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THE
SICK MAN'S FRIEND.

BEING A

PLAIN, PRACTICAL MEDICAL WORK,

ON

Vegetable or Botanical Principles,

DESIGNED

FOR THE USE OF FAMILIES AND INDIVIDUALS.

IN SIX PARTS.

~~~~~  
BY DR. P. E. SANBORN.  
~~~~~

The vegetable remedies which the God of Nature has spread out with such richness and profusion, over every hill and dale, and field and forest, will supercede the use of minerals.

SECOND EDITION.

BOSTON:

PUBLISHED BY WILLIAM JOHNSON,

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OPPOSITE BOWERY THEATRE.

Dealers in Botanic Medicines and Shaker's Herbs.

1844.

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P R E F A C E .

IT is now about eight years since the first edition of this work was published. Since that period, I have been able to make many valuable additions and improvements, which are embraced in this edition; which is now issued in compliance with the extensive demand for the work which appears to exist wherever it is known.

In preparing this work, I have labored more to make it useful than to please the taste of the critic. I have endeavored to avoid technical terms as much as possible; and for the purpose of explaining such terms when used, I have inserted a short Vocabulary.

The treatment of diseases here laid down, may be relied on with confidence; it is the result of my own experience, and the experience of the most successful practitioners; it is that which I adopt for myself, my wife, and my little ones, when sick. Families, who have adopted this system in the treatment of their diseases, are very rarely under the necessity of calling the aid of a physician.

I very well know the difficulties people labor under from early impressions. I was myself educated to believe in the popular system of medicine, and it was not till after I had suffered under disease for ten years, that I submitted to a thorough botanical treatment, when, after the operation of one course, I found that relief which I had not experienced for the ten years. I hope to be of some service to my fellow men, by this book, which probably would never have had existence were it not for the above circumstance.

In preparing this work, I have availed myself of the labors of most of the distinguished authors who practice on reformed principles, as well as others; and it is due in this place to give credit to Dr. Beach, now of the city of New-York, and President of the Reformed Medical

Society, and Founder of the Reformed Medical Colleges of the United States; Dr. Buchan; Dr. Elisha Smith, late of the city of New-York; Hooper's Dictionary; American Dispensatory; Elias Smith, Physician; Dr. D. J. Cobb; Dr. Bigelow, Thompson, and others.

ERRATA.—Page 21, for Herpelic, read Herpetic. Page 117, for Feverfin, read Feverfew.

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INTRODUCTION.

THE subject of the treatment of the diseases of the human body, is of vast importance to every individual. It was esteemed by the ancients to be the most valuable as well as the most noble study of mankind. Hippocrates says, "All men ought to be acquainted with the medical art. I believe that knowledge of medicine is the sister companion of wisdom."

Notwithstanding we are enjoying the full blaze of all that concentration of light, shed on the science of medicine for many centuries, we see the robust and the healthy seized with disease; it progresses, and terminates in the dissolution of the sick man; and the physician has not been able to control the disease, more than the mariner his ship at sea in a tempest, without helm or compass.

Most person who have been afflicted with disease, have experienced the incompetency of the Mineral System to effect a cure.

That physician who breaks away from the unchanging laws of nature, and makes use of those medicines never designed by nature to cure the sick, must expect to be unsuccessful. The laws that govern the natural, as well as the moral world, never change. We believe it not necessary for the inhabitants of one continent to send to another, and there excavate the bowels of the earth and bring forth minerals to be used for the purpose of curing their diseases.

Nature's wants, both in sickness and health, are few and easily supplied. The vegetable remedies which the God of Nature has spread out with such richness and profusion, over every hill and dale, and field and forest, will supersede the use of minerals. The voice of nature speaks every where, in language that may not be misunderstood by any, who hearken to her instructions.

The whole surface of the earth, wherever designed for

the abode of man, is but one continued apothecary's shop.

Our mode of treatment on the Botanical System is, to make a direct attack upon the disorder, whilst we permit the vital energies of the system to remain in full strength to co-operate with the medicine in overcoming the disease.

The improvements in medicine, since the revival of learning, (says Buchan,) have by no means kept pace with those of the other arts. The reason is obvious. Medicine has been studied by few, except those who intended to live by it as a business. Such, either from a mistaken zeal for the honor of medicine, or to raise their own importance, have endeavored to disguise or conceal the art. Medical authors have generally written in a foreign language; and those who are unequal to this task, have even valued themselves upon couching, at least, their prescriptions, in terms and characters unintelligible to the rest of mankind.

Medicine, however, has not, as far as I know, in any country, been reckoned a necessary part of the education of a gentleman. But surely no sufficient reason can be assigned for this omission. No science lays open a more extensive field of useful knowledge, or affords more ample entertainment to an inquisitive mind. Anatomy, Botany, Chemistry, and the *Materia Medica*, are all branches of Natural History, and are fraught with such amusement and utility, that the man who entirely neglects them has but a sorry claim either to taste or learning. If a gentleman has a turn for observation, says an excellent and sensible writer, surely the natural history of his own species is a more interesting subject, and presents a more ample field for the exertion of genius, than the natural history of spiders and cockleshells.

As matters stand at present, it is easier to cheat a man out of his life than of a shilling, and almost impossible to detect or punish the offender. Notwithstanding this, people will shut their eyes, and take every thing upon trust, that is administered by any pretender to medicine, without daring to ask him a reason for any part of his conduct. Implicit faith, every where else the object of ridicule, is still sacred there. Many of the Faculty are no doubt worthy of all the confidence that can be reposed in them; but as this can never be the character of every individual

in any profession, it would certainly be for the safety, as well as the honor of mankind, to have some check upon the conduct of those to whom they entrust so valuable a treasure as health.

The veil of mystery, which still hangs over Medicine, renders it not only a conjectural, but even a suspicious art. This has been long ago removed from the other sciences, which induces many to believe that Medicine is a mere trick, and that it will not bear a fair and candid examination. Medicine, however, needs only to be better known, in order to secure the general esteem of mankind. Its precepts are such as every wise man would choose to observe, and it forbids nothing but what is compatible with true happiness.

Disguising medicine not only retards its improvement, as a science, but exposes the profession to ridicule, and is injurious to the true interests of society. An art, founded on observation, can never arrive at any high degree of improvement, while it is confined to a few who make a trade of it. The united observations of all the ingenious and sensible part of mankind, would do more in a few years towards the improvement of Medicine, than those of the Faculty alone in a great many. Any man can tell when a medicine gives him ease as well as a physician; and if he only knows the name and dose of the medicine, and the name of the disease, it is sufficient to perpetuate the fact. Yet the man who adds one single fact to the stock of medical observation, does more real service to the art than he who writes a volume in support of some favorable hypothesis.

Very few of the valuable discoveries in medicine have been made by physicians. They have in general either been the effect of chance or of necessity, and have been usually opposed by the Faculty, till every one else was convinced of their importance. An implicit faith in the opinion of teachers, and attachment to systems and established forms, and the dread of reflections, will always operate upon those who follow medicine as a trade. Few improvements are to be expected from a man who might ruin his character and family by even the smallest deviation from an established rule.

No argument, continues he, can be brought against laying open medicine, which does not apply with equal,

if not greater force, to religion; yet experience has shown that, since the laity have asserted their rights of inquiry into these subjects, Theology, considered as a science, has been improved, and the interests of real religion have been promoted.

In the arrangement of this work, I have divided it into six parts, as follows:—

Part First—Contains a Synopsis of the Human Structure.

Part Second—Medical Botany.

Part Third—Health of the System.

Part Fourth—Art of Healing.

Part Fifth.—Recipes.

Part Sixth.—Remarks on Food.



HOW TO PRESERVE HEALTH.

Be regular at meals; eat slowly, and masticate the food properly; not overload the stomach; let the food be simple, principally vegetable; make your meal principally of one article of food; avoid highly spiced or seasoned food; or greasy, fatty substances. Do not take medicine every time you feel a little unwell. Take sufficient exercise. Retire early and rise early. Keep your feet dry, and finally, keep a conscience void of offence towards God and man.

The observance of these rules, will do more to restore the sick, than all the medicines laid down in this book; or all the physicians in the world, without observing them.

CERTIFICATES.

The following certificate is from the Rev. LUCIUS W. CLARK, and Rev. Thomas Conant, both of *Plymouth, Massachusetts*:

To all whom it may concern:—We the undersigned, do testify that Dr. Sanborn has been practicing on the Botanical system of medical treatment in Plymouth, and as far as our knowledge extends, has been successful. In some instances his medicines have reached, where other treatment has failed.

LUCIUS W. CLARK,
THOMAS CONANT.

The following are a few of the cures performed by Dr. Sanborn's treatment.

CASE OF RHEUMATISM.—*From Capt. Joseph Allen.*

This may Certify—That I have been visited with a violent attack of the Rheumatism. So much so that I could not sleep nights; and for some weeks could not attend to business of any kind. I tried various medicines without producing any benefit.

I was induced to submit to a course of Dr. Sanborn's treatment, and found immediate relief. So that I was in a few days able to attend to my business as usual. Had I been treated according to the common course, I think I should have had a settled fever and required a course of attendance.

JOSEPH ALLEN.

Plymouth, Ms, 1834.

From Capt. Thomas Basset, of Plymouth, Ms.

This may Certify—That I was attacked with a violent pain in my breast and side; a sense of coldness in the

parts; this was followed by a pain and soreness through my breast, loins, and side, with a distressing burning and rising in my stomach and throat. Also darting pains through every part of my body. I had frequent turns of faint, sinking feelings, with a yellow appearance in the face.

My wife had frequently to get up in the night to administer something to relieve my distress. I applied to physicians in town and out of town; none of them understood my case.

Hearing of Dr. Sanborn's success in treating diseases, I was induced to call on him for advice. After following his directions, and taking his medicines for a few weeks, I found so much help that I could perform a day's work, and am now able to attend to my daily business.

Dr. Sanborn's treatment in my case was as different from the mode of treatment pursued by other physicians, as was the result. For it was the only medicine that did me any permanent good. I should think, in the course of a few weeks, by following his directions, there passed from me six quarts of slimy matter.

I have felt it my duty to give a description of my disease, and cure, and have given Dr. Sanborn liberty to make use of it as he shall think proper. For further particulars, inquire of

THOMAS BASSETT.

From wife of Sampson Perkins, of Dighton, Ms.

This may Certify—That I have been afflicted with the palpitation of heart for six years, and at times very severe; and for three years past I have been afflicted with a seated pain in the side. It was so severe at times that I was unable to do any labor or even sleep nights. I employed a number of physicians of the first reputation for skill, without receiving any permanent relief. I thought there was no help for me, and I had got quite discouraged. At this time, which was last May, hearing of Dr. Sanborn, I was induced to submit to a course of his treatment, which, I am happy to say, had the desired effect. After following his directions for a few weeks, the pain in the side and palpitation of heart left me, and have since enjoyed a better state of health than I had for six years before.

ALMIRA PERKINS.

From wife of Obed Harlow, of Middleburgh.

This may Certify—That I have been afflicted with disease for nine months, so that I was not able to attend to business, and a great part of the time unable to sit up, with a distress across my stomach, pain in my sides and back, and soreness and inaction in my throat, and canker. During these nine months I was attended by the first physicians; but got no help and found myself gradually sinking. I think I could not have continued many weeks. At this time, I put myself under the care of Dr. Szaborn, and by taking his medicines and following his directions, I began immediately to recover, and have been gaining ever since, and am now able to attend upon the wants of my family. EUNICE HARLOW.

Middleboro', Ms, Nov. 5, 1835.

The medicines laid down in this book can be procured of the publishers, and at Botanic Depots throughout the country, and most of them at Apothecaries.

DEFINITIONS.

- Abdomen**—The cavity of the body below the diaphragm.
- Acute**—A disease attended with an increased action of blood, and violent pain.
- Antiseptic**—Against putrefaction.
- Antispasmodic**—A medicine to quiet the irritation of the nerves.
- Anus**—Extremity of the great intestine. and muscles.
- Aromatic**—Spicy, strong scented.
- Articulation**—Joint.
- Astringent**—Binding, contracting.
- Abortion**—To miscarry.
- Abscess**—A collection of pus.
- Acid**—Sour.
- Anodynes**—Those medicines that ease pain, and procure sleep.
- Antacids**—Remedies that obviate acidity in the stomach.
- Anthelmintic**—A medicine that removes worms.
- Alteratives**—Medicines that restore health without any perceptible evacuation.
- Antiscarbutics**—Against scurvy.
- Antiflogistic**—Medicines that oppose inflammation.
- Aperient**—A medicine that gently opens the bowels.
- Attenuate**—To make thin.
- Cutaneous**—Belonging to the skin.
- Cataplasm**—A poultice.
- Cephalic**—Remedy for disease of the head.
- Calculous**—Stony, gritty.
- Carminatives**—A medicine to dispel wind and remove pain.
- Cathartic**—A medicine to purge downwards ; physic.
- Caustic**—An application which consumes flesh.
- Chronic**—A disease of long continuance.
- Constipation**—Costiveness.
- Congestion**—Accumulation of blood in any part.
- Concretion**—Several parts formed into one body.
- Contagious**—Taken by the breath or external union.
- Diaphragm**—The diaphragm divides the upper and lower cavities of the body.
- Drastic**—Violent, powerful.
- Discuss**—To disperse, dissolve, scatter.
- Diuretic**—Having power to increase the discharge of urine.
- Decoction**—Any medicine boiled in water.

- Deglutition—The act of swallowing.
 Detergent—A cleansing medicine.
 Deobstruents—Medicines that remove obstruction.
 Diaforetics—Medicines that produce gentle perspiration.
 Exotic—Not produced in a country.
 Emulsion—Soft and oily medicines.
 Epidemic—A contagious disease that attacks many people at the same time and place.
 Errhine—Those medicines that excite sneezing.
 Expectorants—Those medicines that increase discharge of mucus from the lungs.
 Expiration—Throwing out the breath.
 Effluvia—A stench which corrupts air.
 Emetic—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—An unnatural growth of tender flesh in a sore.
 Hygeian—To be well.
 Hydragogue—A medicine that occasions a discharge of watery humors.
 Gland—A smooth fleshy substance which serves as a strainer to separate some particular fluid from the blood.
 Intermittent—Ceasing at intervals.
 Inspissation—The act of making any liquid thick.
 Indigenous—Produced naturally in a country.
 Indication—What demonstrates in a disease that which ought to be done.
 Infusion—Water poured into a vessel containing medicine.
 Inspiration—Drawing air into the lungs.
 Lassitude—Weariness, fatigue.
 Laxative—Mild physic.
 Ligament—A strong substance which unites bones.
 Maxillary—Belonging to the jaw-bone.
 Midriff—The diaphragm.
 Mucilage—A slimy substance.
 Mucus—One of the fluids of the body.
 Muscles—The fleshy, fibrous part of the body which causes motion.
 Nauseate—To disturb, to sicken.
 Nidus—A nest, the seat of disease.
 Nervines—Medicines that quiet the nerves.
 Narcotics—Substances that have the effect to reduce the power of the system without evacuation; produce sleep.

- Obstetric.—Belonging to Midwifery.
 Opiates.—Medicines that procure sleep.
 Obtuse.—Dull.
 Pulmonary.—Pertaining to the lungs.
 Paralytic.—Inclined to palsy—inactive.
 Parotid.—Belonging to the glands under and behind the ear.
 Panacea.—To make all well.
 Paroxysm.—A fit—the aggravated stage of a disease.
 Prepuce.—The foreskin.
 Purulent.—Consisting of pus.
 Pus.—The matter of a well digested sore.
 Putrid.—Rotten, corrupt.
 Perspiration.—To sweat.
 Remittent.—Ceasing for a limited time.
 Rectum.—The straight or last great gut.
 Respiration.—The act of breathing.
 Secretion.—A substance derived from the blood.
 Spasm.—Violent and involuntary contractions.
 Saliva.—Spittle. [or other parts.
 Sphinctre.—The muscle which shuts the neck of the bladder
 Stimulant.—Medicine that excites sensation.
 Styptic.—Medicine that stops bleeding.
 Sudorific.—A medicine that promotes sweat.
 Suppuration.—The formation of pus.
 Sedatives.—Medicines that reduce the animal energies of the
 body without taking life.
 Septic.—To putrefy.
 Sialogogues.—Medicines that increase saliva.
 Testicles.—An organ of seed in animals.
 Thorax.—The cavity above the diaphragm.
 Tonic.—Strengthening medicine.
 Torpor.—Dullness, numbness.
 Tumour.—A swelling. [the roots of the tongue.
 Tonsils.—Tonsils are two round glands placed on the side of
 Vagina.—The sheath leading to the womb.
 Vermifuge.—Medicine that destroys or expels worms.
 Virus.—Matter of contagion.
 Acrid—Bitter, caustic.
 Antibilious—Correcting the bile.
 Aperient—Laxative, or gently cathartic.
 Balsamic—Mild healing stimulant.
 Demulcent—Sheathing, lubricating.
 Emollient—Softening, causing warmth and moisture.
 Febrifuge—Dispelling fever, or fever heat.
 Herpetic—Curing skin diseases.
 Pectoral—Useful in diseases of the lungs.
 Refrigerent—Diminishing animal temperature.
 Rubefacient—Producing heat and redness of the skin.
 Stomatic—Preventing bleeding.

PART FIRST.

HUMAN STRUCTURE.

THE animal frame is composed of *bones, muscles, brain, nerves, arteries, veins, cartilages, membranes, glands,*—also of *chyle, blood, milk, &c.*

BONES

Are white, hard, brittle, and almost insensible; they support and form the stature of the body, defend its viscera, and give power to the various muscles. The number of bones in the human body is generally 240; but in some individuals, who have two additional bones in each thumb and great toe, they amount to 248.

TEETH,

A set of bones, situated in the upper and lower jaws, for the purpose of mastication. In adults, they are 32 in number, or 16 in each jaw-bone, consisting of 4 cutting, 2 canine, and grinders.

The teeth are of various sizes, being arranged in the following order; *four* in front, termed cutting teeth, on each side of which, is a sharp pointed canine or *eye tooth*; adjoining to these are *five* grinders on each side, the last of which is denominated the *tooth of wisdom*, because it seldom appears before the 25th year. The front and eye teeth are furnished with only one root each; the two first grinders with two; and the hindmost, generally with three or four; which may, in most persons, be ascertained by the number of small tubercles on the crowns. The tooth is divided into two principal parts; viz. the *crown*, which projects above the gums; and the *root* that is enclosed within the sockets. The crown is a hard, fine, glossy, white *enamel*, serving to defend the substance against external injury. The root is open at the bottom, where it is connected with vessels and

nerves, by which it receives nourishment, life and sensation. Each tooth has a nerve, artery and vein.

MUSCLES,

Of which, it is said, there are 446 in the human body, dissectible and describable, are parts of the animal body, destined to move some other parts, and hence are termed the organs or instruments of motion. They are composed of flesh and tendinous fibres, and contain vessels of all kinds.

FLESH

Is the fibrous or muscular part of the animal body; muscular flesh is composed of a great number of fibres or threads; it is commonly of a reddish or whitish color. The ancients distinguished five different kinds of flesh: but the moderns admit one only, *fleshy* and *muscular* parts being with them the same.

SKIN

Is the general covering of the body. Though apparently a simple membrane, it consists of several parts. The outermost is the *scarf-skin*; it has no nerves, and is extended over every part of the true skin, except where the nails are; it is this skin which is raised by the application of a blister; it is thickest in those parts accustomed to labor or pressure, as the hand and foot. The *rete mucosum* is a web-like mucous substance, lying between the scarf and true skin, which chiefly gives the color to the exterior of the human body. It is black in the negro; white, brown, or yellowish in the European. The *true skin* is a very sensible membrane, extended over all parts of the body, and nerves terminating so plentifully on its surface, that the finest needle cannot prick it without touching some of them.

ABSORBENTS

Are a set of small colorless vessels, which pervade the whole surface of the body both externally and internally. Their office is to take up whatever fluids are effused into the different cavities, and to pour out their contents for particular uses. For the purpose of absorption, they are highly irritable at their extremes, and are very replete with valve, to prevent the escape or return of their contents. Their number, when compared with other vessels, is four times greater; and they are di-

vided into *lymphatics* and *lacteals*, according to their respective offices, the former conveying lymph, the latter chyle.

CARTILAGES,

Or *gristles*, are smooth, solid, flexible, elastic parts, softer than bone, and seem to be of the same nature; some even become bones by time; some again are much softer, and partake of the nature of ligaments. They terminate those bones that form moveable joints, and in some instances serve to connect bones together. In the nose, ears, and eyelids are cartilages.

A MEMBRANE

Is a thin, white, flexible, expanded skin, formed of several sorts of fibres interwoven together. The use of membranes is to cover and wrap up the parts of the body; to strengthen them, and save them from external injuries; to preserve the natural heat; to join one part to another; to sustain small vessels, &c.

A GLAND

Is an organic part of the body, destined for the secretion or alteration of some peculiar fluid, and composed of blood-vessels, nerves, and absorbents. The glands are designated either according to the particular fluids which they contain, as mucous, sebaceous, lymphatic, salival, and lachrymal glands; or their structure, as simple, compound, conglobate and conglomerate glands. The vessels and nerves of glands always come from the neighboring parts, and the arteries appear to possess a higher degree of irritability. Glands appear to the eye as whitish membranous masses.

THE BRAIN

Consists of the whole of that mass which, with its surrounding membranes and vessels, fills the greater part of the skull. It is said to be larger in man, in proportion to the nerves belonging to it, than in any other animal. It consists of the *cerebrum*, *cerebellum*, *tuber annulare*, and *medulla oblongata*; the whole weighs usually about forty-eight or fifty ounces; but its weight varies in different subjects.

THE CEREBRUM,

Which is by far the largest portion, is contained in all the upper part of the skull; it is divided into a right and

left hemisphere by a membrane termed *falx*. Each hemisphere is also again subdivided into three lobes, the two lying in the front portion of the skull being the largest. It is surrounded with membranes, and accompanied with blood-vessels.

THE CEREBELLUM,

Or *little brain*, is situated in the back part of the skull, beneath the posterior lobes of the cerebrum, from which it is separated by a membrane called the *tentorium*. It is divided by the *falx minor* into two hemispheres, which are again subdivided into lobules.

The *Tuber annulare* is of a roundish form, about an inch in length, and of the same width. From the tuber annulare arises the *medulla oblongata*, which forms the beginning of the spinal marrow.

From the Brain arises *nine pairs* of NERVES; some in solid cords, others in separate threads, which afterwards unite into cords. Of these, some have their origin in the *cerebrum*, some in the *cerebellum*, some in the *tuber annulare*, and some in the *medulla oblongata*. From these the nerves supplying the organs of *smell*, *sight*, *taste*, *hearing*, and *feeling*, in part, are derived. The nerves are called pairs, not because they proceed together from the brain and spinal marrow, but because they proceed from the opposite lobes of the brain, or from opposite sides of the spinal marrow, and supply similar parts on each side of the body with nerves. And hence it often happens in paralysis, or palsy, that on one side of the body all the nerves perform their office imperfectly, while on the other side no diminution of nervous energy is evinced. A nerve is a long white medullary cord. The uses of the nerves are to convey impressions to the brain, from all parts of the body, over which they are spread, and to impart motion, by exciting the muscles, to the whole system.

THE SPINAL MARROW,

Or *medulla spinalis*, is a continuation of the *medulla oblongata* from the head through the centre of the spine, which consists of a series of bones called *vertebræ*, supporting the body. From the spinal marrow are given out *thirty pairs* of nerves; these, in conjunction with those arising from the brain, communicate energy and

feeling to the whole body; and also by their extreme sensibility convey to the brain, the mind or soul, the slightest as well as the strongest impressions made upon the different organs; hence our *pleasures* and our *pains*, our *hopes*, our *fears*, and our *affections*.

That the *Brain*, as a whole, is the organ of thought, the seat of the understanding, and the place where the emotions of the mind or soul arise, we cannot doubt; it is also the centre of *sensation* and *muscular motion*, and to which all the nerves of the body appear subservient.

THE THORAX

Or Chest consists of the upper portion of the trunk of the human body; it is enclosed by the ribs, having the *sternum* or breast bone in the front, and a portion of the bones of the back behind. It is separated from the liver, stomach, intestines, &c. by the *diaphragm*, or midriff. The thorax contains the lungs, heart, &c., and numerous blood vessels, nerves, and absorbents. It is also separated by a membrane called *mediastinum*, into a right and left portion.

THE RESPIRATION

Is that action of the lungs and diaphragm, consisting of the process of inspiration and expiration, by which air is received into, and expelled from the thorax or chest. The quantity of air taken into the lungs, at each natural inspiration, is supposed to be about 15 or 16 cubic inches; the number of respirations made in a minute is about 20.

THE WINDPIPE

Is a cartilaginous and membranous canal, through which the air passes into and from the lungs. It is divided by anatomists into three parts,—the *larynx*, the *trachea*, and the *bronchia*.

The *larynx* is a hollow cartilaginous organ at the top of the trachea. The air which passes through it during respiration produces voice.

The *trachea* is that portion of the wind-pipe which extends from the larynx to the *bronchia*.

The *bronchia* is a term given to the trachea after it has entered the thorax or chest; here it separates into two branches, one of which communicates with the right and the other with the left lung.

THE LUNGS

Are two viscera situated in the thorax, by means of which we breathe. The lung in the right cavity of the chest is divided into three, that in the left cavity into two lobes. They hang in the chest, attached at their superior part by means of the trachea, and are separated by a membrane called *mediastinum*. They are furnished with innumerable cells which are formed by a continuation of the trachea, the bronchial tubes of which communicate with each other; the whole appears not unlike a honeycomb.

The most important use of the lungs is for the process of respiration, by which the circulation of the blood appears to be immediately supported; and, doubtless, by their alternate inflation and collapsing, they contribute with the diaphragm to promote the various functions of the abdominal viscera, such as digestion, &c. For the change which the blood undergoes in its passage through the lungs, see the following articles.

THE HEART

Is a hollow, strong, muscular viscus, having the shape of a cone or pyramid reversed. Its size varies in different subjects; it is generally about six inches long, and, at the base, four or five wide. The younger the subject, the larger is the heart, in proportion to the body. It is often smaller in tall and strong men than in others. It is situated on the left side of the thorax, and is surrounded by a membrane called *pericardium* or *heart purse*; it is also imbedded, as it were, in the left lung. Its weight, with the pericardium, is usually from ten to fifteen ounces. It is the centre of the circulation of the blood; of course from it all the *arteries* arise, and in it all the *veins* terminate. It is divided internally into a right and left *ventricle*; these are divided by a fleshy *septum*. Each ventricle has two orifices; one auricular, through which the blood enters, the other arterious, through which the blood passes out. These four orifices are supplied with *valves*. There are also two cavities adhering to the base of the heart, called *auricles*. The heart has, in the living subject, an alternate motion, consisting of contraction and dilatation, called *systole* and *diastole*, by means of which the blood is circulated throughout the body. The heart is said to contract 4000 times in an hour;

hence, as each ventricle contains one ounce of blood, there passes through the heart every hour 4000 ounces, or 350 pounds of blood. The whole mass of blood is about twenty-eight pounds, so that this quantity of blood passes through the heart thirteen or fourteen times in an hour, or about once in every four or five minutes. In the whale, ten or twelve gallons of blood are thrown out of the heart at a stroke, with an immense velocity, through a tube of a foot diameter.

AN ARTERY,

Or a pulsating blood-vessel, is a cylindrical canal conveying the blood immediately from the heart to all parts of the body, for the purposes of nutrition, preservation of life, generation of heat, and the secretion of different fluids. The motion of the blood in the arteries is called the *pulse*: it corresponds with that of the heart. The pulse may be felt in various parts of the body, but the most usual place of feeling it is at the wrist. From seventy to eighty pulsations in a minute are commonly the number which in the adult subject is considered, as far as the pulse is concerned, to constitute health. In children, however, the pulse is much quicker than this; and in old persons slower. Wounds in *arteries* are always dangerous, and very frequently mortal: hence the wisdom evinced in the structure of man: all the arteries are deeply imbedded in flesh, or other surrounding media, while the veins, a wound in which is comparatively unimportant, are plentifully scattered on the surface of the body. The blood in the arteries is of a florid red color.

A VEIN

Is a blood-vessel which returns the blood from the various parts of the body to the heart. The veins do not pulsate; the blood flows through them very slowly, and is conveyed to the heart by the contractility of their coats, the pressure of the blood from the arteries, the action of the muscles, and respiration; and it is prevented from going backwards in the veins by *valves*, of which there are a great number. The blood in the veins is of a much darker red than that in the arteries.

THE BLOOD

Is a red fluid of a saltish taste, of a somewhat urinous smell, and glutinous consistence, which circulates in

the heart, arteries, and veins, conveying nutrition, heat, and excitement to the whole body. The quantity of blood in the human body is estimated to be about twenty-eight pounds in an adult. Of this, four parts are contained in the veins, and a fifth in the arteries. The blood being returned by the *veins*, of a dark red color, to the heart, is sent from that viscus into the lungs, to undergo some material change, by coming in contact with atmospheric air, in the air-cells of the lungs; after which, as has been stated, it is returned to the heart again, of a much more florid color, and then impelled into the arteries, to be distributed over the body. The heat of the body is usually about ninety-eight degrees.

THORACIC DUCT,

An important vessel, called the trunk of the absorbents. It is of a serpentine form, and about the diameter of a crow-quill. It is attached to the bones of the back, and extends from the lower opening of the *midriff* or *diaphragm* (a membrane which separates the heart and lungs from the stomach, bowels, and other abdominal viscera,) to the angle formed by the union of the left subclavian and jugular veins, into which it opens and evacuates its contents, there to be mixed with the blood. These contents consist chiefly of *chyle*, a whitish or milky fluid, separated from the food by the process of digestion, and taken up by the absorbents thickly spread over the intestines, and by them conveyed to the thoracic duct.

THE ABDOMEN

Consists of all that portion of the trunk of the human body situated below the thorax. It contains the liver, its gall-bladder, the stomach, the spleen, the pancreas, the intestines, the mesentery, the kidneys, the urinary bladder, the omentum, &c. It has also numerous blood vessels, nerves, and absorbents.

THE LIVER,

Which is the largest and most ponderous viscus in the abdomen, it weighing in adults about three pounds, is of a deep red color. It consists of a glandulous mass, interspersed with numerous blood vessels. It is situated under the diaphragm, inclining to the right side of the body, having the stomach beneath it; between which

and the liver itself lies the *gall-bladder*, with which it is of course intimately connected. It is divided into two principal lobes, the right of which is by far the largest. Its shape approaches that of a circle; it is attached to the diaphragm by the suspensary and other ligaments. It is larger in young animals than in old ones.

THE BILE

Is of a yellow-green color, about the consistence of thin oil; when much agitated, it froths like soap and water. Its smell is somewhat like musk; its taste is bitter. It is, in fact, a species of soap; and, like other soap, is successfully employed to remove grease from clothes, &c. The *gall-bladder* in the human body is shaped like a pear, and is generally capable of containing about an ounce. It is firmly connected with the liver. In the elephant, stag, all insects and worms, this reservoir is wanting, the bile which they secrete passing at once into the intestinal canal. The real use of the bile does not even now seem to be accurately ascertained. It appears, however, to assist in separating the *chyle*, to excite the intestines to action, and to produce the healthy appearance of intestine evacuations.

THE SPLEEN,

OR MILT, is a spongy viscus of a livid color, in form somewhat resembling a tongue, but its shape, situation, and size vary very much. It is, in a healthy subject, always on the left side, between the false ribs and the stomach. Its general length is six inches, breadth three, and one thick. It is connected by the blood-vessels to the stomach and the left kidney. It is larger when the stomach is empty, and smaller when compressed or evacuated by a full stomach. The uses of the spleen have, till lately, been considered as unknown; but by a paper of Sir E. HOME, in the Philosophical Transactions, it appears probable that this viscus is a reservoir for the superabundant serum, lymph, globules, soluble mucus, and coloring matter carried into the circulation, immediately after digestion is completed.

THE STOMACH

Is a large receptacle, varying in its capacity from about five to eleven pints. It is situated under the left side of the diaphragm, its left side touching the spleen, and its right covered by the thin edge of the liver; its figure

nearly resembling the pouch of a bag-pipe, its left edge being most capacious. The upper side is concave, the lower is convex. It has two orifices, both on its upper part; the left, through which the aliment passes from the mouth through the *gullet* or *œsophagus* to the stomach, is named *cardia*; the right, through which it is conveyed out of the stomach into the *duodenum*, is named *pyloris*, where there is a circular valve which hinders the return of the aliment from the gut, but does not at all times hinder the bile from flowing into the stomach. The stomach, like the intestinal canal, is composed of three coats or membranes.

The uses of the stomach are to excite hunger, and, partly, thirst; to receive the food from the *œsophagus*, and to retain it, till, by the motion of the stomach and the admixture of various fluids, and by many other changes not exactly understood, it is rendered fit to pass the right orifice of the stomach, and afford chyle to the intestines for the nutrition of the body.

DIGESTION.

The chief agent in this process is, beyond question, the *gastric juice*; a fluid that is secreted from certain glands in the stomach, and which possesses great solvent powers in regard to numerous animal and vegetable substances. The food being duly masticated, and blended with a considerable portion of saliva, is propelled into the stomach, where it soon undergoes a remarkable change, being converted into a pulpy mass called *chyme*: the chyme afterwards passes from the stomach into the small intestines; here, it is mixed with bile, and separated into two portions, one of which is as white as milk, and called *chyle*; the other passes on to the larger intestines, and is void as excrementitious matter. The chyle is absorbed by the *lacteals*, which terminate in the trunk or tube called the *thoracic duct*: it is there mixed with variable proportions of lymph, and, lastly, with the blood, as stated under that article.

GASTRIC JUICE

Is said to be of so powerful a nature, that after death the stomach is occasionally eaten into holes by its action. And it is also said, that if exposed to a proper temperature, it will digest food in metal tubes.

THE PANCREAS,

OR SWEET-BREAD, is a large gland of the salivary kind, of a long figure, compared to a dog's tongue. It lies across the upper and back part of the abdomen, under the stomach. Its use is to secrete a juice called the pancreatic juice, which appears to be similar in its properties to saliva, and, together with the bile, helps to complete the digestion of the aliment. It communicates with the duodenum.

THE INTESTINES

Consist of that convoluted tube beginning at the right orifice of the stomach, called *pylorus*, and ending with the *sphincter recti*. The length of this canal is generally six times the length of the whole human subject. It is divided by nature into two parts. The *small intestines* begin from the stomach, and fill the middle or fore part of the abdomen; the *large intestines* occupy the sides, and both the upper and lower parts of the same cavity.

THE KIDNEYS

Are shaped like a kidney bean. They are situated on the lower part of the back, one on each side. They are generally surrounded with more or less fat.

THE SENSES

Are those faculties or powers by which external objects are perceived. *The sight, touch, or feeling, hearing, smell, and taste*, are called the *senses*. The organs through which they operate are the following:—

THE EYE

Is the organ of *seeing*. The eye-ball is of a globular figure; it is composed of various membranes; but those parts of the eye deserving the most notice, are the *iris*, the *pupil*, and the *retina*. The iris is that colored circular ring, situated beneath the *crystalline lens*, which surrounds the central or dark part called the *pupil*.

It is capable of expanding or contracting, which it constantly does according to the quantity of light which is thrown upon the eye. In a very bright light the pupil is reduced by the contraction of the iris to a very narrow hole; in a dark place the pupil is so much enlarged, as to render the iris scarcely visible. The *pupil* is the dark round opening in the middle of the eye, surrounded by the iris, and through which the rays of light pass to the

retina, which is the true organ of vision, and is formed by an expansion of the pulp of the optic nerve. Externally the globe of the eye, and the transparent *cornea* are moistened by a fluid called the *tears*, which are secreted in the lachrymal glands, one of which is situated above each inner corner of the eye. In proportion as the eye is more or less round, is the sight of a person longer or shorter.

TOUCH,

Or FEELING, resides in every part of the body that is supplied with nerves. The sense of touch is most exquisite in the lips, the tops of the fingers, the tongue, and a few other places.

THE EAR

Is the organ of *hearing*. In man it consists of an external ear, or *auricula*, and an internal bony cavity, with numerous circular and winding passages, by which the vibrations of the air are collected and concentrated, and by a peculiar mechanism conveyed to the auditory nerves. The ear is supplied with peculiar glands, which secrete an unctuous substance called the wax of the ear. The external auditory passage proceeds in a spiral direction to the *tympanum* or drum of the ear, which forms a complete partition between this passage and the internal cavities. Beyond the *tympanum* is a hemispherical cavity which leads to the *fauces*, or opening at the back of the mouth: this opening is of a trumpet form. The inner cavity, including the winding passage, is aptly called the *labyrinth* of the ear.

THE NOSE

Is in man, and most of the superior animals, the organ of *smelling*. The structure of the nose has nothing in it so very peculiar that can convey any idea of a mechanical organization to aid the *sense of smelling*.

THE TASTE

Resides chiefly in the *tongue*, in conjunction with the palate, lips, and other parts of the mouth. The tongue is however destined to perform much more varied and important functions than that of conveying to the mind the taste of sapid bodies. It is the tongue, in conjunction with the lips, teeth, palate, and throat, which produces the sounds of *language*. The tongue is partly muscular,

and partly composed of membranes and cellular substances. Its upper side is covered with *papillæ*, in which the taste more immediately resides. The impression of sapid bodies on the organs of taste is modified by age, size, habit, and the more or less frequent application of strong stimulants. The state of the stomach, as well as general health, is often indicated by the state and color of the tongue. In health the tongue is always of a red color; in disease it varies from white to yellow, and sometimes is almost black. In health the tongue is always more or less moist; in disease frequently parched and dry.

THE SEXES.

The male is generally of a larger size than the female, and more robust; the male becomes frequently bald on the top of the head, the female rarely or never; the male has always more or less *beard*; the female rarely any, except as old age approaches, and then it is chiefly confined to the upper lip. The anatomical differences, besides the obvious ones, are, in the female, a larger pelvis than in the male, more delicate muscles, and smaller bones.

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PART SECOND.

MEDICAL BOTANY.

OPINIONS OF VARIOUS AUTHORS.

“This is the æra of *calomel*. The present medical practice might well dispense with every other drug beside it. I own the *calomel* practice is both cheap and easy to the physician; for the whole extent of both theory and practice is, give *calomel*. If that will not help, give *more calomel*, and if that again proves abortive, double, triple the doses of *calomel*. If the patient recovers, “*calomel* has cured him:” if he dies, “nothing on earth could have saved him.”—DR. A. HUNN, OF KENTUCKY.

“Let truth and falsehood grapple. Who ever knew truth put to the worse in a free and open encounter?”—MILTON.

“If employment of the lancet were abolished altogether, it would perhaps save annually a greater number of lives than in any one year the sword has ever destroyed.”—DR. RING.

“Minerals exert a pernicious and baneful influence on the system; they seldom or never cure, but often destroy the patient. Their operation is altogether uncertain, depending entirely on the state of the stomach, whether they act at all or prove injurious.”

“The whole nation is groaning under the present practice of the Medical Profession, which fosters disease more than cures it, and debases or ruins our constitutions.”—MORISON.

“All men ought to be acquainted with the medical art. I believe that knowledge of medicine is the sister and companion of wisdom.”—HYPOCRATES.

PLEURISY ROOT.

Botanical Name—ASCLEPIAS TUBEROSA.

Vulgar Names—*Pleurisy Root, Butterfly Weed, Flux Root, Wind Root, White Root, Silk Weed, Canada Root.*

Root perennial, or living longer than two years, large fleshy and white orange-colored flowers. Blossoms in July and August; very ornamental; milky; produces a soft down; has been used for beds, hats, cloth and paper. Found throughout the United States; but more abundant in the Southern States. The root when dry is bitter.

Medical Properties.—Promotes moderate perspiration; assists in discharging the mucus from the lungs; increases urinary discharge; laxative; allays pain, and removes wind; anti-spasmodic, or against spasms. Its action is specifically upon the lungs to assist suppressed expectoration, and to relieve difficult breathing of patients laboring under Pleurisy. It acts sometimes as a mild cathartic; suitable to the complaints of Children. In low stages of the Typhus, and other febrile diseases, it has been known to excite perspiration, when other sudorifics have failed. It is highly recommended in cases of phthisic, inflammation of the lungs, asthma, syphilis, and worms; also summer complaints of children. From the authority of Drs. Beach, Bigelow, Eberle, and Burgen.—Dose from 20 to 30 grains of the powder two or three times a day.

CAMOMILE.

ANTHEMIS NOBILIS.

The color of the flower is pale green, white in the centre; is indigenous, or grows natural in the south of England; is cultivated in our gardens. Camomile flowers in July and August. The flowers are sometimes chewed instead of tobacco, and it would contribute greatly to the promotion of the health of multitudes who are now spitting away their lives by the inordinate use of tobacco, if they would make the exchange. Camomile flowers are good against spasms, wind, and removes pain; it is also tonic. Good to correct a derangement of the digestive organs. The flowers are useful in Hysteria, Phthisis, Pulmonalis. They have been thought by some distin-

ASCLEPIAS TUBEROSA.



PLEURISY ROOT.

guished physicians to equal, in intermitants, the Peruvian bark. Excellent to assist the action of emetics, taken in large quantities (the infusion) drank warm. In small doses it is tonic. The cold infusion assists the digestion. It should not be raised to a boiling temperature. May be drank at discretion.

WILD CAMOMILE.

ANTHEMIS COTULA.

Wild Camomile, Mayweed, Dogs-fennel, Dilly, Dilweed, Field-weed.

It is indigenous to this country. Blossoms from June to November; found throughout the United States. The medical properties are the same as the Camomile, but weaker, and less pleasant to the taste. Dr. Beach says it may be substituted for it with safety.

ALOES.

ALOE SPICATA.

It is found in Europe, Asia, Africa and America. The Cape aloes is the most abundant, and universally acknowledged to be the best. It comes from the Cape of Good Hope, by way of England; there being no direct trade between the Cape and the United States. The genuine Socotrine aloes is produced in the island of Socotora, which lies in the Straits of Babelmandel. The Hepatic aloes are prepared in the West Indies and Spain; and is also brought from the ports of India, particularly from Bombay.—Aloes was known to the ancients. The varieties are similar in their mode of action. They are all cathartic, operating very slowly, but certainly, and have a peculiar affinity for the large intestines.

These actions seem to be directed to the muscular coats of the elementary canal, ridding it of mucus and gluey substance, that may have long been attached to its surface. In a full dose they quicken the circulation, and produce general warmth.—When frequently repeated, they are apt to irritate the rectum, giving rise, in some instances, to hemorrhoids, or discharge of blood.

Aloes has also a decided tendency to the uterine system. It has the power of slightly stimulating the stomach. It is therefore an excellent remedy, in habitual

costiveness, in minute doses, attended with torpor of the digestive organs. Given in doses of from 5 to 15 grains; the best form of administering it is in pills combined with other articles. It enters into the composition of many noted nostrums.

ARCHANGEL.

ANGELICA, ARCHANGELICA.

Garden Archangel.

This is not the Archangel which grows spontaneously in this country; it is cultivated in our gardens, and is indigenous to the south of France. It has a bitter taste, and very pleasant smell. It is a powerful stimulant, and is good to expel wind, and pain in the breast. It is exhibited in cases of debility of the stomach, and organs of digestion. Also in nervous headache, pain and trembling in the limbs, and hysteria; chronic catarrh of the lungs, to facilitate expectoration, and to restore tone to the mucus membrane. It is used in the form of infusion or tea for wind, particularly adapted for children.

BLACK SNAKE-ROOT.

ACTEA RACEMOSA.

Squaw-Root, Rich-Weed, Rattle-Weed, Rattle-Snake Root, Black Cohash.

The root is perennial, blackish, thick, with long fibres. It is found all over the United States, Canada and Texas; common in open woods, and sides of hills. It has a tendency to bind and contract the fibres of the body, by its astringent properties. It promotes urinary evacuations, and produces a general healthy action through the system; very serviceable in female complaints, whence the Indians call it Squaw-Root; it promotes menstrual discharge, and is peculiarly serviceable in removing pains and sickness of the stomach and heartburn in pregnant women. I have used it in such cases with astonishingly good effect. The American Indians use it for this purpose. The mode of administering it is in a tea; take a handfull, say two ounces, add a pint of boiling water, keep it where it will be warm, and drink occasionally two or three swallows at a time, through the day. It should be used in connexion with slippery elm, before

childbirth, as it generally assists nature in such cases. It is excellent in bowel complaints, especially of children. A poultice with slippery elm is good for every kind of inflammation. Good, against bleeding, coughs, and quinsy, as a gargle. The Indians make much use of it for the cure of the rheumatism. Boiling water should be poured to it, instead of cold, or moderately warm; as boiling water will make it more pleasant to the taste. It is very settling to the stomach, where persons are inclined to throw up their food.

BURDOCK.

ARCTIUM LAPPA.

This root is generally laxative, and produces gentle perspiration, without irritation. It is useful in humors of all kinds, rheumatism, gout, and venereal. It requires to be persisted in for a long time to produce a change. The seeds are good steeped to expel wind. It is an excellent alterative. The root soon becomes corky after it springs up, and its strength goes into the stock. Take the roots when young, clean and slice them up, put them into an earthen pot, add equal parts of water and molasses; cover over the pot with a crust, and bake it. Good to purify the blood.

The leaves, applied to the head and feet, are excellent in febrile cases. The seeds have been used with decided good effect in dropsies, where more powerful medicines have failed.

A gentleman informed me, that his son had been subject for many years to distressing turns of the cholic, and that he administered the strong decoction of the burdock seeds, and it gave him immediate relief, and never troubled him afterwards.

CANADA SNAKE-ROOT.

ASARUM CANADENSE.

Broadleaf Asarabacca, Wild Ginger, Indian Ginger, Heart Snake Root, Colts-Foot.

This plant inhabits woods and shady places, from Canada to Carolina. The root is aromatic, stimulant, and tonic. Good against catarrh and pain in the stomach; colds, coughs, and pulmonary complaints.

DEADLY NIGHTSHADE.

ATROPA BELLADONNA.

The Deadly Nightshade is an active poison, soon produces death if taken in large doses. It grows along the side of old walls and hedges; it flowers from June to August: fruit is ripe in September, when it is black.

This plant is used principally to discuss indolent tumors, cancers, and ill conditioned ulcers. It is held in great reputation among German practitioners for the cure of the whooping cough in the last stages. It is said to be an effectual remedy in neuralgia. It has been used in epilepsy, hydrophobia, mania, rheumatism, gout, obstinate intermittants, dropsy, and jaundice. Dose, one or two grains for an adult twice a day, and gradually increased till the peculiar effects of the medicine are experienced.

FENNEL.

ANETHUM FOENICULUM.

This plant is a native of Spain and Portugal, and is naturalized in this country; grows principally in gardens. Fennel seed is possessed of mild stimulant properties, and agreeably aromatic; used in dyspepsia, cholice in children, and difficult digestion, pain, and weakness of the breast.

GARLIC.

ALLIUM SATIVUM.

Garlic grows wild in Sicily, and is cultivated in our gardens. It is used principally by external application. Draughts made of Garlics, applied to the feet at night, is good to remove feverish symptoms, and equalize the circulations. Good in all inflammatory diseases. Dr. Beach recommends it in discussing indolent tumors, coughs, colds and asthma. It is also recommended in the dropsy. Applied to the feet of children, it quiets and produces sleep.

GINGER.

AMOMUM ZINGIBER.

This plant is a native of Hindostan, and is cultivated in all parts of India. It is also cultivated in the West

Indies, whither it was transplanted from the East. It is gathered when a year old in the West Indies, in January and February. Good in dyspepsia, flatulence, choleric, pain in the stomach and extremities; it warms the stomach, and is an agreeable stimulant. It promotes perspiration; is good taken in a tea in habitual coldness.

It is rarely that this article is found when pulverized in its pure state; if not, of course it is unfit for medical purposes. It enters into our vegetable powders. For dyspepsia, it may be taken morning and night, instead of tea.

MYRRH.

AMYRIS KATAF.

Good Myrrh is of a turbid black-red color, solid and heavy, of a peculiar smell and bitter taste, says Dr. Beach.

The two varieties of myrrh are distinguished in market by India and the Turkey myrrh, the former imported from the East Indies, the latter from the Levant. The Turkey myrrh is the best.

The tincture of myrrh and cayenne we use in a cold state of the system and debility; it is useful in equalizing the circulations, for internal pains in any part of the viscera; it will relieve sickness of the stomach, and choleric. It is anti-emetic, prevents putrefaction; used externally, it reduces inflammation and toothache. It will cure a recent cough by adding molasses and hot water; it should be drank warm.

