason well in our enquiries after truth, and the communication of it to others.
- Maxillary. Belonging to the jaw-bone.
- Midriff. The diaphragm.
- Meum et tuum.* Mine and thine.
- Mucilage. A slimy substance.
- Mucus. Slime.
- Muscles. The fleshy, fibrous part of the body which causes motion.
- Nauseate. To disturb, to sicken.
- Nidus. A nest—the seat of disease.
- Obtuse. Dull.
- Paralytick. Inclined to palsy—inactive.
- Parotid. Belonging to the glands under and behind the ear.
- Paroxysm. A fit—the aggravated stage of a disease.
- Prepuce. The fore-skin.
- Purulent. Consisting of pus.
- Pus. The matter of a well digested sore.
- Putrid. Rotten, corrupt.
- Rectum. The straight or last great gut.
- Respiration. The act of breathing.
- Saliva. Spittle.
- Spasm. Violent and involuntary contractions.
- Sphinctre. The muscle which shuts the neck of the bladder, or other parts.
- Stimulant. Medicine that excites sensation.
- Styptick. Medicine that stops bleeding.
- Sudorifick. A medicine that promotes sweat.
- Suppuration. The formation of pus.
- Testicles. An organ of seed in animals.
- Thorax. The cavity above the diaphragm.
- Tonick. Strengthening medicine.
- Tonsils. Tonsils are two round glands placed on the side of the roots of the tongue.
- Torpor. Dullness, numbness.
- Tumour. A swelling.
- Vermifuge. Medicine that destroys or expels worms.

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✍ It was my original design to have noticed the diseases and conditions peculiar to females, and the management of infants, in this volume. But as this is intended for the perusal of both old and young, I have thought it would be more proper to treat of them in a separate work, which will be put to press in a few weeks.

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