INDIAN TURNIP.

ARUM TRIPHYLLUM.

Three-leaved Arum, Dragon Root, Dragon Turnip, Pepper Turnip.

Found in all parts of North America, in wet, shady land. It is too acrid to be used in a green state; it should be dried and grated. The American Dispensatory recommends the powder mixed with honey, for the sore mouth of children, by making a paste of it, and diffusing it over the mouth and throat. It is one of the best remedies for the choleric, and local irritations; for coughs, pain in the breast, chronic rheumatism, asthma,

and chronic catarrh. The fresh root is said to be good simmered in hogs' lard, for the scald head. It is an excellent expectorant.

MALE FERN.

ASPIDIUM FILIX MAS.

It is perennial; is found in all parts of Great Britain, and from New Jersey to Virginia. It is slightly tonic and astringent. It is celebrated as being the basis of the Vermifuge prepared by Madame Nouffer. This lady was the widow of a surgeon in Switzerland; she had gained a great reputation in curing the tape-worm by a secret nostrum. This secret was purchased by order of the King of France, and published. Her plan was to give an injection, and a supper of panada with butter and salt; in the morning he is directed to take, while in bed, two or three drachms of the powdered root of the male fern. The powder to be washed down with a swallow of water; in two hours after take a strong cathartic of jalap and scammany. If this does not operate in time, a dose of salts is given. If this does not expel the worm in the course of a few hours, the dose must be repeated at proper times. It has been a question in the minds of many, whether the strong cathartic or the male fern expels the tape worm.

On the assurance of Dr. Peschier, in the course of nine months one hundred and fifty tape worms had been expelled by the male fern. Dr. Ebers has also found the same preparation successful in curing eight cases of the tænia.

MARSH-MALLOWS.

ALTHEA OFFICINALIS.

This plant is indigenous to England, but is found throughout the United States in wet places. The decoction is much used in inflammation and irritation of the mucus membrane. The roots are sometimes used as a poultice; it is emollient or soothing. It is said to be good in the inflammation of the kidneys. I have used it in this disease, but have seen no good effects resulting from it.

ALMOND.

AMYGDALUS COMMUNIS.

The oil of almonds diminish the action of stimulants on the sensible solids of the body; good for an irritating cough. It acts upon the urinary organs.

PARSLEY.

APIUM PETROSELINUM.

A native of the south of Europe, and cultivated in our gardens for culinary purposes. Good to produce urinary discharge, and in inflammations of the kidneys and dropsy: taken in tea.

STAR GRASS.

ALETRIS FARINOSA.

Mealy Starwort, Blazing-Star, Bitter-Grass, Unicorn-Root, Ague-Root, Ague-Grass, Star-Root, Devils-Bit.

This plant is bitter, like quassia and aloes. Good in small doses as a tonic; used for bitters.

SPIKENARD.

ARALIA RACEMOSA.

Dr. Beach informs us that the Indians make great use of it in all kinds of sores and ulcers. It blossoms in July and August. Berries are ripe in September; is found in New England, Carolina, and Indiana; good for colds and coughs; may be taken in syrup and decoction.

SILK WEED.

ASCLEPIAS SYRIACA.

Milk Weed.

It grows plentifully throughout the United States. The pods contain a silky down; sometimes used instead of feathers in filling beds, pillows, and in the manufactory of hats.

On wounding the stock, a milky substance exudes out, which is a cure for warts. The decoction is good in suppression of urine and dropsies; it also promotes menstruation.

It has been used by Dr. Richardson with success in the asthma, and typhus fever attended with catarrh; it

promoted expectoration, and relieved pain and a cough. For the dropsy, boil eight ounces of the root in six quarts of water, down to three quarts; take a gill of this decoction four times a day. The root is recommended by Dr. Beach, in powder, from 20 to 40 grains, three or four times a day.

VIRGINIA SNAKEROOT.

ARISTOLOCHIA SERPENTARIA.

This plant blossoms but seldom; found in shady woods, from New England to Florida. It was first introduced as a remedy against the snake-bite; from whence it derives its name. It is a powerful stimulant; produces perspiration, and, from its gentle tonic properties, it is used when more bracing articles will not do. Quantity, from ten to thirty grains—say what may be taken up on a half of an inch of the handle of a tea spoon.

BARBERRY.

BERBERIS VULGARIS.

It operates against putrefaction, sores, &c. Cooling. The berries stewed in molasses, make a very fine sauce; the bark of the root with Baberry bark put into hard cider is good in jaundice; the berries of the barberry alone are recommended by Dr. Beach, when steeped in hard cider, for the jaundice.

It is said to be good in bilious and putrid fevers.

BIRCH BARK.

BETULA LENTA.

Tonic and astringent.

WILD INDIGO.

BAPTISTA TINCTORIA.

Indigo Broom, Indigo Weed, Yellow Broom, Clover Broom, Rattle Bush, Yellow Indigo.

This root is recommended for a sore mouth. It is said to be emetic and cathartic. It is recommended in the scarlatina, and against mortification. A very excellent ointment is made of the roots for painful obstinate ulcers, by making a strong decoction or tea, and simmer it down

in hogs' lard; this ointment is also good in the salt rheum. Half an ounce of the decoction is a suitable portion internally. It is also recommended for sore throat, sore eyes, and sore nipples.

COPAIBA; OR, GUM CAPEVIA.

COPAIFERA OFFICINALIS.

This article is principally used in the Gonorrhœa, that is, an unnatural flow attended with heat on making water. It is used in the gleet. It is stimulant, produces discharge of urine. In large doses it is purgative; it is good in pain and soreness in the chest; it may be taken from twenty to thirty drops on loaf sugar two or three times a day. It operates on the urinary organs somewhat like the turpentine. Good in diabetes or tendency to make water frequently. I have known it to cure in this disease. I have myself found great relief in Bronchitis or coughs of long standing, by once or twice a day taking ten drops on sugar.

CAYENNE PEPPER.

CAPSICUM ANNUM.

This is one of the most valuable stimulants in the materia medica. It produces a gentle warmth through the whole system; it is peculiarly adapted to cold constitutions; it warms the stomach, and equalizes the circulations. It will relieve persons troubled with cold feet and hands, by drinking a tea constantly of it, and soaking the feet every other night in weak ley; afterwards rubbing them with the tincture of cayenne. A strong tea is one of the best remedies in case of a bad cold taken on going to bed; a heaping tea-spoonfull will not be found too much. Mr. Stephens administered the following formula to four hundred patients laboring under the malignant sore throat, or scarlet fever, with great success. Take three table spoonfulls of common cayenne, or two of the West India or African; add two tea spoonfuls of fine salt, pour in a pint of hot water, and strain when cold; then add an equal quantity of sharp vinegar, a table spoonful every half hour. The small green West India or African cayenne has about three times the strength of the common. We use the West India or

African in making the vegetable Elixir. In assisting the operation of emetics we use the common cayenne. A large portion of cayenne taken at once, when the body is chilled, will create extreme pain; small portions should be given at once in such cases. The body should be warmed by degrees.

CICUTA.

CONIUM MACULATUM.

Hemlock.

This plant is indigenous to Europe, but is found in New England and the Middle States. The strength of the plant depends upon the climate and soil where it is found, and the time of year it is gathered.

It is famous for being the poison that the virtuous and innocent Athenians, Socrates and Phocion, were condemned to drink of. It is seldom used as an internal remedy. It relieves spasms and produces sleep. It diminishes the energies of the body. Drs. Fisher, Jackson, and Bigelow recommended it in jaundice. Their mode is to begin with small doses, and increase till the effects are felt in the head and stomach. The yellowness of the eyes and skin will disappear in favorable cases, in two or three days. It is used in a plaster to discuss indolent tumors.

COLOCYNTH.

CUCUMIS COLOCYNTHIS.

Bitter Cucumber.

An annual plant, native of the Levant, and cultivated in our gardens. It is found in Turkey, Asia, and Africa. It is a powerful drastic, producing griping when used alone. It is sometimes used combined with other cathartics in dropsical cases. Very popular medicine with some German practitioners. Dose from five to ten grains.

CELADINE.

CHELIDONIUM MAJUS

Great Celandine

This juice is said to cure warts, ring-worms, and cleanse old ulcers. Good in jaundice, when steeped in

water, and added to vinegar and peppermint or spearmint tea. Good in piles and salt-rheum.

SPURRED RYE.

SECALE CORNUTUM.

Horned Rye Ergot.

This article ground into flour often proves a deadly poison, and when distilled into whiskey it produces the same effect. Twenty thousand persons are supposed to have died principally in Vermont and New York, by eating the flour and drinking the gin, which was highly charged with the Ergot. Meeting after meeting was held by the faculty to ascertain the cause to no purpose; the cause was finally discovered by Dr. Beach. This same poison was supposed to be the principal cause of the plague in London. The principal and almost only use that is made of the Spurred Rye is in cases where there is not action enough in the organs of the womb to produce pain sufficient to expel the child. In such cases the exhibition of this article is highly recommended by the best authorities. From thirty to forty grains in a pint of hot water; take of this a great spoonful every fifteen minutes.

HORSE-RADISH.

COCHLERIA ARMORACIA.

Is highly stimulant; promotes secretion of urine. It is used in dropsy and general debility of the system. It promotes appetite, and invigorates digestion; it is principally used with food. Cullen found it useful in hoarseness when made into a syrup, sweetened with sugar.

GOLDEN THREAD.

COPTIS TRIFOLIA.

Yellow Root, Mouth Root.

Tonic, promotes digestion, good in dyspepsia. It possesses nearly the same properties of quassia, it is much used in the country for the sore mouth; an ointment made of this article and camomile simmered in hogs lard is excellent for sore lips, chapped hands and chilblains.

IPECACUANHA.

CALLICOCCA IPECACUANHA.

This article is found in South America. It was first employed by the natives of Brazille, as an emetic when that country was settled by the Portuguese. It was not known in Europe till 1672. This article is emetic in large doses, in smaller doses produces gentle perspiration, producing a discharge of mucus from the lungs, and still smaller, stimulant; exciting the appetite and producing digestion. It is the most mild emetic used in regular practice. Dr. Chapman recommends it very highly in cases of bleeding to the lungs and bloody urine. It is used in dyspepsia. Dr. James says that two grains taken after dinner will obviate oppression.

Ipecacuanha is proved by indubitable evidence to be one of the most efficient remedies in dysentery. In armies and ship's companies where the disease has raged with extreme malignance, the exhibition of this article has proved a sovereign remedy, as will appear in a letter published in the London Medical and Physical Journal.

Clark's mode of administering it in these cases, is to take for an adult, three drachms of the ipecacuanha boiled in a quart of water down to a pint, strain and inject at once. About thirty grains is a common portion for an emetic.

ORANGE-PEEL.

CITRUS AURANTIUM.

Is a gentle tonic, and used chiefly to give a pleasant flavor; it is seldom used alone. Too large a dose is injurious; it has been known to produce death in the case of a child's eating a quantity of the peel.

LEMON.

CITRUS MEDICA.

Is stimulant and promotes digestion; is good united with honey or loaf sugar for a recent cough; is recommended in jaundice and scurvy; in irritation of the stomach, where there is constant vomiting. Lemonade is a very cooling drink in febrile diseases.

PERUVIAN BARK.

CINCHONA OFFICINALIS.

This valuable medicine, says the American Dispensatory, was unknown to the civilized world till the middle of the seventeenth century; though it is supposed that the natives of Peru were long before acquainted with its febrifuge properties.

There are said to be three varieties of this bark, the pale, the yellow, and the red. Peruvian bark is universally acknowledged to be the best remedy in the remittent fever. It produces action on the stomach and intestinal canal, and assists the digestive organs. Dr. Beach says in intermittents it should be given immediately after cleansing the stomach in doses of from one scruple to a drachm every second or third hour during the interval of the paroxysms. We must always avoid giving the medicine during the fevers. It should be administered near the close of the fever, that the operation may be over before a return of the fever. It is sometimes administered in the form of quinia, where the stomach is so delicate that the bark will not continue long enough to produce an effect. In cases of continued fevers attended with debility, it is recommended as a valuable medicine. From ten to thirty grains of the bark, is usually a sufficient quantity to commence with, in chronic cases.

ROSE-WILLOW.

CORNUS SERICEA.

Round-leaved Dogwood, Red Willow, Swamp Dogwood.

It inhabits the United States, Canada and Florida.—Flowers in June and July. Its medical properties are almost exactly the same as the Dog-Wood; it may be administered in the same doses and given in the same manner by the authority of Dr. Walker.

SCAMMONY.

CONVOLVULUS SCAMMONIA.

It is an energetic cathartic or physic. When given alone it produces griping. It is found in Syria. It was known to the Greek physicians; also to the Arabians,

who applied it externally for the cure of diseases of the skin. When combined with aromatics, such as spearmint, peppermint, &c., it is a mild cathartic. Dose from five to ten grains.

SENNA.

CASSIA SENNA.

Alexandria Senna was first used as a medicine by the Arabians. It is a safe, prompt and servicable cathartic; suitable for febrile or feverish diseases; united with aromatic herbs it does not produce griping. Dose from an half a drachm to a drachm, or heaping teaspoonful. We do not use it in its simple state.

SAFFRON.

CROCUS SATIVUS.

On the authority of Dr. Beach, saffron in small doses, produces perspiration; in larger does, it acts on the whole animal economy in the same way as stimulus. It extends its action to the uterus, allays pains that attend menstruation in females, it is useful in hysteria, and acts against spasms. It is rarely used in regular practice except to give a color to tinctures. From ten to thirty grains for a dose.

LADIE'S SLIPPER.

CYPRIPEDIDUN PUBESCENS.

The root of ladies' slipper has a tendency to lessen the animal energy; good to allay nervous affections and antispasmodic; it may be used in all cases instead of valerian. It promotes sleep and allays headache. Dr. Beach prefers it to opium in most cases as it has no narcotic effects. Dose—a teaspoonful in warm water with sugar. It is sometimes used with the lobelia emetic to quiet the nerves. In these cases, half a teaspoonful is sufficient, with each portion of the lobelia.

CYPRIPEDIDUN PUBESCENS.



LADIES' SLIPPER.

SOLOMON'S SEAL.

CONVALLARIA MULTIFLORA.

Is good in an increased secretion of white mucus in the vagina of women, called the whites, which arises from weakness. It may be taken in tea; the quantity is left to the discretion of the patient. When applied externally as a poultice, it is good for inflammation and the piles.

CAMPHOR.

LAURUS CAMPHORA.

Camphor is stimulant, sudorific, or produces sweating; anti-spasmodic and produces excitement. If it is taken in too large a quantity it produces vertigo, convulsions, and death. Combined with opium it is said to be very serviceable in low typhus and putrid fevers. Dr. Eberle says its power of allaying delirium, and other nervous symptoms of typhus, is, I think, more decisive, than any other remedy which we possess. It is likewise good in epilepsy. Dr. Gooch considers camphor given in union with hyoscyamus, the best sudorific that we are now acquainted with. He gives ten grains of each at bed-time after tepid bath. The medium dose is from five to ten grains.

WILD CARROT.

DAUCUS CAROTA.

This root acts particularly upon the urinary organs; is good in the gravel complaint, and bilboes.

FOXGLOVE.

DIGITALIS PURPUREA.

The medical properties of the foxglove are diuretic, i. e. it produces a discharge of urine, good in dropsy of the chest, reduces inflammation by lessening the action of the heart. It has been thought by some to have the same effect as bleeding. It reduces the frequency of the pulse. It is recommended by Dr. Beach to be applied in case of inflammation of the lungs. It is a poison, and too large a dose of it will produce spasms, vertigo and death. We make but little use of it. The dose of

the powder, one grain, repeated twice or three times a day, and gradually increase till some effect is produced upon the head, stomach, pulse or kidneys.

THORN APPLE.

DATURA STRAMONIUM.

This is a wandering plant found throughout the United States. It was not known in this country until it was settled by the whites. The Indians call it the white man's plant. It is used in the regular practice in mania, epilepsy, neuralgia, cancerous sores, rheumatism and spasmodic asthma. It is bitter, used as an external application. Simmered in hog's lard, it is good for burns and piles. Some soldiers in the revolutionary war died in consequence of eating this plant (through mistake) for greens.

CLOVES.

EUGENIA CARYOPHYLLATA.

Cloves are the most stimulant of the aromatics. Their influence is rather local than general upon the system. The oil of cloves is good to relieve the toothache. The chief use that is made of it, is to assist other medicines, in rendering them more mild. It is used sometimes to remove nausea and vomiting: to correct flatulence and excite digestion. An infusion taken before an emetic is said to assist its operation, and cause the patient to vomit more easily.

ASAFŒTIDA.

FERULA ASAFŒTIDA.

The gum is not recommended where there is inflammation; but is good in all nervous, and spasmodic affections. Dr. Walcott states, that he cured a person of the spasmodic asthma of nine years standing with this gum. It was administered in the form of a pill of ten grains, three times a day, with other attendant medicines. It is very useful in whooping-cough, croop, catarrh, measles, consumption, and all diseases of the chest.

GAMBOGE.**GARCINIA GAMBOGIA.**

Is a powerful drastic; it is cathartic, but too powerful to be given alone. It is employed in dropsies, and found effectual in the expulsion of the tape-worm.

When administered it should be combined with some other mild cathartic. Dose from two to three grains of the powdered gum.

GENTIAN.**GENTIANA LUTEA.**

This root grows in the temperate parts of Europe—blossoms in May. It is a valuable tonic, excites the appetite, invigorates the system, increases moderately the temperature of the body. It has been known as a medicine from the highest antiquity. It can be administered to advantage in all cases of debility of the digestive organs, gout, hysteria, scrofula and dyspepsy. Dose from ten to forty grains.

GUAIACUM.**GUAIACUM OFFICINALE.**

Is a native of the West Indies. It may be found at the pump and block makers. The borings are better than the saw-dust. Both the gum and wood effect the skin by their driving properties. It is used in syrup to purify the blood; good in beer, &c. It is highly spoken of by Dr. Chapman in diseases of the eyes; also gout and chronic rheumatism. It is sometimes steeped and drank instead of tea.

CRANESBILL.**GERANIUM MACULATUM.**

This herb grows along the sides of hedges in rich and moist land, in hollows that receive the wash; the top resembles crowfoot; found in New-England. It is a powerful astringent or bracing; good boiled in milk in cases of cholera infantum; also sore throat and mouth. It is highly esteemed by the Indians in venereal; it is valua-

ble in the Gleets. On the authority of Dr. Thatcher, it will suppress bleeding at the lungs, in a prompt manner; the pulverised, and sprinkled on a wound will relieve effusion of blood.

LIQUORICE.

GLYCYRRHIZA GLABRA.

Found in the South of Europe. This root is used chiefly to relieve cough, tightness of the lungs and chest; when you find a medicine too bracing, add a quantity of this root, and it will enable the patient to bear it; when otherwise, he could not. Very useful to allay irritation. The late Dr. James Malone, of London, gives the following recipe:—For a cold, a large teaspoonful of linseed oil with two penny worth of stick liquorice, a quarter of a pound of sun raisins, add two quarts of soft water, reduce it by boiling to one; then add a quarter of a pound of brown sugar candy, pounded; a table spoonful of white wine or lemon juice. Drink half a pint on going to bed, and take a little when the cough is troublesome. This is said to cure the worst of colds in two or three days. It has been known to cure colds, says Dr. Beach, that has almost been settled into consumption, in a few weeks. Dose of the root of liquorice from twelve grains to a drachm.

HELLEBORE.

HELLEBORUS NIGER.

Black Hellebore.

It was used and esteemed by Galen and Hippocrates as a valuable cathartic. It is recorded of Melampus a Greek physician, who first discovered this plant, that he acquired immense wealth and renown by restoring to reason the daughters of an Eastern monarch, who, by some unknown cause had all of them been deprived of. The Hellebore is the only article that he employed. Powerful cathartics produce a change in the constitution in these diseases favorable to recovery.

GOLDEN SEAL.

HYDRASTIS CANADENSIS.

Yellow-root, Ground Raspberry, Yellow Paint, Orange Root, Indian Plant.

It is found principally in this country beyond the Alleghanies. It has an exceedingly bitter taste. It is tonic or bracing, and cathartic, or physical, is much used by the Indians in cases of inflammation of the eyes, producing redness, difficulty in opening the eye to the light, and running from the eye. In disorders of the bile and liver we consider it invaluable. It is one of the best remedies to restore the digestive organs. The Indians use it for the dropsy, and to produce urinary discharge. I have found it useful together with bitter root to restore the bile, and relieve the stomach after eating, by adding peach meats pounded fine, and all put to Holland gin. Dose of the powder of Golden Seal from ten to twenty grains.

 HYSSOP.

HYSSOPUS OFFICINALIS.

Hyssop is a native of the continent of Europe; cultivated in our gardens. Very useful in producing expectoration, or discharge of mucus from the lungs; good in catarrhs especially in old people, and those of debilitated habit of body; useful as a gargle in sore throat. Make a tea and drink at discretion.

 HOPS.

HUMULUS LUPULUS.

Hops are tonic, and moderately produces sleep; good in dyspepsy, and nervous tremors, weakness and tremors of drunkards. A pillow made of hops wet with rum to prevent a rustling noise is good to produce sleep, and allay nervous irritation. It is anodyne, and may be used instead of laudanum; good in after pains of women; valuable fermentations.

WITCH HAZEL.

HAMAMELIS VIRGINICA.

Snapping Hazelnut, Winter-bloom, Pistachæ-nut, &c.

Grows in most parts of the United States. It is the only shrub, that blossoms in winter; the fruit when ripe explodes, making a noise, and scattering abroad the seeds. It is astringent, tonic, and useful to discuss tumors; it is highly valued by the Indians, and used by them in inflammation; bleeding at the lungs; too great a discharge of the menses, and from its astringent or contracting properties; good against falling of the bowels and womb. It may be given internally in tea; a strong decoction injected for falling down of the womb, and a wash for falling of the intestines.

LIVERWORT.

HEPATICA TRILOBA.

Noble Liverwort.

Liverwort may be used in fevers; liver complaints; bleeding to the lungs; it has been a popular remedy in chronic coughs, or coughs of long continuance.

LOGWOOD.

HEMATOXYLUM CAMPECHIANUM.

Logwood is a mild astringent, or contracting to the fibres, without irritating, and well adapted to a relaxed state of the bowels; it is valuable in chronic dysentery and diarrhœa.

BUTTERNUT.

JUGLANS CINEREA.

Oilnut.

Is a mild cathartic or physical, operating without pain or irritation, and resembling rhubarb; good in habitual costiveness. The extract should be made from the bark in May and June. Extract in doses from fifteen to thirty grains.

JUNIPER.

JUNIPERUS COMMUNIS.

The berries of this shrub are the only part used, and are ripe in August. Natural to Europe, but naturalized in this country. They are stimulant, and produce a discharge of urine; an ounce of the berries may be steeped in a pint of water and drank in the course of twenty-four hours. They are principally used in dropsies; the oil is exhibited in flatulences or wind; eight or ten drops on sugar. The imported are possessed of the same medical properties as our own, except they are stronger.

ELECAMPANE.

INULA HELENIUM.

This plant was much used by the ancients in diseases peculiar to females, and is now considered valuable in suppression of the menses, diseases of the chest, general debility, arising from weakness in the digestive organs; useful in dropsy. One or two fluid ounces may be taken at a time of the decoction; used much in coughs, and pulmonary affections.

CEDAR.

JUNIPERUS VIRGINIANA.

This tree is found all over the United States. The red cedar is possessed of the same properties, as savin; useful in rheumatism, and suppression of the menses; the oil is useful to bathe the parts for rheumatism; the oil combined with the oil of spearmint is useful in the gravel; diseases of the kidneys, and scalding of the urine.

SKUNK-CABBAGE.

ICTODES FÆTIDA.

This is one of the most valuable native plants. It allays spasms, irritation, and promotes sleep; it purifies the blood; is an excellent expectorant or promotes discharge from the lungs; good in cough. It loses much of its strength by age; for a syrup it requires long boiling. It should be dug after the tops are dried in the fall, or early in the spring. It is a valuable nervine, very useful in the asthma, and cough of old people. It is highly recommended in the above cases by Drs. Chap-

man and Eberle. It may be drank in the form of syrup freely. In powder a teaspoonful is a common dose.

SAVIN.

JUNIPERUS SABINA.

Savin is highly stimulant or exciting to animal energy. It should never be used in pregnancy, or weakly complaints of females. It is used for the cure of warts, scald head, ulcers, worms, rheumatism, and suppressed menses

It is a universal stimulant, particularly the organs of secretion.

BUGLE.

LYCOPUS VIRGINICUS.

Sweet Bugle.

Good in coughs, bleedings of the lungs, and phthisic; it produces sleep, and eases pain. Drs. Pendleton and Rodgers of the city of New-York, Smith, Ives, Lawrence, Refinesque, and Beach, testify that they have cured bleeding of the lungs, and phthisic with this article; given in tea.

WHITE WOOD. *Inner bark of the Trunk and Roots.*

LIRIODENDRON TULIPIFERA.

White Poplar, Wild Poplar.

This tree is called the glory of the American forest; it rises to the height of one hundred and forty feet, frequently nine feet in diameter.

The bark of this tree possesses valuable tonic and stimulant properties. It has been used in the ague and fever with good success. Dr. J. F. Young, says, that he has used the Poplar bark in cases of intermittants with equal success as the Peruvian bark. The same writer declares that there is not a more speedy and effectual remedy for the Hysteria than the Poplar bark, combined with a little Laudanum. It is valuable in dyspepsy, phthisic, with hectic fever, night sweats and diarrhœa. Dose from half to an ounce in a pint of boiling water. The tree bears a beautiful flower, and is found in the Middle and Western States.

SASSAFRAS.

LAURUS SASSAFRAS.

The bark is stimulant; good against all diseases of the skin, and rheumatism of long standing. Dr. Eberle says he has known a long continued use of the infusion of this article to effectually cure an inveterate case of rheumatism.

The bark and pith of the young shoots, steeped in water, make an excellent eye water for inflamed eyes.

WHITE LILY.

LILIUM CANDIDUM.

This plant is a native of Syria, and Asia Minor, but has long been cultivated in our gardens; said to be good in dropsy. It is a mucilage, and good for poultices to reduce inflammation. Good in an ointment for the tetter or harps.

LAVENDER.

LAVANDULA SPICA.

It is found in the South of France. It is but little used as a medicine; it is a stimulant often used as a perfume, and is often added to medicine, to make it more grateful to the stomach.

DANDELION.

LEONTODON TARANACUM.

This plant is found in Europe, Asia and America; it takes its name from a French word, meaning a Lion's tooth. It is highly recommended in the cure of diseases of the liver, and for the dropsy by the most eminent physicians. This is a very valuable medicine as the Liver is so liable to become diseased. I believe that a morbid state of the Liver originates more chronic diseases, than all other of the visera. The yellow dock steeped strong, and drank at liberty daily, with occasionally a lobelia emetic, will not fail to produce a healthy action upon the liver.

BAYBERRY.

MYRICA CERIFERA.

It is found throughout the United States; but most abundant in New England, particularly near the sea shore.

The bark of the root produces sleep, and removes pain. It braces and strengthens the fibres of the body, and frequently operates as an emetic.

Take one pound of the pulverised bark of Bayberry, four ounces of ginger, two ounces of cayenne, two ounces of rhubarb, pulverised, or four ounces of yellow dock will answer the same purpose, unite them together: this compound is very valuable in almost every disease. A heaping teaspoonful is a common portion, put it into a cup with the same quantity of sugar; fill the cup two thirds full of scalding water, stir it well, and when cool enough, drink dregs and all. This is what we call vegetable powders. They are good in colds, coughs and cholic; good to equalize circulation. It is good to take a number of portions of it previous to taking an emetic; it warms the stomach, produces gentle moisture upon the surface and also sleep. For a bad cold, cholic and in some other cases the Elixir should be added from one to two teaspoonfuls. I cured myself of the cholic with this medicine alone. I have took two portions within about ten minutes of each other. I have also broken up a cold with the same in two nights, which usually lasted me four weeks. Dr. Beach considers a poultice made of the Bayberry bark in connection with slippery-elm bark to be a sovereign remedy for the King's Evil or scrofula. It is excellent in dysentery and jaundice.

 COLOMBA; OR COLOMBO.

MENISPERMUM PALMATUM.

This root is a native of Africa, Madagascar, and the East Indies. It is a very mild tonic, or has the property of strengthening the system without producing stimulant and irritating effects. It is very excellent in dyspepsy and hectic fever. The American Dispensatory recommends in bowel complaints, half an ounce of Colombo, half an ounce of ginger, and a drachm of senna, with a pint of boiling water; give a wine glass full three times

MYRICA CERIFERA.



BAYBERRY.

a day. Dr. Eberle gives in dyspepsy, ten or twelve grains of Colombo with two of ipecacuanha, with decided good effect.

GUM ARABIC.

MIMOSA NILOTICA.

The tree from which this gum is found, grows along the Nile of Egypt, and the sandy deserts of Africa, and Arabia, and Petraca. The Moors and Negroes live on it almost exclusively during the period of its collection, and conveyance to market. The Bushmen Hottentots in times of scarcity, support themselves upon it for days together. Six ounces a day is said to be sufficient to sustain life in a healthy adult. It is nutritive, and sheathing to inflamed or irritated parts; it is good therefore to prevent bleeding in dysentery, hoarseness, whooping-cough, suppression of urine attended with pain. Take a handful of English barley, gum arabic, a piece as large as a walnut, with a little slippery-elm; pour a pint of boiling water upon it, steep it, and sweeten with loaf sugar. This I have found excellent where the patient had not much appetite and could not bear solid food. It will be found very serviceable to keep up the strength of the patient.

HOARHOUND.

MARRUBIUM VULGARE.

This plant is a native of Europe, but flourishes well in this country; it was formerly valued by the faculty, in many chronic diseases; but is now by them but little used. It is good in coughs, colds, and all consumptive complaints. It is a little too much of a tonic to be given alone in coughs. This may be obviated by adding to the syrup a little stick liquorice. This herb in large doses proves laxative. It also promotes menstrual discharge.

PEPPERMINT.

MENTHA PIPERITA.

This herb is a native of Great Britain, from whence it has been transplanted to the continent of Europe and to this country. It produces sweating, is good against spasms, stimulating and warming. It is good to prevent vomiting taken in the form of tea, or the herb infusion in

hot water, and applied to the pit of the stomach. It is very useful to disguise other medicines and make them more palatable, particularly cathartic. Good to relieve spasmodic pains of the bowels and stomach.

CATNIP.

NEPETA CATARIA.

Notwithstanding this plant is but little thought of in regular practice, it is a very valuable herb. I have succeeded in relieving pain in the bowels, where they were swollen when every thing else failed, by giving simply an injection of catnip tea made strong; for a child six years old, an even tea spoonful of fine salt, three great spoonfuls of molasses, one great spoonful of sweet oil or hog's lard; put up two thirds of a tumbler full, keep it up fifteen or twenty minutes. This injection I have used with great success in case of fits caused by worms. It will bring away the superabundance of slime that has collected on the internal surface of the canal. Catnip tea is very useful in fevers, as it will produce perspiration without increasing the heat of the body; it is useful in all spasmodic affections. We have sometimes used it with the emetic instead of pennyroyal, but it is inferior for that purpose.

SPEARMINT.

MENTHA VIRIDIS.

Spearmint is said to be a native of this country, and possesses the same medical properties with the Peppermint, which is a native of Europe. It is highly recommended by Dr. Beach as a diuretic, or produces urinary discharge, and also in cases of gravel.

WHITE-OAK BARK.

QUERCUS ALBA.

There are said to be eighty different species of this genus, and thirty in the United States. The white oak is the most valuable for medical purposes; it is said to possess four times the strength in the spring that it does in the winter. As an external medicine it is very useful, in bad conditioned ulcers, as a wash, it prevents putrefac-

tion. A strong decoction is said to be a certain cure for sore lips. A poultice made of the powder is good against gangrene and mortification. It will contract, support and strengthen the animal fibres. It is useful in falling down of the bowels. Dr. Beach recommends a strong decoction as a gargle in the croup. I have used it in the form of syrup with success, internally, where the stomach was not disposed to receive medicine kindly, owing to its weak and relaxed state; it is strengthening, possessing somewhat the property of the Peruvian bark, but it is esteemed inferior to it.

JERUSALEM OAK.

CHENAPODIUM ANTHELMINTICUM.

This plant is found in most parts of the United States, generally about old cellars and rubbish. It is of a yellowish green color; it flowers from July to September. The whole herb has a strong, peculiar offensive smell. It is one of the best native remedies we have for expelling worms from the intestines. A teaspoonful of the powdered herb and seed united with peppermint herb, pounded fine for a child two or three years old, may be taken night and morning before eating, for two or three days; then follow it with the common physical powders, or any other brisk cathartic. The oil of the seed is perhaps the most convenient mode of administering it. The dose for a child is from five to ten drops, and may be taken on sugar, morning and night, for two or three days, and followed by physic. A wine glass full of the decoction prepared by boiling one ounce of the herb in a pint of milk for common practice is recommended by the American Dispensatory, with the addition of orange peel. Dr. Baylies, of Taunton, recommends the herb highly in after pains of women.

TOBACCO.

NICOTIANA TABACUM.

This plant is emetic and narcotic, or produces sleep and stimulating. It excites the mucus membrane when taken into the mouth, causing it to discharge an abundance of saliva; this is spit out by those who chew tobac-

co, instead, as was intended by the Creator, to moisten the mouth, and prepare the food to be swallowed, and afterwards to be digested. Therefore persons who are accustomed to chew tobacco or smoke, are troubled with a dryness of the mouth and heat, especially in the morning, faintness, with a weak trembling feeling at the stomach. It injures the digestive organs, and irritates the nervous system.

All these symptoms I know by experience, having used tobacco more or less for twenty years. It is now about four years since I abandoned it entirely; since which time the above symptoms have abandoned me. The effects of tobacco are alike, whether smoked, chewed, or snuffed up the nose; except, taken in the form of snuff, it affects the speech. The habitual use of this article is a species of intemperance, as truly as the habitual use of ardent spirits, while it is abandoned with far more difficulty. A person told me not long ago, that he found no difficulty in leaving off the use of ardent spirits; but he had made an effort to leave off chewing tobacco, and had not succeeded. He found it far more difficult than breaking off drinking rum. Yet people are encouraged to learn to use tobacco for as simple a disease as the toothache, and, as it were, spit out their lives as really as the drunkard burns out his.

THYME.

ORIGANUM MAJORANA.

This is the common garden Thyme. It is principally used in cookery. Its properties are similar to other aromatic herbs, such as sage, lavender, and is used for the same purposes. It is called good in painful and difficult menstruation and rheumatism.

OLIVE OIL.

OLEA EUROPÆA.

The Olive tree flourishes in all the countries bordering on the Mediterranean. It is cultivated in Spain, south of France, Italy, and the north of Africa. It begins to bear after the second year, and flourishes for a century. Olive oil is nutritious, gently laxative, is principally used in ointments, linaments and plasters. It is sheathing to the

stomach and bowels, therefore good in dysentery and internal inflammation; good also to destroy the effect of acid and poison taken into the stomach.

It is supposed to be a sure cure for the bite of poisonous serpents. It is recommended in the dropsy to rub on where the swelling may be. I have frequently used it in injections, to soften and quiet the internal surface of the canal. A great spoonful or two, according to the age of the patient, and the quantity of matter that you inject is a common portion. For a laxative an ounce should be given.

ALDER.

PRINOS VERTICILLATUS.

Black alder is good in flabby ill-conditioned ulcers as a wash, while it is taken internally. It is also good in case of worms and in bleeding at the lungs. A gentleman in Weymouth, (Mass.) informed me that he had cured himself of bleeding at the lungs, by taking a tea spoonful of the pulverized bark in molasses a few times. It possesses alterative properties, that is, the power of removing disease from the system, without any perceptible evacuation. It gives tone to the muscular fibres. A dose of the powder is about an even tea spoonful.

ANISEED.

PIMPINELLA ANISUM.

Anise is a native of Egypt and the Levant; but is cultivated in the south of Europe, Spain, Malta, and sometimes in this country. It is carminitive, that is, it removes wind and pain. A little of the oil mixed with water, or the essence, I have found to be very serviceable to give to sucking infants, to start the wind. The oil imparts a very pleasant flavor to liquors. It assists to promote a discharge from the lungs. Its medical properties are the same as the Fennel.

FIR BALSAM.

PINUS BALSAMEA.

This tree is found growing in Canada, Nova Scotia, Maine, and in other parts of the United States. It is called good for sore nipples, flour albus, fresh wounds, and

weakness of the stomach. Dose from twenty to thirty drops. It may be taken internally on loaf sugar.

DRAGON'S CLAW.

PTEROSPORA ANDROMEDA.

Fever Root.

Dr. Beach says that this plant is useful in various kinds of fevers, particularly typhus. It keeps up a moisture of the skin without producing any excitement. To a tea spoonful of the root add about a half pint of boiling water. It may be drank freely.

WHITE AND YELLOW, OR PITCH PINE.

PINUS STROBUS, AND PALUSTUS.

All the different pines possess nearly the same medical properties; their properties consist principally in their essential oils. Pills made of turpentine are good against raising blood—two, twice a day, is sufficient. They are stimulant, produce copious discharges of urine, and also good to expel worms. All the turpentine boiled down to the consistency of plaster are good to strengthen the weak parts, and remove pain. The inside bark of the white pine is good in cases of suppression of urine; it may be drank freely. It is good as a plaster to cleanse foul ulcers. It produces a discharge of the menses, good in rheumatism, consumption, and diseases of the kidneys. The oil of tar is recommended by Dr. Beach in pain of the breast and obstructed menses. Take ten drops of the oil of tar at a time, three or four times a day to be given in milk.

WILD CHERRY.

PRUNUS VIRGINIANA.

This tree is found growing in many parts of the United States. The bark, taken in small doses, is considered a tonic, invigorating the whole system. In nervous debility it has a tendency to allay the irritability, and also debilitated state of the stomach. Dr. Eberle states that the cold infusion, in copious draughts, a number of times a day, followed for nearly two weeks, reduced his pulse from seventy-five to fifty strokes per minute. Good in hectic fever, scrofula and consumption.

HEMLOCK.

PINUS CANADENSIS.

A decoction of the bark is a powerful astringent, that is, contracting the fibres of the body ; it is good therefore to bathe the parts, in case of falling of the bowels and womb, and weak joints. In these cases there should be added one third part the best French brandy. The oil is said to produce perspiration by bathing the bottoms of the feet. The gum makes an excellent plaster for a weak back.

MANDRAKE.

PODOPHYLLUM PELTATUM.

May Apple, Indian Apple.

The mandrake is found growing throughout the United States. It is a sure and certain cathartic or physic. Professor Bigelow says we have hardly any native plant, which answers better the common purpose of jalap, aloes, and rhubarb, and which is more mild and soft in its operation. Dr. Beach says we have found this root very valuable in many inveterate chronic diseases; such as venereal, scrofulous, bilious dyspeptic, or chronic affections of the liver, dropsy, &c. If given in too large doses, it often produces vomiting, as well as purging. When given in small doses, and repeated once in two or three hours, it is said to produce an influence on every part of the system, touching every gland. It is good to expel worms. Dr. Lobstein says that he has never known it to fail in suppression of wind. Take Mandrake, Cream of Tartar, Spearmint pulverized, equal parts—one tea spoonful is a dose. A small tea spoonful is a dose of the mandrake alone.

PLANTAIN.

PLANTAGO MAJOR.

This herb is celebrated for its virtues in expelling poisons. It is said that a spider and a toad had a battle; the toad, so often as he was bitten by the spider, went and eat of the plantain, and then renewed the attack; a person deprived him of the plant, and he soon died.

A negro at the south obtained his freedom for discover-

ing a nostrum that would cure the bite of snakes. It is said that a gentleman in Virginia was bitten by a spider above the knee; a few minutes after he perceived a pain shooting upward from the spot, which soon reached his heart; a quantity of plantain was immediately gathered and bruised, and a quantity of the juice squeezed out, and swallowed, which stopped the progress of the poison, so that a cure of the bite was obtained immediately. Culpepper calls it the best plant in nature. An ointment made of plantain, by simmering it in spirits or fresh butter, says Dr. Beach, is good in the erysipelas, tetter and saltrheum. The negro's mode of cure for the bite of snakes, is, take equal parts of the expressed juice of plantain and hoarhound; take a table spoonful as often as the stomach will bear it, and apply the same to the wound.

POKE.

PHYTOLACCA DECANDRIA.

Skoke, Garget, Coakum, Pigeonberry Root.

It is a native of America, but is found growing spontaneously in the south of Europe and Africa. The young shoots are good boiled for greens. The root is emetic, purgative or physical, and produces sleep. Its operation as an emetic is very slow, not causing the patient to vomit sometimes under two hours, and acts for a long time on the stomach and bowels; it is apt to operate as physic. Dose for an emetic, ten or twenty grains; when used to purify the blood and not to vomit, from one to five grains is sufficient.

In all nervous difficulties and rheumatism, particularly inflammatory, large slices of the root warmed by the fire and applied to the bottom of the feet; for drafts are attended with very beneficial effects. I have known it to be very beneficial in hysterics, and inflammatory rheumatism; in the latter case it produced gentle perspiration all over the body. The juice of the berries is highly esteemed for the cure of the rheumatism, preserved in spirits; they are also used as an ointment for the salt-rheum. The root should be dug late in November, and cut into thin slices and dried; the berries collected when perfectly ripe.

SENECA SNAKE-ROOT.

POLYGALA SENEGA.

Rattlesnake-Root.

This root was introduced by a Dr. Tenent of Virginia; it was recommended by him as a cure for the bite of the rattlesnake. It is good in asthma, cough and catarrh. Half of an even tea spoonful is sufficient for a dose of the powder.

BLACKBERRY.

RUBUS VILLOSUS.

Raspberry, Dewberry, Cloudberry.

The Dewberry is the kind of blackberry that runs on the ground. A syrup of the roots is a celebrated remedy for bowel complaints, particularly of children, diarrhœa, dysentery, and cholera infantum. The different species referred to, possess nearly the same medical properties; they are all restringent. I have myself proved the good effects of the blackberry syrup on my own child. The root must be boiled a long time in order to get out the strength; after the strength is out boil in a little milk and sweeten it, and let the patient drink at liberty. Dr. Beach says that about five hundred of the Oneida tribe of Indians were attacked at one time with the dysentery, that all recovered by the use of this root, whilst their neighbors, the whites, many of them died with the same disorder.

GARDEN PEONY.

PÆONIA OFFICINALIS.

Is cultivated in gardens as an ornament. It was highly esteemed by the ancients for the cure of the epilepsy; the root was used; quantity for a dose from twenty to thirty grains, or half of an even tea spoonful.

CASTOR OIL : CASTOR BEAN.

RICINUS COMMUNIS.

This plant is a native of the East Indies and Africa, where it attains the character of a tree, growing thirty or forty feet high. In this country and England it is annu-

al. It is a mild gentle physic, particularly adapted to children's diseases, and all cases where there is inflammation in the bowels, in diarrhœa, dysentery, and piles; but it is not sufficient to evacuate the bowels of that billious mucus substance, which often collects upon the internal surface of the canal. Common dose is an ounce; children require more in proportion than adults, as it is supposed, that they digest a greater proportion of the oil. It is very commonly resorted to by pregnant women where they are habitually costive, with much propriety. Some have recommended it to be taken in milk, others in coffee; it may be taken in whatever the patient may find the most agreeable.

YELLOW DOCK.

RUMEX CRISPUS.

Narrow Dock grows on high land; the root is very yellow. There are many species of the dock; we use none except the common narrow, or yellow dock, English dock that is cultivated in gardens, and the asthma dock or blood dock, which is good in case of asthma; the veins of the leaf of this dock are of a blood red color.

The common narrow or yellow dock is one of the best of our native plants. It is physical and bracing; it will evacuate the bowels without weakening the system, as many other medicines do,—three tumblers full per day at three different times may be taken with perfect safety. There is scarcely any disease where it may not be administered to advantage. I have used it in palpitation of the heart with very visible advantage. In all billious complaints it has never failed in giving immediate relief. In the piles it always relieves. It will allay internal heat, and promote a moisture upon the surface. I have found nothing surpass it in cases of hectic fever. In all diseases of the skin it may be administered with advantage. It is good in chronic rheumatism, as well as inflammatory. The reason that the value of this article is so little known perhaps is because the patient does not take enough of it, and does not follow it up long enough. It will purify the blood, promote the secretions and excretions, allay inflammation, and irritation, and throw out of the system acrimonious humors. It is rather cold when taken alone, it may be made palatable with sugar and molasses, and add

as much cayenne to every tumbler full as you may conveniently take up upon the handle of a teaspoon, or half of a teaspoon full. It will prove gently laxative.

I have used it in bleeding at the lungs attended with a cough, with beneficial results; in this case the powdered root should be used one teaspoonful to a cup full of milk, scalded in. It is rather difficult to get the right kind; that which is found in wet land is white and woody, and is not fit to use: there is no kind good but that which is yellow and fibrous. The English water dock such as is cultivated in gardens, perhaps is the best. I have administered this article in a multitude of cases of the piles, and have never known it to fail in giving immediate relief.

RHUBARB.

RHEUM PALMATUM.

Of this herb there are three principal species, the Russian, the Chinese, and the European; the Russian is preferred. The European requires two or three times the quantity to produce the same effect as the other kinds. The rhubarb possesses properties almost peculiar to itself. The *Rumex Crispus*, or yellow dock has nearly the same operation; but it is vastly inferior in strength. Rhubarb possess a restringent, or property of contracting the animal fibres, whilst it operates as a thorough cathartic; it therefore answers better for patients of weakly constitutions, that cannot bear more drastic physic: if there is weakness and debility, in the bowels; it is very serviceable in the piles, diarrhœa, and dysentery; it first evacuates the bowels, and then braces the relaxed fibres. In cholera, Dr. Beach, recommends adding alkali.

In small doses it will invigorate the stomach. I have given from half of a teaspoonful to three heaping teaspoonfuls at a dose, very rarely as much as three teaspoonfuls. The patient should take but a teaspoonful at a time, once in about fifteen minutes—suck a little lemon or take a little vinegar and water, sweetened, or the stomach will be liable to reject it. Rhubarb combined with aromatic herbs will prevent its griping effects, that is, those roots or herbs that possess a sweet spicy scent and agreeable pungent taste—the vegetable powders may be combined with the rhubarb in equal parts.

By roasting the rhubarb, it is said the purgative or physical properties are destroyed, leaving only the restraining. The American Dispensatory gives as a portion from twenty to thirty grains, but this is quite insufficient to remove diseases of long standing. Dr. Beach says the root of this plant is a valuable and singular cathartic, differing from all others of the materia medica. It operates first by evacuating the intestinal canal, and then gently astringing or restoring the tone of it.

SUMACH.

RIIUS TYPHINUM.

The bark of the root and berries makes an agreeable cooling drink; good against canker; good to wash the mouth, and gargle the throat in ulceration of the throat and mouth. A strong tea made of the berries or bark of the root is excellent in cough, either the common or whooping cough; add about one third molasses; take care that the molasses be of a good quality.

BITTERSWEET.

SOLANUM DULCAMARA.

Found in the United States growing on rich loose rocky soil. The bark of the root simmered in hogs lard makes an excellent ointment for diseases of the skin, as well as for sores. A strong decoction may be applied to the skin whilst the same may be taken internally in quantity of from one to two fluid ounces, four times a day, and gradually increase till it produce some pain in the head.

It has been recommended in chronic rheumatism, and the liver complaint. Dose of the powders from half to a whole drachm.

BLOOD ROOT.

SANGUINARIA CANADENSIS.

It is found growing in low land among rocks. It grows natural in this country. It flowers in March and April. It is used externally in cleansing ulcers, and removing fungus flesh. It is very excellent to increase the discharge of mucus from the lungs and trachea, or windpipe. It is therefore good in coughs and croup. It is emetic

SANGUINARIA CANADENSIS.



and narcotic; it produces perspiration, and menstrual discharges; it is highly recommended in the influenza, hooping cough and phthisic. Dr. McBride in a letter to Dr. Bigelow, speaks highly of this root. He says he has administered the tincture sixty drops in dropsy in the chest, three times a day, and increased every day till nausea followed each dose. It is good in bilious diseases, and malignant scarlet fever. It is excellent in catarrh; it is the base of our catarrh snuff. Professor Smith of New Hampshire says he has cured a number of polypus, the soft kinds, by using it as a snuff. Dose for an emetic from ten to twenty grains.

COMFREY.

SYMPHITUM OFFICINALE.

Comfrey is a native of Europe, but cultivated in this country; it is a mucilage well adapted to allay irritation; good in dysentery, diarrhœa, and consumptive complaints, excellent in coughs.

MUSTARD. *The Seed.*

SINAPIS ALBA.

Mustard is a very valuable medicine. It is stimulant. A great spoonful of the seeds taken with molasses will cure the cholic, and give action to the stomach; also a popular remedy in the dyspepsy.

The bruised seeds in the dose of a large teaspoonful acts as an emetic; it facilitates the action of other emetics; it has been used in dropsies. We find mustard very serviceable in all cases where a blister is necessary. Take rye meal, mix it with vinegar, cover the surface of the poultice all over with pulverised mustard, and apply it. There is not the danger from mortification in the mustard poultice, as there is in the common blister. This poultice is very useful for a pain in the side; when applied to the feet, good against spasms.

A teaspoonful of the powdered mustard, with water will expel poison from the stomach very promptly. The properties of the black and white mustard are nearly alike.

PINK.

SPIGELIA MARILANDICA.

Carolina Pink stands high as a cure for worms. A knowledge of its properties as a vermifuge, was communicated to a number of the faculty in Carolina, by the Cherokee Indians. It is used in this country perhaps more than any other articles to destroy worms. It may be given in powder from half a teaspoonful to two teaspoonfuls two or three times a day, after which give a brisk cathartic.

SARSAPARILLA.

SMILAX SARSAPARILLA.

This plant is a native of South America, and was introduced into Europe by the Spaniards, about the year 1563. It was formerly very highly esteemed as a cure for the venereal disease. It is now esteemed insufficient to meet that disorder. It is said to be the principal ingredient in the celebrated Swaim's Panacea. It is alterative in its properties, that is, it produces a change favorable to health, without any perceptible evacuations. It is much used in syrup for alterative purposes. I have made use of our common Sarsaparilla instead of the Spanish, and find it answers the purpose well. We use it in our alterative syrup for purifying the blood, chronic rheumatism, liver complaints, diseases of the skin.

SAGE.

SALVIA OFFICINALIS.

Sage makes a very wholesome drink; answers the purpose of tea, and I believe it to contribute much more to the health than that article. One reason why many people do not like sage as a drink, is, because they make it too strong.

It is good made into a strong tea for children troubled with worms, and as a gargle in quinsy and canker. It is useful in colds, coughs, and fevers. One author has so high an opinion of it, that he says "why dies the man whose garden sage affords."

BALSAM OF TOLU.

TOLUIFERA BALSAMUM.

This tree grows in Spanish America. The balsam flows from incisions made in the bark of trees, during the hot season. It is found in Peru, Carthagena, New-Granada, and Tolu. This Balsam is stimulating and mild, has a pleasant flavor, and is much used in coughs.

TANSY.

TANACETUM VULGARE.

Double Tansy.

Few people perhaps are aware of the value of this herb, particularly in regulating flooding, after childbirth. From one to two tumblerfulls, of the strong tea of double tansy, and spirits, with molasses, may be taken in the course of twenty-four hours, for a number of days after the child is born. I know this to be good, having proved it. It regulates the flooding, whether it be too little or too much; it gives vigor and energy to the system. Those females, who are subject to humors, or diseases of the skin of any kind, particularly require, after delivery, something to throw it out to the surface; the debilitated state of the body in these cases give the humors advantage, and they fix upon some of the internal viscera, the most weak, and frequently produce almost immediate death. I believe the free use of this herb would have saved many a woman's life. I have never administered it without seeing decidedly good effects follow.

AMERICAN IPECACUANHA.

EUPHORBIA IPECACUANHÆ.

Spurge.

This plant is a native of America; found in the middle and southern States, growing in woods, bogs and sandy land. It is very much celebrated for its power to evacuate water—this it is said to do when every other agent fails. The distinguished botanical physician, Dr. Bone, of New Jersey, prescribed this medicine in a great variety of diseases. Fifteen or twenty grains may be administered a number of times a week. It operates as an emetic and physic; is also good in obstructed menses.

Dr. Beach, says it is possessed of very powerful properties; it is an excellent hydragogue; evacuating the water when all other agents prove abortive or useless.

SLIPPERY-ELM.

ULMUS FULVA.

Is a native tree of North America. The slippery-elm, is an excellent remedy in all inflammatory diseases, whether external or internal. It is one of the best remedies that can be prescribed in dysentery and bowel complaints; useful in sore throat, inflammation of the lungs and coughs. For a poultice, it stands first in the vegetable kingdom; for ulcers, tumors, swellings, gunshot wounds and chilblains. The tea is said to be much used by the Indian women, to procure easy labor, and is drank two or three months previous to their being confined. A man in the revolutionary war, lived ten days on elm bark and sassafras. The Indians resort to it as a nutrement in cases of extremity. A very valuable drink may be made of the flower of slippery-elm, which is the best form to use it; take one heaping teaspoonful of the flower, sweeten it with loaf or brown sugar; add a little salt, and cinnamon, mix them well together; then add by degrees, a pint of boiling water, put in a little milk and nutmeg. The patient may drink a gill at a time—this will keep up the tone and strength of the system where more solid food cannot be taken. For a cough, instead of using sugar put a gill of the best molasses, and the juice of two lemons, or as much vinegar.

RED RASPBERRY.

RUBUS STRIGOSUS.

A native of Great Britain, but grows spontaneously in the United States, and sometimes cultivated in gardens. It flowers in May and June; fruit ripe in August. Dr. Elias Smith recommends the leaves of this plant very highly in dysentery, diarrhœa, and to remove canker from the mouth, throat, stomach, and bowels; also a wash of the strong infusion of the leaves, for burns, sores, and diseases of the skin. He says that children who have sore mouths ought to wash with it often.

IRIS VERSICOLOR.



BLUE FLAG.

BLUE FLAG.

IRIS VERSICOLOR.

Found throughout the United States, by the side of streams and wet places. It flowers in June—has a very handsome blue flower, rising about two feet high. The Oneida Indians, make much use of this root for the cure of rheumatism. The directions are, make a strong tincture of the blue flagroot, by putting it into spirits or alcohol. Let the patient take a teaspoonful three times a day, after eating, and increase gradually; if it should produce slight pains in the head and breast, take less. I have used this root together with cokum or garget, for the venereal taint, with decided good effect.

Dr. Beach says that Dr. Woodruff informed him, that this root is valuable in several diseases. He says, given in doses of six or eight grains, night and morning, it proves gently laxative and eradicates the most inveterate taint of the system.

Says Dr. Elisha Smith of the city of New York—“ This root possesses great medical power; and from a long experience of its use, I am convinced that it is equally efficacious as mercury, in all the diseases in which, in the common practice, it is supposed that mercury is indicated. It serves as an alterative and sialagogue, that is, produces a flow of saliva, in small continued doses, as a powerful drastic purge, stimulant, a vermifuge a diuretic, errhine, &c. It is a complete substitute for that mineral, for any of its purposes; and, being a vegetable, I consider it far preferable, because, after having its operation and effect, it passes off, and leaves the system free; whereas, mercury fastens upon the bones and solids, and remains like a carroding canker, rendering vast numbers feeble and debilitated for life. Such is the difference between these two articles of medicine; and it would be a happy event for mankind, if physicians would, for once, divest themselves of their blind prejudices in favor of the mineral, and consent, at least, to make a trial of this vegetable substitute. Their humanity should be a sufficient inducement for this. The plea that the vegetable kingdom contains no equivalent to mercury, is no longer tenable; then why should not physicians discard the use of it at once, when it is universally acknowledged and felt, that in the aggregate it has proved a curse, a des-

troyer to the human race. The disuse of it, it is true, would lessen the employment of the medical profession; but the satisfaction they must feel at the proportionate decrease of suffering among their fellow beings, will, no doubt, richly compensate them for their pecuniary sacrifice.”

For a cathartic the dose is about half of an even teaspoonful.

NUTMEG.

MYRISTICA MOSCHATA.

This was entirely unknown to the ancients; it is used to cover unpleasant taste in medicines. In doses of two or three drachms, it has been known to produce dangerous consequences. It removes wind and pain, and is good in a weak debilitated state of the stomach; it gives an agreeable flavor to medicines, useful to check diarrhœa. The properties of nutmeg, are said to be contained in their volatile oil. Two or three drops of which is sufficient for a dose—about half of an even teaspoonful of the powder is a dose for a medicine.

VIRGINIA SPEEDWELL.

VERONICA VIRGINICA.

Dr. Beach gives a number of instances where cures have been effected by this article, in very bad cases of dropsy and leprosy. For the dropsy take half a pint of the strong decoction of the speedwell and drink it in the course of a few hours.

WATER FENNEL.

PHELLANDRIUM AQUATICUM.

Dr. Beach informs us that J. F. Daniel Lobstein, M. D. in a communication to the members of the Associate Medical Society of Botanic Physicians and Surgeons of New York, says of this herb:—I have employed this remedy in four cases of mucous consumption, in two of humored asthma; in one of chronic ulcers of the legs; in three of phthisic ulceroca, or genuine pulmonary consumption; in three of chronic catarrh, and in two cases of hæmoptisis.

CASE 1.—The first case of mucous in which I prescribed this remedy, occurred in Strasburg, in France. The patient was a middle aged woman; she had taken various remedies for her complaint, before I saw her, and was, at the time I first prescribed for her, exceedingly reduced. Her cough was at times very violent, attended occasionally with a copious and tenacious expectoration. She was much emaciated, and effected with symptoms of dyspepsy; a slight paroxysm of fever supervened every afternoon, and the night sweats were sometimes very profuse.

On being first called to her, I ordered such remedies as I thought calculated to mitigate the cough, from which she derived temporary benefit. After having continued for a few weeks, with the use of the common demulcents and expectorants in cases of this kind, I prescribed the Semen Phellandrium, or Water Fennel, in union with Saccharom Lactis, that is, Sugar, and, Gum Arabic, in the dose of ten grains of the former, meaning Water Fennel, the seeds, and twenty grains of the other two articles three times a day. After having used it about fourteen days, she was evidently better. The fever had almost entirely disappeared, and the cough was much less violent, and accompanied by a much easier and better expectoration.

Under the continued use of this medicine, she gradually recovered, more and more strength; her appetite became good, and in about six weeks she was so well as not to require any farther attendance.

PRICKLY ASH.

ZANTHOXYLUM FRAXINEUM.

Toothache Bark, Toothache Tree.

The bark and berries of the Prickly Ash are stimulant, tonic and energetic. It has been highly esteemed as a remedy for the chronic rheumatism. It is a celebrated remedy for the toothache. It is a very common ingredient in bitters; it possesses somewhat the properties of guaiacum. By a long continuance in taking this bark, it has been said to produce salivation. The dose to be taken is from ten grains to half of a drachm, to be repeated three or four times a day.

PENNYROYAL.

HEDEOMA PULEGIOIDES.

Thick-weed, Stinking-balm, Squaw-mint.

Found all over the United States and in Canada. It is gently stimulant, produces universal perspiration, when taken in large quantities warm. We consider it the best drink to accompany the lobelia emetic. In cases of sudden suppression of the menses a tumbler full of this drink with an even tea spoonful of black pepper pounded fine, sweetened, and drank warm after soaking the feet in weak ley, will rarely fail of producing the desired effect. It is useful to qualify other medicines, for sickness to the stomach, colds, &c. It may be drank at liberty.

ELDER.

SAMBUCUS NIGER.

The roots, bark of the stalk, flowers and berries possess medical properties. The flowers are good to cure the scurvy, taken in strong tea; they are good also in bowel complaints of children. It is gently laxative, and has a tendency to purify the blood.

I have found great service from a syrup made of the berries in weakness of the bowels. The bark is often used in making an ointment for diseases of the skin, and in syrup for the dropsy. I have used the roots in alterative syrup when I could not obtain the flowers. The patient may take at liberty with safety as much as he shall choose. The young leaves and buds are said to be a thorough and useful physic.

ROSE.

ROSAGALLICA.

The flower is tonic and astringent. Dr. Beach prescribes the rose water in connexion with the pith of young sassafras twigs in ophthalmia or inflammation of the eyes.

HENBANE.

HYOSCYAMUS NIGER.

Henbane is annual, a native of Europe, but grows common in this country; found by the sides of roads and among rubbish.

It somewhat resembles opium in its operation. The root possesses the same properties as the leaves, and in a higher degree. Henbane is an active poison, and often proves fatal when taken in large doses; as an antidote, take a heaping tea spoonful of powdered mustard in water to evacuate the stomach, afterwards take water and vinegar, followed up with sweet oil. Black Henbane is used in various spasmodic diseases; dose of the juice of the leaves from one to two grains. It differs from opium, inasmuch as it does not produce costiveness. In open ulcers the powdered leaves have been recommended; it is one ingredient in the celebrated Lamott's pills for the cough.

MANNA.

FRAXINUS ORNUS.

Flowering Ash.

The flowering ash is a native of the south of Europe, particularly of Sicily and Calabria. When first gathered it seems not to possess the physical properties that it does when it has age, as the natives of the country where it is gathered use it instead of sugar. We are informed in the American Dispensatory that Manna is a gentle laxative, usually operating pleasantly, but in some cases producing flatulence and pain.

Though peculiarly adapted to children and pregnant women, it may be given with advantage in ordinary cases of piles from constipation or costiveness, unattended with dyspeptic symptoms. It is usually, however, prescribed with other purgatives, particularly senna, rhubarb, magnesia, and the neutral salts, the taste of which it conceals while it adds to the purgative effect. The dose for an adult is from one to two ounces; for children from one to four drachms. It is usually given dissolved in water or some aromatic infusion; but the best flake manna may be conveniently administered in substance.

POLYPOD.

POLYPODIUM VULGARE.

A fern belonging both to the old and new continents, found growing in old walls and trunks of trees. The roots

are used. They are about the thickness of a goose quill. It is cathartic or physical; good to expel worms. It is said to have been used with other articles successfully, in expelling the tænia or tape worm. It is stated, also, that a lady in South Carolina was cured of a consumption with this herb in connexion with the Liverwort.

MULLEN.

VERBASCUM THAPSUS.

The leaves of this plant are good in dysentery and piles; good to discuss tumors. A poultice is sometimes used of the leaves and pith in white swelling; useful in cough when made into a tea, and a very good ointment may be made of the flowers simmered in hogs' lard for sore nipples. It is good in cases of female obstructions, bleeding at the lungs and stomach. It is somewhat cathartic.

SCULLCAP.

SCUTELLARIA LATERIFLORA.

Mad-Weed, Hood, Wort, Blue Pimpernell.

The following account is from Dr. Beach:

Tonic, nervine and anti-spasmodic. It is remarkably efficacious in chorea, or St. Vitus' dance; with the infusion I have cured a great number of cases of this disease. It has of late become quite famous as a cure for the bite of mad dogs. Its property as a medicine, in this case, was first discovered by Dr. Vanderesveer, towards 1772. He used it with the utmost success, and is said to have, till 1815, at which period he died, preserved four hundred persons and one thousand cattle from becoming affected with the disease, after they were bitten by rabid animals. It is likewise stated that his son prevented, relieved, or cured forty persons in three years, in the States of New-York and New-Jersey, by the use of this article. It is also very useful in convulsions, tetanus and tremors.

WAKEROBIN.

TILLIUM LATIFOLIUM.

Wakerobin, Cough Root, Indian Balm, Ground Lilly.

This root has the power of contracting the fibres, or is bracing; good against diseases of the lungs and chest,

and spasms. The root is employed in cases of bleeding from the kidneys or bladder, in bloody urine, in excessive menstrual evacuation, in spitting blood, hectic fever and cough. The root is esteemed highly by some practitioners for a poultice. Dr. Beach says he has used the powdered root in doses of a tea spoonful in flour albus, or whites of females with much success. Refinesque says that the poultice is a certain cure for inflamed carbuncles and ulcers. Dose, a tea spoonful at a time, may be taken at liberty.

WORMWOOD.

ARTEMISIA ABSINTHIUM.

Wormwood is a native of Europe, but raised in our gardens. Flowers in July and August.

Wormwood is a very valuable herb; a tea of this herb will often correct the stomach and give an appetite; it is excellent to break up a cold. Make a strong tea, put in a glass of Holland gin, and fill the tumbler with hot water, sweeten it with sugar, put sugar in the warming-pan, warm the bed at night; and after getting into bed, take down the above prescription; it will be sure to break up a cold. I have taken it myself, and know its efficacy by experience; the gin may be omitted if not at hand.

The herb pounded with spirits is good to put on bruises; also united with double tansy and hops pounded together, and wet with spirits or vinegar, is excellent to apply to any external inflammation, or a pain in the side; if you have not the three articles above named, use what you have. Bitters made of this herb is very good for jaundice.

A strong tea of this herb is almost an infallible remedy against the cholera morbus; it may be drank at liberty.

INDIAN HEMP.

ASCLEPIAS INCARNATA,

Or Water Nerve Root.

This is a species of the silk weed. I believe it to be one of the best remedies for the palpitation of the heart; I have found it of great service in this complaint. It is a powerful nervine, very good in old standing nervous complaints of women. I cured a Mrs. Perkins, of Digh-

ton, Mass., with giving her an even tea spoonful of the powdered root in molasses, three or four times a day for a few weeks, with other medicines. In this difficulty we consider it almost an infallible remedy.

It will answer the purposes of opium without its constipating effects or tendency to costiveness and inaction. It will produce sleep. Good in all cases of worms, particularly where they produce spasms in children, by choking.

INDIAN POKE.

VERATRUM VIRIDE.

Poke Root, Swamp Hellebore, American Hellebore.

Found in the United States, says the American Dispensatory; it may be used in the same quantities and for the same purposes that the European hellebore is used. The root is sometimes taken in snuff for the catarrh, combined with aromatics.

BLESSED THISTLE.

CENTANREÆ BENEDICTÆ.

Is a native of the South of Europe, and is cultivated in gardens in different parts of the world; it is naturalized in this country. A tea taken cold is good in a weak debilitated state of the stomach. A stronger infusion of it taken in bed produces copious perspiration, whilst still stronger, and taken in large quantities produces vomiting and assists the operation of emetics. Its medical properties are somewhat like that of camomile.

BORAGE.

BORAGO OFFICINALIS.

Makes a cooling drink in cases of internal inflammation, produces gentle moisture without heating the body. It is said to be much used in France; it is sometimes used in rheumatism and diseases of the skin.

CLEAVERS.

GALLIUM APARINE.

Goosegrass.

The following is from Dr. Smith's Botanic Physician:
 "Cleavers is one of the most valuable diuretics that our

country produces. I have found it an excellent and speedy medicine in all suppressions of the urine and gravelly complaints, and is a powerful discutient.

“It has also been found beneficial in the cure of the scurvy and spitting of blood. The expressed juice of this plant, mixed with oatmeal to the consistence of a poultice and applied cold over an indolent tumor, three times a day, keeping the bowels open in the meantime by castor oil, and taking a table spoonful of the juice every morning, will often disperse it in a few days.” A tumor is a swelling without inflammation.

Infusions of this herb should always be made in cold water—heat destroying its virtues. Three or four ounces of the dried herb to a quart of water, is sufficient; this should be drank for a common daily drink.

It is an admirable remedy in gravelly disorders, often curing them entirely, alone. It seems to possess a solvent power over the stone, or gravel, crumbling it into a sandy substance, so that it is discharged without difficulty.—When urinary obstructions proceed from a collection of cold, slimy, or muddy substance in the kidneys or bladder, this effectually clears it out in all cases.

“In inflammatory affections of the kidneys or bladder, the cleavers infusion, is peculiarly applicable, from its cooling as well as its diuretic quality. It gives great relief in the scalding of the clap.”

The cold nature of cleavers, however, renders its employment in dropsies, and other diseases of cold and debility, improper.”

MASTERWORT.

HERACLEUM LANATUM.

Cow Parsnip.

Is found from Canada to Pennsylvania, and flowers in June. It grows from three to five feet high, and is often an inch in diameter; it resembles parsley in appearance. It is said by Dr. Bigelow to be poisonous. Dr. Thatcher says that Dr. Orm of Salem, Mass. used it successfully in cases of epilepsy, attended with flatulence and gastric disorder. He directed two or three drachms of the pulverised root to be taken daily, for a long time, and a strong

infusion of the leaves to be drank at bed time. The root is stimulant and carminitive, or removes pain and wind.

FUMITORY.

FUMARIA OFFICINALIA.

An annual European plant, and grows in cultivated land in this country; it flowers from May to August. It is said to be useful to cure diseases of the skin. Cullen used two ounces twice a day of the expressed juice; it is said to possess an alterative property; useful in diseases of the liver.

GARDEN POPPY.

PAPAVER SOMNIFERUM.

This plant is a native of Asia, and is cultivated both in Europe and America. It relieves irritation, and allays excitement, produces insensibility and sleep. It relieves nervous affections, produces tranquillity. It will prevent vomiting, quiets the stomach, and intestines; useful in diarrhœa.

We make but very little use of opium, as it relieves pain by destroying sensibility; there is therefore but very little gained. I believe many persons have lost their lives by the administration of opium, especially in acute inflammatory cases attended with pain, opium has been administered, the pain relieved—stupor and death ensues, and no one mistrusted that opium killed the patient. There are cases no doubt, that this article may be used to good advantage; but in many cases it locks up the disease, and defies all other medicines to penetrate.

LOBELIA.

LOBELIA INFATA,

Indian-tobacco, Emetic-weed, Wild-tobacco, Puke-weed, Asthma-weed.

This plant blossoms from June to November, it has about the same medical properties let it be gathered what time it may. I think, however, August and September the most suitable time to collect it. It should be carefully dried, pulverised and put up close from the air.

LOBELIA INFATA.



LOBELIA.

It is found in all parts of the United States; it is most abundant along the sides of roads, in rye fields after being reaped, and sometimes in mowing fields. It grows from one to two feet high, contains numerous pods, with a blue flower. It has long been known, and used by the aborigines of our country, as an emetic; but its merits were never thoroughly tested till it was unfolded by Doct. Samuel Thompson. I esteem it the most valuable of our native plants.

This herb properly administered will break up diseases of long standing that have resisted the power of every other remedy prescribed. By its action upon the great sympathetic nerve it allays irritation and inflammation, and is peculiarly adapted for the cure of cholera, hydrophobia, or bite of the mad dog, lockjaw, asthma, fits and all spasmodic diseases and humors.

In the whooping cough, tightness of the chest, difficulty of breathing, and all bilious affections, it is almost a sovereign remedy; and indeed there are but few diseases where it may not in some form be profitably employed.

I have administered the Lobelia to a multitude of patients in different diseases and to different ages from the infant at the breast, to eighty years of age, with decidedly good effect.

Says Dr. Beach, President of the Reformed Medical College of New-York: "The charge brought against it (meaning Lobelia) by some physicians, is totally false. I have used it for many years in various diseases both of men, women and children, and in which I have never seen a single unpleasant symptom arise from its administration." Says Dr. Robinson, who is a convert from the old school, Lobelia will penetrate the system, equalize excitement, remove obstructions, cleanse the stomach and bowels, purify the blood, and remove diseases from the lungs and liver, in a manner far superior to whatever was accomplished by mercury; while it possesses this advantage that mercury never had; it acts in harmony with all the principles of life; leaving no taint, no disease, no wrecked and decayed bones, and deformed constitutions behind.

Mode of Administering.—A common portion is about three teaspoonfuls, given at three different times; in substance sometimes one third of this quantity is sufficient,

at other times two thirds, and again the whole three teaspoonfuls: it depends upon the constitution of the patient, and the nature of the disease. I have in some cases given four, five, and in one case six teaspoonfuls. I give oftener than any other portion, from two to three teaspoonfuls at three different times in from twenty to thirty minutes between each portion of the Lobelia. There should be added about half of an even bowl of a teaspoon of cayenne, not African cayenne, and a little more than this quantity of skonk-cabbage; these three articles, viz. the Lobelia, cayenne and skonk-cabbage together, with a teaspoonful of sugar should be put into a tea cup two thirds full of pennyroyal tea made strong, all mixed together and drank dregs and all. Take care and not put the Lobelia into the tea whilst it is scalding hot, as it will produce distress.—No more drink need be given to the patient till he vomits, then let him drink as much pennyroyal tea as he will—the tea may be sweetened a little.

Moderately warm water, not boiling, should be used when the Lobelia is given in powder.

If you wish not to give it in powder take one spoonful of Lobelia, and one of vegetable powders, mix them with warm water or herb tea, strain and it is fit for use, it may be sweetened or not. It is most suitable in this form for children and feeble persons, a little valerian or skonk-cabbage may be added if at hand.

In case you intend to give three portions, and you have given two portions, and the patient does not vomit, I generally wait an hour after giving the second. If the patient does not vomit then, give the third. I generally give a quart of pennyroyal tea during the vomiting. It makes the emetic operate easier, and renders it more efficacious. A little before the patient has done vomiting commence giving water gruel. This is very important. The gruel should be boiled half of an hour and skimmed, when made of indian meal, if made of flour, less time.

Before giving the emetic, I give a heaping teaspoonful of vegetable powders, in a tea cup of hot water, sweetened. There should not be any rhubarb in these powders, and should be taken half or three quarters of an hour before taking the emetic. Where it is convenient, it is best to prepare the patient two or three days, by giving the pills and the vegetable powders every night before giv-

AMPOCYNUM ANDROSEAMIFOLIUM.



BITTER ROOT.

ing the emetic. We sometimes give the tincture, this is best made from the seeds. The seeds must be pounded very fine in an iron mortar; add two ounces to a pint of alcohol and a gill of water. Take a great spoonful to a dose—a teaspoonful for a child from one to two years old, once in ten minutes, till the child vomits.

The adult may take a great spoonful once in fifteen minutes, two or three portions, taking warm tea as often as the patient vomits, and water gruel afterwards. It is very important to get the body warm before giving the emetic. A hot stone quenched in vinegar should always be put to the patient's feet in bed; if he complain of chills, put on more cloths, and give a teaspoonful of the elixir in warm water. If the patient should call for cold water let him have it, but not in large quantities at once. I have never found any ill effects from it. A person should never take an emetic at night, after being exposed all day to the cold, the body should be warmed by degrees. I was once called to visit a woman who had taken a teaspoonful of the oil of tansey, I administered in the course of two or three hours, three wine glasses full of the strongest tincture that could be made from Lobelia, two of them were made from the seeds, and the other wine glass full from the herb. She was in spasms when I gave her the first portion, it was given by prying open the mouth, by this means I succeeded in relaxing the system, she vomited freely, and was comfortable in a few hours.

The very distressing cases that have occurred in consequence of taking the Lobelia is produced by giving too much cayenne, and not first warming the body. Much care, discretion, and moderation should be exercised. Sometimes the patient requires prompt treatment, that will not allow any preparation, as the case of the woman that had taken the oil of tansey.

BITTER ROOT.

APOCYNUM ANDROSEAMIFOLIUM.

Bitter Root, Dogsbane, Fly-Trap, Honey Bloom, American Ipecacuanha, Indian Hemp.

This root is emetic and cathartic; it is expectorant, and increases the discharge of mucus from the lungs, and increases urinary discharge. It is good to regulate the bow-

els when in commotion attended with fever. It is said to answer all the purposes of an emetic that the ipecacuanha does; but it requires about one third more. It is an excellent tonic; we use it frequently in bitters. Dr. Parish, of Philadelphia, and Dr. Knap both found it useful in the dropsy, the former gentleman cured an aggravated case of the dropsy by the decoction of this root; it acted as a carthartic, powerfully evacuating the water.

About the bowl of a teaspoonful will vomit and purge; for a tonic a quarter of a bowl of a teaspoonful is enough. Roots and herbs loose their virtues very much by age, so one should ascertain nearly the strength of his medicine, or he will be deceived in its operation. We frequently use the Bitter Root in the vegetable powders. It is much used by the Indians in the cure of the venereal.

CELONEGLABRA.

BALMONY SNAKEHEAD.

This herb is found in moist fields frequently, near small streams or rivulets, and has a very bitter taste. It is much used for bitters for correcting the bile. It is tonic and anti-bilious, much used in jaundice, dyspepsia, loss of appetite, general languor and dibility, good for children troubled with worms. It is one of the ingredients in Thompson's spiced bitters. An even teaspoonful of the powder is a dose.

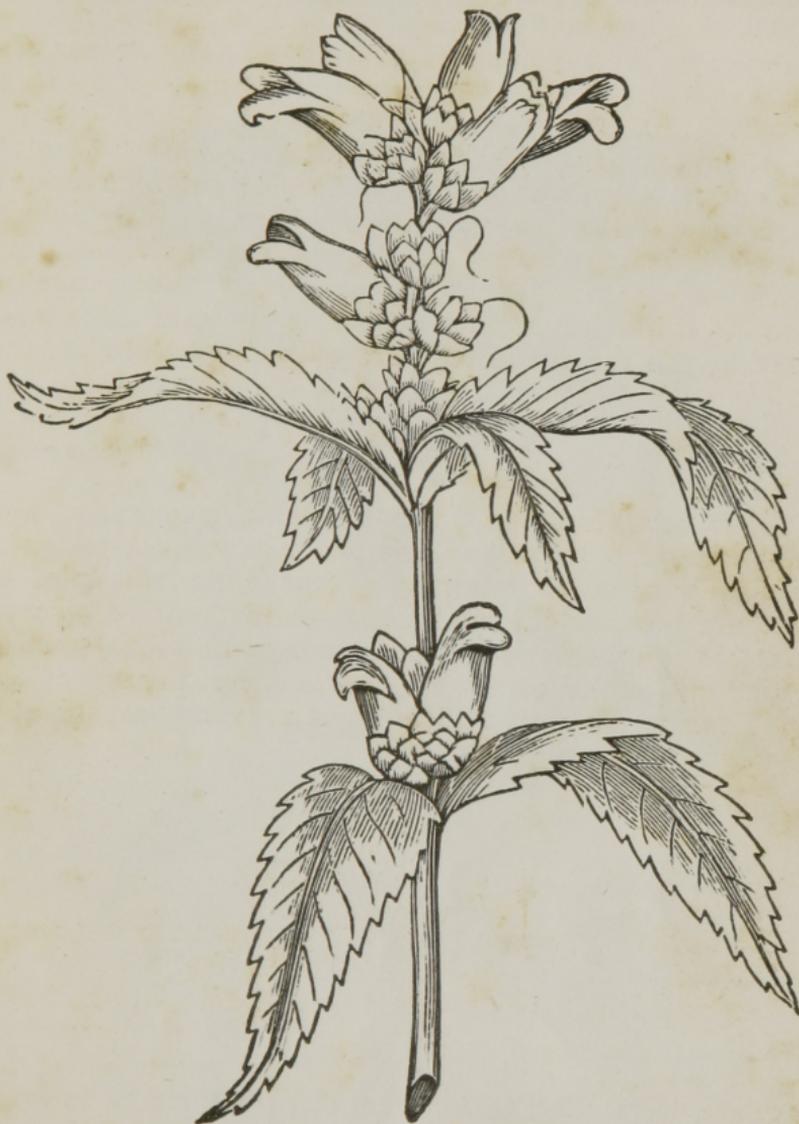
AVENS ROOT.

GEUM VIRGINANUM.

Chocolate Root.

This root rises about two feet high; found in wet places. It should be dug in April, or late in the fall, cut into slices and dried quick and bottled up tight. Dr. E. Smith, late of the city of New York, says it is a noble medicine in all cases of beginning consumptions and debility; it is preferable to the Peruvian bark in the cure of intermittents, dysentery, chronic diarrhœa, wind, cholick, affections of the stomach, asthmatic symptoms, and cases of debility; whites, flooding, sore-throat. The continued use of it has restored to health the most shattered and enfeebled constitutions, and is probably as effectual as any one single article in arresting a consumption.

CELONEGLABRA.



SNAKEHEAD.

EUPETORIUM PERFOLIETUM.



THOROUGHWORT.¹⁰¹

In a fever, after proper evacuations, it may be given till the fever is broken up. The doses are daily, a pint of weak decoction, or about sixty grains of the powder, divided into three doses and mixed with honey. This root has formed a principal ingredient in the popular Indian chocolate, for consumption.

THOROUGHWORT.

EUPETORIUM PERFOLIETUM.

Boneset.

The following is from the same author as above. This plant is a valuable sudorific, tonic, alterative, anticeptic, cathartic, emetic, febrifuge, corroborant, diuretic, astringent, deobstruent and stimulant.

It was one of the most powerful remedies of the native tribes, for fevers and colds, etc.

It has been introduced extensively into practice throughout the United States, and appears to be superior to camomile, as a sudorific tonic, and far preferable to bark, in the treatment of the local autumnal fevers of the country, near the streams, lakes and marshes, often curing when other tonics failed. A warm decoction of boneset taken warm, till it vomits freely, is sufficient to break up almost any fever in its commencement. It cleanses the stomach, excites all the secretions, relaxes constriction, produces a free perspiration, and of course throws off the disease. For colds it is a complete remedy; always observing to take a draught of the cold tea, after the sweat is over, which will prevent an additional cold, or exposure.

The cold preparations are powerful tonics, and do not produce vomiting, as an over dose of the warm decoction. It acts powerfully on the skin and removes obstinate cutaneous diseases. It has cured the following disorders in many instances, viz: intermittent and remittent fevers, spotted fever, malignant pleurisy, diseases of general debility, dropsies, and debility arising from intemperance; acute and chronic rheumatism, catarrh, billious and typhus fever, particularly low typhus fever, incident to marshy places, and attended with a hot dry skin; influenza, lake fevers, and yellow fever itself; ringworms, scalt-head, gout and syphilitic pains, dyspepsy, and complaints of the stomach, and the bites of snakes.

Boneset may be so managed as to act as a tonic, a sudorific, a laxative, or an emetic, as required.

No other tonic of equal activity can be exhibited in fevers, with less danger of increasing excitement, or producing congestion; the objection to its general use is its nauseous and disagreeable taste. But this difficulty is surmounted by preparing it in a syrup, or obtaining the extract, which preserves all its properties, and are less disagreeable to the palate. In substance, or cold decoction, and combined with aromatics, it becomes very efficient, in intermittents and dyspeptic disorders; it strengthens the viscera and restores the tone of the system. The doses of the powders are from ten to twenty grains; the decoction and infusion, from one to three ounces. No unpleasant effects follow the cold preparations. It is particularly useful in indigestion of old people; and may be used as an auxiliary to other tonics and emetics in all cases.

PIG-WEED. The nature of this herb is perhaps known to but few. It is especially valuable in fevers to produce perspiration; its particular property is to produce perspiration without increasing the heat of the body.

MOUNTAIN CRANBERRY, produces urinary evacuation, and useful as a tea for bleeding at the lungs.

GARGET; or, SCOKE LEAVES. Dr. Bilson, of Taunton, has just informed me that he cured a bad case of poison by dogwood, by taking the garget leaves, smooth them out with a hot flat, put on fresh cream, and apply it to the inflamed part; it produced copious perspiration and effected a cure immediately.

ANGELICA. *Alropurpurea* is found in all parts of the United States. Its medical properties are the same as the garden *Archangelica* of Europe.

HARD-HACK *Spiræa Tomentosa*—is tonic and astringent; good in a weak state of the stomach; is less apt to be rejected by that organ than most tonics; used in diarrhœa and dysentery.

LOVAGE—*Ligusticum Levisticum*—grows wild in the South of Europe and is cultivated in our gardens. It possesses much the same properties as *Angelica*. A tea is used to expel urine and pain, especially in children; it promotes menstrual discharge and sweat.

VERVAIN — *Verbena Hastata*.—A syrup made very strong of the roots of this plant, is said to be good in in-

termittants and scrofula; good in gravel; coughs; expels worms, &c.

UVA URSI—inhabits the Northern parts of Europe, Asia, and America. It is a hardy shrub; found also in the lofty mountains of Southern Europe, such as the Pyrennees and the Alps, and in America from Hudson's bay to as far South as New-Jersey. It bears a smooth glossy red berry. It is tonic and astringent; good in diseases of the kidneys and the bladder, gleet, &c.

SWEET MARJORAM — *Origanum majorana*—cultivated in our gardens; is tonic; most used in cookery.

SUMMER SAVORY — *Satureja hortensis*—is an annual plant growing without cultivation in the South of Europe; is cultivated in our gardens; principally used to season food; it is stimulant, and has a tendency to remove pain and wind.

STONE ROOT. — *Collinsonia canadensis*—is considered tonic, astringent, and good to evacuate water; used in its fresh state for the gravel and all diseases of the urinary organs.

SPICE-BUSH; or, FEVERBUSH—*Laurus Benzoin*—found in this country growing in wet land from four to ten feet high. All parts of the shrub have a spicy, agreeable flavor, particularly the bark and berries. The berries dried and bruised, were said to be used in the time of the revolutionary war, instead of allspice.

SCURVY-GRASS—*Cochlearia Officinalis*—is a native of the Southern parts of Europe. It is said to be good in chronic rheumatism; celebrated as a remedy for the sea scurvy; it may be eaten in the form of sallad; it may be applied to the gums, in scorbutic affections of the gums.

VALERIAN—*Valeriana*—is very useful in nervous complaints of long standing; make a tea, and sweeten it, and take a swallow or two occasionally.

MUGWORT—*Artemisia Santonica* — the seeds of this plant has been celebrated for its efficacy in expelling worms; the dose is from ten to thirty grains given every night and morning, for a number of days, and then followed by a brisk physic.

WOOD SORREL possesses nearly the same properties of the common sorrel. It is cooling; useful simmered in milk for a drink in febrile and inflammatory affections.

VINEGAR is cooling and produces urinary discharge; it is useful to burn in the sick room to destroy putrid effluvia, or cover an unpleasant smell. It is sometimes given as a clyster.

A strong tea made of peach leaves, will stop excessive vomiting.

STAR GRASS possesses tonic properties and is useful in bitters—ten grains of the powder are sufficient for a dose.

PEACH LEAVES AND TWIGS are useful in a bad cough, steeped down to a strong tea, with about half of the quantity of skunk-cabbage, add the same quantity of good molasses as there is of the tea, take half of a wine glass three or four times a day. I have cured an obstinate cough with this medicine. Peach stones, the meats, are very useful in bitters to assist the digestive organs, and prevents inflammation of the kidneys and bladder; the leaves and twigs have the same properties as the meats, and will answer when the meats cannot be obtained. A strong tea made of peach leaves, will stop excessive vomiting.

YARROW, it is said purifies the blood, opens the pores, removes obstructions, stops spitting of blood, and cures the bleeding piles; good in dysentery. It may be taken in the form of tea.

WINTER GREEN. The oil is good in toothache; it is much used in syrup by the country people to purify the blood. The Indians, it is said, make great use of it as a stimulant restorative cordial. The oil is used to disguise many popular panaceas.

ICELAND MOSS possesses nearly the same properties of Gum Arabic; it is bracing and nourishing, very good in coughs.

COWAGE. It has been used in expelling the round worm; its operation is said to be merely mechanical by irritating and aiding its expulsion by wounding it without injuring the intestines. It is prepared by dipping the pods in syrup or molasses, and then with a knife scraping

WINTER GREEN.



off the hairs along with the molasses until it forms a mixture of the consistency of honey, which is given in doses of a teaspoonful to a table spoonful, in the morning, then followed by a brisk cathartic. It is first advised, before administering the medicine to give a brisk cathartic.

GOLDEN ROD is gently laxative, the flowers have been used in removing obstructions in the urinary organs.

CENTAURY makes an excellent bitter. It is esteemed by Dr. Beach to be the most efficacious of any herb that is indigenous in the United States; two ounces of the centaury and one of the orange peel, says the same author, infused in two quarts of brandy for two weeks. One table spoonful taken before breakfast and dinner, will create an appetite; and children who have worms, taking two teaspoonfuls or more, every morning, will effectually destroy them.

ICE PLANT. The root of this plant is esteemed almost an infallible remedy for fits in children. The juice diluted in water is said to be very efficacious in sore eyes. For fits, half of a teaspoonful of the powder is recommended in tea.

WHORTLEBERRY, vulgarly called huckleberry, is good in suppression of urine, and is said to afford immediate relief in gravel. To be taken at liberty.

NETTLE. The young shoots are good in the spring for greens; and especially good in scurvy; good in suppression of urine; consumption.

MOTHER-WORT is against spasms; produces menstruation, and is nervine; very good to settle the head and nerves of women.

BUTTON BUST, is a shrub growing in wet places, it bears a round flower and burr. It is very excellent to produce urinary discharges.

CANKER ROOT. This herb grows in low lands, about a foot high; the root only is used; it is very mucilaginous. Cold water should only be used to extract the mucilage; it is said to be almost a sovereign remedy for the canker; it may be taken at liberty.

POPLAR BARK. The properties of the poplar bark are tonic or bracing; good in bitters, and purifying to the blood; the bark of the root is the strongest; good in cough.

CHOCOLATE ROOT; or, AVENS ROOT, is found in wet places growing about a foot and a half high; it makes a very wholesome drink; it is used by the country people instead of chocolate which it very much resembles in taste. It makes a good strengthening drink for the sick, where something supporting is needed; good to make blood.

INDIAN WICKERBY. The root is mucilaginous and makes one of the best poultices in the world for an old sore or inflammation.

SMART-WEED. This herb is one of the most powerful sudorifics, or sweating; is an excellent remedy to break up a cold, or when threatened with a fever; it may be drank in tea at liberty.

BALM SWEET. *Melissa officinalis*, is stomatic and diaphoretic.

BALM LEMON. *Dracocephalum virginianum*, is stomatic and diaphoretic.

BOXWOOD BARK. *Cornus florida*, is tonic and astringent.

BUCKBEAN PLANT. *Menyanthes trifoliata*, cathartic, tonic, deobstruent.

BUCKHORN MALEFIRM. *Osmunda interrupta*, is tonic, astringent, vermifuge.

BUCKTHORN SYRUP. *Ramnus cathartica*, diuretic, cathartic, vermifuge, good physic for children.

BUGLE BITTER. *Lycopus europeus*, is narcotic, pectoral, deobstruent and tonic.

BUGLE SWEET. *Copos verginicus*, styptic, pectoral, deobstruent, tonic.

CANCER ROOT PLANT. *Epiphegus virginiane*, is astringent and tonic.

BURDOCK LEAVES. *Arctium lappa*, is sudorific, diaphoretic and aperient.

CARAWAY SEED. *Carum carni*, stomatic, carminitive, aromatic.

CARDUS SPOTTED. *Centanrea benedicta*, tonic, diaphoretic, deuretic.

CHERRY BLACK BARK. *Primus virginiana*, febrifuge, astringent, tonic.

CICUTA LEAVES. *Corium maculata*, narcotic, deobstruent.

COHOSH. *Macrotys racemosa*, alterative, deobstruant, narcotic.

COLTSFOOT LEAVES. *Tussilage tarfara*, expectorant, pectoral, demulcent.

COWPARSNIP ROYAL. *Zizia aurea*, antispasmodic, tonic.

CRANESBILL AMERICAN. *Geranium maculatum*, styptic, astringent, tonic.

FEVERFIN. *Chrysanthemum parthenium*, nervine, stomatic.

SWEET FERN. *Comptonia asplefonia*, stomatic, astringent.

FLEA BANE. *Erigeron canadense*, styptic, tonic, astringent, diuretic.

FROST WORT. *Cistus canadensis*, astringent, tonic.

HOLYHOCK FLOWERS. *Athærosea*, astringent, demulcent.

JOHNSWORT. *Hypericum perforatum*, diaphoretic, astringent.

LILY WHITE. *Nymphia oderata*, pectoral, emollient, astringent, tonic.

LILY YELLOW. *Nuphar advina*, pectoral, emollient, astringent, tonic.

LONGWORT. *Variolaria faginea*, pectoral, stomatic, demulcent, tonic.

MAIDENHAIR. *Adiantum pedatum*, pectoral, vermifuge, dieuretic.

MARIGOLD FLOWERS. *Calendula officinalis*, stomatic, aromatic.

MARSH'S ROSEMARY. *Statice caroliniana*, astringent, tonic.

MARJORAM SWEET. *Origanum marjorana*, stomatic and aromatic.

MLILOT. *Melilotus officinalis*, demulcent, tonic.

MOUNTAINASH BARK. *Sarbus americana*, tonic, astringent.

MOUNTAIN MINT *Monarda didyma*, stomatic, aromatic.

NIGHTSHADE LEAVES. *Atropa belladonum*, narcotic, diaforetic, anodyne, diuretic.

POPPY FLOWERS. *Papaver somniferum*, stimulant, narcotic, anodyne.

SAVORY SUMMER. *Satureja hortensis*, carminative stimulant, stomatic, aromatic.

SCABISH. *Cenothera hiennis*, demulcent, stomatic.

SOUTHERNWOOD. *Artemisia abrotanum*, tonic, nervine.

STONE BRAKE. *Eupatorium purpureum*, antilithic, diaphoretic.

VALERIAN ENGLISH. *Valeriana officinalis*, nervine, anodyne, stimulant.

WHITWOOD BARK. *Liriodendron tulipifera*, stomatic, and aromatic.

RUE RUTA GRAVEOLERUS, stimulant, antispasmodic, diuretic, stomatic.

PART THIRD.

HEALTH OF THE SYSTEM.

[BY DR. ABERNETHY.]

IN order to explain the diseases or derangement occurring in the organs of digestion, it will be necessary to give a brief and plain sketch of these organs and their functions in a state of health.

I.—HEALTHY STATE OF THE ORGANS OF DIGESTION.

The due digestion of food and drink is of importance from infancy till adolescence, to supply materials for the increasing growth of the body, and afterwards to make good the wear and waste continually going on in all its parts.

One proof of the wearing of the body must have been observed by every one. On combing the hair, a great number of white scales fall from the head; and in wearing black silk stockings, they are often found covered on the inside with similar scales. These scales are portions of the thin and insensible scarf-skin, which has been worn and detached from its place. In cutting our hair and nails, we remove part of what is superfluous; but the loss is immediately supplied again from the blood.

In all the interior parts of the body, the same process of wearing is going on as we have just exemplified in the case of the skin; but as the scales, or the minute portions of fluid, cannot be thence removed, like the scales of the head or the sweat of the brow, a system of vessels, called by anatomists the absorbents, is contrived to act the part of scavengers, and clear the body of its waste.

These absorbents are found in all parts of the body. They run, like the veins, in the direction of the heart, uniting in a common canal, which enters the vessel that carries the digested food into the blood, where all the refuse and rubbish of the body, collected in their course, are emptied. This waste must accordingly pass into the blood; and it is carried with it directly to the lungs, and removed by the breath and the bowels. The breath and the bowels become loaded with much impure matter, thus carried off from the blood in the lungs and the intestines.

As the fresh blood, prepared from digested food, is indispensable in supplying this wear and waste, the importance of keeping the stomach and other organs of digestion in a healthy state, will be obvious.

1. THE MOUTH AND ITS FUNCTIONS.—For the purpose of reducing our food, after it is cooked, into the form of a pulp or paste, we are provided with an apparatus more complete than those who have not examined the subject can conceive. The teeth are admirably adapted to grind the food; and the tongue, with its flexibility and its endless motions, to turn it in the mouth, while it is mixed with a fluid supplied in abundance from several pairs of fountains or glands in the vicinity, from which pipes or ducts are laid, and run into the mouth.

The whole surface, indeed, of the mouth and tongue as well as the other internal parts of the body, give out more or less moisture; but this is not enough for the purposes of mixture with the food in eating, without the fluid, popularly termed spittle (*saliva*), prepared by the fountain-glands.

When the food has been properly masticated, comminuted and mixed with saliva, it is prepared for the subsequent process of digestion in the stomach; but it is most important to remark, that if it is not thoroughly mixed with the fluid in the mouth, it will be unfitted for digestion, and will probably derange the health. So indispensable is this, that serious diseases, arising from indigestion, have been cured simply by ordering the food to be eaten slowly, and carefully mixed with the saliva. It is worthy of remark, that no kind of drink will supply the place of this singular fluid.

2. THE STOMACH AND ITS FUNCTIONS.—When food has been well chewed and mixed with the saliva, it is fitted for the rather complicated process of swallowing. The gullet (*œsophagus*), which conducts it to the stomach, is a flexible membranous tube, plentifully supplied with a mucous fluid; so that if the food has not been moistened sufficiently in the mouth, it may not be interrupted in its descent by being too dry, while the contracting muscles force it onwards into the inlet of the stomach so powerfully, that the process cannot be stopped when once begun, even by an effort of the will.

The fluid of the stomach is somewhat similar to the spittle of the mouth, being thin, transparent, without smell, and almost without taste. Besides its high digestive power, which sometimes acts on the stomach itself after death, it has the property of rendering, in a short time, the most tainted and putrid substances perfectly sweet. Dr. Fordyce forced dogs to eat meat which was putrid and rotten, and on killing them, a little afterwards, he found the putrescency quite corrected.

Another fact of great importance is, that the stomach is incapable of digesting food when it is diluted with water or other similar fluids, which must all be removed before digestion can proceed.

It is necessary to remark here, that there is not a more pernicious, vulgar error, than that which ascribes rich nourishment to beef tea, mutton broth, and other strong soups; for no digestion can go on while the stomach is full of liquid.

When all unnecessary liquids are removed, the more solid parts of the food are reduced to a thick grayish paste termed chyme, which is moved along to be passed out of the stomach into the chyle-gut, and mixed with bile and pancreatic juice, as shall now be explained.

3. THE LIVER, THE PANCREAS, AND THEIR FUNCTIONS.—Near to the stomach, below the edges of the ribs on the right side, and immediately under the great fleshy partition, between the chest and the belly, termed the midriff (*diaphragm*), lies the liver, a large, solid, dark-colored gland, of a close and delicate texture. The office of the liver is to prepare bile from the blood, with which view a large canal or vein full of dark-colored blood runs into

it, but soon divides in the liver itself into innumerable branches, in the manner of a tree branching from a trunk, whose roots are placed, as Galen well remarked, in the belly.

This great bile canal issues from the lower and concave surface of the liver, and conveys the bile either immediately into the intestines below the stomach, or through another canal which joins it, into the gall-bladder, or store cistern, and long bag or pouch, of the shape of a pear, adhering to the lower surface of the liver, where it is improved in quality, and acquires consistence, bitterness, and a deeper yellow color, by the loss of its more fluid and watery parts, which pass out through the coats of the gall-bladder.

The pancreas is a rather large gland lying under the stomach, and serves to separate from the blood a fluid named the pancreatic juice, of a mild bland nature, very similar to the spittle of the mouth. The blood runs through this in branching vessels, and the fluid separated from it goes into a number of little canals, which unite in a single large one, in form of the plumelets of a quill uniting at the stem. The pancreatic juice being very mild, is probably intended by Providence to correct the acridness of the bile.

As soon as the digested aliment has passed the outlet of the stomach, it is received into the first intestine, which may be appropriately termed the chyle-gut. Here it meets and becomes mixed with the bile and the pancreatic fluid, which seem to act as powerful chemical agents, in beginning its conversion into new blood.

The useful parts of the aliment, termed chyle in a word, are, by these agents, chemically separated from the useless—the useful taking much the appearance of cream, being spread over the linings of the intestines to be sucked up by the mouths of innumerable minute canals, termed lacteals, that open there, while the useless parts or excrements are thrown into the middle of the intestines as refuse, to be carried along the bowels, and discharged by the vent.

4. THE INTESTINES, THE MESENTERY, AND THEIR FUNCTIONS.—The aliment remaining for a short time in the chyle-gut, and afterwards passing rapidly therefrom,

leaves a space in the gut beyond rather empty, which may be termed the lank-gut, and this leads to the small intestine, distinguished by the velvet-like lining caused by the mouths of the little canals already described.

The intestines terminate in the vent (*anus*) by a short, straight, and small canal, which may be termed vent-gut (*rectum*), the outlet of which is kept shut by three muscles. The little canals termed the lacteals are so numerous all over the inner surface of the bowels, that the cream-like chyle which is missed by one set is readily caught by others, and carried along a membrane termed the mesentery. This membrane is bestudded with little glands, through which the canals pass, in their way to the blood. The caul is a large membrane hanging down over the stomach and bowels for storing up fat.

5. THE KIDNEYS AND THEIR FUNCTIONS.—The stomach, as we have seen, cannot well digest food when it is too fluid, and healthy blood ought not to be too fluid. In order, then, to remove any superfluous fluid in the stomach and in the blood, there exists in the body a contrivance to the by-set of a mill-stream, or the waste pipe of a dye-work or brewery, for carrying off the fluid that is not wanted, and which might prove injurious. One portion of the superfluous fluid is carried off through the pores of the skin by perspiration; another from the lungs by breathing; but the more obvious than either of these two, is that which is carried off through the kidneys and bladder in the form of urine.

We have two kidneys for separating from the blood that passes through them the superfluous fluid and other matters which constitute urine. The blood which is thus freed from its superfluous fluids is returned to the general circulation, while the urine is carried off from the basin by a long pipe from each kidney, termed a ureter, into the bladder, to be afterwards evacuated. It is worthy of remark, that the outlet of the bladder is always kept shut by a peculiar muscle, which, when the urine accumulates, is forced to give way and permit its escape.

In order to explain the diseases or derangement occurring in the organs of breathing, it will be necessary to give a brief and plain sketch of these organs and their functions in a state of health.

I.--HEALTHY STATE OF THE ORGANS OF BREATHING.

We have already seen that the digested food, in a form similar to cream, is carried from the intestines along the mesentery or webb, in innumerable little canals, which we shall now follow in their course, till they meet in one common canal, and empty their contents, which have received a slight tinge of red in their passage, into one common reservoir, about the size of a pea, situated near the back-bone below the edge of the midriff. The prepared aliment is in this manner introduced in small quantities into the blood of one of the veins, where it loses its white tinge, and is carried forward to be farther prepared in the lungs.

1. THE LUNGS.—The lungs, which fill a great portion of the chest, are composed of a soft, spongy, elastic substance, produced by a mass of small cells or vesicles, similar to the cells of a sponge. On the walls of these cells are innumerable minute branches of blood-vessels, closely interwoven, and separated from the cavity of the cell by a membrane less than the one hundredth of an inch in thickness, and pervious, if not to the air, at least to a portion of its constituents, when introduced into the cells by the air tubes which run into them from the wind-pipe, and which, before coming to the cells, branch off from the main wind-pipe, and from each other, like the branches and twigs of a tree. The windpipe itself lies in front of the gullet, commencing at the back part of the mouth; and is not composed, like the gullet, of soft yielding membrane, which might allow it to be closed by external pressure; but constructed of stiff gristly rings, united by membrane, which permits of slight extension. The gristly portion disappears in the more minute branches, each of which ends in a single bulb, much more numerous in young than in old animals, as they become filled up by disease, and also as

age advances—and hence the oppressed breathing of old people.

2. THE CHEST.—The chest, where the lungs, with the heart, are situated, is separated from the belly, containing the stomach, liver and intestines, by a broad muscular partition called the midriff, which has passages, however, for the gullet and blood-vessels. The midriff, when depressed, acts similarly to the sucker of a pump, or rather the valve of a pair of bellows, drawing in air from the mouth through the windpipe, to distend the lungs; the dimensions of the chest being by the same means enlarged. When the depressed midriff again is raised up, the air in the cells of the lungs is forced out, in a similar way to water being forced out of a sponge when it is squeezed.

The chief agents in the process of breathing are the midriff and the ribs, together with the windpipe and lungs, already described.

3. THE NOSTRILS AND WINDPIPE.—The air is introduced into the lungs partly through the mouth, but chiefly through the nostrils, consisting of two channels outwardly; but these unite into one near the back part of the mouth, where it opens immediately over the entrance into the windpipe. Contrary to vulgar opinion, the nostrils are quite cut off from all communication with the brain, by a partition of bone as thick as the board of a book, while they are partially separated from the mouth by a curtain of a thick fleshy and glandular skin or membrane, which is partly stretched, and partly hangs down, at the back part of the mouth. To this curtain is hung a little weight, of the form of a grape, which may be seen on opening the mouth pretty widely. It seems to be designed to guard the back part of the throat, and make the curtain hang steadily. The little weight, when inflamed by cold, hangs lower down, obstructs swallowing, and is in such cases well known by the name of the pap in the throat. The fleshy partition or curtain is pressed back by the morsel in the act of swallowing, and covers the hind part of the nostril. Sometimes, however, particles of food get up behind the curtain into the nostril, and occasion sneezing.

IN order to explain the diseases or derangement occurring in the blood, and the vessels which carry it, we must endeavor to give a brief and plain sketch of its circulation, and its uses, in a state of health.

1 — HEALTHY STATE OF THE ORGANS OF CIRCULATION.

We have already shown that the aliment, separated from the digested food by the agency of the bile and the pancreatic fluid, is carried from the intestines by numerous minute vessels which unite into one, and go on straight without any circuitous turn, pouring its contents into a vein that runs under the shoulder-blade, to be forwarded to the heart.

1. THE VEINS AND ARTERIES.—The veins are blood-vessels, of various sizes, which run from all parts of the body towards the heart; but never go from the heart to any part of the body. This may easily be proved by pressing the finger on any of the veins which may be seen swollen with blood on the back of the hand, when the blood will instantly be observed to fill the part farthest from the heart; whilst between the heart and point of pressure the vessel will appear empty of blood. How then, it may be asked, is the blood, which is thus poured by the veins into the heart, returned to the body? This is accomplished, not by veins, but by means of another set of blood-vessels, called the arteries, which constantly carry out from the heart the blood that the veins as constantly return to it.

2. THE HEART.—The heart is a strong muscular vessel, formed not unlike a sugar-loaf, placed in the chest towards the front of the lungs, the point of which rests on the midriff or partition-muscle of the chest. It is lodged, in all cases, in a membranous bag, whose interior is moistened with a watery fluid. In the heart are four chambers, which have communicating valves or doors that open and shut, by the nicest mechanism, according as they are wanted.

3. THE COURSE OF THE BLOOD.—We are now prepared to trace the circulating current of the blood in its wonder-

ful course, as discovered by Harvey, about two hundred years ago. The vein in which the prepared aliment becomes mixed with the blood, in passing to the heart, is joined by all the veins from the upper part of the body; the whole forming one large vein, which, as it approaches the heart, is defended by a valve, and unites with another large vein that brings all the returned blood from the lower part of the body.

These two veins, from the two extremities of the body, empty their blood into the first chamber or reservoir of the heart, situated in front, and in some animals on its left side; and when this is full, it bursts open the doors or valves of the second chamber, empties itself into it, and the doors immediately shut behind it, and prevent its return. This second chamber, whose interior is in form of a pyramid, and has fleshy columns or pillars stretching across it, being now full, its sides contract, and throw the blood with a forcible jet upwards into a large canal—not a vein, but an artery. The outlet here is also guarded with valves, which, when the jet of blood has passed, become shut to prevent its return; and it is then carried forward to the lungs, to be distributed through their minute cells, and exposed to the air, for the purpose of changing its color from dark to bright red.

As soon as the blood has undergone this change in the lungs, it is passed back again to the heart by a number of minute veins, which unite into four large ones, and these empty their contents into the third chamber of the heart, which has fleshy pillars crossing it similar to those in the second chamber. From this third chamber the blood is carried forward to the fourth chamber which, when it is full, strongly contracts its sides, and throws its blood with a jet into the large artery that branches out to all parts of the body; the branches becoming more numerous and more minute as they proceed, till at length they become so small as to elude our sight. They refuse, when so very small, to admit the red part of the blood—at least we cannot discover it; and here we are compelled to confess our limited powers of investigation; thus far can we go, and no farther.

We have said that the veins return the blood to the heart, and they begin hair-like and minute, in the same way as the arteries terminate; but we cannot, in any in-

stance, trace the red blood going from the ends of the arteries into the ends of the veins; for the terminations of the arteries do not contain red blood, but a pale roseate fluid; and it is only after they increase in size, that this red blood is discovered in the veins. How then does the red blood pass from one canal into another? How does it pass from the arteries to the veins? We cannot tell; we must acknowledge our ignorance. One thing we know—that the blood supplies nourishment to the body, which would otherwise be daily wasted.

4. SOURCE OF ANIMAL HEAT.—When the dark blood of the veins is changed, by the fresh air taken into the lungs by breathing, into the bright scarlet blood of the arteries, the latent or insensible heat of the air is forced out, and part goes off with the moisture of the returning breath, while part is communicated to the scarlet blood to be distributed throughout the body, previously in part robbed of its heat by the dark blood of the veins, which is always colder than the scarlet blood. This explains the coldness and chills produced when the blood does not circulate freely, and the hot feelings produced by its too rapid circulation.

HEALTHY STATE OF THE BRAIN AND NERVES.

The brain is encased in the strong bones of the skull, and is farther enveloped in strong membranes; the outer, smooth and without elasticity; the inner, very soft and delicate. The substance of the brain and spinal chord is, like the blood, composed of minute globules; and the whole mass of these is composed of two substances; one, grey, which in the brain is situated exterior to the other, which is white; but in the spinal chord, the white is situated exterior to the grey. The peculiar organs, termed nerves, are white, soft, and threadlike cords, running to all parts of the body, and becoming smaller and more branched, as they are more distant from the brain and spinal chord.

Formerly, all the nerves were supposed to have only the function of sensation; but Sir Charles Bell has proved, that some only are endowed with this function, while others are appropriated to the production of voluntary motion. Besides the nerves connected with the brain and spinal chord, there is a system of numerous and ex-

tensive nerves, which are only connected with the other nerves by very small twigs; and the system is therefore considered as being partly independent of the others. This partially independent system of nerves is termed the ganglionic system; and the whole is sometimes also called the great sympathetic nerve, or the intercostal nerve. The last is very important in its connection with the organs of the chest and belly.

ART OF HEALING

KNOWLEDGE AND CURE OF DISEASES

PILES

This disease is occasioned by a painful swelling of the intestinal vessels. When these vessels only swell, and discharge no blood, they are called blind piles; but when they discharge blood, they are called bleeding piles. Piles are produced by various causes; I think most frequently by much sitting; whether it be sitting at work, study, or riding. In all these cases, a costive habit is produced which crows the vessels, producing irritation, inflammation, and sometimes rupture, which produces bleeding. Laxative purges ought to be avoided. Some constitutions are more inclined to this disease than others; it makes its appearance usually by an uncommon itching of the anus. As soon as a person finds this to be the case, if his habits be sedentary, or sitting, he should change, pass aside his business; be very regular in going to stool, by serving the same hour every day; keep the bowels open with gentle purgatives; anoint the part with sweet oil and whiting the floor of the rectum; but better than the whiting it can be had. In a more advanced state, two frequent injections made of mallow and mallows, or what is called cheese, or slippery elm, may be used. This disease may be easily cured in its first stages, but when it is of long standing, it is very difficult to effect. I have used the narrow dock, or yellow dock root; some times called yeland dock, with the greatest success.

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PART FOURTH.

ART OF HEALING.

KNOWLEDGE AND CURE OF DISEASES.

PILES.

This disease is occasioned by a painful swelling of the intestinal vessels. When these vessels only swell, and discharge no blood, they are called blind piles; but when they discharge blood, they are called bleeding piles. The piles are produced by various causes: I think most frequently by much sitting; whether it be sitting at work, study, or riding. In all these cases, a costive habit is produced which crowd the vessels, producing irritation, inflammation, and sometimes rupture, which produces bleeding. Drastic purges ought to be avoided. Some constitutions are more inclined to this disease than others; it makes its appearance usually by an uncommon itching of the anus. As soon as a person finds this to be the case, if his habits be sedentary, or sitting, he should change if possible his business; be very regular in going to stool, by observing the same hour every day; keep the bowels open with gentle purgatives; anoint the part with sweet oil and whiting, the flour of hemlock bark is better than the whiting if it can be had. In a more advanced state, use frequent injections, made of mullen and mallows, or what is called cheeses, or slippery-elm.

This disease may be easily cured in its first stages, but when it is of long standing, it is very difficult to effect it. I have used the narrow dock, or yellow dock root, sometimes called upland dock, with the greatest success. I

have never failed of curing or relieving, by administering it. In this disease it is rather cold alone; it should be combined with something stimulating and warming: cayenne answers this purpose very well. From one to three tumblers full of the strong decoction of the dock, with as much cayenne as may be taken up on the handle of a teaspoon to each tumbler full, will be sufficient. This may be taken without fear by persons of the most delicate constitutions; it does not weaken like most other physic; while it operates gently it gives strength and tone to the animal fibres. In the advanced state of piles, it is apt to be attended with canker; the dock is peculiarly servicable to purify the blood, and root out the canker. If the first portion of the dock should produce vomiting, which it often does, take a second dose, and so on, till you keep a portion down. When the piles are produced by a morbid state of the liver, it is then symptomatic of a diseased liver. When this is the case, I have found nothing equal to the Lobelia Emetic. These emetics, if repeated, will produce a healthy action of the liver. If small tumors should appear on the end of the anus, anoint the part a number of times a day, with an ointment made of hogs-lard three parts, pulverised nut galls one part, and camphor one part, simmer them together.

I have never failed of healing up these tumors with this ointment. It should be introduced as far up the rectum as possible with the finger, as well as to anoint the out side. If bleeding be present, add to the above salve one part of Venice turpentine.

When *prolapsus ani*, or falling of the bowels takes place, take white oak bark, witch-hazel bark, upland sumach, equal parts, make a strong decoction, add a teaspoonful of pulverised alum to every pint, apply this wash from time to time, and occasionally gently press up the bowels. When the bowels are returned, take equal parts of finely pulverised hemlock bark, bark of the roots of upland sumach, white-oak bark—mix them together, and roll up troches, or long and picked pills, of suitable size to be introduced up the anus. Let this be occasionally repeated: all the while, let the bowels be kept open with the yellow dock. The English dock is the best, such as is cultivated in gardens. Tumors are often removed by surgical operations. As high living has in many cases produced

the piles, it will be important, that the patient abstain from all rich and highly seasoned food. An injection occasionally taken, made of strong pennyroyal tea, add a great spoonful of molasses, and one of sweet oil or hogslard, put a heaping teaspoonful of lobelia and a sixth part as much cayenne, into a teacup half full of the pennyroyal tea, blood warm, let it stand till the strength is out, then strain it through a cloth and inject a common tumbler full. This will be found to be an excellent remedy. All highly seasoned food should be avoided, flour bread, &c., bread, fruit, any food that will keep the bowels open. Take as much exercise as you can.

INFLAMMATION OF THE BRAIN.

This disease generally attacks the middle aged. It is sometimes a primary disease; at others it is produced by some other disease. It is occasioned by night watching, hard study, hard drinking, anger, grief, anxiety, extreme perturbation of mind, exposure to the heat of the sun, suspension of accustomed evacuations. Sometimes it is produced by blows on the head. The symptoms are extreme pain in the head, flushed countenance, a quickness of the temporal arteries, redness of the eyes, an aversion to the light, watchfulness and delirium. It often requires a number of persons to hold the patient in bed in bad cases.

Mode of Cure.—No time is to be lost in giving this disease a prompt and thorough treatment. As it is always attended with an uncommon flow of blood to the head, the first thing to be done will be to divert the blood from the head to the extremities, by soaking the feet in a weak lie, then rub them thoroughly with a coarse towel; after which rub them with the elixir, or alcohol and cayenne; put on poultices upon the feet at least a half of an inch thick, made of rye-meal and vinegar, on the surface of which, sprinkle over a great spoonful of mustard-seed, pulverised. Give a thorough portion of physic, and if the disease does not abate repeat it often. Give warming drinks that will produce gentle perspiration. Bathe the head frequently with the *compound Elixir*.

If this should fail, and the pain continue; make a poultice of coakum, or garget root, cut a slice from a large root, that will nearly cover the bottom of the foot, let it be a third part of an inch thick; heat it thoroughly by the fire, apply it warm to the feet. This will have a tendency to draw from the head, and produce moisture upon the surface; then scarify and cup the temples, take away blood according to discretion. If you cannot succeed in taking sufficient blood by cupping, take it from the arm in the common way. Great care should be taken to keep the bowels open. If it be found necessary, bitter herbs, such as wormwood, double-tansy, hops and catnip, equal parts, after being stripped from the stock may be put into a bag, pour on hot vinegar, and apply it to the head.

A drink made of equal parts of marsh-mallows and queen of the meadow may be taken at pleasure, say take four ounces of each. If the first means laid down does not give immediate relief, apply the scarificator. It may be necessary to cup in twenty places before relief can be given. If there be constant heat in the head, ice may be applied until the heat subsides.

EAR INFLAMMATION.

The ear-ache often proceeds from a sudden check of perspiration, as from a current of air where the head has been sweating. It may be occasioned by some foreign substance being lodged in the ear.

The ear should be filled up with a piece of cotton, a drop or two of sweet almond, or olive oil, should be introduced; a mustard poultice may be applied to the ear if the pain should continue severe. The feet may be soaked in weak lie. Taking blood by cupping in the neck is recommended. Take hops, wormwood, camomile and double-tansy, equal parts, if you have not all of them take a part, cut them fine, put them into a jug, pour in hot water, put the mouth of the jug to the ear; bath around the ear with the elixir, or compound elixir. (*See Compound Elixir*) It may be necessary in some cases to apply a mustard poultice behind the ear and on the feet at night.

If the pain in the ear proceed from a diseased tooth, the patient may chew the Indian hemp-root. Care should be taken to keep the bowels open. Fasting is very important, especially if an abscess should form in the ear.

MUMPS.

Mumps is a swelling of the glands above the throat which makes swallowing difficult. This disease is not attended with danger except the patient takes cold, or the disease is translated to the testicles.

Treatment.—The patient should be directed to keep from taking cold, and take warming drinks that will promote gentle perspiration. If the testicles swell, they may be bathed with camphor and sweet oil. If the swelling be very severe, put on a slippery elm poultice.

QUINSY.

It is truly astonishing, says Dr. Beach, that men possessing a knowledge of the science of medicine, should make use of the common practice to cure this complaint, especially when it is well known that this very treatment occasioned the death of General Washington, as well as thousands of others. Common practice—*bleeding, mercury, &c.*

The first thing to be administered is the lobelia emetic. This will have a tendency to relax the whole system as well as the tonsils, and reduce local as well as general inflammation. Take wormwood, hops, catnip, equal parts, put it into a common teapot, pour in hot water and inhale the steam from the snout for fifteen or twenty minutes.

Bathe the throat with the elixir. Take one ounce of pulverised blood-root, add one pint of vinegar and two ounces of honey; let the patient take a teaspoonful every half hour. Purgatives should be repeated, as they have a direct tendency to lessen the inflammation. Dr. Beach recommends *sassafras oil*, olive oil, spirits of hartshorn, each half an ounce, warmed, with a little camphor, the gum, and bathe the throat as long as the patient can bear;

after which put a flannel round the neck. After the inflammation has subsided, take one part of sumach berries, and two parts of golden seal, make a gargle, add a small quantity of alum pulverised or powdered, let the throat be often gargled, let it be made strong.

A gargle made of weak lie is said to have proved very efficacious, where other means have failed, particularly where persons have been subject to this disease.

To prevent a recurrence of this disorder, it will be very important that a person should keep his neck from the cold by wearing a piece of flannel constantly loose around the neck. Keep the bowels open, and let the diet be spare. In extreme cases, it is necessary to puncture the tonsils with a lancet, after pressing down the tongue with a spoon handle, or any proper instrument, so that there shall be no danger of wounding any other part than what is intended. Mr. Jenks, of Pawtucket, informed me that this operation was performed on him as the last resort, and it succeeded in giving relief.

PUTRID SORE THROAT.

This disease affects the glands of the throat, while the Quinsy affects the mucous membrane. It is considered contagious. It may be produced by putrefaction, want of cleanliness, impure air, damaged provisions, &c.

This disease should be treated nearly the same as the Quinsy. When the parts appear putrid, a gargle made of yeast and milk should be used. As this disease prostrates the system, it should be supported by stimulant medicines, such as wine and the like. Dr. Thomas speaks in the highest terms of the following composition:—Two table spoonfuls of cayenne pepper, one tea spoonful of salt, half a pint of boiling water, and half a pint of warm vinegar. Let it stand about an hour, and strain the liquor through a fine cloth. Let the patient take two table spoonfuls every half hour. A plaster made of equal parts of common soap and rosin, may be applied to the throat. Take the vegetable powders night and morning; if it be an adult, a heaping tea spoonful each time, in a cup about two thirds full of hot water, sweetened with molasses or sugar, and a tea spoonful of the elixir, should be added when cool enough to drink.

Be careful to keep the bowels open. Take the canker root, infuse it in cold water, wash the mouth frequently with it, and swallow the same. If the patient cannot swallow it, take a swab and wet it. The lobelia emetic should occasionally be administered. If the case be severe, apply the sponge and hot water, as directed in the treatment of croup.

INFLAMMATION OF THE WOMB.

This disease is attended with pain at the lower part of the bowels, almost an entire suspension of the menses, tightness about the parts, change of countenance, loss of flesh, great weakness, constant fever, a discharge of unnatural matter from the womb, an inclination frequently to go to stool, heat, and sometimes suppression of urine.

Treatment.—If you have opportunity, commence with giving the vegetable powders on going to bed, and a portion of physic; after the physic has done operating, give the lobelia emetic. (*See Lobelia.*) After the operation of the emetic, take a heaping tea spoonful of the physical powders in a tea cupful of warm water, sweetened with sugar or molaeses. Eat and drink that which is the most nourishing. Take nearly a wine glass full of the alterative syrup, three or four times a day. (*See Alterative Syrup.*) The emetic may be repeated twice a week, or but once a week, just as it is convenient, till it effects a cure; physic should be taken occasionally. If this course be persisted in, it will effect a cure in a few weeks. The directions must always be varied according to the constitution.

I cured a woman a few days ago who had been laboring under this disease for more than two years; during that time she had nothing of consequence pass according to the course of women. She told me that she had suffered more in that time than she had in having all her children, and I think she has had four or five. The very next day after taking the emetic she became regular; her pain and tension left her, and she did not lay by her work a single day. In less than a month I gave her two more emetics; the day after taking the last emetic, she became regular again. A number of different physicians had at-

tended her, but could not remove the difficulty; one of them told her it was weakness, and he gave her tonics, which was a course directly contrary to the one that ought to have been pursued. It only increased the difficulty, by shutting up the acrimonious humors which might have escaped, if a proper course of treatment had been pursued.

INFLAMMATION OF THE BLADDER.

Symptoms.—Pain in the lower part of the abdomen, a constant propensity to go to stool and void water, and a difficulty in discharging either. The same course may be pursued as in the inflammation of the womb. Fermentations of bitter herbs may be applied to the lower part of the bowels to advantage. But the most thorough and sure remedy is, first, let the patient sit over a tub of hot water, if he can sit up; spread a blanket or two around him, put two pieces of boards across the tub, then drop in small stones previously heated; let the patient continue this ten or fifteen minutes, and give the vegetable powders. If the patient cannot sit up, hot stones may be applied quenched in vinegar to the bowels; if this does not relieve the pain entirely, give the lobelia emetic, and after it has done operating and the stomach settled, give a thorough portion of the physical powders. Sometimes a powerful portion will start the water, when it seems as though nothing would. When the pain was extreme, I have succeeded in relieving the patient at once, by cupping over the region of the pain, and bathe it well with the elixir.

My mode of cupping in such cases is, to wet the part where the pain is present with as warm water as the patient can bear, with a sponge or piece of flannel; then dry cup, that is, put on the cup without scarifying, and draw it along gently over the surface for some extent; the object is to produce a counter action. Then let the patient put the finger on the spot where the greatest pain still exists; put on the scarificator, and take away blood till you give relief.

INFLAMMATION OF THE KIDNEYS

Is caused by over exertion of the region of the kidneys, as riding on horseback or in a jolting wagon, which strains the parts, and cold settles upon them; the kidneys become inflamed, and water of a dark bloody color comes away with sometimes a sediment somewhat thick.

It is supposed sometimes to be occasioned by small stones being lodged in the kidneys.

Take double tansy, hops and wormwood, equal parts; simmer it in vinegar and water, and apply it warm; bathe the part occasionally with the compound elixir. (*See Compound Elixir.*) I have found this to give relief. The food should be light. By all means give the emetic, and steam as in the case above, inflammation of the bladder. It will serve to lessen the inflammation, and give a healthy action to the system; giving it energy to sympathize with the diseased part.

Cupping over the region of the kidneys may be serviceable. It will be found necessary to give occasionally light portions of physic, which have a tendency to lessen inflammation. Mucilaginous nourishing drinks will be found to have a good effect, such as have a tendency to excite gently the urinary organs. Such medicines as have a powerful tendency to evacuate water should be avoided. The reader is particularly referred to *Cleavers* in this work. A drink of the *Cleavers* should be taken daily.

The kidneys being inflamed, sometimes prevent them from secreting water, and the physician may mistake this for retention of water in the bladder.

JAUNDICE.

This disease, says Buchan, is first observable in the white of the eye, which appears yellow: afterwards the whole skin puts on a yellow appearance.

The urine is of a saffron hue, and dyes a white cloth if put into it of the same color. There is also a species of this disease called the Black Jaundice.

The cause of this disease is an obstruction of the ducts

which conveys the bile into its proper channel, and is therefore thrown into the circulations.

I have had many cases of this kind, and have never failed of making a cure where I have attended them a sufficient time. I was once called in a case of this kind, when the friends were satisfied that the family physician could do no more, and where it was doubtful whether the patient would live many days, and given immediate relief so that the patient rode out in three days. She told me a number of months after, that she believed the medicines I prescribed were the means of saving her life.

The course I pursue is, first, give a portion of the vegetable powders; heat stones by the fire, quench them in vinegar, wrap them up in cloths, put one to the feet, and a number around the patient in bed; and, in about half or three quarters of an hour, commence giving the lobelia emetic. Give one, two or three portions, according as you find it necessary. It is very desirable to produce copious perspiration. This course should be pursued once or twice a week, till a cure is effected.

Give the vegetable powders every night on going to bed. Much depends on keeping the bowels open; the physical powders should be taken occasionally, and occasionally a tea spoonful of rhubarb. If the patient be weak and debilitated, and has but little appetite, a tea of English barley and slippery elm should be taken. It may be drank at liberty. The emetic will produce a healthy action upon the liver, remove the obstructions in the ducts, and throw the bile into its proper channel. If there be roughness in the mouth and throat, take one part of blood-root, one part of slippery elm; add hot water and molasses, a little salt and vinegar; take a tea spoonful occasionally.

Where the case is not of long standing, one emetic I have found sufficient; but in other cases it will be found necessary to repeat it. A tea made of wormwood is very good to take occasionally; also equal parts of the bark of bayberry and barberry, may be used for a tea.

The spiced bitters will be a proper medicine after the emetic.

PALPITATION OF THE HEART.

This difficulty arises from obstructions of usual evacuations, which is caused by cold.

A plaster should be worn over the region of the heart; the feet should be occasionally soaked in weak ley, and rubbed with the elixir; the vegetable powders should be taken every night. The lobelia emetic should be taken once or twice a week, till a cure is performed; the body should first be warmed gently before giving the emetic. In this disease, less of the cayenne and more of the shunk cabbage should be given than in common cases. Indian hemp root, I have found to be good in this difficulty. Dry, and make a fine powder; take an even tea spoonful three times a day.

By this very process with cupping, I cured a woman of the palpitation of the heart in a few weeks, who had been laboring under that disease for two years. She took besides a number of bottles of the alterative syrup. I have found a syrup made of yellow dock root to be very serviceable in this disease. Take from one to two tumblers full every day; it opens the bowels, and does not weaken the patient. Great care should be taken in this disease to keep the bowels open: the dock is a little too cold alone; a little cayenne, as much as may be taken upon the handle of a tea-spoon, may be put into every tumblerful of the syrup.

CROUP.

Children are most subject to this disease; most prevalent in cold, wet seasons, and upon the seacoast. It is caused by a sudden cold, and generally attacks the persons by night. It is attended with cough and some fever; breathing is performed with difficulty, and attended with a peculiar kind of croaking, or quackling, or rattling noise. These symptoms show immediate attention to be necessary. The feet should be immediately placed in warm water, to which is added ashes and salt; give an injection; place the child in a warm bath, as soon as it may be prepared; then give an emetic, half lobelia and half blood root.

There is not much difficulty in curing the croup in the first stages of it; in the second stage it is considered uncertain, and in the last stage never. This emetic should be followed up at every spasm. An old and experienced physician informs me that the best application to the throat that can be made, is a sponge dipped in hot water and applied; when it cools a little, dip it again. No matter, he says, if it is so hot as to start the skin. I think this more efficacious than the pig's foot oil and snuff. If sponge is not at hand, three or four thicknesses of flannel will do.

With the lobelia emetic and blood-root, equal parts, given in pennyroyal tea, I have succeeded in giving decided relief. Care should be taken from the beginning to keep the bowels open, and put onion poultices on the feet, and change them every two hours. Take pig's feet oil, skunk's grease or goose oil, and lubricate or bathe the throat, and scatter the surface all over with common Scotch snuff; let it remain till it is done drawing. Mustard poultices may be placed between the shoulders. A tea spoonful of skunk's oil, pig's feet or goose oil, may occasionally be given. Expectorants, such as are used in coughs, may be used to advantage. In some instances the patient dies in four and twenty hours; but not usually sooner than eight and forty hours. Take the juice of a lemon, loaf sugar and slippery elm; make it palatable, and it will be good to relieve the cough, and help to raise the phlegm. If taken in season, this disease will give way without all this formula. Inhaling the steam of vinegar is, by some, recommended. In giving the lobelia and blood-root emetic, take a tea spoonful of each, put it into a tea cupful of herb tea, or warm water, (not scalding hot,) sweeten with loaf sugar; let it stand a while, strain it through a cloth back and forth a number of times, to get out the strength; give to a child of two or three years old two tea spoonfuls, once in ten minutes, till it vomits.

WHOOPIING COUGH.

This cough is produced by contagion; therefore the most direct course to get rid of it is to change the place

of residence, and get out of the infected air. It rarely attacks grown persons or youths more than once.

The symptoms are familiar to every one, and need no description. Whatever hinders perspiration, free evacuation, and creates a morbid state of the stomach, promotes this disease; those of the contrary of this favors recovery. The bowels should be kept open by taking rhubarb or castor oil; these may be taken in jelly or some kind of agreeable sauce or syrup that will disguise the taste. A child of a year old may take of rhubarb what may be taken up on the handle of a teaspoon, or a quarter part of a teaspoon even full, or from one to two tea spoonfuls of castor oil; take the vegetable powders at night. Soak the feet in weak ley, and rub them over with the elixir, and by all means give the lobelia emetic. Perhaps in no disease is the good effect of this emetic more perceptible than in this cough. Take for a child, in this case, a heaping tea spoonful of the powdered lobelia, the same quantity of bayberry bark, the flour, or pounded fine, and about one third as much skunk cabbage, fill a cup three quarters full of pennyroyal tea blood warm, let it stand a while, strain it through a cloth, and sweeten it; give a great spoonful of it once every ten minutes till it operates and the child begins to vomit, then follow up with water gruel. Onion poultice should be applied to the feet; a slice off of each end of an onion, warmed by the fire and applied to the bottoms of the feet, is the best method of applying them. The food should be light and easy of digestion. A strengthening plaster should be kept constantly between the shoulders. Change of air is often attended with very beneficial results in diseases of children, especially those of the infectious kind. Take pearl barley, a handful, a tea spoonful of slippery elm, a little salt and vinegar, a great spoonful or two of the roots of the Indian hemp, the same quantity of skunk cabbage; pour a pint of boiling water and sweeten, and let the patient drink freely. It will assist in loosening the cough, lessen excitement, and at the same time nourish the body.

CATARRH; OR INFLUENZA.

This disease is epidemic, and at the same time affects seven-eighths of the people of almost an entire continent.

“ It is an increased secretion of mucus from the membrane of the nose. Fauces and brouchia, with fever, and attended with sneezing, cough, thirst, lassitude, and want of appetite. The rapidity that this disease spreads itself over the land indicates that a current of air is impregnated with a specific poison which communicates disease to almost every man that it comes in contact with.

The last occurrence of this kind, I think, was in 1843; it carried off multitudes, particularly aged persons.

In this disease take freely of the vegetable powders and elixir, and the vapor bath; if this is not convenient, go to bed, take the powders, (after soaking the feet in warm water and bathing them with the elixir,) heat stones and quench them in vinegar, wrap them in cloths, put one at the feet, and the rest all around the body. After the patient has perspired freely for three quarters of an hour, let him reduce the temperature moderately. If this does not break up the difficulty, the next day but one go through with the same process, and, in addition, take the lobelia emetic. Great care should be taken, when the patient is very warm, not to cool off too quick; and when there is great heat applied externally, be careful to keep up a corresponding internal heat, by giving warming drinks. The sweating and emetic process should be continued at proper intervals till a cure is effected; but one course will generally be found sufficient.

COLDS AND COUGHS.

People are most liable to colds in the Spring and Autumn. Soak the feet at night in warm water, wipe and rub them so as to produce active circulation; warm the bed, put a little sugar in the pan on the coals, get into bed, and take a heaping teaspoonful of the vegetable powders, add a teaspoonful of the elixir; put an extra quantity of cloths on the bed, and in an hour from the taking the first dose, take another portion: this will take off the chills, and produce perspiration before morning. In the morning cool by degrees, and when you have done sweating, you may get up. Let your food be light through the day. It is a false notion that we must stuff

a cold; it obstructs the system already burdened, and has a tendency to produce fever.

If the above treatment does not throw off the cold, repeat the same the next night; and nineteen times out of twenty, it will break up a cold, even if the person is on the verge of a settled fever. I cured myself by this very process, in two nights, of a cold which usually lasted me three or four weeks. It was attended with a sore-throat, so that it was with difficulty that I could swallow. If a cough should attend a cold and continue, take the vegetable powders, without the elixir, every night; take occasionally a teaspoonful of the elixir, two great spoonfuls of molasses, and two or three great spoonfuls of hot water, drink occasionally. If this does not cure, make a syrup of peach-tree twigs, a large handful, a fifth part as much skonk-cabbage, boil them for two hours down to half of a pint, then add the same quantity of good molasses. I have found this to be very efficacious in long standing coughs.

Persons subject to coughs from every slight cold, should never be without a flannel waistcoat, summer or winter; in the summer it may be of a thinner texture than in winter. Bathe the throat and chest every morning and wipe it dry, then rub with a course towel till a glow of heat is produced.

By all means strive to avoid coughing; the more one coughs, the more he may, it produces irritation and inflammation.

ASTHMA ;

Or breathing with difficulty, is produced by want of proportionate heat and energy of the lungs, with the other parts of the body. The lungs perform their functions with labor owing to its weakness under the most favorable circumstances; but when the air is light, as it is frequently at night, and when it is cold—when foreign matter is introduced, as the dust from hay, &c. it increases the labor of breathing. When a person is sitting up, the lungs come in contact with but little of its surface. Its whole weight being suspended by its superior, there is not that occasion to be obstructed.

Those medicines that have a tendency to equalize the circulations and produce uniform warmth through the whole system, are the only medicines that will be of service in this disease. The lobelia emetic has been found to answer this purpose better than any remedy that has ever been discovered. I have never known it to fail where it has been properly administered. The feet should be soaked in warm water, wiped dry, and if they are inclined to be cold, rub them with the elixir; put on every night an onion poultice. Take the composition powders every night and every other morning; take care to keep the bowels open; give one of the asthmatic pills every night, (*see Asthmatic Pills,*) and every other night or morning, a teaspoonful of the lobelia with pennyroyal tea. A full course once a week should be given of the emetic. In cases of long standing, this course must be followed up for a number of weeks, in order to effect a cure. Many persons want to get cured of a chronic difficulty that has been upon them for years; in one day—and certainly it would be very desirable; but people often fail of effecting a cure for want of perseverance. Take salt-petre, a great spoonful, put it into as much water as it will take to dissolve it; wet brown paper in the same, and dry it thoroughly: when you go to bed, sit a piece on fire as large as your two hands; it will burn slowly till it is all consumed; and you will find it to give great relief and enable a person to lie down who must otherwise have sit up during the night. A gentleman informed me that he cured himself of the asthma by applying hogs melt to his feet. As soon as it was taken out, he sliced it in two, and put one half on the bottom of each foot and let it remain till it became dry.

INFLAMMATION OF THE LUNGS.

This disease is always attended with danger, particularly if the patient be advanced in age, and has a flat breast, lives high, and drinks strong liquor.

In this disease, breathing is performed with difficulty, great oppression of the breast, the pulse quick, the pain is increased on coughing, and by taking a long breath.—It proceeds from the same causes as the pleurisy: viz., an

obstructed perspiration from cold, wet clothes, &c. In this disease as well as the pleurisy the food ought to be exceedingly light. A syrup made of comfrey root, a little vinegar, salt and sugar, or flaxseed tea; take two ounces of pearl-barley, add a little slippery-elm, a little salt and vinegar, pour a quart of hot water, and let it steep: let the patient sup occasionally, and frequently it will give nourishment and alleviate a cough.

The bowels should be kept open by gentle physic, or clysters. The yellow dock is one of the best medicines in this case; it will keep the bowels open while the patient gains strength. From one to two tumblersful of the strong decoction, or tea, may be taken through the day.

The feet should occasionally be soaked in weak lie, and rubbed dry, afterwards bathe with the elixir, or spirit and cayenne.

Take equal quantities of the vegetable powders and yellow dock, pulverised fine, let it be well mixed. The patient may take a spoonful every other night.

The vapor bath, will occasionally be found useful. (*See Vapor Bath.*) Be careful to give warming drink while under the operation of the bath. Take double tansy, hoarhound, and wormwood, equal parts, divest it of the large stalks; put it into a large coffee-pot, pour in hot water, let it steep; then inhale the steam from the spout. If it be too hot, place a long tube at the snout of the coffee-pot, and inhale through it. Perspiration should by all means be promoted, as it tends to reduce all internal inflammations. An emetic should occasionally be given, say a teaspoonful of lobelia, and half a teaspoonful of skunk-cabbage; if this does not cause vomiting, in an hour, give the same quantity again. Indian-meal gruel will be found an excellent regimen in this disease as well as in all others. In order to make indian meal gruel good, it should be boiled and skimmed half an hour after the thickening is put in.

PLEURISY.

The true pleurisy is an inflammation of that membrane called the pleura, which lines the inside of the breast. It proceeds from the same cause as the inflammation of the lungs—that which obstructs perspiration. It should be

treated the same as the inflammation of the lungs, only in a much more prompt manner.

In the first place a thorough emetic should be given, and extra means to produce copious perspiration such as hot stones quenched in vinegar, wrapped in cloths and applied to different parts of the body, especially to the feet and side. As soon as the operation of the emetic is over give a thorough portion of physic, say a heaping teaspoonful of rhubarb, of the same quantity of the physical powders. (*See Physical Powders.*) If the inflammation does not subside, put on the cups, and take away blood from as many as half a dozen places, from one gill to half a pint, and more if necessary. This is perhaps the most efficient course of reducing the inflammation; but in weakly habits, blood-letting, particularly from the veins, weakens the system. In bleeding from the arm, it is necessary to take much more to produce the same effect. We prefer to attack the disease rather than the constitution.

If this should not relieve the inflammation, take tansy, hoarhound and wormwood, equal parts, wet it through with vinegar, heat, and apply it as the patient can bear.

If, after the urgent symptoms are relieved, there should be uneasiness and difficulty in sleeping, give a teaspoonful of the Indian hemp root in molasses, three times a day, till this difficulty is removed. The pleurisy root should be drank in tea occasionally from the beginning.

The pleurisy may be cured frequently without cupping or bleeding in any way; if you have not the cupping apparatus, you will pursue thoroughly the other course laid down.

Large poultices of onions on the feet, has a powerful tendency to alleviate inflammation, and to produce perspiration. They should be applied in this case and exchanged often. A poultice of rye meal and vinegar, with mustard seed pulverised, should be sprinkled on the surface, say a great spoonful, may be occasionally exchanged for the onions. The side may occasionally be bathed with the compound elixir. The feet should be occasionally soaked in weak lie from the commencement of treating this disease. Take spirits and African Cayenne, wet a flannel three or four thicknesses, lay it on the side, and apply a hot brick; this will give quick relief.

INFLAMMATION OF THE LIVER.

The liver is less liable to inflammation than most of the other viscera, owing to its circulation being slower. The principal cause of inflammation of the liver are intemperance in eating and drinking; and more especially partial application of cold or wet when the body is over heated or fatigued with exercise. The symptoms vary according to the degree of the inflammation; sometimes there is an acute pain in the side, running up between the shoulders, a dry cough, &c., where the disease has been of long standing. The general symptoms are a pain and tension in the right side, under the false ribs, attended with some fever; a sense of weight and fullness in the part; difficulty of breathing; loathing of food; great thirst, with a pale or yellowish color of the skin and eyes.— Sometimes there is difficulty of lying on the left side.

It may be known from the pleurisy, from the pain being less violent and lower down, and pulse not so full. This disease is not dangerous if properly treated. A person laboring under this disease, should abstain from stimulating drinks, heats and colds, hot bread, tea and coffee, full meals of roasted meats, late suppers, especially of solid food highly seasoned, spirits, wines, strong beer, and the like. These will produce this disease and a multitude of others; but will never cure any. The patient laboring under this disease, must regard the above directions, if he would recover. His food should be thin and light; the body and mind kept easy.

In treating this disease, if the patient be troubled with cold feet, I direct as in almost all diseases, where that is the case, to soak the feet in weak lie; after rubbing them thoroughly, bathe them with the elixir. This may be occasionally repeated till the feet become warm. Let the patient take equal parts of the vegetable powders and yellow dock root pounded fine, with about a great spoonful of milk; this may be repeated every night on going to bed, and the same occasionally in the morning before getting up; rub the side and wherever the pain may be with the elixir, frequently and occasionally with the compound elixir, when the pain is most severe; make a constant drink during the day of a tea made of dandelion root; it may be sweetened and made palatable. If the pain in the side should not subside, put on a poultice of rye

meal and vinegar, sprinkle the surface over with mustard seed pulverised. A strengthening plaster should be worn on the side and between the shoulders. Take care to keep the bowels open. If the powders should not prove physical enough, take two or three of the bilious pills. It will be necessary in the first stage of the treatment of this disease, to give the lobelia emetic; it will not fail to excite the liver to a healthy action; it should be repeated occasionally. If the surface should be dry, and a want of action in the system, the vapor bath may be used. The alterative syrup will be found very serviceable, half a wine glass full three times a day.

I was called to visit a woman, a few months ago, who was afflicted with this disease. I found her very low.—She had a mercurial sore mouth, and had been laboring under the disease for a long time, and had many physicians; but grew worse. She told her husband before I commenced, that her present prospect was certain death, and she could but die if she employed another physician. I commenced with her, and followed nearly the course as laid down above, and she began immediately to recover, and is now able to take charge of the family.

CHOLERA MORBUS.

The Cholera Morbus is a violent purging and vomiting of bilious matter, attended with gripes, sickness, and a constant desire to go to stool. It comes on suddenly, and is most common in the autumn. In warm climates, it is met with at all seasons of the year, and its occurrence is frequent.

Symptoms.—It is generally preceded by a heartburn, sour belchings, with pain in the stomach and intestines.—To these succeed nausea, excessive vomiting and purging of green, yellow, or blackish-colored bile, with a distension of the stomach, and violent griping pains. There is likewise a great thirst, with a very quick and unequal pulse, and often a fixed acute pain about the region of the navel.

The cause of this disease is a redundancy and putrid acrimony of the bile—food that easily turns rancid, or sours on the stomach, as butter, bacon and unripe fruit. Says Dr. Buchan, I have been twice brought to the gates

of death by this disease, and both times it was occasioned by eating rancid bacon.

The following treatment, says Dr. Beach, I think I may say with propriety, I have found an infallible remedy for the cholera morbus, even in the last stages of it.

Take of best Turkey rhubarb, either bruised or pulverised, half a dram. Bi-carbonate of potash half a dram. Peppermint plant, half a dram, ground together in a mortar, and put the powder in a teacup, add sufficient loaf sugar to sweeten, then add half a pint of boiling water, when nearly cold, two tablespoonfuls of brandy. Of this, give two tablespoonfuls every half hour, or as often as the paroxysms, or periods of vomiting and purging take place. In very severe cases I have occasionally added to every dose fifteen or twenty drops of laudanum. This must be repeated until the urgent symptoms are diminished. The effect of this medicine is truly surprising. So sudden and powerful it is, that I have been delighted with its salutary effects. It is seldom that the patient will vomit up more than one dose of the medicine; but it rests upon the stomach, calms the irritation, checks the nausea and vomiting, passes gently through the alimentary canal, changes their contents of fæces, from the most morbid and fetid, for the most healthy state. While mercury, which is now given in such cases, only aggravates. This preparation acts like a charm, and I was about to say, might be compared to the act of extinguishing fire by pouring water upon it.

The above treatment I have never proved, but from its very respectable source it is entitled to credit. I have never failed of curing by giving the lobelia emetic in this disease. It will stop the purging and vomiting as soon as the operation of the emetic is over. After the operation, the patient should take an injection of bayberry, a teaspoonful of lobelia, a teaspoonful of ladies slipper, skunk cabbage or scullcap, one teaspoonful, half a teaspoonful of cayenne, hot water half a pint, let it stand awhile in a covered vessel, strain, or pour off the liquid, administer blood warm after the pipe is smeared with hogs lard as well as the sensitive part, after the liquid is drawn into the syringe, the piston should be pushed gently forward until a few drops of it escape as this will serve to expell any air which may be contained in the syringe, and which would be improper to introduce into the bow-

els: the food should be light and easy of digestion. If there should be pain about the region of the navel, he should bathe with the elixir; and, if necessary, apply bitter herbs, steeped in vinegar, to the part: if the pain should still continue, apply the cups and scarificator in a number of places. Give the Indian hemp root, pulverised, an even teaspoonful two or three times a day. The patient should drink freely of mint tea, slippery-elm, and other mucilaginous drinks. If there should be a dryness upon the surface, apply onion poultices to the feet; a hot stone should be applied to the feet. The patient may occasionally take for drink a tea made by toasting bread very hard and pouring boiling water upon it; gruel made of Indian meal makes a good medical drink.

It is a known fact in chemistry that an Alkali and an Acid united destroy each other. The cause of this disease is believed to proceed from acid, therefore, an Alkali is its antidote. A gentleman in New-Bedford informed me since I commenced this article that he had succeeded in curing the cholera morbus, and almost universally all bowel complaints, with a syrup made of blackberries—squeeze out the juice, boil, take off the scum, add loaf sugar and best spirits sufficient to keep it; a wineglassful two or three times a day.

DIARRHŒA: OR LOOSENESS.

Is not always a disease, but an effort of nature to throw off some disease. It ought, therefore, not to be checked, unless it produce weakness and debility. When it is produced by taking cold, warming drinks, soak the feet and excite a gentle moisture of the surface. This disease may be cured perhaps nine times out of ten in the first stages of it, by placing the patient in bed, put a bottle of hot water, or hot stone at the feet, cover up warm, and drink freely of water gruel, made of flower very thin, the patient may drink in the course of an hour or two, a quart, endeavor to produce thorough perspiration. It should be drunk as warm as possible. I have cured myself repeatedly by this process. Where this disease proceeds from an acid state of the stomach give the *Corrector*, which is made of one teaspoonful of salaratus, one of peppermint, or spearmint finely pulverised, and one of

best Turkey rhubarb, sweetened with loaf sugar; add half a pint of boiling water, a few spoonfuls of spirits, if it be at hand; for an adult, take half a wineglassful every hour till it produce a change in the stool.

In common cases of slight relax in children produced by heat and exercise, let their food be milk thickened with flour, and drink nothing except sage tea, chocolate-root, or Avens-root, a little cayenne, and milk scalded will be found serviceable. In some cases, it may be necessary to take an emetic, but I think, rarely, if the above course is properly pursued. Diarrhœa produced by extreme agitation of mind requires emetic in stead of cathartic. When looseness proceeds from worms, the stool will appear slimy, and appearances of decayed worms; when this is the case means should be taken to expel the worms. Whatever may be the cause, when it is found necessary to stop the looseness, the patient should take light food.

DYSENTERY.

This disease may be distinguished from the diarrhœa from acute pain in the bowels which it produces, and discharge of bloody matter. It is most prevalent in the spring and fall. Night air, confined and unwholesome air, bad water, leaving off flannels, wet clothes, are some of the principal causes that produce dysentery.

The symptoms are frequent griping pain in the bowels, an inclination to go often to the stool, bloody discharges mixed with slime; it is attended with chills and quickness of pulse. When the patient goes to stool, he feels a bearing down as though the whole bowels were falling out. It is very important in this disease that the patient should keep clean, warm and quiet.

Treatment.—It may be cured in the first stages of it by milk boiled and thickened with flour. I once cured myself by this course. I was travelling, and found all the symptoms coming on; I stopped at a tavern, and for dinner called for a dish of milk, boiled and thickened with flour. It had the happiest effect. I had no more pain, and nothing passed my bowels for two or three days, and then became regular.

I cured myself a few weeks ago, of the same disease,

after it had assumed rather a bad form, by taking about an even teaspoonful of rhubarb, with a piece of salaratus as large as a white bean, mixed in hot water, sweetened, taken once in ten or twelve hours, for two or three times, lived light, drank two or three strong cups of tea, and found immediate relief. The thickened milk will sometimes produce pain and constipation in the bowels, owing to the sudden check which it produces; in this case, it will be necessary to take a gentle portion of physic—take a teaspoon a little more than half full of rhubarb, or six of the hygeian pills. (*See Hygeian Pills.*) After three hours, take half a pint at once of strong tea of thoroughwort, warm, and sweetened with molasses or sugar; if this does not vomit in half an hour, give as much more. I have produced an immediate cure by the above treatment, that is, by giving the thickened milk, pills and emetic; a hot stone should be placed at the feet whilst giving the emetic, to assist in producing perspiration.

A sea Captain of Plymouth, Massachusetts, informed me that he was once on a fishing voyage near the Labrador coast, and all his company, by turns, were attacked with the Dysentery, and all soon recovered, but one, who was his son; he could get no relief in the ordinary treatment. His case was so obstinate that he was under the necessity of going on shore, and after finding a suitable place for his son, he met with one of the native Indians, who told him "*me cure um, sartin.*" He accordingly collected a quantity of double spruce tops and boiled them making a strong decoction, and gave him about a tea-cupful; and in about an hour gave him a gentle portion of physic, which produced an immediate cure.

A variety of treatments are necessary to be laid down, as the same medicine will not have the same effect on every one. Injections are usually made of

Flaxseed tea; or mucilage of Slippery-elm—half a pint,
Milk—half a pint,
Sweet-oil—a wine-glassful,
Molasses—half a pint,
Fine Salt—one teaspoonful,
Mix, and introduce with a large syringe.

In giving injections in this disease, it is necessary to give large portions, in order to reach the inflamed part.

It is very important to keep the feet and body warm; an extra garment should be worn.

The *Corrector*, as laid down in the treatment of Diarrhœa, should be used in the first stages of this disease; it has a tendency to neutralize the acidity of the stomach—the rhubarb quickens the motion of the bowels and carries it to the seat of the disease. If the pain continues after taking the corrector, take ten or fifteen drops of laudnum in a little warm water. I have found a syrup made of blackberry-roots, to be very useful in all diseases of the bowels: it should be boiled for a long time to get the strength. It should be sweetened, and milk scalded in. It makes a very agreeable syrup. It is particularly useful for children, as it is so pleasant, that they will drink it without compulsion. A syrup made of the berries answers the same purpose.

Dr. Buchan says he has known the Dysentery to be cured by a broth made of sheep's head and feet, boiled with the skin on, the hair and wool being singed off with an hot iron. It should be boiled till the broth is quite a jelly. A little cinnamon, or mace may be added, to give it an agreeable flavor; the patient may take a little of it three or four times a day, with a little toasted bread; and a clyster may be given of it twice a day.

URINE,

FREQUENT AND EXCESSIVE: OR, DIABETIS.

AND ALSO INVOLUNTARY.

The diabetis is a frequent and excessive discharge of urine. It is rarely met with in young people: but often attacks persons in the decline of life, especially such as have been hard drinkers in their youth, or been hard laborers.

Symptoms.—In diabetis, the urine generally exceeds in quantity all the liquid food which the patient takes. It is thin, pale, and of a sweetish taste, and agreeable smell. The patient has a continual thirst, with some degree of fever. The appetite grows less and the flesh fails. As this disease makes its appearance on the decline of life,

when the system begins to grow slack, every thing that has a tendency to relax the system and excite the urinary organs, should be avoided. The food, in particular, should be of a solid kind, with but very little drink, and that of a tonic and astringent nature, such as sweet bugle, crane's bill, and a syrup made of white-oak; acids for drink are better than that which is sweet, such as lemon-juice, vinegar, elixir, vitrol, &c.

A gentleman told me he had been afflicted with this disease for five and twenty years, by turns, and that he found the greatest help from a syrup made of yarrow and plantain. Parched corn is recommended, golden-seal, Solomon-seal, beth-root, and black-cohash, these may be taken separate, or combined; but they should be boiled down strong. The bowels should be kept gently open and occasionally an emetic should be taken.

There is another disease of the urinary organs called INCONTINENCY OF URINE, but this is different from a diabetic, as the water passes off involuntarily in drops, and does not exceed the usual quantity. It attacks usually persons in the decline of life, and such as labor hard. Take gum copaiba, ten or fifteen drops on loaf sugar once a day for three days, then miss three till it produces a cure. The course of treatment to be pursued is similar to that directed above. In both of the above diseases, the patient should not sleep on a feather bed, a matrass or straw bed is the most suitable.

GRAVEL AND STONE.

When small stones are lodged in the kidneys, or discharged along with the urine, it is called gravel. If one of these stones happen to make a lodgment in the bladder for sometime, it accumulates fresh matter, and at length becomes too large to pass off with the urine. The patient is said in this case to have the Stone.

The Stone and Gravel are produced by high living, a sedentary life, lying too warm, or too much on the back; the constant use of water impregnated with earthy or stony particles. Stones or Gravel in the kidneys, occasion fixed pains in the loins, sickness, vomiting, and sometimes

bloody urine, and not unfrequently a slight suppression of urine. When the stone descends into the ureter, (or the canal which conveys the urine from the kidneys to the bladder,) and is too large to pass along with ease, all the above symptoms are increased; the pain extends towards the bladder; the thigh and leg of the affected side are benumbed; the testicles are drawn upwards, and the urine is obstructed. A stone in the bladder is known from the pain at the time, as well as before and after making water; from the frequent inclination to void the urine; from the urine coming away by drops, or stopping suddenly when it was running a full stream; by a violent pain in the neck of the bladder upon motion, especially on horseback, or in a carriage on a rough road; or from a white-thick, copious, stinking mucous sediment in the urine; from an itching at the top of the penis.

Many remedies have been prescribed for the Stone and Gravel; but, perhaps all that has been effected, or can be accomplished by medicine, is, to remove urgent symptoms, and give action and tone to the organs most intimately connected with these difficulties. Those medicines that give tone and a healthy action to the kidneys, producing a free discharge of urine, are the best adapted to these diseases.

The body should be relaxed by perspiration, and stimulating diuretics should be administered, in order to expel the gravel from the system, before they shall attain to so large a size that they cannot pass off by the ordinary means. Dr. Beach recommends, particularly in violent attacks, that the patient soak his feet in warm water, and take the spirits of mint, which is made by pounding up the green herb of spearmint, by adding Holland gin; of this, take a wine glassful as often as the stomach will bear it.

If there be pain in the region, apply fermentations of bitter herbs, and by all means produce perspiration; if there is difficulty in producing moisture on the surface, use the vapor bath.

It will be necessary to keep the bowels open; the vegetable powders will be found very applicable in this case. The patient should drink plenty of slippery-elm tea, gum arabic, queen of the meadow, and marsh-mallows.

Many persons have found great relief from the use of

Hæerlem oil. I have made this oil, by adding one part of spirits of turpentine, to three parts of the balsom of sulphur, fifteen drops is a portion.

Dr. Beach informs us that he met with a man in the State of New-York, who had cured himself of the Stone in the bladder, by drinking freely of a strong decoction or tea of the wild carrot, (*Daucus Sylvestris*,) the tops and seeds; he voided forty-seven large pieces of stone by taking the medicine. The reader is directed to examine the medical properties of Cleavers as laid down in this work.

HEADACHE.

Headache proceeds sometimes from a foul stomach and costiveness, when it is termed the sick headache.

The acrimonious humors have, for a long time, been bound up in the body, as will appear from a costive habit; the stomach is foul, and through sympathy effects the head; the pores are generally closed, and very little moisture on the surface.

Treatment.—Take a heaping teaspoonful of the physical powders, (or about that quantity,) the next day but one after, take a thorough lobelia emetic. Take every night, a portion of the vegetable powders, and enough of the bilious pills to operate on the bowels;—the number of pills will be left to the discretion of the patient; but take enough, every night when you take the powders, to operate. Make a syrup of thoroughwort, and take half a wine glassful, twice a day. Avoid tea and coffee entirely, drink occasionally through the day the mother's cordial, the food should be light and chiefly vegetable.

When the headache proceeds from a determination of blood to the head, the feet should be soaked every other night in weak ley, and rubbed with spirits and cayenne, the vegetable powders and physic should be taken. It is very important, in order to obviate this kind of headache, to take blood from the temples, or the shoulders, by cupping, or leaches. I have frequently made this application, and have never failed of giving relief. It relieves the small blood vessels, that are pressed, and has a tendency to equalize the circulation. When the headache arises from nervous affections, more particularly, the patient

should be directed to take nervines: such as skunk-cabbage, valerian, Indian-hemp, &c. Application of cold water to the head every morning has sometimes cured the headache when everything else, which was prescribed, failed.

WORMS.

These are chiefly of three kinds, viz: the tænia, or tape worm; the teres, or round and long worm; and the ascariides, or round and short worm. There are many other kinds of worms found in the human body.

The tape-worm is white, very long, and full of joints. It is generally bred in the stomach, or small intestines.

The round and long worm is also bred in the small intestines, and sometimes in the stomach.

The round and short worms commonly lodge in the rectum, or what is called the end of the gut, and occasions a disagreeable itching about the seat.

Symptoms.—The common symptoms of worms, are, paleness of the countenance, and at other times, an universal flushing of the face; starting, and grinding of the teeth in sleep; swelling of the upper lip; the appetite sometimes bad; at other times quite voracious; looseness; a sour or stinking breath; a hard swelled belly; great thirst; the urine frothy, and sometimes of a whitish color; griping or choleric pains; an involuntary discharge of saliva, especially when asleep; flushed cheeks; irregular pulse; and sometimes the convulsive fits. Sometimes the worms rise in the throat—they may always be carried down by drinking salt and water.

Administer an injection made of strong catnip tea; add one great spoonful of sweet oil or hogs' lard, three great spoonfuls of molasses, and an even tea spoonful of fine salt. Inject for a child from half to a tumblerful at once, and keep it up fifteen or twenty minutes. Soak the feet in weak ley, and put onion poultices on his feet; give from one to two ounces of the juice of onions; and, in about an hour after, give a thorough portion of the physical powders. After the operation of the physic, give the lobelia emetic. If the child should have a recurrence of

spasms, pursue the same course again. I have pursued the very course here laid down with success.

The bowels as well as stomach, in this disease, become very filthy, and require much cleansing. The strength of the patient should be kept up. Make a tea of pearl barley, put in a little gum arabic or slippery elm. Tansy, garlicks, onions and sage, are good against worms. Bitters, made of wormwood, tansy and thoroughwort, should be given two or three times a day, after the emetic. Worms will breed again, if the stomach and bowels are not properly strengthened. The injection should be repeated, in order to bring off the slime on which the worm lives. In mild cases, cleansing the bowels with the injection will be sufficient with the tonic drinks, wormwood, tansy, &c.

Dr. Abernethy says, there are upwards of sixteen species of worms that have been found in the human intestines. He recommends highly the following mixture:—take one ounce of unslacked lime, a pint and a half of rain water; pour the water over the lime, cover it up for an hour in a vessel; then pour off the water into a bottle, and keep it corked for use. For a child, a wineglass full is to be taken thrice a day; double this portion for a grown person. It may be mixed with some kind of tea, to make it palatable; an over dose will do no harm. The pin worms may be known by their producing an itching about the anus. They may be effectually cured by inserting up the anus a little tobacco or tobacco juice.

DROPSY.

The dropsy is a preternatural swelling of the whole body, or some part of it, occasioned by a collection of watery humor. It is distinguished by different names, according to the part affected, as *anasarca*, or a collection of water under the cellular membrane; *ascites*, or a collection of water in the belly; *hydrops pectoris*, or dropsy in the breast; *hydrocephalus*, or dropsy of the brain. Dropsy proceeds from various causes: sometimes it is hereditary; sometimes from sedentary habits, from drunkenness, excessive bleeding, purging, and salivations.

Dropsy generally begins with a swelling of the feet and

ances towards night, which, for some time, disappears in the morning. In the evening, the parts, if pressed with the finger, will pit. The swelling gradually ascends and occupies the trunk of the body, the arms, and the head. Afterwards the breathing becomes difficult, the urine is in small quantity, and the thirst great; the body is bound, and perspiration is greatly obstructed. To these succeed torpor, heaviness, a slow wasting fever, and a troublesome cough.

This kind of dropsy is the most easily cured. The *hydrops pectoris*, or dropsy of the chest, the most difficult. Dropsy means a collection of water, wherever it may be, and requires about the same kind of treatment.

In all kinds of dropsies, give thorough portions of the physical powders. I have found them very efficacious in evacuating the water. After the operation of the physic use the vapor bath; and immediately after, a thorough course of the lobelia emetic. It is more easily cured in young persons than old. A Mr. Balcom, of Norton, sixty-four years of age, was cured in one week, by the above process, after being given over by his physician as incurable. He took four courses, one every other day. After he had taken the third, he said he was no better, but the fourth seemed to effect the cure, and he has been able to attend to his business.

Warming and stimulating medicines, combined with those which produce action upon the kidneys, producing a free discharge of urine, are very important in this disease, such as mustard seed, horseradish, cayenne, juniper berries, elder bark, milkweed, bittersweet bark. These may be made into a syrup, or part of them in equal quantities: let the patient drink of it occasionally; a wine-glassful may be taken two or three times a day. Stimulating diet should be taken in this disease; mustard and cayenne should be taken freely with the food. The dyspeptic biters may occasionally be taken through the day, to keep up the tone and strength of the system. (*See Dyspeptic Bitters.*)

CANKER ; OR SORE MOUTH,

Appears in small white ulcers upon the tongue, gums, and around the mouth and palate, resembling small parti-

cles of curdled milk. When it is mild, it is confined to the mouth; but when it is violent and of long standing, it extends the whole length of the alimentary canal, and produces flatulencies and sour purgings. The physical powders should be occasionally administered in thorough doses. A tea made of equal parts of sumach leaves, or hemlock bark, the inner meat, raspberry leaves and bayberry bark, should be drank a number of times every day. For a gargle, dissolve salt-petre, if the case be very inveterate, and rince the mouth with it, and afterwards make use of a tea of slippery elm; another gargle may be made of white oak burk, boiled down very strong, and brandy burnt half away; unite them and use as a gargle or wash, to hold in the mouth. In case of slight appearances of canker, I have cured with a little alum water, but where it assumes a malignant form, it is very difficult to eradicate. Sage tea for a constant drink is very good for persons inclined to canker. If the canker assume a malignant form, it will be necessary to give gentle emetics. The canker root should be chewed and swallowed; if the patient be a child, soak the root in cold water, and feed the child with the mucilage.

VOMITING.

If it is found necessary to stop vomiting at any time, the following articles will be found useful. A cup or two of strong tea; spearmint or peppermint tea; an onion poultice applied to the pit of the stomach. Should not this check it, give of the essence of spearmint and laudanum ten or fifteen drops of each. The common soda powders may be taken. Bathe the feet in soft warm water. Sometimes the lobelia emetic will keep the patient vomiting for a long time, and it will seem to be desirable to put a stop to it; but I have found it the best way generally to let it have its course; it will stop itself, when the emetic has operated sufficiently. Where the patient has become very much exhausted by vomiting, a little cold water will revive; commence with a teaspoonful as often as the patient wants it, and after a while take a great spoonful. I have pursued this course successfully. A lady in Providence told me that she was cured of vomiting when she

had tried almost every thing else without success, with simply a tea made of the leaves of the peach tree.

HICCUP.

The hiccup is a spasmodic affection of the stomach and midriff, arising from any cause that irritates the nervous system. When it arises from the use of food that is hard of digestion, wine or any spiritous liquors may be used; sometimes a little vinegar will answer the purpose.

If poison be the cause, the patient should take a plenty of oil and milk. When it proceeds from inflammation of the stomach, cooling drinks should be taken. Laudanum is sometimes administered; ten or fifteen drops at a time, occasionally repeated. Hops and wormwood simmered in vinegar and applied to the stomach, are recommended.

DYSPEPSIA.

Dyspepsia is a derangement of the digestive functions, occasioning an interruption in the organs, or viscera, concerned in the process of digestion; the immediate cause of which appears to be a diminished or increased quantity, or vitiated quality of the gastric, or the secretion of bile.

There is no disease perhaps that requires more strict attention to diet than the dyspepsia, and in general the appetite of such patients will direct them what is proper to be taken. Bread made of meal not sifted, should be used in preference to that made of flour, as the physical properties of meal is contained in the bran. Ripe fruit may be eaten, and the bowels regulated generally by the diet. Anti-dyspeptic pills may be used occasionally. A tea made of the leaves of bayberry will be found to be an excellent remedy; it should be drank daily, and the vegetable powders taken with a little milk.

By all means administer the lobelia emetic. This emetic is particularly adapted to the cure of this disease, as it produces a change and an action on the internal viscera, stimulating it to a healthy action, producing all the

good effects which is expected from mercury, without its evil effects.

It may be argued that we use this emetic in every disease. Supposing we do, which, by the way, we do not, do not the faculty, with as much truth, use mercury for every disease? Stimulants should be taken along with food, such as cayenne, mustard, &c.

The body should be rubbed every day with a flesh brush, and especially the stomach and bowels. Rubbing or kneading the bowels is attended with very beneficial effects. When dyspepsia is attended with nervous affections, nervines should occasionally be used.

Particular attention should be paid to the feet, to keep them dry and warm. No exercise in this disease perhaps is so good as walking. Riding on horseback, and in a carriage occasionally, will be found serviceable. Dr. Beach recommends in this disease a drink made of

Golden Seal, pulverized—one drachm;
 Whitewood bark—two drachms;
 Bitter Root, or Indian Hemp, pulverized—one drachm;
 Cayenne—half a drachm;
 Sweet Malaga wine—one quart.

Add these articles, pulverized or bruised, to the wine, and let them stand a few days, and it is fit for use.

Take from a quarter to half a wine-glassful, three or four times a day. This creates an appetite, and strengthens the system generally.

It is said there are hundreds of dollars' worth of this medicine sold at two dollars per bottle.

Dyspepsia is caused, perhaps, the most often by intemperance in eating and drinking. The best rule that we can make, in regard to eating, is to rise from the table with as good an appetite as we sat down, and in regard to the use of ardent spirits, to let it alone before it is meddled with. Tea and coffee have a tendency to bring on dyspeptic habits, especially with sedentary persons. A simple tea made of ginger is sometimes very serviceable.

ST. VITUS' DANCE.

This disease generally attacks young people, from the eighth year of their age till the time of puberty; though

it has sometimes been found to occur at a more advanced period of life. Females are more liable to it than males.

The first symptoms of this disease is a slight lameness of one leg, which the patient drags a little, and seems to have lost the power of regulating its action. The arms next become affected, and are thrown into various contortions, which deprive persons affected with this disease of the power of feeding themselves; and these awkward gesticulations, in attempting to bring articles of food towards their mouth, appear ridiculous. One side of the body is in general more affected than the other.

Give the Hygeian pills every day, with the vegetable powders for a few days; then give the emetic: if one is not sufficient to produce a cure, follow them up as often as it will agree with the constitution. One course cured a lad in Middleborough, about eight years old.

A tea made of the Indian hemp root is very good to allay nervous irritations; also Valerian. The skull-cap, made into a tea, and occasionally drank, is highly recommended. Dr. Beach informs us he has never known the skull-cap to fail of performing a cure. The feet should occasionally be bathed in warm water.

ST. ANTHONY'S FIRE; OR, ERYSIPELAS.

This disease attacks persons at any period of life; but is most common between thirty and forty. It often attacks young people and pregnant women; and such as have once been afflicted with it are most liable to have it again.

Every part of the body is liable to be attacked with the erysipelas; but it most frequently seizes the legs or face, especially the latter.

It is most common in autumn, or when hot weather is succeeded by cold and wet.

Causes.—Violent passions or affections of the mind.—Those which produce an internal inflammation, or an acrid humor, heats and colds, or obstruction of any customary evacuation; sudden exposure to cold, when the body has been greatly heated, by drinking to excess, &c.

Symptoms.—The St. Anthony's Fire attacks with a

shivering, thirst, loss of strength, pain in the head and back, heat, restlessness, and a quick pulse, and sometimes vomiting and delirium; on the second, third, or fourth day, the part swells, becomes red, and small pustules appear, at which time the fever generally abates. When it seizes the foot, the parts contiguous swell, the skin shines, and if the pain be violent, it will ascend to the leg, and will not bear to be touched.

When it attacks the face, it swells, appears red, and the skin is covered with small pustules, filled with clear water, one or both eyes are generally closed with a swelling; there is inflammation of the throat, and difficulty of breathing and swallowing. If the mouth and nostrils be dry and the patient drowsy, there is reason to suspect an inflammation of the brain. This disease is seldom dangerous; but when the constitution is bad, the legs will swell to a prodigious size, and the cure proves difficult.

It has often proved fatal to people in the decline of life, who were of a scorbutic habit.

When the erysipelas is large, deep, and affects a very sensible part of the body, the danger is great.

If the livid red color changes into a livid black, there is danger of mortification. A poultice made of the flour of slippery elm, milk and yeast, should be applied to prevent the mortification. Yeast has a tendency to stop mortification.

Those who die of this disease, are carried off about the seventh or eighth day. The patient should be kept within doors; should take such drinks as will produce moderate perspiration; the bowels should be kept constantly open by very gentle physic or injections; if the pulse be low, the patient should be supported by cordials. When the disease affects the face and brain, soak the feet in warm water; apply onions or mustard seed poultices to the feet, to divert it from the head; also use injections. The food should be light. The patient should never be suffered to be costive. If the stomach be foul, administer the emetic. The vapor bath seems peculiarly adapted to the cure of this disease; it is one of those diseases that the vapor bath has the happiest effect; it gives immediate relief. It is very important in this disease to have the head and face steamed, as well as the rest of the body. Bathing the part affected with alcohol or new rum

is very serviceable. In slight turns of this disease, small portions of lobelia will give immediate relief.

I have known when the erysipelas was prevalent in a place that almost all the women who were confined at that time died within eight and forty hours after their confinement. I believe in these cases, that the weak state of the bowels invite the infection, and there is not energy and power enough in the system to create a fever sufficient to throw it to the surface; and nothing being administered to the patient, to assist nature in throwing it out, the patient dies of mortification or gangrene. Great care should be taken after confinement to strengthen the intestines and support and defend them against diseases of this kind—all diseases of the skin are liable to strike in, as it is familiarly called. I have used with great success, after confinement, the double tansy tea and spirits, sweetened, and vegetable powders. The vegetable powders should be taken every night and morning, and the tansy tea may be taken at liberty, eight or ten times in the course of four and twenty hours.

It strengthens and defends the internal parts that are weak, and directs the determining powers to the surface. I believe this course would have saved many a woman's life. If this is not sufficient, I should give sudorifices and a gentle emetic. Unless the disease can be thrown to the surface, the patient must die. If there is difficulty in producing perspiration, I should direct to bathe the surface with weak lie, or use the vapor bath.

TEETHING.

Arbuthnot states that about a tenth part of the infants die in teething, by symptoms proceeding from the irritation of the tender, nervous part of the jaws, occasioning inflammation, fever, convulsions, gangrene, &c. These symptoms are owing in a great measure to the great delicacy and exquisite sensibility of the nervous system at this time of life, which is too often increased by an effeminate education. Hence it comes to pass that children who are delicately brought up, always suffer most in teething, and often fall by convulsive disorders.

About the sixth or seventh month, the teeth begin to make their appearance: first, the incisors, or fore-teeth; next the canini or dog-teeth; and, lastly, the molares, or grinders. About the seventh year, there comes a new set; and about the twentieth, the two inner grinders, called dentes septuaginta, the teeth of wisdom.

Children about the time of cutting their teeth, salaver much, and have generally a looseness. When the teething is difficult, especially when the dog-teeth begin to make their way through the gums, the child has startings in his sleep, tumors of the gums, watching, gripes, green stools, the thrush, fever, difficult breathing and convulsions.

Difficult teething requires nearly the same treatment as an inflammatory disease. If the body be bound, it must be opened either by emollient clysters, or gentle purgatives; as senna, manna, rhubarb, oil, &c. The food should be light, and in small quantities; the drink plentiful but weak and diluting, as infusions of balm, catnip flowers, &c.—to which a third or fourth part of milk may be added.

It is sometimes necessary to give the lobelia emetic, the tincture is the best form to administer it. Children are subject to frequent spasms or difficulty of breathing, and suppression; in this case the emetic should be used. A plaster of Burgandy pitch should be kept between the shoulders; onion poultices on the feet, after soaking them in weak lie. I have administered the lobelia to seven children of my own in teething, as well as others, and have found it to operate like a charm, relieving at once all the urgent symptoms.

SMALL POX.

This disease, which originally came from Arabia, is, since the discovery of vaccination, not so general as heretofore, nor does it appear to be of so malignant a type. It is nevertheless a most contagious malady; and, for many years, proved the scourge of civilized, as well as uncivilized nations. It most generally makes its appearance in the spring.

This disease is attended with some fever. Children are

inclined to appear a little dull; more inclined to drink than usual; but little appetite for solid food; complain of weariness, and on exercising, inclined to perspire.— These symptoms are followed by frequent turns of chills and heat. About the third or fourth day from the time of sickening the Small Pox begins to appear. At first it very nearly resembles flea-bites, and is first discovered on the face, arms, and breast.

When it is taken by vaccination, it begins to be inflamed in about eight or nine days.

In this disease, as well as all others, we should watch its indications, and treat it accordingly; without a certain discernment to know symptoms and judgment to vary the treatment according to circumstances, a person is not fit for a nurse. The Small Pox is an infection received into the system, which may, in some cases, be expelled by the efforts of unaided nature.

All that can be done by the physician, is, to assist nature in throwing it off. When the body receives the virus or infection, the powers of nature are put in operation to throw it out upon the surface: this it attempts to perform by creating a fever. Without this fever, it could not expel it; so it is not an unfavorable symptom, and it should not be destroyed: but rather assisted.

The great danger is when the fever is raised to its greatest height, and has failed of expelling the virus matter. It then, as it is termed, strikes in. Then active and stimulating means must be adopted to bring it out. A tea of saffron and snake-root, milk punch, catnip and pig-weed tea, will be needed to assist nature in keeping the determining powers to the surface. If the eruptions should not fill as is sometimes the case, they will be needed.— When the fever is highest, let the body be bathed with warm water before and after the eruption appears. The bowels should be kept open with emollient clysters, or gentle physic; the feet should occasionally be soaked. When the secondary fever appears, and the disease has fairly turned, the patient should be thoroughly purged; sometimes nature teaches this herself, by bringing on a diarrhœa. Whenever there is any appearance of putrescence, give a wine glass of yeast, three or four times a day.

Dr. Beach recommends when the patient is taken vomiting to allay it with saleratus and spearmint tea.

There are two species of the Small Pox—the *Distinct* and *Confluent*. The *Confluent* is the most severe in its symptoms.

If there should be pain in the head, delirium, sore-throat, &c., soak the feet in warm water, and if necessary apply mustard seed poultices to the feet. The food should be light; the patient should be kept cool; drinks may be made of mint, catnip, balm, pigweed, lemonade, currant jelly, and toasted bread water. His nourishment should be barley water, Indian meal gruel, milk and water, roasted apples, buttermilk and water, ripe fruit, hasty-pudding and milk. The room should be aired; but not be suffered to come in contact with the patient. If there should be appearances of sinking in the patient, in any stage of the disease, he should be supported by cordials.

The general principles laid down by Dr. Beach, who says he has never lost a patient under the treatment when called in season.

INFLAMMATION OF THE EYE.

Inflammation of the eye is produced by various causes, as blows, bruises, and the like. It may also proceed from dust, lime, or particles of matter coming in contact with the eye. It is also caused by drying up of accustomed evacuations, as drying up of old sores, seatons, &c.

It is often produced by humors, by the hair of the eye lashes being turned in and injuring the eye. It is sometimes epidemic. It is often produced by hard drinking. It is sometimes handed down from one generation to another from a venereal taint; a very poor inheritance. When it proceeds from a scrofulous habit, alterative remedies should be administered to cleanse the blood. If any substance should get into the eye, it must be taken out; as it will create constant inflammation, so long as it remains.

The best eye water for inflamed or sore eyes, is the elixir, diluted with a little water; the water turns it nearly the color of milk. Take a feather, dip the end of it in the elixir, and touch it to the inner corner of the eye; it

will smart severely for a few minutes. As soon as that is over, it will feel cool and much relieved. I have cured sore eyes in a short time, with this eye-water. It should be repeated a number of times a day, till it is cured. The feet should be soaked at night, in warm water fifteen or twenty minutes, as often as every other night, till the eyes are well.

If this does not effect a cure, scarrificate the temples, and put on the cups, take out from a wine glassful to half a pint, as it may seem necessary. In cupping, some skill and management is necessary, in order to take blood: first, in all cases, the cup should be put on before any incisions are made; this is called dry cupping. This determines whether you can make the cup hold on, and also draws the blood to the part. After you take off the cup, warm the spot again with a sponge dipped in warm water, then put on the cup lightly, after scarrificating. If the air is too much exhausted, it will draw too hard and the blood will not run freely. In addition to these means, a mustard-seed poultice may be applied to the nape of the neck and the feet.

If the patient should feel as though there was any foreign substance in the eye, that had not been taken out, take the mucilage of slippery-elm and drop it into the inner corner of the eye; this will be likely to take out any matter that does not stick fast. If the eye should be very much swollen, put on over the eye a poultice made of the flour of slippery-elm, mixed up with milk. If there be pain or inflammation about the eye, bathe it with the compound elixir. If sore-eyes be of long standing, the hygean pills, (the billious pills will answer the same purpose if the hygean pills are not at hand,) should be taken every morning for three mornings, one at a time, the next three mornings take a teaspoonful or two of lobelia tincture, follow this course till it produces a cure; washing the eyes in cold water is often attended with good effect.

Where this difficulty is of long standing, emetics should be administered as often as twice a week.

The pith of the young twigs of sassafras, immersed in rose water, makes an excellent eye water. Weak eyes are sometimes produced by a retention of acrimonious humors in the system, that was not properly physiced off

after some contagious disease, as the measles, small pox, &c. Leeches will answer the purpose of cupping if they can be procured the most easily.

EPILEPSY: OR, FALLING SICKNESS.

The epilepsy is a sudden deprivation of the senses; the patient falls down suddenly and is affected with violent convulsive motions.

Children, especially those who are delicately brought up, are most subject to it. It more frequently attacks men than women, and is very difficult to cure.

Epilepsy may proceed from blows, bruises on the head, a collection of water, blood, or serous humors in the brain excessive drinking, intense study, excess of venery, worms, teething, suppression of accustomed evacuations, violent passions or affections of the mind, as fear, joy; too great emptiness or repletion; hysteric affections, contagion received into the body, as the infection of the small pox, measles, &c.

Symptoms.—An epileptic fit is generally preceded by unusual weariness; pain of the head, dullness, noise in the ears, dimness of the sight, palpitation of the heart, disturbed sleep, the extremities are cold, and the patient often feels, as it were a stream of cold air, ascending towards his head. In the fit, the patient makes an unusual noise; his thumbs are drawn in towards the palm of his hands; his eyes are distorted; he starts and foams at the mouth; his extremities are bent, or twisted various ways; he often discharges his urine and fœces involuntarily, and is quite destitute of all sense and reason.

Common practice, bleeding, arsenic, mercury, lunar caustic, or nitrate of silver, oxide, and sulphate of zinc, sulphate of copper, ammoniated copper, sulphate of iron, ammoniated iron, &c.

This disease is produced by obstruction in the system, retention of humors that ought to be evacuated, which deranges the operations of nature. Commence by taking every night, the hygeian pills, (*see hygeian pills*,) take four every night, increase two every night till they operate pretty thoroughly; then leave off a few days and begin

with four again; take, at the same time, the vegetable powders, according to directions; after two or three days, give the lobelia emetic and the vapor bath. This should be repeated two or three times a week, till a cure is effected. Says Dr. Beach, from the extensive influence of this plant on the system, (meaning lobelia,) it is better adapted to diseases of this kind, than any other kind of emetic.— It stimulates the stomach, liver, pancreas, brain and the whole nervous system, and usually brings on more or less perspiration. The same author recommends

Garden Peony—1 oz.

Peruvian bark—1 oz.

Virginia Snake-Root—1-2 oz.

Wild Valerian, or Ladies' Slipper—1 oz.

Extract all the strength of these by repeated boilings, then strain and simmer to one quart, add a pound of loaf sugar, and half a pint of Madeira wine. Of this, the patient may take from half to a wineglassful three or four times a day.

If all these should fail, the dyspeptic bitters may be taken.

HEARTBURN.

I was subject to this disease myself, till about fifteen years ago, when I obtained a cure, and have not had (to my recollection) a bad turn since.

At the time when the heartburn was present, I took a heaping teaspoonful of black pepper, pounded fine, put it in a wine glass full of spirit, stirred it up and drank it at one dose; it effectually cured me. It may be relied on, I think, as a certain cure. It may be taken without any fear of danger. In delicate constitutions, the patient may take a less quantity. It would not be proper in cases of pregnancy. I have given a little, however, of the black pepper in water with safety. In pregnancy, for heartburn and sickness to the stomach, the mother's cordial is almost an infallible cure. (*See Mother's Cordial.*) Rhubarb and salaratus is also good against sickness to the stomach and heartburn.

BLEEDING AT THE LUNGS AND STOMACH.

Discharge of blood from the lungs is distinguished by a florid or red color, mixed with a little frothy mucous substance; whereas, blood from the stomach is not so red, and generally is thrown up in large quantities, and sometimes mixed with the contents of the stomach. They both require the same course of treatment.

Persons of a slender form and lax fibres, who have long necks and straight breasts, are most liable to this disease. It is often occasioned by excessive drinking, running, wrestling, singing, playing on wind instruments, or speaking aloud. Such as have weak lungs ought to avoid all violent exertions of that organ as they value life. They should also guard against drinking ardent spirits, violent passions, and every thing that occasions a rapid circulation of blood. It may proceed from any thing that obstructs the course of the blood in the lungs. It is often the effect of a long and violent cough; in which case it is often a forerunner of a consumption. It may be produced by sudden application of cold to the external surface of the body; by extreme heat, as working about furnaces, or ascending very high mountains or in balloons; one man who ascended about five miles, said that it seemed as though his blood vessels would have bursted. Spitting of blood in a person who is not inclining to consumption is not dangerous; it is often only a symptom, and not a primary disease; and in some diseases it is not an unfavorable symptom, as in pleurisies and some other fevers. In dropsy, scurvy, or consumption, it is a bad symptom, and shows that the lungs are ulcerated. When the blood proceeds from an ulcer in the lungs, it is generally fatal.

Treatment.—The first thing to be observed is to equalize circulation, and produce moderate perspiration. The feet should occasionally be soaked in weak ley, and afterwards rubbed with the elixir. I have used the following prescription, and succeeded in stopping the blood:—Take an even tea spoonful of lobelia, the powders, the same quantity of bayberry root pulverized, to which may be added the same quantity of skunk cabbage; put all into a cup of pennyroyal tea; add a tea spoonful of the elixir; take half at once, and the other half in the course of ten or fifteen minutes; let the patient take nothing more till he begins to vomit; let him take a plenty of water gruel.

Sometimes the patient will vomit soon, again not under an hour, and at other times not at all. This course I have found to relieve a cough, and has a tendency to equalize the circulation and relieve the crowded blood vessels, and cleanse the stomach, should there be clotted blood collected. Take the bugle tea for a drink; take, on going to bed, a heaping tea spoonful of yellow dock, pulverized; put it into a tea cup, fill it up with milk boiling hot, sweeten it, add a little cayenne; this I have used with decided benefit. The yellow dock is a little too cold of itself; it requires, in all cases, something a little stimulating. The dock may also be taken occasionally in the morning, an hour before getting up; and if it should seem to agree with the patient, he may take it every morning. If this should not keep the bowels sufficiently open, give gentle purgatives or physic.

I have pursued this course where the patient had the consumption and cough, with decided good results.

The diet should be light and cool; baked apples and milk is very proper in this difficulty. Give three or four pills a day, made of white pine turpentine. The dyspeptic bitters and alterative syrup may occasionally be taken.

BLEEDING AT THE NOSE.

The blood vessels in the nose are more slightly covered and more liable to bleed than most parts of the body, on being ruptured, or by a determination of blood to the head. It is important, therefore, to equalize the circulation by soaking the feet and legs in weak ley, and afterwards rub them thoroughly and bathe them with the elixir; take catnip or pennyroyal tea, and the vegetable powders to produce a gentle moisture on the surface. If this does not stop it, apply cold water to the nape of the neck and forehead; introduce a piece of cotton wet in alum water as far up as possible; introduce a piece of the dry shaving of leather as far up as you can.

If all this does not stop it, take dried beef, cut it in slices, dry it hard enough to pound into a snuff, and introduce it into the nose; this has proved effectual when all other agents have failed. When the patient is very full of blood, it is well to let it bleed; it may prevent an at-

tack from some disease more dangerous, as the epilepsy, vertigo, &c. It is only when there is danger of bleeding too much, that means should be taken to stop it. I have cured myself, by raising the arm over my head, on the same side of the nostril from which the blood flows.

DROWNED PERSONS.

Persons remaining under water for a quarter of an hour or more, there is but very little hope of their recovery; yet as we have full proof that many have been resuscitated after remaining under water for a considerable time, and appeared no otherways than dead for a considerable time after they were taken out of the water, every means should be adopted to restore life.

The body should be conveyed carefully to the house, with the head a little inclining, to give the water opportunity to run out; the body should not be rolled on a barrel, as is sometimes practised.

The grand object in this case is to restore a natural warmth, and this should be accomplished by the best and easiest means possible.

It should not be warmed too suddenly; it may be wrapped in hot flannels and placed in a warmed bed, the surface should be rubbed all over with hot flannel. Warm flannels should also be applied to the stomach and bowels, and hot bricks or bottles of hot water placed to the soles of the feet and the palms of the hands. In the mean time have water heating, if you have conveniences for using the warm bath, should you not succeed otherwise in getting the body warm. After restoration of heat, spirits of wine should be rubbed upon the back and pit of the stomach; the spirits should be previously warmed.

To restore breathing, blow into the patient's mouth with your own breath, griping the nose at the same time; when the lungs are inflated, press with your hand on the stomach and bowels, in order to expel the air; this may be done a number of times, in order to imitate natural breathing. A pint of water may be injected about blood warm, with a little spirit and essence of peppermint.— Nothing should be given internally till there are symptoms of life.

Tissot mentions an instance of a girl who was restored to life, after she had been taken out of the water, swollen, bloated, and to all appearance dead, by laying her naked body upon hot ashes, covering her with others equally hot, putting a bonnet upon her head, and a stocking round her neck, stuffed with the same, and heaping coverings over all. After she had remained half an hour in this situation, her pulse returned, she recovered speech, and cried out, "I freeze! I freeze!" A little cherry brandy was given her, and she remained buried, as it were, under the ashes for eight hours: afterwards she was taken out and recovered.

The same author mentions another case, where the patient had lain under water for six hours, and was resuscitated by the heat of a dunghill. After signs of life appear in drowned persons, they should by no means be neglected, as they sometimes die after signs of life appear.

Such persons as have been deprived of all appearance of life by a blow, fall, or the like, should be treated very nearly the same as a drowned person.

A warm bath has been the means of bringing back sensibility, after it has been suspended for some time by a blow.

FEVER AND AGUE.

The paroxysms of an intermittent consists of three successive stages, viz: a hot, a cold, and a sweating stage.

Sometimes there is an intermission of twenty-four hours, at other times forty-eight, and again seventy-two hours. It appears to be generally acknowledged, that marsh miasmata, or the effluvia arising from stagnant water, or marshy ground, when acted upon by heat, is the most frequent exciting cause of this fever. Sometimes, however, people living in cities and remote from marshes, are attacked by it. It is brought on by a poor watery diet, damp houses, evening dews, lying upon the damp ground, watching, fatigue, depressing passions of the mind.

When the inhabitants of a high country emigrate to a low one, they are generally seized with intermittent fevers. Whatever relaxes the solids, diminishes the perspiration, or obstructs the circulation in the capillary or small vessels, disposes the body to agues.

Symptoms of the Cold Stage.—An intermittent fever begins generally with pain in the head and loins, weariness of the limbs, coldness of the extremities, stretching, yawning, with sometimes great sickness and vomiting; to which succeed shivering and violent shaking.

On the Cold Stage.—After a longer or shorter continuance of shivering, the heat of the body gradually returns, irregularly at first, and by transient flushes; soon, however, succeeded by a steady, dry and burning heat, considerably augmenting above the natural standard. The skin, which before was pale and constricted, becomes now swollen, tense and red, and is remarkably sensible to the touch. The sensibility, diminished in the cold stages, is now preternaturally acute; pains attack the head, and flying pains are felt over various parts of the body. The pulse is quick, strong and hard; the tongue white, the thirst is great, and the urine is high colored.

Of the Sweating Stage.—A moisture is at length observed to break out upon the face and neck, which soon becomes universal and uniform. The heat falls to its ordinary standard; the pulse diminishes in frequency, and becomes full and free; the urine deposits a sediment; the bowels are no longer confined; respiration is free and full; all the functions are restored to their natural order; when, after a specific interval, the paroxysm returns, and performs the same successional evolutions. Between the paroxysms the patient must be supported with nourishing food and drinks; it should be light and easy of digestion; such as chicken broth, gruel, a little wine, light pudding, lemons, oranges, and a little weak punch; he may drink freely of bitter herbs, hoarhound tea should be drank several times a day, and the vegetable powders every night; if physic should be necessary, add a little rhubarb to the vegetable powders. Cheerfulness and exercise in pure air is very desirable. In this disease, as well as in all others where it is produced by infection, injections are better for a general thing than physic. Injections not only evacuate the bowels, but warm the intestines, and assists nature in throwing out the difficulty; it assists the fever, that nature has kindly sent to rid the patient of his difficulty, whilst drastic physic has the contrary effects.

The first thing to be attended to, in this disease, is to

give a thorough lobelia emetic, after giving the vegetable powders night and morning a few times, with a little rhubarb in them. The emetic should be given a little before the cold stage comes on; a cup of the composition, or vegetable powders, should be given about half an hour or an hour before giving the emetic; the boneset or hoarhound tea may be used in this disease, instead of pennyroyal. Put a number of hot stones, quenched in vinegar, in bed to the patient before giving the emetic. The emetic is very important in this disease to cleanse the stomach, and produce a change in the order of the disease; the emetic may be repeated as often as necessary.

I have been more particular on this disease, as I expect this book will fall into the hands of many who will emigrate to the West, where they will be liable to be afflicted, more or less, with this disease. I really believe that families emigrating from New England to the West, may never be affected with it, if they will strictly follow the directions laid down to prevent it. Take best

Peruvian Bark—1 oz.

Virginia Snakeroot—1 oz.

Orange peel—1 oz.

Thoroughwort, or Boneset—1 oz.

White oak Bark—1 oz.

These may be put into a quart of sweet wine or best Holland gin. Take from one half to two thirds of a wine glassful a number of times in a day, before the hot stage comes on. It may also be taken as a preventative by persons living in those sections of the country where this disease prevails, and more especially in those seasons of the year when it is the most prevalent; at the same time take occasionally the vegetable powders at night, at such seasons; also, as a preventative, wear woollen flannel next the skin. Guard against wet feet and night air; keep a little fire on the hearth, particularly at night; drink occasionally the thoroughwort tea, poplar bark, camomile flowers, or a tea made of the inner bark of white oak. The Peruvian bark and Quinine, are the most popular remedies for the cure of this disease. Dr. Buchan prescribes, in this disease, the

Sulphate of Quinine—12 grains;

Good Madeira wine—2 1-2 pints.

It may be taken at liberty a number of times a day. It should be remembered that it is necessary to cleanse the stomach before giving tonics, and also they should be omitted during the paroxysms.

When the chills almost entirely cease, and a fever continues, and the patient is much debilitated, give the emetic every two or three days.

Where infants are afflicted with this disease, the following is recommended: Take

Sulphate of Quinine—16 grains.

Lemon juice—20 drops.

Loaf sugar—a suitable quantity.

Water—2 oz. Mix.

The dose is a teaspoonful every two hours, for a child between two and five years of age.

I have known the health of a family in the Swamps of Delaware, says Dr. Mease, preserved during a whole summer, while the neighbors were all afflicted by agues, by keeping a fire in the sitting rooms mornings and evenings during the damp seasons; they will be found useful in depriving the air of its unhealthy moisture, and keeping the walls dry.

BILES.

Biles are the effect of an effort of Nature to rid herself of impurities in the system. The alterative syrup should be taken daily to cleanse the blood. If the bile is very painful, it may be relieved by steaming it over bitter herbs. A poultice made of roasted onion will assist in bringing it to a head; or a poultice made of the flour of slippery-elm and flax-seed equal parts, simmered in milk or water.

AGUE IN THE FACE.

Take a portion of the vegetable powders with a teaspoonful of the elixir, put a coat over the shoulders, sit before a fire and hold the elixir in the mouth; if this does not relieve it, take a teaspoonful of cayenne, tie it up in a

thin rag, wet it with the elixir and put it between the lip and jaw, soak the feet in warm water, and after wiping them dry, rub them over with the elixir. This has cured in very desperate cases.

TOOTHACHE.

A small pill of opium inserted in the hollow of the tooth, is said sometimes to relieve the toothache. The nerve may be destroyed by applying a hot wire.

Many highly recommended preparations for cleansing the teeth are before the public, but most of them, I believe to be injurious. Nothing is better to preserve the teeth, than to wash them every morning with cold water, rubbing them with the finger or a brush. If the gums be spongy, yellow dock root, pulverized, will be found good. When tartar collects, as it often does, it is very important to have it removed in order to preserve the teeth. In cleansing the teeth, I have found chalk, rubbed on the flesh side of a narrow strip of sole-leather to answer the best purpose of any thing I have tried; rubbing the teeth with this is merely mechanical, it has no chymical effect to injure the enamel, as follow the application of acids or alkalies.

MEASLES.

The measles are known by the appearance of small eruptions, somewhat resembling flea-bites, over the face and body; but particularly about the neck and breast, not tending to suppuration—or produce pus. Many of these spots soon run into each other, and form red streaks, and give the skin an inflammatory appearance, and produces a perceptible swelling in the face; each spot is a little above the surface. Measles somewhat resemble scarlatina, but in the measles the eruption rises more above the skin, and occasions a manifest roughness to the touch which is hardly observable in the scarlet fever, except a very little roughness sometimes in the arms. In the scarlet fever, there is seldom a severe cough; the eyes do not

run much. Measles are highly infectious, and rarely attack a second time.

It is caused by infection being received into the system. In many respects, it resembles the small-pox, and the general course of treatment should be the same. In most cases of the measles nature will throw off the infection without any assistance, by keeping the patient comfortably warm and within doors; but it is well, in all cases, after the measles have fairly turned, to cleanse the system with physic. In this disease, it is well to give a strong tea made of saffron and snake root, pennyroyal, or mayweed; in worse cases, give the vegetable powders.

If there should appear to be inflammation on the lungs, or a bad cough, or the measles appear to strike in, the lobelia emetic should be administered. This emetic should always be administered in bad cases, and repeated if necessary.

In most cases of measles, nature performs her work best without any assistance.

PALSY.

This disease is a loss or diminution of motion, or feeling, or of both, in one or more parts of the body. When one entire side of the body, from the head downward, is affected, it is distinguished by professional men, by the name of *hemiplegia*. If one half of the body taken transversely, by 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*. It may be caused by apoplexy. It may likewise be occasioned by anything that prevents a nervous power from the brain into the organs of motion; hence tumors, over distention, and effusions often give rise to it. It may be occasioned by suppression of usual evacuations, drunkenness, exposure wet and damp air, by fractures, bruises, and wounds.

Those who are constantly exposed to the fumes of poisonous metals, such as red-lead and the like, are very liable to be attacked with it.

Mode of Cure.—Thorough courses of the emetic and

steaming should be administered a number of times a week.

Give occasionally injections, a heaping teaspoonful of lobelia, bayberry-bark, and cayenne, the same quantity, put all into a pint of strong pennyroyal tea; steep and strain: this may be given as often as the emetic. The body should be frequently rubbed with a flesh-brush, or flannel cloth. Electricity should accompany the above treatment. Make a tincture of

African cayenne—1oz.

Alcohol—1 quart.

Mustard—1 oz.

Horseradish—1 oz.

Bathe frequently with this tincture, and take occasionally every day a teaspoonful, with the vegetable powders. If the injections are not enough to evacuate the bowels sufficiently, give gentle purgatives. When this disease affects the face and head, it draws the mouth one side, affects the understanding, and deranges the organs of speech.

RHEUMATISM.

This disease has often a resemblance to the gout. It generally attacks the joints with exquisite pain, and is sometimes attended with inflammation and swelling. It is most common in spring and autumn. It is usually distinguished by acute and chronic; or rheumatism with and without a fever.

Causes.—Sudden transitions from heat to cold; ardent spirits. I have cured slight rheumatism with the rheumatic plaster; if the pain move, put on another plaster where the pain is present: if this does not cure, in addition, soak the feet at night just before going to bed, rub them thoroughly with flannel; bathe them with elixir; put on a plaster of poke-root, (*See Poke,*) take a portion of vegetable powders, and eight or ten of the hygeian pills, or vegetable powders: repeat this course every night; bathe the part where the pain is present with the hearlem oil. I have found this article to be very efficacious. The patient should be careful not to expose himself to take cold under the operation of medicine. I have given immediate relief in this disease by cupping; dry

cup first from where the pain is present downward. By dry cupping, I mean, after wetting the part with a sponge or cloth dipped in warm water, put on the cup where the pain is, and pump out a little air enough to make the glass stick, then carry the glass downward, the glass still adhering to the flesh. After this operation is performed a few times, rub it over with alcohol or the elixir, then put on the scarificator over the place where the pain is felt, put on the cup, and take out more or less blood according as the case may require.

If the pain should be extreme, when called to a patient, and has been of long standing, it will be necessary, if the above treatment fails, to give a thorough course of the vapor bath and emetic. The patient may be steamed in the bath house, by the steam of hot water, or by quenching hot stones in vinegar, wrapping them up in cloths and placing them around the body.

I was called to a patient a few months ago, who had been laboring under this disease, and had not been able to attend to his business for some time. I found him in bed, and exercised with extreme pain, and had not slept any the night previous.

I got him up, soaked his feet, gave him the composition powders and elixir; got him into bed again and placed hot stones quenched in vinegar around his body, and one at his feet, gave him warming medicines to take internally, and produced copious perspiration; the stones were of different sizes, the largest I placed where there was the most pain. After about three quarters of an hour, we changed his linen, and gave him a thorough lobelia emetic; after the operation of the emetic, he took some gruel; the pain left him, and he went to sleep.

He took the vegetable powders a number of days with the elixir and the physical powders, and in a few days was able to attend to his business as usual. I saw him a number of months after, and he told me he had been as free from the rheumatism as he was when a boy.

Garget, or poke plumbs and brandy makes a very valuable medicine for the rheumatism; put enough of the berries to make it somewhat thick—take half a wine glass and add as much water for a dose. The compound tincture will be found very good for an external application. Cut up pitch-pine knots, or any part of the tree that is

full of pitch, and put four ounces of it in one quart of gin, and half an ounce of guaiacum, the gum, add one pint of water; take a glass a number of times a day.

In inflammatory rheumatism, it should be the first object to produce perspiration; and to accomplish this, put on the feet large slices of poke-root, or garget; let them be warmed by the fire; give warming drinks, and give a thorough steaming in the vapor house; if the patient cannot be moved, put hot stones quenched in vinegar to the feet, and all around him, give the vegetable powders and the lobelia emetic; if any part swells, use the cups.— Treat the case in other respects much as the chronic rheumatism. Take light food and keep the bowels open; this will do more than every thing else for rheumatism or gout; avoid meet and liquors.

BURNS AND SCALDS.

The best thing that I know of in this case is the elixir, or alcohol, bathe the part constantly till relieved.

If the burn be deep, make a poultice of sweet oil and the flour of slippery-elm; this has performed wonderful cures in very desperate cases. If slippepy-elm is not at hand make a paste of flower and water, cover the cloth over with it, when it gets dry put on another coat, by all means keep the burn from the air; if it become dry, add another coat of the poultice, the object in treatment of these cases should be to shield the part from the air.

FAINTING.

In this complaint, there is a diminished action of all the functions of the body, accompanied with a death like paleness.

The patient in this difficulty, should be lain on his back or side, with the arms extended, the extremities should be rubbed with spirits, if it be at hand, a woollen cloth or flesh-brush should be used, a little cold water may be thrown in his face, volatile salts should be applied to the nose, a warm stone or brick may be put to the feet if

it be necessary, and a flannel wet with spirits put to the pit of the stomach.

APOPLEXY.

Apoplexy is a sudden loss of sense and motion, during which, the patient is, to all appearance, dead; the heart and lungs, however, still continue to move. Though this disease proves often fatal, yet it may sometimes be removed by proper care. It chiefly attacks sedentary persons of a gross habit, who use a rich and plentiful diet, and indulge in strong liquors. People in the decline of life, are most subject to the apoplexy. It prevails most in winter, especially in rainy seasons.

The immediate cause of apoplexy, is a compression of the brain, occasioned by an excess of blood, or a collection of watery humors. In the treatment of this disease, the great object will be to equalize the circulation, and cause the blood to recede from the brain; and, in order to invite it into the extremities, the feet should be immersed in warm water; and after they have been there for some time, rub them thoroughly with flannel, afterwards bathe them with elixir; the neck should be free from any compression. The whole body should be bathed with a liniment of African cayenne, steeped in alcohol, and applied hot.

Take half a pint of strong catnip tea, put in a heaping teaspoonful of lobelia, milk half a pint, a wineglassful of sweat oil, a gill of molasses, and a teaspoonful of fine salt. Mix, and introduce with a syringe. This will have a tendency to relieve the head, and answer the purpose of evacuating the bowels; hot bricks wet with vinegar, should be kept at the feet, and poke-root poultices, or mustard-seed and rye-meal, should be applied to the bottoms of the feet. The bowels should be kept open.

COSTIVENESS.

In this difficulty, there is a retention of the excrements, attended with hardness and dryness of the evacuations,

which are often difficult, and sometimes painful. Sedentary persons are subject to this disease; irregularity in going to stool is apt to produce it; eating too great a proportion of solid food. This disease is to be obviated by attention to diet;—the bread should be made of meal unsifted; the most physical part of grain is in the bran.—Dyspeptic persons should eat no other kind of bread, and indeed it would conduce to the health of every one, if they would eat no other. Physic in this disease is injurious; apples and milk, and fruit of almost any kind is good. A regular time should always be observed in going to stool; once a day is generally about right, although some persons enjoy good health who do not go oftener than once in three days, and sometimes not oftener than a week. If the patient is very costive, and it does not yield to diet, take the yellow-dock syrup, or a little rhubarb.

Costiveness is sometimes brought on by sedentary business, and nothing but exercise will cure; shoe-making business, for instance, is apt to produce it.

The bowels should be rubbed or kneaded every day, and exercise either in walking or riding.

It is well to board at a distance from business, and walk to every meal, otherwise sufficient exercise is apt to be neglected; with persons of sedentary business, some kind of sauce, such as apple or cranberry should be taken plentifully at every meal.

CHOLIC.

Of this disease, there are various kinds, such as bilious, wind, hysteric, inflammatory, nervous, and stone cholic, &c.

This disease may be treated according to the urgency of the symptoms, and not according to their names. I have cured a cholic in half an hour by giving the vegetable powders and elixir; give a portion of the powders, with two teaspoonfuls of the elixir; if this does not cure in ten minutes, take another portion with three teaspoonfuls of the elixir, and soak the feet in weak ley and rub them dry, afterwards bathe them with the elixir, also bathe the

bowels with the elixir, or alcohol and cayenne. If all this should not remove the difficulty, give an injection of a heaping teaspoonful of lobelia, the same quantity of cayenne, put them into a strong tea of pennyroyal, a little more than blood warm; after it is sufficiently steeped, strain it and inject a tumblerful; give a thorough lobelia emetic. We can produce instances where this course has cured very obstinate cases of bilious cholic. Where children are troubled with wind, causing pain, rubbing the bowels with the elixir will frequently relieve them. If this does not do, a little of the essence of anise or spearmint, diluted and sweetened, will be found to give immediate relief. Children will rarely be troubled with pain in the bowels, if the mother will keep their feet warm. Painters are subject to cholic: they should never go to work in the morning on an empty stomach; they should be careful to keep themselves from being costive.

Pain in the bowels is sometimes occasioned by wind from a want of heat, bathe the part with essence of peppermint or spirit and cayenne; heat a brick or thick piece of board and apply it to the bowels over the cloths if you are sitting up, if laying down lay a number of thicknesses of flannel over the bowels and the warm brick on top of it; you may take a teaspoonful or two, occasionally, of the essence with a little warm water. Exercise is the most effectual remedy.

A piece of flannel worn over the bowels will frequently cure children that are subject to pain and swelling in the bowels. Mustard seed and molasses will sometimes relieve pain in the bowels.

CORNS.

Are formed by wearing shoes that are too tight. In the first place a callous is formed, which, by constant pressure, frequently extends to the bone. They are then difficult to cure. In the first place, the feet should be soaked, the callous should be shaved down as close as the patient can bear, then in order to prevent any farther chafing, take a piece of soft buck-skin or wash-leather, put it round the toe, cut a hole in it over the corn; if the

leather be thick enough it will prevent the shoe from chafing it; put on penetrating oil that will keep the part moilent. If the buck-skin is not at hand, bind a piece of suet-skin around the part.

CRAMP.

For cramp in the stomach, take three or four teaspoonsful of the elixir in a little hot water. If this does not relieve, give a great spoonful more in a wineglass of hot water. Friction should be applied to the stomach, and the feet emersed in warm water and a mustard seed poultice applied to the feet. For cramp in the feet and hands, they should be rubbed thoroughly and bathed with the elixir.

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 get way from it; they gradually wake, but still remain incapable of motion, until, at length by repeated efforts, the system is at once restored to its former energies. At other times, they remain motionless, are sensible of all they hear, but cannot move without assistance.

The patient should abstain from hearty suppers; and lying on the right side, will oftentimes be sufficient. Night-mare, no doubt is the cause of many of the deaths that we hear, where people have been found dead in their beds in the morning, probable there never was an instance of death by night-mare, where a person went to bed without a supper.

ITCH.

This is an eruption of the skin, which causes a constant inclination to scratch, especially when warm. It is a disease of the skin. The itch shows itself first in pim-

ples between the fingers, on the wrists, hands, and waist.

Cure.—Take flour of sulphur, half an ounce, lard two ounces, melt the lard, and stir in the sulphur until it is cold. Let the parts be bathed occasionally with this ointment. Make a strong decoction of yellow-dock root, and drink half a pint a day, and bathe the part with the same as often.

SALT-RHEUM.

There are different species of this disease; but all require about the same treatment. It is one of the most unyielding diseases that the physician meets with. The physician cannot depend on one kind of medicine to cure in all cases, it is pretty evident that it proceeds from impurities of the blood. This eruption appears on different parts of the body, but generally on the back of the hands; it causes a very great irritation, itching, and heat. Sometimes it affects the face, and at other times nearly the whole body; in this case, the vapor bath should be used. The great object in effectually curing this disease is to cleanse the blood, and for this purpose the alterative syrup is very good.

An ointment made of equal parts of lard and tar, simmered together, I have found to be very good: it should be spread on a piece of cotton cloth, and laid on the part at night, and may, if necessary, be taken off in the morning.

An ointment made of yellow-dock root and cream, is a very cooling ointment, and will give great relief. The berries of poke (*See Poke*) simmered in hogs-lard are recommended. Take the poke leaves, iron them with a warm flat, and put it on the part affected, and the patient will find relief.

A syrup or beer to purify the blood, may be made of part or all of the following articles:—Sarsaparilla, elder flower, sassafras, black alder, winter green, yellow dock, burdock roots or seeds, elecampane, dandelion, guaiacum shavings and nettles. The patient may take daily equal parts cream of tartar and sulphur, to keep the bowels open.

COLD IN THE HEAD.

Causes and Symptoms.—The nostrils are lined with fine, delicate and easily-irritated skin, like that which lines the inside of the cheeks. In consequence of the contraction of the blood-vessels of the feet, or of any other part of the body, by the application of cold, the superabundant blood, which cannot find a passage where it was wont to flow, is thrown upon the weakest or most sensitive organ of the body, into which it can most easily push its unwelcome way. In the case of a cold in the head, the superabundant deluge of blood is thrown into the lining of the nostril, swelling the parts and narrowing the passage, and, of course, causing a difficulty of breathing, and a painful feeling of distension or bursting, which extends over the forehead, and causes severe headache—all from the extra quantity of blood pushed into the blood-vessels. The same lining of delicate skin goes up from the nostrils into the hollow in the bone of each eyebrow, and back to the internal ear and upper part of the throat; and the deluge of blood, driven thither by cold, spreads along the membrane like water through blotting-paper, and the ears are involved in the pain, while the throat becomes raw and sore, and the voice rough, husky, and hoarse. This is the first stage of inflammation.

The mucus by which the nostril is moistened in a state of health is all filtered from the blood; but the swelling, produced by the overflow of blood, at first presses upon these canals, and obstructs them, and hence, at the beginning of a cold in the head, the nostril is usually drier than natural; or, from the smaller bore of the canals, allows only thin watery matter to pass; but in a short time the little canals exert themselves to overcome the pressure of the surrounding blood-vessels; and the instant they are successful in regaining their proper width, a quantity of mucus flows into the nostril, proportioned to the increase of the blood from which it is filtered. Every person who has ever been affected with a cold can witness to the truth of this history.

Remedies.—The sooner the increased tide of blood can be drawn from the nostrils, forehead and throat, the more powerfully will be prevented the cold from *sitting down*, as it is called; that is, establishing the inflammation, and the swelling of the blood-vessels, which after

a space will not, even by the withdrawal of the blood, return to their healthy calibre. This may be accomplished in three ways; either the accumulated blood may be drawn off by leeches, a dozen or so, applied to the forehead and roots of the nostrils, or driven downwards, by applying cold water to the face and forehead, and plunging the feet in warm water, into which a handful of mustard has been thrown. The cold water makes the blood-vessels contract, and the warm water to the feet makes the blood-vessels there expand, to receive what has been withdrawn from the head. The third way is to take brandy, whiskey, wine, or other liquor, hot, which in the first stage will so increase the tide of the blood, as to force open the obstructed vessels. This last remedy, after the first two days of disorder, will do more harm than good.

When the throat and ears are much affected, it is best to draw off the blood to the outer skin, by wrapping up the throat in warm flannel by day, and at night wearing a wollen night-cap, with a lamb's wool or fleecy hoisery stocking wrapped round the throat, and pinned to the night-cap; but it is necessary that it be done the very first night the cold is felt coming on; because, by delay, the disease gets too powerful for this simple remedy.

When a cold is once established, it will, in spite of remedies, run a course of about ten days or a fortnight, and will then usually subside, whether remedies be used or not,—a circumstance which often gives the credit to particular medicines for a cure which is in truth due to nature.

STOMACH AND LIVER COUGHS.

Causes.—The midriff or diaphragm, that is, the broad fleshy partition which separates the lungs and the heart from the liver and the stomach, and which moves upwards and downwards every time we breathe, is always in every case one of the chief agents in producing cough. When we consider, therefore, how many disorders of the stomach and liver there are which would cause this irri-

tation, we cannot be surprised at the frequency of stomach and liver coughs, nor at their being often mistaken, even by those who ought to know better, for consumptive and asthmatic coughs; and patients have accordingly been thrown into dangerous, though groundless, alarm. One of the most common causes of stomach cough is indigestion. The remedies for this sort of stomach cough are the same as those we have recommended for nervous indigestion; for, as soon as this is cured, the cough will, to a certainty, disappear.

Another and no less troublesome variety of stomach cough arises when the lower portion of the stomach feels tender, sore, or painful to the touch, when the finger is pressed upon the part, which is a spot about the size of a shilling, at the bend of the ribs, on the right side.

Distinguishing Signs.—Medical men, in order to discover the cause of dry cough, make the sufferer draw in a very full breath, and observes minutely whether it excites cough or pain in any part. If this pain be seated in the lungs, the cough is then determined to be consumptive or catarrhal; but if it produce a sharp pain under the ribs on the right side, extending towards the back or across by the stomach, then it is determined that the liver or stomach is diseased. In coughs arising primarily from the lungs, the skin is generally clear and well colored; whereas, when the liver or stomach is affected, or where there is bilious derangement, the skin is harsh and dry, and almost always more or less tinged with yellow. In liver or stomach cough, the breathing, though hurried in the evening, on account of the accession of fever and the accumulation of phlegm, is generally calm and natural in the morning, which is not the case in consumption. The stools also in consumption are usually healthy, whilst in liver complaints they are uniformly unnatural in consistence, color, or smell.

Remedies.—As this sort of cough is only a symptom of disordered liver or stomach, we must refer for the mode of cure to those complaints. For immediate relief of the cough, if it is hacking and troublesome, nothing will be more effectual than the warm bath, or the other prescriptions for cough, &c.

WARTS.

A popular remedy for the cure of warts is the juice of milk-weed. If this should not succeed, they may be touched with lunar caustic. They can be cured by rolling up a spider's web, laying it on the wart, and letting it burn to ashes.

SCROFULA : OR, KINGS' EVIL.

This disease chiefly affects the glands, especially those of the neck. Children and persons of sedentary life are subject to it. The inhabitants of cold, damp, and marshy countries are most liable to it. It was called Kings' Evil from an imaginary cure performed by the royal touch.

Cause.—Hereditary disposition, venereal taint, or a scrofulous nurse. Children born of sickly parents are apt to be affected with the scrofula. It may proceed from the small pox or measles. Whatever tends to vitiate the humors or relax the solids, paves the way to scrofula; as want of exercise, too much heat or cold, confined air, unwholesome food, bad water, &c.

At first, small knots appear under the chin or behind the ears, which gradually increase in number and size, till they form one large hard tumor. This often continues for a long time without breaking, and when it does break, it only discharges a thin, acrid, watery humor. Other parts of the body are also liable to its attacks; as the arm-pits, groins, feet, hands, eyes, breast, &c. Nor are the internal parts exempt from it. It often affects the lungs, liver, spleen, prostrate glands, &c., and frequently the glands of the mesentery are greatly enlarged by it.

Those obstinate ulcers which break out upon the face and hands, with swelling, and little or no redness, are of the scrofulous kind; the white swelling of the joints seem to be of this kind.

There is not a more general symptom of scrofula than a swelling of the upper lip and nose.

This disease continues frequently for years, before an apparent cure is effected. One kind of medicine should not be pursued for any great length of time. The food should be nutritious; solid food is better than less con-

centrated; avoid greasy substances. If proud flesh should make its appearance, rub it over occasionally with lunar caustic. Salts may be taken occasionally in small doses. Let the patient drink freely of yellow dock syrup; the patient should drink half a pint every day made strong, or two or three wine-glasses of the alterative syrup. I have found this to be an excellent remedy. If the part should be swelled, a poultice may be made of wakerobin or Indian turnip; add slippery elm, and apply the poultice cold; let it remain till it is dry, then renew it; let it be continued till the swelling subsides or breaks, then apply a poultice of yellow or narrow dock, the root, and slippery elm. Then apply a poultice made of

Slippery elm—one part;

Bayberry bark, pulverized fine—one part;

Crackers—one part.

Where there is a swelling, with or without pain, or an indolent tumor, a poultice of poke root, or the berries, are recommended.

Take common tar, boil it down hard enough to form it into pills; take four every day; it has a tendency to purify the blood. Avoid all greasy food; let it be nutritious; let the patient eat beef steak once a day at least.

SCALT HEAD.

I have cured this disease repeatedly with the tincture of lobelia. To a child, say one, two, three, or more years old, give two tea spoonfuls of this tincture, three mornings in succession, before eating; let there be an interval of fifteen minutes between the first tea spoonful and the second; miss three mornings, and repeat it three mornings, till a cure is effected. It will be well, if the child will take it, to give a soap pill every morning that you miss in giving the tincture. This is good in all cases of humors, sore eyes, mouth, &c.

SCURVY.

This disease prevails chiefly in cold northern countries, especially in low, damp situations, near large marshes, or

near great quantities of stagnant water. Sedentary people, of a dull, melancholy disposition, are most subject to it. It proves often fatal to sailors on long voyages, particularly in ships that are not properly ventilated, have many people on board, or where cleanliness is neglected. What is called the land scurvy is seldom attended with those highly putrid symptoms, as appear in patients who have long been at sea. The scurvy is caused by cold moist air; by the long use of salted, smoked, or dried provisions, or any kind of food that is hard of digestion, and affords little nourishment.

Symptoms.—Weariness, heaviness, difficulty of breathing, rottenness of the gums, which are apt to bleed on the slightest touch; a stinking breath; frequent bleeding at the nose; crackling of the joints; difficulty of walking; sometimes swelling, and at other times a falling away of the legs, on which there are lined, yellow, or violet-colored spots; the face is generally of a pale leaden color. In more advanced stages of the disease, rottenness of the teeth, discharge of blood from different parts of the body; foul obstinate ulcers in different parts of the body, especially about the breast; dry, scaly eruptions all over the body; hectic fever; finally dysentery, diarrhœa, dropsy, palsy, fainting fits, or a mortification of some of the bowels.

The best way to cure this disease is to pursue a directly opposite course from that which brought it on. If the cause is the constant use of dry-salted provisions, the diet should be vegetables. A syrup made of yellow dock and elder flowers, equal parts, will be found good; if both of these articles cannot be obtained, make a syrup of one of them. Thorough courses of the emetic and steaming will be found very important. People going to sea on long voyages should lay in a plenty of vegetables, in order to prevent this disease. Cider and vinegar are good, both for cure and preventatives, and may be kept on board during a long voyage; the drinks may be sharpened with vinegar.

VENEREAL DISEASE.

This disease sometimes appears in three or four days after the infection is received, and so varies in different

persons from that time to fourteen days or thereabouts.

The first symptoms, which is called gonorrhœa, is a discharge resembling pus or matter from the urethra, with heat of urine, &c., which often succeeds a discharge of mucus from the urethra, with little or no difficulty or pain in the discharge, called a gleet. In the male, it begins with an uneasiness about the parts, such as itching, and a soreness and tingling along the whole course of the urethra; soon after which the person perceives an appearance of whitish matter at its orifice, and also some degree of pungency upon making water. Presently the glands will put on the appearance of a ripe cherry; the stream of urine will be smaller than usual, owing to the swelling of the internal membrane of the canal; a scalding heat will be perceived on every attempt to make water, and sometimes a discharge of blood accompanies the water. Take

Queen of the Meadow—one part ;

Marshmallows—one part ;

White-pine bark (inside)—one part.

Of each two ounces, add one part of best Holland gin, and one quart of water; add the water first hot; let it steep awhile, then put in the gin; drink a gill in the course of the day. Let the diet be milk or light food; wash the part daily with Castile soap. If this should not cure in a short time, give the alterative syrup, a thorough course of the emetic, and the following syrup :—
Take

Blue flagroot—6 ounces;

Poke root or garget—3 ounces;

Holland gin (best)—1 quart.

Mix, and take one teaspoonful at a time, three times a day, in half a cupful of spearmint tea. The above prescription I have proved to be good. In this disease the quantity may be increased to two teaspoonfuls at a time after a few days; and after a few days more to three teaspoonfuls at a time. If there should be sores in different parts of the body, the same means should be adopted to produce a cure, as in ulcers or sores produced by other causes.

DIRECTIONS TO MOTHERS ON THE MANAGEMENT OF CHILDREN.

A philosopher was once interrogated by a father on the best course to be pursued in regard to the education of his son, he answered, "Let him learn that which will be of most service to him when he becomes a man."

Is there not a defect in the education of our females at the present day? Are they educated in the best manner to secure their own happiness, and the happiness of those with whom they are connected? Many of them, indeed, know how to play elegantly on the piano forte; they are well instructed in rhetoric, chemistry, and painting; but many of them know not how to cook a meal of victuals as it ought to be; or make their offspring comfortable, but let them suffer and die for want of proper nursing.

Now, while these accomplishments are desirable, yet a knowledge of that which concerns the practical business of every day, in domestic life, is of more importance. Whilst I would by no means discourage such an education as will make an intelligent companion, I would by all means encourage an education that cannot be developed to the husband, but by its adaptation to the little domestic wants of every day. Most mothers depend on the family physician to obviate diseases in their children; but, I would ask, who is better qualified to be the family physician than the mother who is constantly with her offspring? She best knows the constitution of her child, and when disease first makes its attack, she sees the first symptoms. Frequently the physician is called too late; the disease has been suffered to progress so far as to have the controlling power of the body. I believe that a fifth part of all the infants and children that die under ten years of age, die for the want of proper care and nursing of the mother. In this treatise I shall give particular directions to the mother, to enable her not only to obviate urgent symptoms in her offspring, but to cure diseases. Though man's bounds are set, and he cannot pass beyond them, yet proper means are always necessary to accomplish appropriate ends.

Infants, till they are three months old, are apt to be troubled from flatulence or wind, caused principally from

the want of proper warmth. When people ask me what they shall do for their children to prevent their crying, I tell them to give them a plenty of milk, and keep them warm, particularly the feet. This is a very important truth, and ought to be strongly impressed upon the mind of every mother that cold feet cause most of the pain and disease of the infant, till it is three months old. I do not mean, that they should be confined from the air;—at any season of the year they may be allowed to take the fresh air, as well as other members of the family. Another thing is to be considered, with respect to infants. They have not opportunity of exercising as others have, who are capable of moving about, so that they require the constant watch and care of the mother to keep them in a proper temperature. Children should always wear stockings after they are three months old, if the weather be cold. They are at that age large enough to exercise, and get their feet out of their clothes. When children are troubled with wind, get them warm; if cold be the cause, give a little aniseseed steeped, or catnip, the flowers and berries, the seeds of masterwort and caraway are good; either of the above will answer the purpose. If neither of these are at hand, give a little strong pennyroyal tea; meanwhile the mother should jump the child on her knee, this will sometimes expel the wind. I have known all these prescriptions to fail; in this case I gave the child, which was but a few days old, a teaspoonful of the tincture of lobelia; by degrees the child became quiet and went to sleep.

Children should in all cases be kept dry, in order to preserve their health; as soon as the clothes of the child are wet, they should immediately be exchanged. Mothers often suffer the children to chafe for the want of proper cleanliness which creates foul sores, and then lay it all to bad humors. The parts that are inclined to chafe, should be washed every day, with casteel soap and soft water and wiped dry; then sprinkle in a little fine hemlock-bark, scorched flour, powderpost, hair powder, or fine elm bark.

LOOSENESS OR PURGING.

This disease arises frequently from the introduction of unwholesome or improper food. Weaning children some-

times produces disorder in their bowels, with frequent watery stools, attended with gripes, and occasionally convulsions. In common cases of relax, a teaspoonful of castor oil; this is a portion for a child under six months, and more according to the age. If this does not cure, give the corrector, the lobelia emetic, and a teaspoonful of the tincture once in ten minutes, till it vomits. It may be taken in warm tea of any kind. It has a very fine effect on children in such cases. Avens root made strong, with milk, is good for a drink.

FITS OR CONVULSIONS.

Children are subject to fits in some instances, from the time they are born. For this difficulty, let it proceed from what cause it may, the tincture of lobelia will be found a good remedy. I know this to be the case from experience and observation. Fits that attack children, caused by want of heat or stagnation of the blood, the emetic will cure immediately. It may be given every other day, for a number of times; its bowels and stomach should be bathed in the elixir; it should be administered as under the head of *Looseness*. Where fits are produced from worms, I have found the emetic to operate like a charm, the child will often go directly to sleep after taking the emetic; and in such cases they should be permitted to sleep. For further particulars on fits, or convulsions occasioned by worms, the reader is referred to an article under the head of *Worms*. (*See Index*.) When fits attack the infant at the breast the mother should always take the vegetable powders ounce or twice a day herself.

MILK.

Many children suffer for the want of sufficient breast milk; where it is deficient, the mother should drink milk frequently between meals; if milk is not to be had, drink sage tea, avens-root; chocolate root, as it is sometimes called; it makes a very wholesome drink; coffee also makes a good drink.

FEVER IN CHILDREN.

Children are often attacked with symptoms of fever, most frequently at night, the skin is dry, the pulse quick,

the flesh hot, the breathing quick, and perhaps the tongue coated. These symptoms may all be obviated in the course of one night, and in nineteen times out of twenty, entirely broken up, by simply putting an onion poultice on the feet on going to bed, and covering up warm; take an onion, cut a slice off of each end, heat it thoroughly through by the fire, and bind the slices on the feet as hot as the child can bear; it will produce a gentle moisture on the surface; the pulse will be less frequent, and the unusual heat will subside.

If the fever does not subside by morning, give an emetic of the tincture of lobelia; give a teaspoonful of the tincture in a great spoonful of pennyroyal, or any other herb tea, as often as once in ten minutes, till the child takes two or three doses; let the patient drink as much herb tea as you can conveniently, after he begins to vomit; in an hour, give water gruel; keep the child warm while giving the emetic. The above prescription is for a child under one year old. The tincture for children should be made of the leaves, pods, and stalks. This medicine may be given without any fear by the mother. If your child is stuffed at the lungs, or has a cough, this emetic will give immediate relief; it may be repeated, if necessary, as often as every other day without any inconvenience. If a fever, after all the efforts of the mother, is not thrown off by following the above directions, they will so mitigate the symptoms that the fever will be mild.

CANKER IN CHILDREN.

Children and infants are apt to be troubled with little sore spots or eruptions about the mouth, and it usually extends from the stomach to the end of the bowels. The child should take a tea every day made of sumach-berries, raspberry-leaves, bayberry-bark, and hemlock bark; a part of these or all of them may be made into a tea, just as is convenient. This tea should be drunk daily by the child, if it be weaned; if not it should be drunk by the mother. The spots in the infants mouth should be frequently bathed by means of a swab dipped in a little salt-petre water. Give a portion of the physical powders occasionally.

RUPTURE.

When the bowels come down, the child should be laid on its back, the parts relaxed with warm water, then gently pressed into its place. Make a strong decoction of white-oak bark, hemlock bark, equal parts; boil it down to one gill, add half a gill of best brandy; the parts should be frequently bathed with it, and a bandage should be worn round the body, with an extra thickness next to the part affected. The same treatment should be pursued in falling down of the bowels on going to stool.

RICKETS.

This disease is generally caused by diseased parents, want of cleanliness, want of proper exercise, want of suitable nourishment, and sufficient warmth. It is, perhaps, brought on oftener than any way, by laying, hour after hour, in their own water. As this disease is mostly brought on through the negligence and carelessness of mothers, it is obvious that a contrary course on the part of the mother is the only remedy. The child should be rubbed, frequently, all over with the warm hand of its mother; the food should be nourishing; if the child is nursing a feeble, sickly nurse, it should be weaned or be placed with one that is healthy. The child should frequently be dipped all over in cold water and wrapped up warm, and warm tea given.

Every mother ought, if possible, to nurse her own offspring. That is a monster, and not a mother, who feels above performing this kind office for her child. The whole range of nature presents no such example. In some cases it is highly improper, both for mother and child.

CHOLIC.

Children are frequently subject to pain in the bowels after they are two or three years old; in this case, the mother should give two or three teaspoonfuls of mustard-seed, not pounded, mixed in molasses.

WORMS.

Children should be allowed to eat raw onions, and they

should be occasionally cooked for them; they are good against worms.

Some children are subject to slight wheezing for a day or two without interruption, and accompanied with a hoarseness; but without fever. The tincture of lobelia and gentle physic, should be given without delay as above directed. It should be remembered, that the above symptoms, precede the croup; and that disease is rarely cured, excepted in the first stages of it, and the above directions are first to be followed, together with soaking the feet; the warm bath; poultices on the feet, &c.

Children are much subject to falls and bruises, as soon as they begin to go alone; the best thing that I have found, is, immediately to apply cold water to the place bruised; it is a certain preventative against the blood settling.

The stomach and bowels of the new-born infant, are filled with a blackish colored matter of the consistence of syrup; the most proper medicine for expelling it, is, the mother's milk, which is always at first, of a purgative quality. It is very desirable, both on the account of mother and child, that the infants should nurse as soon as possible; it frequently prevents the mother from having a broken breast, and it cleanses the stomach and bowels of the child. If the milk should begin to cake, or become hard in the breast, it should be frequently bathed with the elixir.

If any substance should get into a child's throat, let him stand on his feet, a little inclining forward, and give a smart pat with the flat of the hand between the shoulders. If this should not remove it, run the fingers down the throat.

TEETHING.

When teething produces looseness and sickness at the stomach, the best plan is to give an emetic of the tincture of lobelia and in a few hours after the operation of the emetic, give nearly half of a great spoonful of castor-oil, to a child six months old; vary the quantity according to the age. The tincture of lobelia for children, may be made, by adding two or three ounces of lobelia leaves, stocks, and it pods after it is dry, to half a pint of spirits, and half a pint of water; after a few days, it will be fit for use;

one teaspoonful of this tincture, with a great spoonful of pennyroyal tea, or almost any herb tea will answer; it may be given to a child six months old; and, in ten minutes, give the same quantity again. The child may take between vomiting, gruel, herb tea, or let it nurse. The above portions are intended for a child of a strong constitution;—if your child be weakly, take a less quantity. After this process, if the flesh be hot and dry, and the child breathes quick, put onion poultices on the feet; and continue them till the flesh becomes natural; be very careful to keep the child dry and warm. If the child will be still in the mother's lap and not play as usual, and seem to require more attention than common, the mother should indulge it with her attention; keep its arms covered up and its feet warm, and this will greatly assist nature in overcoming the difficulty. In treating children, the nurse should not be constantly forcing down medicines. The most that she can do is, to pay particular attention to her child, watch the operations of nature, and remove urgent symptoms. She should not be impatient for nature to do her own work, for she will take her own time for it.

The above treatment in teething, is not without precedent. I treated a little boy of my own, of five months and a half old, according to the above directions. He was taken in the morning with looseness and vomiting; I gave him the quantity of the tincture as above, and it operated eight or ten times thoroughly; it nursed soon after the operation, and the next day gave it a portion of oil, put slices of onions warmed on his feet, and the next day he rode with his mother a journey of fifty miles.

I have treated seven children of my own in this manner, in teething, and in every instance, with favorable results.

Mothers should not be concerned for a sick child because it does not eat, or endeavour to make it eat, when it has no inclination to eat; nature will direct when it is best.

GENERAL OBSERVATIONS ON FEVERS.

Perhaps there is no disease that has been more successful in demolishing human life, than fever. And I believe there is no disease so badly treated. The greatest engines, commonly made use of in the cure of this disease, are *Mercury* and *Bleeding*.

A man informed me not long since, that his wife, a son, and two daughters, were prostrated at the same time with fevers, and that his wife, son, and one daughter, died;—but one daughter, who would not submit to any of the physician's directions whatever, recovered. "And, said he, what adds keenness to my anguish, is, that I held the bowl with my own hand, and permitted the physician to draw the life's blood from my wife, my son, and my daughter." Who of us cannot recollect a beloved friend, or dear relative, that has fallen under this practice. A respectable physician told me that he was satisfied, that he had been the means of killing a number of patients, I think seven or eight, with mercury; and that he had entirely abandoned the use of it, since which he had not lost a single patient in fever.

All who recover from a fever, throw it off through the force of the constitution; all that can be done is to aid nature in her operations. But instead of this, by general bleeding, we destroy nature and lessen the prospect of recovery; it weakens the whole body, and diminishes its capability of sympathizing with the diseased part, and there is more lost in strength than gained in reducing the fever. One pint of blood, perhaps, taken out of the head in a brain fever, or the side, for the pleurisy, will lessen the inflammation more than three quarts taken out of the arm.

It is said, that more than one half of the human race die of fevers; it is important, therefore, that the best mode of treating that disease be properly understood. Buchan says as a fever is only an effort of nature to free herself from an offending cause, it is the business of those that have the care of the sick, to observe with diligence, which way nature points, and endeavor to assist her operations. I shall here lay down general directions in re-

gard to fevers. In the first place, nine times out of ten, fevers may be thrown off if attended to in season. A thorough course of emetic and sweating in the first stages of it, will break it up even if the attack be severe. In common cases where a person is threatened with a fever, soak the feet at night, take a portion of vegetable powders with two teaspoonfuls of elixir, and a portion of physic; go to bed and cover up warm, and by morning the patient will be well. Open the pores and perspire freely, and there is but little danger. Every man in health, it is estimated, throws off a number of pounds daily, by perspiration. Now in fevers the surface of the body becomes dry and hot, the pores closed, the blood recedes from the small vessels of the surface to the larger ones, creating an increased action of the blood, the pulse rises from seventy-five to one hundred and sometimes more; the retained secretions affect the internal organs, sometimes the lungs, producing the lung-fever; at other times the liver, producing the bilious fever; again the pleura, causing the pleurisy fever, &c.

SECRETIONS AND EXCRETIONS.

Whatever is injurious to health is thrown off by urine, sweat, stool expectoration, vomit, or some other evacuation. There is a constant tendency in our constitutions to expel disease by these evacuations, and wherever there is an obstruction, there the attention of the physician should be directed. When the excretions and excretions are restored to a healthy action, the functions of the body become natural, and the heat equalized; the pulse falls to its natural standard; the appetite is improved, and health and strength are re-established.

STOMACH.

When there is pain in the head, a thick dark coat on the tongue, especially near the roots, and sometimes, perhaps, sickness at the stomach, a thorough emetic is needed; and if those symptoms should return, the emetic should be repeated as often; and sometimes when these symptoms are not present; for the lobelia emetic not only cleanses the stomach, but opens the pores and throws off stagnant excretions, relieves the nervous system, and

produces a healthy action upon the liver, lungs, and the whole internal viscera. In putrid and bilious fevers in particular, repeated vomits will be found necessary; in putrid fevers, a wineglassful of yeast, given occasionally, has been thought to have saved the patient's life. It is very important to keep the bowels clear by frequent injections or physic. In bilious fevers, half a pint of strong thoroughwort tea, taken occasionally, will be found important. It will generally vomit the patient in the course of fifteen minutes, if given warm; if it should not vomit in that time, give as much more.

NATURE OFTEN POINTS OUT THE COURSE OF TREATMENT.

Almost every person, in fever, calls out for cold water and complains of great thirst. This at once points out the use of water, and other cooling drinks. It will abate the heat; attenuate the humors; removes spasms and obstructions; promote perspiration, increases the quantity of urine; and, in short, produces a very salutary effect in an ardent and inflammatory fever.

The patient should be allowed to drink plentifully of cold water; but not too much at once; water gruel, and other weak liquors. Formerly cold water was prohibited in common fevers. A gentleman informed me, that he was watching in company with another, with a man sick of a fever, and that he begged for cold water, and they refused him; but finally he plead so hard, they agreed to let him have as much as he wished, agreeing not to let it be known if it should prove unfavorable; they accordingly did so, and it broke up his fever; the next morning the physician wished to know what they had been doing, for he was altogether better. A tea made of pigweed is very good in fevers: it will produce moisture upon the surface without increasing the heat of the body. Smartweed has the same effect.

THE PORES.

Evacuations from the skin invariably lessen the force of the heart and arteries, by taking from the circulation, every agent which is useless or injurious, and returns the blood to the extreme vessels. No sooner does perspiration break out in a febrile patient, than there is a miti-

gation of all the symptoms. The object then should be, immediately to restore perspiration, and continue it through the whole course of the fever. If one kind of sudorifics does not produce the effect, another kind must be used. Virginia snake-root, catnip, the vegetable powders, smartweed, pigweed or hogweed, are sudorifics. The following cooling drink may be given:
The

Juice of a lemon.

Cream of tartar—1 teaspoonful.

Add a pint of water.

Then sweeten with loaf sugar.

Let the patient drink freely when thirsty.

When the skin is hot and dry, it should be bathed all over with weak ley—the patient may lay in bed, wet a sponge with the ley, and bathe one side; then let the patient turn over, and bathe the other. This may be repeated two or three times a day, if the flesh should become hot and dry so as to require it. Bathe with alcohol where the most heat is felt.

KIDNEYS.

The body cannot be in health while the kidneys cease to perform their office, or do it imperfectly. If the urine should be scanty, drink freely of spearmint tea.

FOOD.

Though the patient in a fever has the greatest inclination for drink, yet he has no appetite for solid food; hence the impropriety of urging him to take victuals is evident. Much solid food in a fever is every way hurtful. It oppresses nature, and instead of nourishing the patient serves only to feed the disease. What food the patient takes should be in small quantity, light and easy of digestion. It ought to be chiefly of the vegetable kind, as roasted apples, gruel, and the like.

AIR.

Nothing is more desired by a patient in a fever, than fresh air. It not only removes his anxiety, but cools the

blood, revives the spirits, and proves every way beneficial. Many patients are in a manner stifled to death in a fever, for the want of fresh air. Yet most people think as soon as a patient has a fever, he should be kept in a close chamber, where not a particle of fresh air can be admitted. Instead of this, there should be a constant stream of air into the sick person's chamber, so as to keep it moderately cool. Indeed, its degree of warmth ought never to be greater than is agreeable to a person in perfect health. As few persons as possible should be permitted to breathe in the sick man's chamber. When the blood is inflamed, or the humors in a putrid state, air that has been breathed repeatedly, will greatly increase the disease. Such air is most pernicious to the sick. When the patient's spirits are low in fevers, he should be supported with cordials, and means used to cheer and comfort the mind.

LONGINGS.

In fevers, a proper attention should be paid to the patient's longings. These are the calls of nature, and often point out what may be of real use. Patients should not be indulged with every thing their sickly appetites may crave, but it is generally right to let them have a little of what they most eagerly crave, though it may seem to be not quite right.

RELAPSE.

When a patient is recovering from a fever, great care is necessary to prevent a relapse. Many persons, by too soon imagining themselves well, have lost their lives, or contracted other diseases of an obstinate nature.

As the body after a fever is delicate, it is necessary to guard against taking cold. Moderate exercise in the open air will be of use; but great fatigue is by all means to be avoided. Agreeable company will also have a good effect.

The diet must be light, but nourishing. It should be taken frequently, but in small quantities. It is dangerous at such a time for the patient to eat as much as the stomach may crave

REMITTENT FEVER.

DESCRIPTION.

By a remittent fever is to be understood that modification of fever, which abates, but does not go entirely off before a fresh attack ensues; or, in other words, where one paroxysm succeeds another so quickly that the patient is never without some degree of fever.

CAUSE.

Remittent fevers are produced, for the most part, from the same causes as intermittent fevers. Remittents prevail mostly in very warm countries, and are generally of a putrid kind, and prove very fatal. No age, sex, nor constitution is exempt from the attacks of this fever.

SYMPTOMS.

The first symptoms of this fever is yawning, stretching, pain, languor, and giddiness in the head, with alternate fits of heat and cold. Sometimes the patient is affected with a delirium at the very first attack. There is a pain and sometimes a swelling about the region of the stomach; the tongue is white, the eyes and skin frequently appear yellow, and the patient is often affected with bilious vomitings. The pulse is sometimes a little hard, but seldom full. Sometimes the patient is costive, and sometimes troubled with looseness.

MEDICAL TREATMENT.

If there should be any local inflammation, we direct, as in all diseases where inflammation is present, the application of cups.

In order to bring this fever to a regular intermission, the lobelia emetic should be administered, particularly in the first stages of it. If this emetic be promptly administered occasionally, it will moderate the symptoms so that a very simple treatment will be sufficient. Phisic or injections should follow each emetic. If the surface be dry and hot, it should be bathed with weak lie two or three times a day; and sometimes, if the heat on the surface be great, the lie may be applied to the surface cold.

Sudorifics are important. The feet should be soaked in weak lie, and a tea made of pigweed, smartweed, catnip, &c., drank occasionally. Let the patient drink cold water if he shall crave it; he may drink daily of thoroughwort tea.

If there should be pain in the head, bathe the feet in warm water, apply a poultice made of rye or Indian meal mixed with vinegar; spread on the surface of the poultice one great spoonful of mustard, well pulverised, and apply to the feet. Bathe the head with the compound elixir. If this should fail of giving relief, apply the cups to the temples and nape of the neck.

When there is abundant evacuations, either by stool or vomit, the fever is called bilious. In this fever, it is said, that the thoroughwort tea made strong, has proved a sovereign remedy. It must be drank warm at night and cold through the day. For further direction in this fever, see *General observations on Fevers*.

CONTINUED FEVERS.

Fevers of this type continue for several days with nearly the same degree of violence. An inflammatory type prevails in the commencement, and nervous or typhoid in the latter stages. It is sometimes called the long fever. It is considered contagious. Cold is the most frequent cause of this, as well as of most other types of fevers. It is brought on by great bodily fatigue; too great indulgence in sensual pleasures; violent exertions; and intemperance in drinking. This fever generally terminates the third, fifth, seventh, ninth, eleventh, fourteenth, seventeenth, or twentieth.

SYMPTOMS.

This fever is characterized by the patient's being seized with considerable degree of languor, or sense of debility, sluggishness, an aversion to motion, frequent yawning and stretching; the face and extremities at the same time becoming pale; the skin over the whole body becoming constricted; a sensation of pain in the back, passing thence over the whole frame, and there contin-

uing to increase; tremors in the limbs, and cold shivering succeed.

With these symptoms, there is a loss of appetite, want of taste in the mouth; slight pains in the back, head, loins, and a small and frequent respiration; alternate flushes;—these cease, and are followed by great heat all over the body; the skin and tongue dry; universal restlessness prevails; and an inclination to vomit. There is great thirst, pulse quick, frequently 90, 100, or 120 a minute.—When these symptoms run high, and there is much determination of blood to the head, delirium will ensue. There is generally an increase of symptoms towards the evening as in other fevers.

The symptoms are favorable when the pulse becomes soft, moderate and approaching its natural state; the tongue becoming clear; thirst abating, the skin covered with a gentle and equal moisture.

MEDICAL TREATMENT.

The patient should be kept quiet in bed, and treated very nearly the same as in other fevers. If there is much determination of blood to the head, cupping will be necessary. The nourishment should be gruel, barley-water, linseed-tea, lemonade and the like. For further particulars see *General Observations on Fevers*.

INFLAMMATORY, ACUTE, OR ARDENT FEVER.

This fever is characterized by considerable increase of heat; a frequent, strong, and hard pulse; urine red; the animal functions but little disturbed, although at an advanced stage of it, the brain is apt to be much affected. It commonly attacks the young, or persons about the prime and vigor of life, especially such as live high, abound in blood, and whose fibres are strong and elastic. It seizes people at all seasons of the year; but is most frequent in spring and beginning of summer.

CAUSES.

It is caused by sudden change from heat to cold ; violent exercise ; sleeping in the sun ; drinking strong liquors ; application of cold to the body, &c.

SYMPTOMS.

A rigor or chilliness, generally ushers in this fever, which is soon succeeded by great heat ; a frequent and full pulse ; pain of the head ; dry skin ; redness of the eyes ; a florid countenance ; pain in the back and loins, &c. To these succeed sickness with inclination to vomit, and difficulty of breathing. The patient complains of great thirst ; has no appetite for his food ; is restless ; and his tongue is of a scarlet color at the sides, and furred with white in the centre.

MEDICAL TREATMENT.

If there be pain and inflammation in the head, apply the cups, and take away blood ; bathe the head with the compound elixir ; if that is not at hand, give the common elixir. This kind of fever requires very active treatment at the commencement. Assist nature in her efforts to expel the morbid matter, by the same method that nature herself endeavors to throw it off, whether by vomiting, sweating, or urine. I have used alcohol to bathe the chest in lung fever, with great success. I kept a sponge at hand full of alcohol, and applied it often, when suffering under fever myself.

First give the emetic as before laid down, if the symptoms require it. Give a thorough portion of physic. Take jalap, senna, cream of tartar, equal parts ; take a teaspoonful in warm tea or molasses, every two hours, till free purging is produced ; carthartics have a powerful tendency to reduce inflammation in the system. This will have a tendency to relieve the pain in the head. Soak the feet in weak ley, and apply mustard seed and rye meal poultices, mixed with vinegar, to the feet.

Bathe the whole surface of the body in weak ley a number of times a day, or as often as the skin becomes dry. To prevent sickness at the stomach, a little camomile tea may be taken.

Fresh killed flesh of any animal may be applied, while

it is warm with natural heat, over the pit of the stomach, and to the glands, in the groins, arm-pits, &c.; and changed as often as it becomes fetid. Fowls cut open and applied, are generally the most convenient; or the skin stripped off from cats and applied. These applications of flesh extract the fever and putrescence most astonishingly, and stink with corruption in a short time. Sudorifics should be administered to produce moisture on the surface. For more particular directions, see *General Observations on Fevers*.

Take care not to give the patient nourishment of a heating nature. There is danger of a relapse, after the patient begins to recover; over loading the stomach at such times produces a relapse and often proves fatal.

TYPHUS OR NERVOUS FEVER.

The word Typhus is derived from a Greek word which signifies stupor; this being the characteristic symptom of the disease. It is also called *Nervous Fever*, in consequence of the nervous system being very much affected. There are three species of this fever. The first is mild and the attack more gradual. The second species is more violent in its attack, more malignant and more inclined to be putrid. It is sometimes called *Putrid Fever*. The third is called *Yellow Fever*, in consequence of bile and yellowness.

THE FIRST

Species of this fever is sometimes called slow or nervous, is distinguished from other kinds of fevers by its effect on the nervous system. It is contagious. It is characterised by a dullness, inaction, stupor and drowsiness. It principally attacks those of a weakly constitution; and is generally in jails, hospitals, prison-ships, and ill-ventilated apartments.

Medical Treatment. In the first stages of this fever in particular, emetics should be administered every two or three days—taken in strong thoroughwort tea, instead of pennyroyal as directed in common cases—and a portion of physic every few days, according as the pa-

tient shall require. Says a celebrated author, gentle cathartics (or physic) are exceedingly valuable through the whole course of typhus fever. The hygeian pills will answer a good purpose. The tincture of jalap, a table spoonful at a time, is recommended, taken in warm herb tea three or four times, till it operates.

Thoroughwort tea will be found of great advantage in this fever ; it may be drank three or four times a day cold, to produce perspiration without heating the body. The smartweed is good, and also pigweed or hogweed. A tea of these may be taken at liberty. In an advanced stage of the disease, if there should be symptoms of sinking, give wine.

During the course of this fever, the patient may take occasionally one part of pulverised rhubarb, and three parts of common vegetable powders : a teaspoonful at a time. It will have a tendency to produce a moisture on the surface, raise the tone of the system, allay iritabilty, and nervous affections, and gently evacuate the bowels.

THE SECOND SPECIES OF THIS FEVER IS PUTRID, MALIGNANT, OR SPOTTED.

This fever, which takes its name from the malignancy of its nature, and the symptoms of the putrefaction, observed towards its close, may be called the pestilential fever of Europe, says Buchan, as in many of its symptoms it bears a great resemblance to that dreadful disease, the plague.

Cause. This fever is occasioned by foul air ; from putrid animal and vegetable effluvia, &c. Long rainy and foggy weather, great inundations in wet and marshy countries, especially when they are preceded and followed by a hot and sultry season. Eating too much animal food.

Symptoms. The malignant fever is generally preceded by languor ; a remarkable weakness, or loss of strength, without any apparent cause. This is sometimes so great that the patient can scarcely walk, or even sit up right, without being in danger of fainting away. His mind, too, is greatly dejected ; he sighs, and is full of dreadful apprehensions. There is a nausea, and sometimes a vomiting of bile ; a violent pain in

the head, with a strong pulsation or throbbing of the temporal arteries ; the eyes red ; inflamed and painful ; a noise in the ear ; difficulty of breathing ; pain in the stomach, back and loins ; the tongue at first white, afterwards black and chapped ; and his teeth is covered with a black crust. He sometimes passes worms ; is affected with shaking, and often becomes delirious.

Spots of a pale, purple, dun, or black color often appear upon the skin, and sometimes there are violent discharges of blood from the mouth, eyes and nose.

Putrid fevers may be distinguished from inflammatory, by the smallness of the pulse, the great dejection of mind, dissolved state of the blood, the purple spots and putrid smell of the excrements. The duration of this fever is uncertain. Favorable symptoms in this fever are gentle sweats and looseness.

Medical Treatment.—Emetics (particularly in the first stages of this fever) will not fail to have a good effect.—The same course should be pursued in the cure of this kind of fever, as in the first species of the typhus, only with the exception of the use of antiseptics or medicines to prevent putrescence ; for this purpose acids should be given in drinks—the tincture of Gum Myrrh is antiseptic. Dr. Beach and others recommend yeast very highly in putrid fevers. A number of cases are well authenticated where persons have been immediately raised, who were expected to live but a few hours, simply by administering yeast, about a wineglassful once in two or three hours.—One author says, that he has given the yeast to above fifty persons laboring under putrid fevers ; and, what is singular, he had not lost one patient. When the fever subsides so that it will do, add one ounce of Peruvian bark, half an ounce of snakeroot, to one quart of wine ; take two or three great spoonfuls once in two or three hours during the intermission. Take care to follow the directions laid down under *General Observations on Fevers*. And by all means keep up a moisture on the surface.

THE THIRD SPECIES OF THIS FEVER IS THE
YELLOW FEVER.

The yellow fever is a disease which very much resembles, in its character, the highest grades of the bilious

remittent fever. It is more violent in its attack, and all the symptoms are more aggravated; and there is a greater tendency to putrescency.

There are many predisposing causes of this complaint, among which may be reckoned intemperance of every kind. Almost all the victims of the yellow fever are addicted to the use of ardent spirits, and such are the most liable to fall victims to it. The emetic should be administered in this disease, especially in the first stages of it, and active means used to promote perspiration. It will be found that the emetic will produce a healthy action upon the liver and stomach, where the seat of the disease is. The vegetable powders may be taken a number of times a day, both before and after taking the emetic; add one fourth rhubarb to the vegetable powders, and take a heaping teaspoonful at a dose. This will allay irritation, equalize circulation, produce perspiration, and prove gently physical. Where the stomach is very irritable, and excessive vomiting prevails, the following medicines are highly recommended:—

Rhubarb—20 grains.

Saleratus—20 grains.

Peppermint—a teaspoonful, pulverized.

Add a gill of boiling water.

Laudanum—15 drops.

Brandy—a table spoonful.

Mix, and sweeten with loaf sugar.

One table spoonful of the above may be taken at a dose, and repeated every half hour until it ceases.

A tea made of boneset, or thoroughwort, is particularly serviceable in this fever; it should be taken strong and at liberty. One patient who found great help from it took two quarts in the course of a few hours; half a pint taken warm will generally produce vomiting. Soaking the feet, bathing the whole surface with weak ley, &c., as laid down under *General Observations on Fevers*.

SPOTTED FEVER.

This fever was prevalent in various parts of New England, New York, and the borders of Canada, in 1810, 1812, and 1816. It generally prevailed during the cold

weather. Persons were attacked variously; sometimes a pain would commence at the great toe; again in the fingers; sometimes a violent pain in the stomach, head, joints, limbs; some have a violent ague and shaking.

It is supposed to be produced by poison from the atmosphere being received into the circulations, and a want of sufficient animal heat in the system to resist it.

Those physicians who have been the most successful in this fever, give thorough lobelia emetic; cayenne pepper to drink; immerse the whole body in water as hot as the patient can bear, or use the vapor bath, in order to open the pores and recal the blood to the surface. In addition to this, the whole surface should be bathed with a tincture of African pepper and spirits. One physician states, that all the patients that he pursued this course with recovered, whilst those who were treated differently died. Warm injections should be administered, and physic, if needed. The tincture of cayenne should be applied to the body warm, and often repeated. The patient should take abundance of warming drinks to keep up the internal heat and promote free perspiration; the vegetable powders and elixir, well charged with cayenne, may be taken as often as it may seem necessary.

SCARLET FEVER.

The scarlet fever is so called on account of the color of the skin, or the large red livid blotches in it. It happens at any season of the year; but is the most common towards the end of summer and beginning of winter, at which time it often seizes whole families. Children and young persons are most subject to it. It begins like other fevers with coldness and shivering, without any violent sickness. Afterwards the skin is covered with red spots, which are broader, more florid, and less uniform than the measles. They continue two or three days, and then disappear; after which the cuticle or scarf-skin falls off.

This disease, in its mild form, needs but very little medical treatment. The child should be kept within doors, and care taken to prevent its striking in, as it is termed. If this should be the case, the vegetable powders, or saffron and snakeroot tea may be given. It sometimes as-

sumes a more malignant form, in which case it requires more prompt and energetic treatment. Medicines that will produce moisture upon the surface are very serviceable, such as smartweed, pigweed, saffron and snakeroot.

When this disease shows itself by vomiting, no time should be lost in following up this indication of nature to rid herself of the disease, by giving a thorough emetic. Use the lobelia emetic as laid down under the article Lobelia; after this is over, physic thoroughly. Take two heaping teaspoonfuls of the physical powders, put into a teacup two thirds full of warm water; put in half an even teaspoonful of saleratus; let it stand a while and strain; give two great spoonfuls at a time, once an hour, till it operates. If the patient is not attacked with vomiting, give a thorough course of physic.

When the fever is on, there is no danger of taking cold. Let the child throw off its clothes if it chooses; bathe the whole surface with cold weak ley repeatedly when the heat is on; put the patient into the warm bath before the fever turns, that is, before the skin begins to peel; let this be repeated often.

Dr. Payson, of Fairhaven, Mass., who has been very successful in the cure of this disease, informed me that he was once called to visit a child, who had previously been given up as incurable, and was thought to be almost gone. He fed it all night by turns with physic, producing many evacuations; in the morning the child was better, and recovered. The principal dependance in treating this disease is by physic; vomiting often rather increases the difficulty.

Emetics, particularly, are serviceable in the first stages of this disease, and indeed they should not be neglected in any stage of it, where it seems to be needed,—say, if there should be a fullness and difficulty of breathing, emetics will be necessary. Children have not the faculty to throw up phlegm as older persons, and therefore the lobelia emetic is peculiarly favorable to children, for it will evacuate the stomach and relieve the lungs, and the child cannot suppress it. Gentle purgatives are highly recommended by some of the most experienced practitioners in this disease. There is for this disease, perhaps, nothing better than the physical powders. A continued course of gentle cathartics is considered by Dr. Beach,

to prevent dropsies, which are often attendant on this disease. The same author recommends bathing the whole body with soft rain water, to which is added weak ley; he says that we are possessed of no physical agent, as far as his experience has taught him, by which the functions of the animal economy are controlled with so much certainty, safety, and promptitude, as by the application of weak ley to the surface, under the augmented heat of scarlatina and some other fevers.

Where the throat is sore and swollen, it should be bathed with a liniment made of spirits of turpentine one part, and sweet oil two parts, applied warm.

The following medicine is said to have stayed this disease very much in one of the West India islands, where it had assumed a very malignant form :—

Take two table spoonfuls of cayenne pepper; a tea-spoonful of salt; add half a pint of boiling water. In fifteen minutes after, add half a pint of vinegar. Let it stand half an hour, then strain through a fine cloth. Give two table spoonfuls every half hour. Mustard seed poultices may be applied to the bottoms of the feet.

If putrid symptoms continue, the yeast may be freely given. The diet should be the same as directed in other fevers. The patient should not be exposed on recovering, as it may produce dropsy.

LOCKED JAW.

This difficulty is a contraction of voluntary motion.—When there is any appearance of the locked jaw, the patient should take a great spoonful of the elixir in a wine-glass full of hot water. If this does not allay the symptoms, give a thorough lobelia emetic. If the jaws should become locked before the emetic is given, take tincture of lobelia made of the seeds, say half a great spoonful; fill it up with the elixir. If the mouth is closed so tight that it cannot be put between the teeth, put it in at one side of the mouth, and let it run down by the side of the cheek and teeth; and soon after it finds its way to the roots of the tongue, it will relax the muscles, and the mouth will open without any force. In about fifteen minutes, give

as much more; in the course of half an hour more, give a teaspoonful of the vegetable powders in a teacupful of pennyroyal tea,—all of which will cause the patient to vomit, and will give relief. If the patient should have a return of these spasms, follow the same course.

Dr. E. Smith, of Boston, says that he has had several cases of this kind, and has always cured them in this way.

If the locked jaw is caused, as is generally the case, by some accident, as running a nail into the foot or hand, let the part be soaked in weak ley, and keep it bound up till it gets well.

POISON

BY DOGWOOD OR IVY, &c.

Dr. Richardson, of South Reading, Massachusetts, states that he has ascertained by actual experiment, that copperas, sulphate of iron, is a perfect specific against poison by dogwood or ivy. Dissolve one fourth of an ounce in a pint of water, and wash the affected part. If the poison should create sickness at the stomach, the patient should drink a tea made of saffron and snakeroot, or take a teaspoonful of vegetable powders. A tea made of sage willow or witch hazle is good against this poison, as well as that called mercury; it should be used as a wash, afterwards the surface may be rubbed over with sweet oil.

The tincture of lobelia is said to be a sure cure for poison, used as a wash.

MINERAL AND VEGETABLE POISONS,

TAKEN INTERNALLY.

Mineral poisons are chiefly arsenic, mercury, nitrate of silver, antimony, lead, &c. Some of the principal vegetable poisons are, cicuta, henbane, stramonium, digitalis, opium, laurel, hellebore.

When mineral or vegetable poison is taken into the stomach in so great a quantity as to endanger life, it should be immediately taken out with the stomach pump. If the pump is not at hand, give the lobelia emetic; give

also an injection with a heaping teaspoonful of lobelia in it; a wineglassful of sweet oil, or, if that be not at hand, take hogs' lard, the same quantity; half a pint of milk, a heaping teaspoonful of the flower of slippery elm, or, in its stead, the mucilage of slippery elm; add warm water enough to make a quart, and inject. After the operation of the emetic, let the patient take freely of milk, sweet oil, and mucilage of slippery elm.

RINGWORMS.

Anoint the ringworm two or three times a day with an ointment made of two parts common tar, two parts mutton tallow, one part sulphur; they should be simmered together. A better way of applying it, perhaps, is to spread the ointment on a piece of cotton cloth, and put it on only at night; and in the day-time bathe it frequently with a decoction of yellow dock.

This treatment should be followed for a week; if a cure is not effected, use the ointment as laid down for the cure of the *Saltrheum*.

HYDROPHOBIA; OR, CANINE MADNESS.

Hydrophobia means a dread of water, which is characteristic of persons bitten by a rabid animal.

Sometimes a person may be bitten, and not produce madness, especially if the teeth have to pass through woollen, as the infection may be wiped off of the teeth before it enters the flesh. The infection may be communicated to a fresh wound without the bite of a mad dog. The symptoms are, pain in the bitten part; also wandering pains, heaviness, uneasiness, disturbed sleep, frightful dreams, starting, spasms, sighing, anxiety, and love of solitude; pains shoot up from the bitten part to the throat.

The place of the bite should be cupped as soon as possible. Take physic two or three times a week. If any of the above symptoms should appear, the patient should go through with a thorough lobelia emetic, the vapor bath and injections, which should be repeated as often as every other day, till the symptoms subside entirely.

Dr. B. Sanborn, late of Sandbornton, N. H., informed me that he cured a child of this disease in a bad stage of it, by giving plentifully of a tea of lobelia. It did not operate as an emetic, but allayed the spasms, and the child recovered.

WHITES; OR, FLOUR ALBUS,

Means a thin white substance from the vagina. It is owing to a weak relaxed state of the system.

Take half a peck of the inside bark of white oak, boil it down very strong, say to half a pint, and add to it the same quantity of the best Jamaica spirits; bathe the back with it every day, and take the lobelia emetic once or twice a week, and the dyspeptic bitters two or three times a day, till a cure is effected. The Hygeian pills may be taken sufficiently to keep the bowels open. Take care that the food be nourishing. Avoid tea and coffee, bad butter, fatty meats, and highly spiced food.

SUPPRESSION OF THE MENSES.

Let the patient take the lobelia emetic once or twice a week, till they become regular. Take occasionally the physical powders and the alterative syrup. This treatment will usually remove obstructions produced by colds; it is also good where it is too abundant.

SORES.

For any kind of sores, attended with inflammation and pain, soak the part in weak ley. It will give almost instant relief. If there should be what is commonly called proud flesh, sprinkle it with blood root pulverized fine.— Make an ointment of equal parts of camomile and goldthread, simmered in hogs' lard; this ointment is excellent also for chapped hands and chilblains. If this does not remove the proud flesh, rub it over every day with lunar caustic.

FELON; OR, WHITLOW.

The part affected should be immersed and soaked in weak ley, as hot as the patient can bear, for fifteen min-

utes at a time. The whole hand may be steamed with water containing the strength of bitter herbs, wormwood, catnip, double tansy, and the like. If this should give ease, repeat it whenever the pain is severe; a poultice of equal parts of slippery elm and Indian meal, mixed with weak ley, may be applied. Poultices may frequently be varied in regard to their consistency. A gentleman informed me that he found great relief from putting a leaf of tobacco round the finger, and putting an onion poultice hot over the same. The marrow of the back bone of an ox or cow will be found very drawing.

DEBILITY.

Persons are many times afflicted with universal languor and debility, without being able to trace it to any particular cause. They complain of a sinking feeling after a little exercise. Sometimes it seems as though there was something wanting at the stomach. The feet are apt to be cold. In such cases, I have succeeded in giving relief by directing them to soak the feet in a weak ley, about every other night, and bathe them with the elixir, and take of the vegetable powders three parts, rhubarb one part. Of this compound take a heaping teaspoonful every night on going to bed, in two thirds of a teacupful of hot water; if it be convenient, the cup may be nearly filled up with milk, which makes it more comfortable to take. A wineglassful or two of the alterative syrup may be given daily.

I have never failed of helping persons of the above symptoms by this process. If there is a want of appetite, inward heat, or a nervous indescribable feeling, that will run over the patient at once, and then be gone,—make a blister on the arm the size of a dollar, and let it remain only long enough to start the skin; take off the skin, and apply an ointment spread on a piece of cotton cloth, made of savin simmered in hog's lard and a little beeswax; it should be dressed three times a day. Continue this plaster till it heals. Savin very much resembles the red cedar; it is an evergreen.

Leave off tea and coffee, and meat, or use it not more than once a day.

SWELLING.

For external swelling and inflammation, caused by some injury and taking cold, bathe the part frequently with a strong decoction of wild cherry tree bark.

A lady in New Bedford told me that one of her neighbors had an arm very much swollen, and the physicians could make no impression in reducing the inflammation, and the day was appointed for the physicians to meet and amputate the arm. She recommended the above wash. When the physicians came, it was proposed to them, and they postponed the operation for that time. They commenced bathing with a strong wash made of wild cherry tree bark. The swelling went down, and the arm was restored in a short time.

Cupping and soaking the affected part often in weak ley gives great relief. Slippery elm poultice, especially when it comes to a sore, is good.

 WOUNDS.

Small wounds should be bound up in the blood, and remain secure from the air till they are well. If they be large, bring the edges of the wound together with a needle, or by a sticking plaster. If what is called proud flesh appear, sprinkle it with blood root finely pulverized. If it becomes a sore and does not heal, make a very strong decoction of white oak bark, and wash the sore occasionally with it.

 CHOLERA.

The following are the symptoms of this disease as described by a superintendent of one of the N. York Cholera Hospitals, as given by the author of the New-York Cholera Reports. They are extracts from these Reports:

The malignant Cholera appears to be a violent disease of the *primæ viæ*, or stomach or intestinal canal into which the fluids of the body are turned; and the discharges thereof, both upward and downward, though not always attended with pain, if left unheeded, bring on that stage of the disease which has been denominated the *state*

of collapse; in which the countenance changes, the eyes express a peculiar sensation of anxiety, the pulse sinks, the extremities become cold, the fingers corrugated, a cold clammy sweat supervenes, cramps attack the extremities, the voice fails, and a cold breath and a cold tongue give indications of extreme danger, and of a speedy and fatal termination to the disease.

PREMONITORY SYMPTOMS.

The violent forms of this disease are most usually preceded by forewarnings, or premonitory symptoms of a milder character, which in ninety-nine cases out of a hundred, may be cured; but if neglected, may suddenly and unexpectedly advance to a more dangerous stage of the disease, and terminate fatally. The most usual of the premonitory symptoms are simple looseness of the bowels, with or without pain, and which sometimes continues several days, though at other times only a few hours, without becoming dangerous. Borborygm, or rumbling in the stomach and bowels, with pain or sickness at the stomach, sometimes occur as premonitory of malignant Cholera; and they precede vomiting, or looseness of the bowels, or both.

ESSENTIAL SYMPTOMS.

The essential symptoms of the epidemic Cholera, as they occurred to the observation of the subscriber, are purging, or puking, or both. Vomiting sometimes occurs as the first symptoms, but the disease most usually commences with evacuations from the bowels. These may be, in the commencement, the natural contents of the intestines, or in vomiting, those of the stomach. But in the progress of the malady, the discharges, up and down, become copious and thin, with little or no fœtor, and often without pain, looking like dirty water, or the washings of dirty rice, and containing portions of flocculent matter, as though the fibrins of the blood were separated into shreds, and floating in the watery mass. When these loose evacuations from the bowels become involuntary, the patient sinks without the hope of recovery.

The vomiting may be moderate, and yet the patient die from the copiousness of the other evacuations, and

the violence of the cramps, which occur in most of the fatal cases. The irritability of the stomach is sometimes very great, attended with distress, pain, burning heat and thirst, when the desire for cold drinks is urgent, and they are rejected soon after being swallowed, with additional quantities of fluid. In such cases other drinks or medicines produce the same effect.

Cramps attend some of the milder cases, and are not necessarily fatal. They occur most usually in the extremities, sometimes in the stomach and external parts of the body. When violent, they keep the patient in agony until the strength is exhausted, and the sufferer sinks into a state of torpor and death. Some have passed into a stage of collapse and died without cramps, remaining for sometime in a state of cold insensibility, denominated the Cholera Asphyxia.

Premonitory symptoms are sometimes wanting, but such cases are not numerous, and the patients are attacked with violence, from the operation of some exciting cause, and the disease runs rapidly its fatal career. A few such cases have been admitted into the hospital at Carlæis Hook.

When the Cholera is left to itself, says a practitioner, or even when it is treated in the beginning with improper remedies, it is almost incredible to those who have not seen it, how rapidly it runs its course to a fatal termination; but it is equally incredible, when the disease is properly treated, how very soon it may be arrested in its rapid progress.

I have seen in some of the very worst cases, where, when a few doses of medicine could be retained in the system for a sufficient time to enter the circulation, the fatal symptoms were almost immediately arrested; and even when the collapse has commenced, after a short period, the pulse can be felt beginning to creep, animal heat begins to be evolved, and though the patients continue weak for a time, yet they gradually recover from a state of collapse.

In two of the most malignant cases which I have seen, there was no premonitory diarrhœa; and in one of them the bowels had not been open for three days previous to the attack; consequently, Cholera is not merely an excessive diarrhœa, for neither the bowel complaint, the

rice-water ejections, vomiting, nor cramps, are assential to this disease; and where these symptoms do exist, they are merely accidental; but a sudden coldness of the blood, and of course of the whole body, without any obvious cause, is, perhaps, the best characteristic symptom of this disease.

In the first stage of Cholera, the ejections are, in general, passed with great force; but as the disease advances, the intestines become cold, and frequently so torpid, that hot clysters can be retained with great ease; consequently, in such cases, there is no necessity for plugging the rectum as recommended.

We have seen that the animal heat is generated and evolved in the extreme texture all over the body; consequently, every thing that increases the action of the extreme vessels, adds to the quantity of animal heat. It is for this reason that I consider friction with hot, dry flannel, but particularly the application of large sinapisms to various parts of the body, useful.

A. SMITH.

In August of 1832, a letter was addressed by Alexander H. Stevens, M. D. of the city of New York, in behalf of the Special Medical Council, to W. Beach, M. D. Physician of the 10th Ward, Medical Station, in regard to the symptoms, success, &c., of his mode of treating the Cholera, which was prevalent in that city at that time. In answer to which Dr. Beach says: "I have to state that the treatment pursued at this station, has been attended invariably with success. The following recipe constitutes almost our only remedy for nausea, vomiting, pain in the bowels, with flatulence, and diarrhœa.

Take of rhubarb, salaratus, peppermint plant, each two scruples, mix—add half a pint of boiling water, sweeten with loaf sugar, — then add a table spoonful of best brandy; of this, give an adult a table spoonful every hour till it acts as a laxative, or moderately upon the bowels. In the interval, diluent drinks, such as infusions of catnip and spearmint are directed to be taken. This preparation is sufficient to remove the diarrhœa. Where there is considerable pain, we have found the addition of aromatics attended with additional benefit, to the same com-

position is added of cinnamon and cloves, equal parts; one scruple.

We have found the administration of diaphoretic medicines very much to aid in the removal of the disease; bathing the feet, with the use of the drinks above mentioned, are, in general, sufficient to cause perspiration. In neglected and protracted cases of diarrhœa, when the patient has complained of great pain, restlessness, want of sleep, &c., ten grains of diaphoretic powders has been directed to be given at bed time. The following tincture to be applied over the region of the abdomen.

Take Cayenne—2 table spoonfuls.

Brandy—1 pint!

Simmer a few moments, and apply warm, with flannel, and repeat often.

In reply to which I have to state that the aggregate number has been, up to the present time, since the epidemic, (a period of forty days) seven hundred and eighty. In a majority of the cases of the Cholera and very generally, an attack of the disease has been preceded by diarrhœa, but not invariably so. We have fully and clearly ascertained, that some cases have no such premonitory symptoms: but these have been of a very malignant and fatal character to the aged and intemperate.

W. BEACH, M. D.

Physician of the tenth Ward, Medical Station.

I have not copied the entire letter, but all that is of importance in this place.

In treating this disease we see the importance of keeping up a free perspiration, as well as to throw off the poison imbibed in the body by other evacuations. To effect this, the feet and legs should be immersed in weak ley for fifteen or twenty minutes. At the same time, the patient must take a strong tea made of peppermint plant, two large teaspoonfuls of the sudorific drops may be added to a tumblerful of the tea, to be repeated every hour till perspiration takes place. One quart should be taken in as short time as possible. Let the bricks be heated, wrapped in cloths, dipped in vinegar and applied to the feet and sides.

This treatment is applicable to the confirmed stage of

the Cholera. This treatment, says Dr. Beach, will assist to remove the pain and spasms of the stomach, to check the vomiting, promote a discharge of urine, allay the irritation of the intestines, and of what is of inconceivable importance, to dilute the morbid fluid, and expel it through the medium of the skin by exciting a copious perspiration, while it will return the accumulated and congested blood from the centre to the surface, or in other words, will equalize the circulation, or produce reaction.

I know, says the Doctor, of no single article (an alkali and rhubarb excepted) so exceedingly valuable in the Cholera, as the simple peppermint plant. It appears to have a specific effect in the complaint, different from any other agent.

One other observes, and I think very truly, that drinks taken into the stomach, dilute and weaken the power of any irritating matter that may be in the alimentary canal, and entering the blood through the lacteal vessels, furnish the exhaling vessels of the skin, kidneys, lungs, and alimentary canal, with a vehicle to assist them to throw out, and carry off, the subtle poisonous effluvia that has been taken in by the absorbants, is mixed with the whole mass of blood, and is acting on the whole nervous system, and in a word, upon the whole body. Except the system is regularly and abundantly supplied with water, and simple drinks, the cause of disease, the noxious matters in the blood cannot be removed; no other remedies in nature can do it.

If the foregoing treatment does not remove the difficulty apply the vapor bath, or warm bath, and let the body be well rubbed. If perspiration cannot be promoted, dry frictions without cessation, and bathing with the tincture of cayenne, warm, should be pursued.

Frictions give great relief to the patient, and he will call for it when his pain is so severe that he is regardless of almost every thing else. The following is Dr. Beach's Choleric and anti-spasmodic mixture. Take of

Camphorated mixture, or spirits—4 ounces.

Essence of peppermint—4 ounces.

Tincture of Cayenne—1 drachm.

Syrup of ginger—1-2 oz. Mix.

Of this, let one table spoonful be taken every fifteen, thirty, or sixty minutes, according to the urgency of the symptoms—to be accompanied with the use of copious draughts of thin Indian meal gruel, in which has been dissolved a little salaratus. If this mixture does not lessen the cramps, and improve the condition of the patient, an anodyne may be given, also anodyne and mucilaginous injections, fomentations of bitter herbs applied to the stomach.

In the cold or collapsed state in particular, warm injections and hot drinks are recommended, and the former directions thoroughly pursued. We have the testimony of a number of botanic physicians in the city of New-York and to the West, who have succeeded admirably with the use of lobelia emetics, in the cure of the Cholera.

During my appointment by the Board of Health of this city, says Dr. Beach, there were treatments to over one thousand cases of Cholera, either in the premonitory, or confirmed state of the disease. In the first stage of the disease, every case was successful. In the second stage, the great proportion was cured, and nearly all, except the most malignant cases, and those to which we were called too late.

The course of treatment of the Cholera here laid down is according to the practice of the Reformed Medical Colleges of the United States, of which Dr. Beach is founder. For more particulars in regard to this disease, the reader is referred to Beach's American Practice, Vol. 2.

The treatment of the Cholera in New-York by the regular faculty is represented by this author as little other than a series of unsuccessful experiments. The most common practice was bleeding, mercury, &c.

LETHARGY.

When there is a sense of fullness in the head, giddiness, or oppression at the stomach, together with dull, heavy feelings, the patient should take about eight of the anti-dispeptic pills, soak the feet in warm water, to which

a little ashes has been added; apply onion poultices to the feet on going to bed; take a portion of the vegetable powders. This course may be pursued occasionally, till a cure is effected.

TIGHT LACING.

Multitudes of our females ruin themselves by this foolish practice; they make themselves unfit for mothers or wives. We would ask mothers to control their daughters; but alas, the mother practices the same. I have found it of no use to raise the warning voice; they will take their own course.

Dissection has shown in many cases that the ribs had actually lapped over each other, and the internal organs were attached to the walls of the viscera.

CANCER.

This disease, is, at first, a small swelling in the glands or affected part, unaccompanied by pain. The tumor 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 tumor increases till at length the skin changes to a purple, and so continues to change, until it becomes 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 still be neglected, the whole system becomes diseased.

A person thus affected should make immediate application to one who is skilled in this dreadful disease, in the meantime endeavour to cleanse the blood by alteratives, a tea of yellow dock, the alterative syrup, &c.

GOUT.

This disease requires much the same treatment as the rheumatism. It is caused by over stimulating the system with highly seasoned food or stimulating drinks, exposure

to heat and cold. Live on water gruel, and keep the bowels open.

FEVER SORE.

Sometimes this disease is caused by a blow that affects the flesh and bone; and at other times it is produced by a general disease becoming a local one. In either case, it is important to cleanse the system of all acrimonious humors by all the evacuations that nature has provided to keep the body in a healthy state.

It makes its appearance first by a deep seated pain; at length the parts swell and a tumor forms, possessing great hardness, the skin becomes red and tender, there is an increase of heat, and other symptoms of inflammation. Dr. G. J. Cobb informs us that he has known a case cured by the application of sorrel poultice for a few days, followed by washes, and other poultices, and salves. A sore may be made below the part effected by putting on a fly blister as large as a dollar; let it remain only long enough to start the skin; take off the skin and put on the savin salve; dress it as often as three or four times a day. If the savin salve cannot be obtained, make a salve of equal parts, of plantain and camomile, simmered in hogslard.

MIDWIFERY.

Our limits will not allow us to treat at length on this subject; but we would inform our readers that these medicines favor nature, and are not injurious in any state of pregnancy, but useful where medicine is needed. The emetic may be given any time before or after delivery with safety. I have attended my own wife as well as others, with complete success, under such circumstances. No good reason can be assigned why the custom should be changed, making the physician the accoucher, instead of the midwife, except in difficult cases. Every intelligent husband may perform this office in common cases, with study and attention. The knowledge might be particularly useful to young men emigrating to new countries.

It is said that many females suffer and die in some parts of the West, for the want of medical skill and attention.

SWELLING OF THE BOWELS.

Children, and sometimes grown persons, are troubled with a collection of slimy and white gummy substance that collects on the internal surface of the lower region of the alimentary canal, which physic will not reach, and causes pain and sometimes swelling. In such cases, I have drawn away great quantities of this matter, and immediately given relief, by the following process:—For an adult, take strong catnip tea, ten ounces; sweet-oil or hog's lard, one great spoonful; fine salt, a heaping tea-spoonful; molasses, half a wine glassful; inject it, and keep it up at least fifteen minutes. If the case be urgent and it seems to do good, it may be repeated once in three hours afterwards, for a number of times; if the slime continues to come away, repeat it every other day. Sometimes, in repeating it too often, there will be appearances of blood in the stool; if this be the case it should be suspended for a few days.

A dose for a child five or six years of age, should be about half a tumblerful for an injection.

VAPOR BATH.

The easiest and best way of steaming in common cases, I think, is to put the patient to bed with additional covering, and place hot stones around him, quenched in vinegar; let the stones be as hot as they can be without scorching the cloth in which they are wrapped; from four to eight stones of different sizes may be used according to circumstances—one stone should always be placed at the feet. Be careful to keep up the internal heat by giving warm drinks, such as catnip, pennyroyal, or the vegetable powders and elixir.

The vapor house is the best, where a very thorough course is necessary.

Another easy mode of steaming is performed by sitting the patient over a tub of hot water, lay a piece of board across the tub, cover the patient over with a blanket, and

put hot stones into the tub as often as the patient can bear.

Dr. Jennings's mode of steaming I have found a good one in some cases. His mode is to communicate the steam produced from burning alcohol to the body of the patient, by means of a tin tube, largest at the bottom, set over a cup filled with alcohol, and running through a foot board placed for that purpose at the foot of the bed: a light frame is constructed to keep the clothes off of the patient so that he may turn over at his leisure.

I have used this bath with success in the dropsy. My wife was at one time so swollen with the dropsy that her back bone could not be felt, or ankle, by pressing over them. I gave her this bath every other night, continuing it about three quarters of an hour at a time, giving her the lobelia emetic immediately after, keeping her bowels open with the soap pills; every operation caused the water to evacuate, the swelling to subside, and in a short time recovered.

SWATHING CHILDREN.

It was formerly customary for a mother to swathe her infant with a woollen band six inches wide and about four feet long, as though there was danger of the child falling apart without this process, and the practice is kept up to some extent to the present time. Infants should be handled tenderly; but they do not require their clothes to be made to sit more closely than grown persons.

COUGH.

If a cough be of long standing, take a handful of skunk cabbage root, and twice as much of the twigs of peach trees, boil them in three quarts of water down to a pint, then add a pint of molasses; take a wine glassful three or four times a day. I have found this syrup to be very efficacious. Take also one or two of the asthmatic pills every night, and half a teaspoonful of the cough powders in hot water, sweetened with molasses. If all this does not break up the cough, the patient should take a lobelia emetic.

FALLS AND BRUISES.

In these cases, where the patient is deprived of his senses by the blow, it may be well to bleed at the vein; but in other cases give the *elixir* and *vegetable powders*—first, soak the feet in warm water and bathe them with the elixir, get the patient thoroughly warm, then give the *lobelia emetic*. It will take off the tension from the blood-vessels, and give relief sooner than bleeding. When a person receives a sudden shock from a fall or blow, it checks the circulation, the extremities become cold, the excretions are retarded, and a fever follows. The vapor bath is very serviceable in this case.

DIARRHŒA AND DYSENTERY.

OR BOWEL COMPLAINTS.

Take the yolk of two eggs, beat them for ten or fifteen minutes, take half an ounce of castor oil, turn it into the egg very moderately, at the same time stir the egg so that the oil will completely mix; then turn in by degrees three gills of water, the same way the oil was poured in—stirring the mass with one hand and pouring in the water very moderately with the other, to prevent its curdling. Take two thirds of a cupful every two hours till it operates. This medicine is good in diarrhœa or dysentery. Where you wish it to act as physic, put in more of the oil and less of the egg—say the yellow part of one egg only, and an ounce of the oil or more. I consider this to be a valuable recipe. It is said never to fail.

HUMORS.

Humors sometimes produce eruption of the skin, as in Salt Rheum, Erysipelas, Scrofula, Tinea Capitis, Scalt Head or Sore Head, and sometime Sore Ears, Mouth, Pimples, &c.

When humors are not seen they often exist in the system, and are manifest by pain in the head, Asthma, disease of the lungs, bowel complaint, want of appetite, rheumatism, cough, sore eyes, &c.

When humors appear on the surface, the disease is evident, but when it attacks the internal organs, the cause is not so apparent. Headache is sometimes the effect of Scrofula. I have known very distressing headache to exist forty or fifty years, and the person never thought of Scrofula; when suddenly this disease broke out into running sores, and the headache ceased. Again, sore eyes often get well, for the time being, when an eruption appears on the surface; and so, often, with a cough.

I first discovered the efficacy of this treatment (*see Scalt Head*) for the cure of humors in my own family, since which I have cured many others, among whom are the following:

From Deacon J. Wilmarth, Taunton, Mass.

This may certify that my child had been afflicted with running sores on the head for three months so that we were under the necessity of cutting off the hair. The disease resisted all remedies applied, and continued to grow worse. Hearing of Dr. Sanborn's success in curing humors, we applied to him, and I am happy now to state that his medicine had the effect to produce an immediate cure, not only of the head, but of a bowel complaint, which was a year and a half standing. About a year after, I had another child affected in a similar manner; I applied the same remedy with like results.

J. WILMARTH.

From Zebedee Chace, Taunton, Mass.

My daughter, twelve years of age, has recently been cured by Dr. Sanborn of humors in the head. We had been obliged to cut off the hair. No medicine that we applied had any effect, till we obtained Dr. Sanborn's cure for humors. In the use of this medicine two or three days, the sores began to dry up, and in a fortnight were entirely cured.

ZEBEDEE CHACE.

CONSUMPTION.

A consumption is the decaying of the whole body, from an ulcer, or tubercles, a collection of pus in the cavity, or a nervous decay of the whole system. It is estimated

that consumptions in our large cities make up one fifth of the bills of mortality; in the country rather less. An hundred years ago, this disease made but one tenth. This disparity may arise from various causes. People lived formerly on more simple food, than at the present day, that which was more conducive to health. Among females the pernicious fashion of lacing is practiced to a greater extent than at that period; they go more thinly clad than formerly. Again new sedentary, occupations have been introduced into this country: and besides, people of all sedentary business apply themselves far more closely to their employment, than they did an hundred years ago; and in addition to all this, the climate has changed very materially.

Families or individuals predisposed to consumption should leave a northern for a southern country, where this disease does not exist. This course will not save the patient if neglected too long. Consumption is often cured when taken in its first stages, but it very often gets complete possession of the citadel before one is aware, when it is impossible to drive it from its strong hold.

Little can be done for consumption by medicines. A few simple directions, followed out by the patient, will do more for a consumptive, towards his restoration to health, than all the medicines in the world without them. A consumptive will be likely to recover if he can prevent taking cold; to prevent this, is the great object; wash the body every morning in cold or moderately warm water, according to the strength of the patient; by all means rub with a coarse towel, flesh brush, or hair mittens, after wiping dry, so as produce a glow over the whole body; if this glow or warmth is not produced, the process is worse than nothing; but, when properly performed, it has the effect to give warmth to the surface, giving a healthy action to the skin, so that the excretions pass off readily and thus prevent colds, and by inviting the blood to the surface, relieves the large vessels and diminish the frequency of the pulse. Take early walks; inhaling fresh and pure air is very important; walking, gentle and exercise has a tendency to keep the bowels open. Let the mind be at perfect peace and cheerful.

The food should be nutritious and simple, where the

pulse is too frequent, and there is fever, beef steak, roast beef, and meat of all kinds, as well as all other stimulating food, should not be eaten. Avoid tea and coffee. Avens root, or what is sometimes called chocolate root, is found to be a most excellent drink. Where the large tubes leading to the lungs are effected only, which is called bronchitis, producing irritation and cough; a sea voyage is found serviceable. A gentleman informed me, who was afflicted with this disease and went to Europe for his health, that he had not had a cold from the time he left Boston till he returned, and that previous to his journey he could not expose himself in the least without taking cold; he returned with his health much improved. Wear thick flannel shirts in winter and thinner in summer. By all means restrain coughing, which produces irritation and inflammation. Endeavour to keep the bowels open by gentle exercise, and eating such food as is favorable to that indication, such as fruit, coarse bread, Graham bread and the like.

Consumptives do best to inhale fresh air in the daytime at all seasons of the year, but avoid night air and retire early. A cheerful hope, trust, and reliance in God will sustain a person, and bear him up under disease, while one of a contrary, temperament, under like disease, might droop and die.

Antimonial ointment, rubbed over the chest, by producing counter irritation, will sometimes cure a cough; the ointment should be applied a number of times until it produces sores; it is prepared at the apothecaries.

I succeeded in curing a child of my own three years of age, of a severe cough, with this ointment. She had in addition to the cough, the dropsy in the chest and abdomen; we used drastic physic, the vapor bath, the emetic, and a tea of checkerbury, or ivory leaves, as it is sometimes called, and she recovered. The alterative syrup will be found an excellent medicine in this disease; a teaspoonful of the tincture of lobelia occasionally may be taken. Onanism is often the procuring cause of consumption, especially in young persons and of both sexes. Reader, whoever you may be, are you guilty!! a word to the wise is sufficient, a whole volume might be written on the evils of this wicked and vile habit, but I forbear,

by saying that inasmuch as you regard your soul and body, refrain from it forever. I have seen the young brought down to the gates of the grave by it, and left to mourn over their wickedness and folly when too late. I would refer the readers for further information on this subject to Grahams lectures to young men; it may be found in Boston, No. 3, Cornhill, up stairs; for sale by George W. Light, with many other valuable works on health.

The inhaling tube has been found of great service in the incipient stages of consumption. I found it of great service to myself when laboring under an affection of the lungs, as well as many others to whom I recommended it. The operation is very simple, it is performed by fully inflating and contracting the lungs by inspirations and expirations through a graduated tube. The patient should practice about five minutes at a time, three times a day before eating, increasing by degrees to a half of an hour at a time. Nearly the same effect will be produced by shutting the mouth and one nostril, and taking full inspiration and expiration.

Where there is a tenderness from inflammation, if the membrane which lies between the walls of the chest and lungs, or disease in the substance of the lungs, the lungs will be partially inflated because it gives pain to take a long breath, thus producing a want of action of the lungs, for by fully inflating them, giving them action, it is favorable to their restoration to a healthy state.

After using this tube, I found I had increased in size around the chest; this is the experience of all with whom it has a favorable effect. Another very important point is gained; when the lungs are partially inflated, there is not sufficient oxygen received into the lungs to restore the blood to its color and healthy condition, as is produced when sufficient air is inhaled. If the use of the tube should produce new pains about the shoulders, it is not always a bad symptom.

PART FIFTH.

RECIPES.

DIRECTIONS.

IT is impossible to lay down any rule that will be a guide to the practitioner, in regard to doses in all cases. We can only show what is a common portion in ordinary cases, and leave it to the judgment of the person who administers, as to the proper quantity to be given. Before you administer medicine, ascertain how medicine operates with the patient, whether easy or not. I have given an adult person one pill, that has operated as thoroughly as eighteen of the same pills have on another adult. The quantity of medicine to be given, depends very much on the nature of the disease and the constitution. I have sometimes given a child two years old as large a portion of physic, as in another case to a grown person; in one instance it was necessary to produce thorough evacuation; in the other, the nature of the disease did not demand it. For a general rule, persons require a full dose at twenty or twenty-one; and women little less than men.

APPROXIMATE LIQUID MEASUREMENT.

A pint	contains	16 ounces.
A teacup	“	a gill.
A wineglass	“	2 ounces.
A tablespoonful	“	half an ounce.
A teaspoonful	“	60 drops.
Four teaspoonfuls	equal to one	tablespoonful.

APPROXIMATE DRY MEASURE.

- A table spoon contains four drachms, or half an ounce.
 A teaspoon contains one drachm.
 A teaspoon contains sixty grains.

WEIGHTS AND MEASURES.

The pound, Troy,	contains	12 ounces.
The ounce,	“	8 drachms.
The drachm,	“	3 scruples.
The scruple,	“	20 grains.
The gallon, <i>congius</i> ,	“	16 pints.
The pint, <i>octarius</i> ,	“	16 fluid ounces.
The fluid ounce,	“	8 fluid drachms.
The fluid drachm,	“	60 minims.
The minim.		

HIEROGLYPHICAL SIGNS USED IN PRESCRIPTIONS.

℔— <i>libra</i> , a pound.	j.—one of any thing.
ʒ— <i>uncia</i> , an ounce.	ij.—two of any thing.
ʒ— <i>drachma</i> , a drachm.	iiij.—three of any thing.
ϥ— <i>scrupulem</i> , a scruple.	iv.—four of any thing.
gr— <i>granum</i> , a grain.	x.—ten of any thing.
M— <i>minimum</i> , 60th part of a fluid drachm.	xij.—twelve of any thing.
R—stands for Recipe.	f. prefixed to dr. or oz.—fluid ounce.
ā, āā, or <i>ana</i> —of each alike.	gtt.— <i>gutta</i> , a drop.
Coch.— <i>cochleare</i> , a spoonful	ʒ iv. v.—a cup full.
P. Æ.—equal quantities.	ʒ iss. to ʒ ij.—a wineglassful.
ss.—half of any thing.	f. ʒss.—a tablespoonful.
iss.—one and a half of any thing.	f. ʒij.—a dessert spoonful.
q. s.—a sufficient quantity.	f. ʒj.—a teaspoonful.
q. pl.—as much as you please.	Pugillas—as much as can be held between the thumb and finger.
O.— <i>octarius</i> , a pint.	

TIME FOR COLLECTING ROOTS AND HERBS.

Most roots should be collected late in the fall, when the tops are dead, or early in the spring before they shoot up. Herbs should be gathered when in bloom, and dried in the shade, or in an oven moderately hot; as soon as they are

dry, they should be packed close to prevent losing their strength by being exposed to the air; in this way the virtues of roots and herbs may be preserved for years. The publisher puts up these roots and herbs in the best style.

PILLS.

Pills is generally the most convenient form of administering physic; but they lay in the stomach a longer time before they operate, than physic given in the form of powders.

Bilious Pills.—Take Castile or common bar soap, two parts; aloes, one part; pulverize the aloes and mix them well together in a mortar or with a knife. Dose, six or eight, the common size. This is a valuable pill; it will immediately remove any burden or oppression at the stomach, particularly after eating. To operate as an alterative to cleanse the blood, take one at a time for three mornings and miss three, and so on.

Anti-Dyspeptic Pills are made of equal parts of aloes, Castile soap, colocynth, gamboge, extract of gentian.—Dose, one or two, morning and evening.

Hygeian Pills.—These pills operate very similar to the celebrated “Morrison’s Hygeian pills.” Take Castile or common bar soap, one part; gamboge, one part; colocynth, one part; one part aloes; mix. Three or four the size of a pea is a dose; taken on going to bed.

ELIXIR—Is made by adding three quarters of a pound of best gum myrrh, pulverized, and three ounces of African cayenne to one gallon of alcohol, fourth proof brandy, or cherry spirits, which is considered better than the alcohol or brandy. It may be taken from a teaspoonful to a great spoonful at a time, in water, sweetened with molasses or sugar. It is useful in colds, coughs, pain in the stomach and bowels; for an external application, it is invaluable for rheumatism, pains or inflammation of any kind, headache, toothache, cramp, cold feet, &c.

For bathing, I think the gum had better be omitted, and add three ounces more of cayenne to the gallon.

COMPOUND ELIXIR.—This tincture is made by adding to the above elixir, say for one quart, add an ounce of the African cayenne, an ounce of the oil of cinnamon, half an ounce of the oil of cloves, an ounce of the oil of hemlock, an ounce of the oil of spearmint, three ounces of camphor, and half an ounce of opium. This is only designed for external application, and may be used for all purposes externally as the elixir, or spirits and cayenne when that fails; it is used for headache, toothache, all external inflammation, in pain and tightness of the chest. I have found it to give great relief, by bathing the chest.

LOBELIA TINCTURE—*for Children.*—Take spirits and water half a pint each; lobelia, the herb, dry, four ounces; in a few days it will be fit for use. Dose for a child from one to six months old, two teaspoonfuls; give one teaspoonful at a time, in a great spoonful of herb tea; and in ten minutes give the other teaspoonful in the same quantity of tea, if it be necessary.

Lobelia Tincture, No. 2—As made by Dr. Elias Smith, for cramps, convulsions, spasms, locked jaw, poison, &c. Take one ounce of the seeds of lobelia, pound them fine; add four ounces of the elixir, and two spoonfuls of cayenne, shake them well together, and it is fit for use. In the above diseases, he gives about two thirds of a table spoonful; in fifteen or twenty minutes give warm pennyroyal tea. If all this does not relieve in half an hour, give a teaspoonful of cayenne in warm pennyroyal tea, with one teaspoonful of the elixir. This he says he has never known to fail in giving relief.

BARD'S OPODELDOC.—Take Venetian soap, two ounces; camphor gum, one ounce; brandy, one pint. The soap is to be dissolved in the brandy by a gentle heat, and after its solution the camphor is to be added.

HARLEM OIL.—Take balsam of sulphur, two parts; spirits of turpentine, one part. I have found this compound to be one of the best remedies that ever I have applied for the rheumatism. Bathe externally, and take fifteen or twenty drops, twice a day.

BRITISH OIL.—Take sulphurated oil, one ounce; oil of petroleum, or rock oil, half an ounce; purified oil of am-

ber, two drachms; oil of turpentine, four ounces; mix.—Dose, from fifteen to twenty drops, morning and evening.

SYRUP OF WHITE POPPIES.—Take poppy heads, dried, sliced, and free from seeds, two pounds; boiling water, thirty pounds; refined sugar, four pounds. Macerate for twelve hours; then boil till one third of the liquor remains. Strain and again boil till one third of the liquor remains. Strain again and boil this to the consumption of one half. Lastly, add sugar so as to form a syrup. This syrup is given to children in doses of two or three drachms, answering all the intentions of opiates.

PAREGORIC ELIXIR.—Take of flowers of benzoin, half an ounce; opium, two drachms. Infuse in one pound of volatile aromatic spirit for four or five days, frequently shaking the bottle. This is an agreeable and safe way of administering opium. It eases pains, allays tickling coughs, relieves difficult breathing, and is useful in many disorders of children, particularly whooping cough. Dose to an adult, from fifty to one hundred drops.

ALTERATIVE SYRUP.—Take three pounds of sarsaparilla, either the common or imported; the Spanish sarsaparilla is the best—either will answer; two pounds of guaiacum shavings, (they may be obtained at the “Pump and Block Makers;”) the borings of guaiacum is preferable to the saw-dust; sassafras root, half a pound; elder flowers, one pound; black alder buds, one pound; burdock seeds, one pound. Boil all these together for three hours, then turn off the liquor, and fill up again with water; boil again for the same length of time; put it together, and boil down to ten or twelve quarts, or thereabouts. Add eight pounds of loaf sugar or clarified brown sugar. Sugar may be clarified by adding half its weight of water; put in a few eggs, beat them up, and boil till no scum arises. This syrup is good in the venereal disease, rheumatism, chronic inflammation of the liver, scrofula in all its different shapes, in ulcers, cutaneous diseases, white swellings, rickets: in salt rheum I have found it very effectual. I have sold more than a hundred bottles of this syrup, and have never known it to fail of doing good. If this syrup is made when it is warm, it will be necessary to add about one quart of alcohol, in order to prevent it from souring. Dose, two thirds of a wineglass, three times a day.

DYSPEPTIC BITTERS.—Take four ounces of golden seal, two ounces of bitter root; four ounces of poplar bark; four ounces of peachmeats; add two quarts of gin, and two quarts of water. Good in dyspepsia, weakness of the stomach, &c. If taken after eating, it will prevent the food from producing distress. Dose, two thirds of a wineglassful before eating.

COMMON BITTERS.—Take six pounds of barberry root, one pound of wormwood, and one of double tansy; boil till the strength is out; add molasses, and it is fit for use.

MOTHERS' CORDIAL.—Take black snakeroot, called by the Indians, Squaw root, half a pound: pour three pints of boiling water upon it; let it steep by a gentle heat for four or five hours, making about a quart; add two teaspoonfuls of the flour of slippery elm, and, to keep it from souring, add a pound of loaf sugar. For heartburn and sickness at the stomach, take a tumblerful in the course of a day. The patient may act his pleasure about adding sugar; be particular to add boiling water, as it will give a more pleasant taste. For sickness at the stomach and heartburn usually attendant on pregnant women, it is invaluable. Where persons are apt to vomit up their food, it is a preventative. It is good against a gnawing, sinking feeling at the stomach.

COUGH POWDERS.—Take lobelia, one teaspoonful; flour of slippery-elm, two; skunk-cabbage, six; blood-root, one; cayenne, one; wake-robbin three; elecampane, three; bitter-root, two teaspoonfuls; mix them all together, and pass the mass through a fine seive. Dose—From half to a teaspoonful two or three times a day. If all of the above articles cannot be obtained, some of them may be omitted.

TURLINGTON'S BALSAM OF LIFE.—Take of balsam of Peru, half an ounce; balsam Tolu, one ounce; gum storax one ounce; gum guaiacum, one ounce; gum benzoin an ounce and a half; hepatic aloes and frankincense, each two drachms; and dragon's blood, one ounce.

Let the gums be bruised and put the ingredients into a quart of proof brandy; put it in a warm place and let it be shaken often for a few days and it is fit for use. Dose—

from twenty to thirty drops, internally to remove coughs, asthmas, and other complaints of the breast. It is used externally to heal recent wounds or bruises.

PHYSICAL POWDERS.—By Dr. Beach.—Take jalap, one part, peppermint or spearmint plant pulverised, one part, and senna two parts, unite them thoroughly. This physic operates very easily, and is pleasant to the taste; children will take it without any trouble. I have found it to be very efficacious in common cases where a cathartic is indicated. It is highly recommended in his American practice. Dose—a teaspoonful.

CORRECTOR.—By Dr. Beach.—Take equal parts of rhubarb, salaratus, peppermint, and cinnamon, of each a teaspoonful; add half a pint of hot water, and sufficient loaf sugar to sweeten; when cool, if it be convenient, add two great spoonfuls of the best French brandy; of this give from one to three great spoonfuls every hour, until the passages are changed in appearance and consistence. This is a favorite prescription of Dr. Beach in dysentery and bowel complaints; and, indeed, I have proved its utility myself.

EXPECTORANT TINCTURE.—Take one part of blood-root, one of lobelia, three of skonk-cabbage, two of white root or pleurisy root, pulverize, and add to spirits. Dose from one teaspoonful to a table spoonful. Good against coughs and lung complaints.

Poultice to discuss Indolent Tumors.—Take slippery-elm and Indian meal, equal parts, mix with weak ley, in which is dissolved a little salt.

Yellow-Dock Ointment.—Take yellow-dock, or narrow-dock, simmer it in cream. It makes a very cooling ointment for any kind of humors, especially salt rheum.

DROPS.—Accidents more often occur from this form of medicine, perhaps, than any other: the bottles containing it should be kept corked tight and labelled.

Black Drops.—These drops are made by taking half a pound of opium, three pints of vinegar, one ounce and half of nutmeg, half an ounce of saffron; boil a while and

then add a quarter of a pound of loaf sugar, and two table spoonfuls of yeast. Set the whole in a warm place, and after a few weeks, it is fit for use. Dose—from five to ten drops. This is used in cases where an anodyne is required.

Whithwith's Drops.—Take camphor one dram; oil of origanum six drams; spirits of turpentine, half an ounce; alcohol, one pint; alkanet root, two drams. Mix, and let it stand one week. Dose—internally, twenty-five drops in wine or sweetened water. Useful as a stimulant and may be applied externally in chronic rheumatism and other painful affections.

Sudorific Drops, by Dr. Beach—Take ipecacuanha, saffron, camphor, Virginia snake-root, and opium, two ounces of each; Holland gin or Jamaica spirits, three quarts, let it stand two weeks. Dose—one teaspoonful given in a teacupful of catnip tea, every hour, until it produces perspiration.

Use.—This medicine is probably unsurpassed, in fulfilling the indications for which it is given, which is generally to produce a free perspiration. One or two doses, aided by warm infusions, or drinks, and bathing the feet, causes a copious perspiration. Hence, it is used in a variety of diseases. In fever, inflammation, &c., I know of no medicine so certain in its operation. Similar to Dover powders.

ESSENCES.—Add one ounce of oil to one pint of alcohol, either peppermint or hemlock, or whatever kind of essence you wish to make. An ounce of oil to a pint of alcohol, is about a right proportion.

A teaspoonful of the essence is a common dose.

WINE TINCTURE.—For the cure of fever and ague, take

Peruvian bark—2 ounces,
Wild cherry-tree bark—1 ounce,
Cinnamon—1 teaspoonful,
Cloves—1 teaspoonful,
Nutmeg—1 teaspoonful,
Sulphur—1 ounce,
Wine—2 quarts.

Let it stand a while. Dose, a wineglassful every two or three hours. This mixture is said to be almost an infallible cure for intermittent fever, or fever and ague, and removes it when all other means fail.

PLASTERS.—For a common strengthening plaster, simply hemlock gum or balsam is one of the best plasters.—Burgundy pitch alone makes an excellent strengthening plaster.

RHEUMATIC PLASTER.—Take sulphur and rosin, equal parts, one pound each; melt by a slow fire; then add two ounces of African cayenne and one ounce of camphor, pulverized; stir it till it is well mixed; then temper it to about the softness of shoemakers' wax, with sunfish oil, or neatsfoot oil. This is the best plaster for the rheumatism that I have ever used; and indeed I use it in almost every case where a plaster is necessary. For rheumatism, put the plaster on the place where the pain is present. If the pain should move, follow it up with another plaster.

VEGETABLE POWDERS—Are made of one pound of bayberry bark, eight ounces of ginger, two ounces of cayenne; mix one teaspoonful to a dose; add a little milk; let it settle before taking it. Good in colds, coughs, &c.

SCROFULOUS PILLS.—Take tar; boil it till it is hard enough to form into pills; take three or four night and morning. It is said to be a certain remedy against the scrofula.

TONIC PILLS.—Take rhubarb and ipecacuanha equal parts; form into pills the size of a pea; take two or three at night.

LINIMENT FOR BRUISES.—Mix equal parts of spirits of ammonia, sweet oil, and spirits of turpentine. It should be thoroughly shook up before bathing.

SYRUPS.—Syrup of lemon may be made by adding five parts of double refined sugar to three parts of the juice of lemon after it has settled.

Syrups from the juice of other fruits may be made by the same rule; such as blackberry, elder berries, garget plums, &c. The juice may be scalded and skimmed.

COMPOUND TINCTURE OF LAVENDER.—Take of oil of lavender, six ounces; oil of rosemary, two ounces; cinnamon, one ounce, cloves, two drachms; nutmeg, half an ounce: red sanders, in shavings, three drachms; alcohol four pounds. Digest ten days, and filter.

This is a grateful cordial in common use, relieving languor and faintness. From ten to an hundred drops may be conveniently taken, dropped on sugar.

GODFREY'S CORDIAL.—Take opium, eight grains; molasses, eight ounces; alcohol, four ounces; oil sassafras, three drops; distilled water, one pint. Digest three days. Dose, two drachms to an infant. This medicine is much used as an anodyne for infant children.

TO RELIEVE COUGH.—Take an ounce and a half of liquorice root; one ounce of elecampane; half an ounce of hoarhound; two ounces of sulphur. Pulverize them, and add honey to make a conserve.

NOURISHMENT FOR THE SICK.—Where more solid food cannot be taken in fevers and like diseases, the best nutriment that I have ever found is made by taking half an ounce of gum arabic, two ounces of pearl or English barley, two heaping teaspoonfuls of the flour of slippery elm; add two quarts of cold water, stir it up well, steep or boil it for one hour; add a little sugar and salt, so as to make it palatable, and it is fit for use. It may be taken at discretion. If you have not got the flour of slippery elm, the bark will answer the same purpose. This drink is very nourishing, soothing and healing, and may be taken as a common drink. Good in canker.

LAUDANUM, or Tincture of Opium—Take of opium two ounces; spiritous aromatic water, and mountain wine, of each ten ounces; dissolve the opium in the wine with a gentle heat, frequently stirring it; afterwards add the spirit, and strain off the tincture.

As twenty-five drops of this tincture contain about a grain of opium, the common dose may be from twenty to thirty drops. Common tincture dose, from fifteen to twenty drops.

FOR DYSENTERY—(Dr. Perkins' last remedy, so called.) Take good vinegar, and as much salt as it will dissolve;

add one tablespoonful of it to four of hot water, and let it be taken by spoonfuls, as fast and as hot as it can be swallowed. This dose is to be continued once in two hours till it operates as physic. It is said to be a sovereign remedy in dysentery.

WINE.—Take best box raisins one pound, put it in a jar, add one quart of boiling water, cover it so that the steam may not escape; let it stand till it gets cool, strain the raisins through a cloth, add one pound of loaf sugar; and you have a good wine without alcohol.

TAR WATER FOR THE PILES AND AGED PERSONS.—To one quart of tar add four of water, stir it, let it stand a while, and pour off a teacupful three times a day before eating.

DOVERS POWDER.—Take of ipecacuanha in a powder, opium in powder, each a drachm; sulphate of potassa an ounce; rub them together into a very fine powder. The preparation is applicable to all cases not attended with much fever, disease of the brain, or sick stomach.

Its use is peculiarly adapted to produce perspiration; hence good in rheumatism, inflammation of the lungs, dysentery, diarrhœa, and bloody discharge from the uterus. Ten grains of the powder contains one grain of opium. The dose is from five to fifteen grains, given diffused in water or syrup, and repeated at intervals of four, six or eight hours, when it is desirable to keep up a perspiration.

[From Mattson's American Vegetable Practice.]

THOMSONIAN RECIPES.

COMPOSITION.—Take of bayberry six pounds, ginger three pounds, cayenne six ounces, cloves six ounces, all pulverized; mix thoroughly and sift.

If there is a panacea in the world, it is this preparation. It is a safe and gentle stimulant, equalizing the circulation, strengthening the digestive organs, obviating costiveness, producing a moist condition of the skin, and, in a word, enabling the different organs of the body to perform their functions in a natural and healthy manner. It operates in harmony with the laws of the human sys-

tem, and may, therefore, be safely employed in every form of disease. It is particularly useful as a convenient family medicine, in sudden colds, febrile attacks, hoarseness, sore throat, coughs, influenza, earache, toothache, pains in the stomach, bowels, or other parts of the body, rheumatism, cold hands and feet, diarrhœa, dysentery, colic, croup, giddiness, hysteria, mumps, headache, derangement of the stomach, jaundice, worms, nervous disorders, and the various affections of the skin. It rarely fails to bring out the eruption in measles and small pox, and these diseases are often cured with composition alone. In wounds, bruises, or any severe local injury, the free use of it, so as to keep the skin moist, will generally allay the pain, and prevent the development of inflammation.

In violent attacks of disease, where it is necessary to produce an immediate effect upon the system, half a teaspoonful of cayenne, or a teaspoonful of rheumatic drops, may be added to each dose of the composition. It may also be combined with nervines, diuretics, or any other medicine, according to the nature of the complaint which requires to be treated.

If the stomach is very much disordered, it will operate as an emetic, but after the organ is cleansed, it will have no such effect, nor even occasion nausea.

A strong tea of composition is very convenient and serviceable as an injection to evacuate the bowels, particularly in the treatment of children.

Mode of Administration — For an adult, take a moderately heaped teaspoonful of the powder, and an equal quantity of sugar; rub them together, and add a teacupful of boiling water; drink the tea when sufficiently cool. There is no occasion for swallowing the grounds, as is a common practice, for the strength of the medicine will be extracted by the boiling water, and the sediment can have no other effect than to clog or irritate the stomach. When the patient takes the tea, he should be in bed, with a heated stone or bottle of hot water, wrapped in a damp cloth at his feet, or seated by the fire, if the season requires it, covered with a blanket, to favor perspiration. If composition be taken during the day, while the individual is exposed to the open air, it should be mixed, together with the sugar, in a small quantity of cold or luke-

warm water, and swallowed in substance. This precaution is necessary, in order to prevent a perspiration, which might be suddenly checked, and thereby injure the patient. The medicine is also very pleasant in this form, and may be given easily, and with great advantage, to children, especially in chronic affections.

In an obstinate cold, or any lingering complaint, a dose of warm composition tea should be taken every night, at bed time, as directed above, until a cure is effected. The tea is sometimes prepared with equal parts of boiling water and milk, and in this form, if well sweetened, is a very pleasant beverage.

DYSENTERY OR CHOLERA SYRUP.—Take of poplar bark, black birch bark, lady's slipper and bayberry, each one pound, wild cherry tree bark, golden seal, and balmony, each half a pound, all reduced to a coarse powder; add five gallons of water, boil gently for half an hour in a covered vessel, and strain through a flannel or coarse cloth; add fifteen or twenty pounds of sugar to the liquid, and boil again until the scum ceases to rise, which will be in a few minutes. Take the vessel from the fire, and stir in a pound of bruised peach meats, and half a pound each of powdered cloves and cinnamon. When the syrup is cold, add one gallon of rheumatic drops.—Strain a second time, and bottle.

Uses.—This syrup is an excellent remedy in diarrhœa, and the forming stages of dysentery and cholera. From a half to a whole wineglassful may be taken at a dose, repeating it every hour and a half, or two hours, until a cure is effected; or if the case is severe, one third or one fourth the quantity of rheumatic drops should be added. The syrup is also useful in worms, the summer complaints of children, and pains or soreness of the stomach and bowels.

SPICED BITTERS.—Take of pulverized poplar bark six pounds, golden seal, cloves, ginger, and prickly ash bark, each a pound and a half, balmony a pound, cayenne three quarters of a pound, and sugar seven pounds. Mix thoroughly, and sift. If the prickly ash is omitted, the quantity of cayenne may be somewhat increased. It is usual to add about one twentieth part of cayenne to the tonic or restorative preparations.

Spiced bitters is one of the best medicines in use for restoring the tone of the digestive organs, and creating an appetite. It is an excellent remedy in jaundice, dyspepsia, worms, flatulency, piles, headache, giddiness, pains in the stomach and bowels, diarrhœa, gravelly complaints, strangury, gonorrhœa, fluor albus, heart-burn, rickets, mercurial salivation, consumption and the whole train of chronic diseases. It is a laxative, and keeps the bowels gently open, unless they are obstinately costive. Its use would be improper during the continuance of a violent febrile or inflammatory affection, but as soon as the disease is subdued, it may be freely and beneficially employed. In the form of a weak tea, well sweetened, it is a refreshing drink for weak patients, and is grateful also to those in health, during the hot weather of summer. If food occasions distress, a dose of it will generally afford relief.

Mode of Administration.—Take a moderately heaped teaspoonful of the powder, and double the quantity of sugar; stir them together, add a teacupful of boiling water, and drink the tea when sufficiently cool. The proper time to take the bitters is fifteen or twenty minutes before each meal. If the patient is obliged to be in the open air, a teaspoonful of the powder, with sugar to suit the taste, should be mixed in half a wineglass of cold or milk-warm water, and taken in substance. The bitters need not be used after the appetite is fully restored.

INJECTION POWDER.—Take of bayberry one pound, scullcap or lady's slipper half a pound, cayenne a quarter of a pound, all finely powdered. Mix, and sift.

Directions.—For an ordinary injection, intended only to evacuate the bowels, two large teaspoonfuls of this powder may be steeped in a teacupful and a half of boiling water, and the liquid, when about milk-warm, administered with an appropriate syringe. The injection may be repeated, if necessary. The quantity of liquid specified is generally sufficient, but a pint or more may be employed, if deemed advisable. The sediment should always be omitted, for it is liable to choke the syringe, and in piles, dysentery, and other forms of disease, it adheres to the mucous membrane of the bowels, occa-

sioning irritation and tenesmus. There can be no advantage in employing the sediment, if the medicine has been steeped in boiling water so as to extract its strength. In severe or violent attacks of disease, half a teaspoonful or more of green lobelia may be steeped with the two teaspoonfuls of the injection powder, and when the infusion is of the proper temperature for use, two, three, or four teaspoonfuls of rheumatic drops may be added.

RHEUMATIC DROPS.—Take of cherry spirit, thirty or thirty-five per cent. above proof, five gallons; best Turkey myrrh, reduced to a powder, four pounds; bayberry one pound; balmony three quarters of a pound; scullcap half a pound; cayenne five ounces. Put these into some convenient vessel, and stir or shake them several times a day for a week or fortnight, when the liquid may be poured off and bottled for use. If cherry spirit cannot be obtained, good fourth proof brandy may be substituted, taking care to procure that which is free from adulteration.

WINE BITTERS.—Take of poplar bark six pounds, golden seal two pounds, balmony two pounds, scullcap one pound, unicorn one pound, and cayenne three quarters of a pound. The balmony and scullcap may be used in the crude state, but the other articles should be reduced to a coarse powder. Put these materials into some convenient vessel, add four gallons of water, and boil gently for half an hour, or until the liquid is reduced to about three gallons, keeping the vessel, in the meantime, closely covered; strain through a coarse cloth, add twenty pounds of sugar, and boil again until the scum ceases to rise, which will be in about five minutes. This done, strain the liquid a second time through a cloth or seive, and when nearly cold, add the infusion of half a pound of pulverized prickly ash berries, and a pound of cinnamon, prepared by steeping them in a close vessel, together with twelve gallons of sweet Malaga wine. The preparation is then fit for use, and should be put into clean bottles or kegs.

Uses.—This preparation is an agreeable restorative cordial, and is useful in dyspepsia, loss of appetite, faint-

ness, sinking at the stomach, heartburn, flatulency, drowsiness, headache, and all diseases dependant on a deranged condition of the digestive organs. It is beneficial also to persons recovering from sickness. Taken after a meal, it will relieve the distress occasioned by indigestible food, or the unpleasant sensations which accrue from an overloaded stomach. Added to cold water, it makes a refreshing and wholesome drink in summer. The dose is a wineglassful, more or less, according to circumstances.

ANTISPASMODIC TINCTURE.—Take of pulverized lobelia seeds one pound; cayenne and scullcap each a quarter of a pound; rheumatic drops prepared with fourth proof brandy, or strong cherry spirit, one gallon. Infuse for a week or more, in a closely stopped vessel, shaking it two or three times a day. The liquid only is to be used, and not the dregs, as is the common practice. The latter have no strength, and of course should not be introduced into the stomach.

This is an invaluable preparation, and is used in violent or critical cases of disease, such as locked jaw, epilepsy, convulsions, croup, delirium tremens, fainting, hysterical attacks, apoplexy, poisoning, hydrophobia, and suspended animation. It traverses the system with wonderful rapidity, and rarely fails to restore the patient. Drowned persons have frequently been recovered by its use, even under the most unfavorable circumstances.—Several gentlemen, who were incredulous with regard to its effects, immersed a dog in water until he was apparently dead, and then poured a quantity of the tincture down his throat, which revived the animal in a very short time. I witnessed the experiment myself, and can vouch for the truth of the statement.

In locked jaw, where teeth are rigidly clenched, the antispasmodic tincture may be regarded as a sovereign remedy. The liquid requires to be poured into the mouth between the teeth, and as soon as it comes in contact with the parts about the throat, the spasm will yield and the jaws open.

Epileptic patients should carry a phial of this preparation about their persons, and swallow a portion of it whenever they are threatened with a convulsion. I

knew a young man with epilepsy, who prevented many severe attacks in this way, though he rarely had any other than a momentary warning of their approach.

If an individual is rendered insensible by a fall, blow, or injury of any description, the tincture may be employed with the greatest advantage, and is much more speedy and effectual in rousing the dormant energies of life, than any mode of treatment which has ever yet been devised by the medical faculty. Every physician should supply himself with a bottle of it as a substitute for the lancet.

The antispasmodic tincture is an active and powerful emetic, and in case of poisoning by arsenic, laudanum, or any other substance, will evacuate the stomach in a speedy and effectual manner. Many instances have occurred, in which it has freed the stomach from a dangerous poison, when ipecacuanha, tartar emetic, and sulphate of zinc have failed to produce any effect. It is also an excellent emetic in difficult parturition, and should be administered without the dregs, as those are liable to occasion protracted nausea and vomiting.

As an external application, the tincture is employed in bathing sprains, bruises, rheumatic joints, and any part of the body which is the seat of pain. It is also beneficial in erysipelas, having the effect to arrest the inflammation, and may be used in any stage of the complaint.

Dose.—This varies from a teaspoonful to a tablespoonful, or more, according to the nature of the disease. In convulsions, apoplexy, and similar affections, it may be administered largely, and also added to the injections, if these are employed, in the quantity of a tablespoonful to each. The ordinary dose, however, by way of the stomach, is a teaspoonful, repeated frequently, until relief is obtained, and if the patient is in a condition to swallow readily, it may be administered in composition tea, or a tea of cayenne and bayberry.

TINCTURE OF CAYENNE.—Take of cayenne a quarter of a pound, acohol a pint; infuse for ten days, and strain.

Uses.—This is a valuable external application for swellings, rheumatic joints, and parts that have lost their sensibility. It is particularly beneficial in palsy, and a wasting of the limbs, where ordinary stimulating washes

produce no effect. A flannel moistened with it, and applied to the side in pleurisy, will generally afford relief. It is superior to the rheumatic drops for bathing, because of the absence of myrrh, which closes the pores, and leaves the skin sticky or glutinous.

CAYENNE PILLS.—Take of cayenne any desirable quantity, and make it into pills with some convenient mucilage, as previously mentioned.

Uses.—These pills are useful in any complaint in which cayenne is required, and may be conveniently taken by those who dislike the medicine in the form of tea. They are frequently employed in dropsical affections, administering four or five of them after each meal. They are thought to be particularly beneficial in these complaints, because they stimulate without increasing the quantity of fluid in the body. They also relieve distress occasioned by food.

NERVE OINTMENT.—Take of purple archangel, bitter-sweet bark, wormwood, camomile, and meadow fern burrs, equal parts; pack them closely in a suitable vessel, and cover them with porpoise, goose, or turtle oil—the latter is the best. Simmer over a slow fire for twelve hours, stirring occasionally, and keeping the vessel covered.—Strain, and when milk warm add half an ounce of the oil of spearmint to each pint of the ointment. Preserve in a well corked bottle.

Uses.—This is employed in bathing sprains, bruises, swellings, stiff joints, and contracted sinews or tendons, rubbing the affected part briskly with the hand, when the application is made, and wrapping it in flannel to shield it from the air.

PILE OINTMENT.—Take of the excrescences which form upon the leaves of the sumach, very finely powdered, an ounce; fresh lard six ounces; blend them together thoroughly. This is beneficial in piles, and affords surprising relief. It may be confined to the parts by means of a bandage and a piece of lint, or folded rag.

Instead of the excrescences mentioned above, an equal quantity of the root of marsh rosemary, reduced to a fine powder, may be substituted, but it is not quite so efficient.

HEALING SALVE.—Take of Venice turpentine, beeswax, and fresh lard, each a pound, fir balsam three quarters of a pound, tincture of myrrh four ounces. Melt the solid articles, simmer slowly for ten or fifteen minutes, and strain. This salve is applied to wounds and sores, after they have been cleansed by poultices, or otherwise, and the inflammation subdued.

GREEN SALVE.—Take of Venice turpentine and bayberry wax each half a pound. Melt, and add sweet oil to render the salve of a proper consistence. This is recommended by Dr. Smith of New York, as an application to scrofulous ulcers.

ADHESIVE AND STRENGTHENING PLASTER.—Take of rosin a pound and a half, beeswax, hemlock gum, and fresh lard, each two ounces. Melt; add half a gill of brandy, and a quarter of an ounce each of sweet oil, sassafras oil, and camphor. When the different articles are thoroughly incorporated, pour them into a vessel of cold water, and work them with the hands, as a shoemaker works his wax. The proportion of rosin requires to be increased in the summer, and diminished in the winter.

Uses.—This compound, spread on soft leather, is applied to a weak back or any other part of the body which is in a state of debility. The relief which follows its application is no doubt owing, in a great measure, to the mechanical support which it affords to the muscles. It is also used as an adhesive plaster to confine the lips or edges of wounds together. For this purpose it is spread on cotton or linen cloth, which is cut into slips, warmed by the fire, and applied across the wound, according to the circumstances of the case. This plaster is extremely useful also, for confining poultices to different parts of the body, which it might be inconvenient, or perhaps almost impossible to bandage.

CANCER PLASTER.—Take of red clover blossoms any desirable quantity, and water sufficient to cover them; boil gently until the strength of the blossoms is extracted, which will be in about an hour; strain through a coarse cloth, and use pressure sufficient to force out all

the liquid; pour this into some convenient vessel, and place it in a kettle of water over the fire; boil until the liquid is of the consistence of tar.

Uses.—This is spread on a piece of linen or soft leather, and applied to open or running cancers, and ill conditioned sores of every condition. The success which has attended its employment in these cases, has won the approval even of the medical faculty. The Boston Medical Journal says, “We are assured by Dr. Corbett, that on ulcerated surfaces, deep, ragged-edged, and otherwise badly conditioned burns, there is nothing to be compared with this plaster. In connection with a peculiar soothing property, which it imparts to an inflamed, irritable sore, it proves an efficacious detergent, and promotes a healthful granulation.”

ASTHMATIC PILLS.—The following formula I received from Professor Briggs, formerly of Waterville College:—

Take four ounces of the brown emetic, that is, the seeds of the lobelia finely pulverized, one ounce of the African cayenne, two ounces of bitter root, two ounces of nerve powder or valerian, four ounces of skunk cabbage, two ounces of bayberry bark, two ounces of hoarhound; take one or two pills every night. These pills are very excellent for the asthma and phthisic, also for a cough. The vegetable powders should be taken as often as the pills.

PIKERY, OR TINCTURE OF ALOES.—Take of aloes in powder an ounce, extract of liquorice three ounces, one ounce of ginger and one ounce of rhubarb, alcohol and water one quart. Macerate for fourteen days, and filter through paper. Dose is from half a fluid ounce to an ounce and a half.

CATARRH SNUFF.—Take ten parts of blood root, five of skunk cabbage, two of lobelia, three of snakeroot, six of the flour of slippery elm, and half a part of African cayenne. All these should be made fine, well mixed and run through a sieve. I have found this very efficacious in catarrh and diseases in the head. Dose—a pinch may be taken a number of times a day.

GENERAL REMARKS.

I believe there is more injury done to the bodies of mankind, by eating too much, than by drinking too much; for almost every one violates his physical organization by overeating, while comparatively few do so by intoxication since the temperance reformation.

When a person has made himself sick by eating, let him abstain from one, two, or three meals, instead of dosing with medicines, and he will find it by far the best remedy. Vast injury is done also by loading the stomach with too many sorts of food; it often produces fermentation, and pain follows. Remember that more injury has been done to the sick by their eating too much, than not enough. Nature has resources within herself to restore the body to healthy action, oftentimes even without medicine, if the stomach is permitted to remain in a state of rest.

Tinctures should be made of water when roots and herbs will yield their strength to water instead of spirits. As little use should be made of spirits as possible, as there is danger of a man becoming a drunkard by taking medicine prepared in this way.

There are various opinions in regard to meat, whether it is healthy to the human stomach; but all agree that the lean fibres of a healthy animal is fit for food. I believe that almost all who are in the habit of eating meat at all, would do well to eat less, and more vegetables. Bread, made of good wheat meal unbolted, is perhaps the most wholesome bread; rye and Indian bread is wholesome also. A great portion of the butter that is put up in firkins is unfit to be received into the human stomach, yet the market is full of it, and some will eat it.

We may easily infer that potatoes are wholesome, when we consider that the peasantry of Ireland, who live mostly on potatoes, are perhaps the most healthy and robust people on the earth.

PART SIXTH.

REMARKS ON FOOD.

Dr. Beaumont has given us by his experiments the best means of ascertaining food best adapted to the human stomach.

Dr. Beaumont, while stationed at Michilimackinac, in the Michigan territory, in 1822, in the military service of the United States, was called upon to take charge of Alexis St. Martin, a young Canadian of eighteen years of age, good constitution, and robust health, who was accidentally wounded by the discharge of a musket on 6th June, 1822.

“The charge,” says Dr. Beaumont, “consisting of powder and duck-shot, was received in the left side, at the distance of one yard from the muzzle of the gun. The contents entered posteriorly, and in an oblique direction, forward and inward: literally blowing off integuments and muscles to the size of a man’s hand, fracturing and carrying away the *anterior half of the sixth rib, fracturing the fifth, lacerating the lower portion of the left lobe of the lungs, the diaphragm, and PERFORATING THE STOMACH.*”

On the fifth day sloughing took place; lacerated portions of the lung and stomach separated, and left a perforation into the latter “large enough to admit the whole length of the middle finger into its cavity: and also a passage into the chest half as large as his fist.” Violent fever and farther sloughing ensued; and for seventeen days everything swallowed passed out through the wound, and the patient was kept alive chiefly by nourishing injections. By-and-by the fever subsided, the wound improved in appearance, and after the fourth week the appetite became good, digestion regular, the evacuations natural, and the health of the system complete. *The orifice, however, never closed;* and at every dressing the contents of the stomach flowed out, and its coats frequently became everted or protuded so far as to equal in size a hen’s egg, but they were always easily returned.

On 6th June, 1823, a year from the date of the accident, the injured parts were all sound except the perforation into the stomach, which was now two and a half inches in circumference. For some months thereafter the food could be retained only by constantly wearing a compress and bandage; but early in winter, a small fold or doubling of the villous coat began to appear, which gradually increased till it filled the aperture, and acted as a *valve*, so as completely to prevent any efflux from within, but to admit of being easily pushed back by the finger from without.

Here, then, was an admirable opportunity for experimenting on the subject of digestion, and for observing the healthy and undisturbed operations of nature free from the agony of vivisections, and from the sources of fallacy inseparable from operating on animals. Dr. Beaumont was sensible of its value, and accordingly pursued his enquiries with a zeal, perseverance, and disinterestedness highly creditable to his character both as a man and as a philosopher.

Dr. Beaumont began his experiments in May, 1825, and continued them for four or five months, St. Martin being then in high health. In the autumn, St. Martin returned to Canada, married, had a family, worked hard, engaged as a voyager with the Hudson's Bay Fur Company, remained there four years, and was then engaged at a great expense by Dr. Beaumont to come and reside near him on the Mississippi, for the purpose of enabling him to complete his investigations. He came accordingly in August, 1829, and remained till March 1831. He then went a second time to Canada, but returned to Dr. Beaumont in November, 1832, when the experiments were once more resumed, and continued till March, 1833, at which time he finally left Dr. Beaumont. He now enjoys perfect health, but the orifice made by the wound remains in the same state as in 1824.

The following table exhibits the general results of all the experiments made upon St. Martin posterior to 1825; and the average is deduced from those which were performed when the stomach was considered by Dr. Beaumont to be in its natural state, and St. Martin himself subjected to ordinary exercise.

TABLE showing the Mean Time of Digestion of the different Articles of Diet.

Article of diet.	Mode of Preparation.	Time re-
		quired for Digestion. H. M.
Rice	Boiled	1
Sago	Do.	1 45
Tapioca	Do.	2
Barley	Do.	2
Milk	Do.	2
Do.	Raw	2 15
Gelatine	Boiled	2 30
Pigs' feet, soused	Do.	1
Tripe, soused	Do.	1
Brains	Do.	1 45
Venison steak	Broiled	1 35
Spinal marrow	Boiled	2 40
Turkey, domestic	Roasted	2 30
Do. Do.	Boiled	2 25
Do. wild	Roasted	2 18
Goose	Do.	2 30
Pig, sucking	Do.	2 30
Liver, beef's fresh	Broiled	2
Lamb, fresh	Do.	2 30
Chicken, full-grown	Fricassee	2 45
Egg's, fresh	Hard boiled	3 30
Do. do.	Soft do.	3
Do. do.	Fried	3 30
Do. do.	Roasted	2 15
Do. do.	Raw	2
Do. whipped	Do.	1 30
Custard	Baked	2 45
Codfish, cured, dry	Boiled	2
Trout, Salmon, fresh	Do.	1 30
Do. do. do.	Fried	1 30

TABLE showing Mean Time of Digestion, *continued.*

Articles of Diet.	Mode of Preparation	Time re- quired for Digestion.	
		H.	M.
Bass, striped, fresh	Broiled - -	-	3
Flounder do.	Fried - -	-	3 30
Catfish do.	Do - -	-	3 30
Salmon, salted	Boiled - -	-	4
Oysters, fresh	Raw - -	-	2 55
Do. do.	Roasted - -	-	3 15
Do. do.	Stewed - -	-	3 30
Beef, fresh, lean, rare	Roasted - -	-	3
Do. do. dry	Do - -	-	3 30
Do. steak	Broiled - -	-	3
Do. with salt only	Boiled - -	-	2 45
Do. with mustard, &c.	Do - -	-	3 30
Do. fresh, lean	Fried - -	-	4
Do. old, hard, salted	Boiled - -	-	4 15
Pork steak	Broiled - -	-	3 15
Pork, fat and lean	Roasted - -	-	5 15
Do. recently salted	Boiled - -	-	4 30
Do. do. do.	Fried - -	-	4 15
Do. do. do.	Broiled - -	-	3 15
Do. do. do.	Raw - -	-	3
Do. do. do.	Stewed - -	-	3
Mutton, fresh	Roasted - -	-	3 15
Do. do.	Broiled - -	-	3
Do. do.	Boiled - -	-	3
Veal, fresh	Broiled - -	-	4
Do. do.	Fried - -	-	4 30
Fowls, domestic	Boiled - -	-	4
Do. do.	Roasted - -	-	4
Ducks do.	Do - -	-	4
Do. wild	Do - -	-	4 30
Suet, beef, fresh	Boiled - -	-	5 03
Suet, mutton	Do - -	-	4 30

TABLE showing Mean Time of Digestion, *continued.*

Articles of Diet.	Mode of Preparation.	Time required for Digestion.	
		H.	M.
Butter	Melted - -	-	3 30
Cheese, old, strong	Raw - -	-	3 30
Soup, beef, vegetables, and bread	Boiled - -	-	4
Do. marrow-bones	Do - -	-	4 14
Do. beans	Do - -	-	3
Do. barley	Do - -	-	1 30
Do. mutton	Do - -	-	3 30
Green corn and beans	Do - -	-	3 45
Chicken soup	Boiled - -	-	3
Oyster soup	Do - -	-	3 30
Hash, meat and vegetables	Warmed - -	-	2 30
Saugage, fresh	Broiled - -	-	3 20
Heart, animal	Fried - -	-	4
Tendon	Boiled - -	-	5 30
Cartilage	Do - -	-	4 15
Aponeurosis	Do - -	-	3
Beans, pod	Do - -	-	2 30
Bread, wheaten, fresh	Baked - -	-	3 30
Do. corn	Do - -	-	3 15
Cake, do.	Do - -	-	3
Do. sponge	Do - -	-	2 30
Dumpling, apple	Boiled - -	-	3
Apples, sour and hard	Raw - -	-	2 50
Do do. mellow	Do - -	-	2
Do. sweet do	Do - -	-	1 30
Parsnips	Boiled - -	-	2 30
Corrot, orange	Do - -	-	3 15
Beet	Do - -	-	3 45
Turnips, flat	Do - -	-	3 30

TABLE showing Mean Time of Digestion, *continued.*

Articles of Diet.	Mode of Preparations.	Time re- quired for Digestions.	
		H.	M.
Potatoes, Irish	Boiled	3	30
Do. do.	Roasted	2	30
Do. do.	Baked	2	30
Cabbage, head	Raw	2	20
Do. with vinegar	Do	2	
Do. do.	Boiled	4	30

As a general rule, animal food is more easily and speedily digested, and contains a greater quantity of nutriment in a given bulk, than either herbaceous or farinaceous food; but, apparently from the same cause, it is also more heating and stimulating. *Minuteness of division*, and *tenderness of fibre*, are shown by Dr. Beaumont's experiments to be two grand essentials for the easy digestion of butcher-meat; and the different kinds of fish, flesh, fowl, and game, are found to vary in digestibility chiefly in proportion as they approach or depart from these two standing qualities.

Farinaceous food, such as rice, sago, arrow-root, and gruel, are also rapidly assimilated, and prove less stimulating to the system than concentrated animal food. Milk seems to rank in the same class, when the stomach is in a healthy state.

Animal food, it is true, affords a more stimulating nutriment than farinaceous and other kinds of vegetable aliment, and hence it is avoided in diseases of excitement. But it seems to me that this stimulus is owing not only to its own inherent properties, but also to its more highly concentrated state, and to the much greater quantity of chyle which is derived from it than from an equal bulk of vegetable aliment.

Before concluding his experiments on the agents employed in digestion, Dr. Beaumont made many observations with a view to ascertain whether any increase of temperature occurred during that process. By introducing a thermometer with a long stem at the external opening into St. Martin's stomach, both before and during the chymification, he succeeded in obtaining very accurate information on this point. In two or three of the

experiments the heat of the stomach seemed to be increased after taking food, but in by far the greater number the temperature remained the same. It appeared, however, that the variations of the atmosphere produced a sensible change on the heat of the stomach—a dry air increasing and a moist air diminishing it. The ordinary temperature may be estimated at 100 Farhr., and in several instances it was higher at the pyloric than at the cardiac end. On one cloudy, damp, and rainy day, the thermometer rose only to 94°, and on another to 96°, whereas next day, when the weather was clear and dry, it rose to 99°, and on that following, when the weather was both clear and cold, to 100°. On several occasions it rose as high as 102°, and once to 103°; but these were after exercise, which was always observed to cause an increase of two or three degrees. We have already seen that *artificial* digestion is entirely arrested by cold, and is resumed on raising the temperature to ordinary blood heat.

INFERENCES FROM DR. BEAUMONT'S EXPERIMENTS AND OBSERVATIONS, GIVEN IN HIS OWN WORDS.

1. That *hunger* is the effect of *distention* of the vessels that secrete the gastric juice.
2. That the process of *mastication*, *insalivation*, and *deglutition*, in an abstract point of view, do not in any way affect the digestion of the food; or, in other words, when food is introduced directly into the stomach in a finely divided state, without these previous steps, it is as perfectly digested as when they have been taken.
3. That *saliva* does not possess the properties of an alimentary solvent.
4. that the *agent* of chymification is the *gastric juice*.
5. That the pure gastric juice is fluid, *clear*, and *transparent*; without *odour*; a little salt; and perceptibly *acid*.
6. That it contains free *muratic acid*, and some other active *chymical* principles.

7. That it is never found *free* in the gastric cavity; but is always excited to discharge itself by the introduction of *food* or other irritants.

8. That it is secreted from vessels distinct from the mucous follicles.

9. That it is seldom obtained pure, but is generally mixed with mucous, and sometimes with saliva. When pure, it is capable of being kept for months, and perhaps for years.

10. That it *coagulates* albumen, and afterward *dissolves* the *coagulæ*.

11. That it *checks* the progress of putrefaction.

12. That it acts as a *solvent* of food, and alters its properties.

13. That, like other chymical agents, it *commences* its action on food as soon as it comes in contact with it.

14. That it is capable of combining with a certain and fixed *quantity* of food, and when more aliment is presented for its action than it will dissolve, disturbance of the stomach, or "indigestion," will ensue.

15. That its action is facilitated by the *warmth* and *motions* of the stomach.

16. That it becomes intimately *mixed* and *blended* with the *ingestæ* in the stomach by the motions of that organ.

17. That it is *invariably* the *same substance*, modified only by *admixture* with other fluids.

18. That the motions of the stomach produce a constant *churning* of its contents, and *admixture* of food and gastric juice.

19. That these motions are in two directions, *transversely* and *longitudinally*.

20. That *no other* fluid produces the same effect on food that gastric juice does: and that it is the *only solvent* of *aliment*.

21. That the action of the stomach and its fluids is the same on *all kinds* of diet.

22. That *solid* food, of a certain texture, is easier of digestion than *fluid*.

23. That *animal* and *farinaceous* aliments are more easy of digestion than *vegetable*.

24. That the susceptibility of digestion does not, how-

ever, depend altogether upon *natural* or *chymical* distinctions.

25. That digestion is facilitated by *minuteness of division*, and *tenderness of fibre*; and retarded by opposite qualities.

26. That the *ultimate principles* of aliment are always the same, from whatever food they may be obtained.

27. That *chyme* is *homogeneous*, but variable in its *color* and *consistence*.

28. That towards the *latter* stages of chymification, it becomes more *acid* and *stimulating*, and passes more rapidly from the stomach.

29. That the *inner coat* of the stomach is of a pale *pink* color, varying in its hues according to its full or empty state.

30. That, in health, it is sheathed with mucous.

31. That the appearance of the interior of the stomach *in disease* is essentially different from that of its *healthy* state.

32. That stimulating *condiments* are injurious to the healthy stomach.

33. That the use of *ardent spirits* always produces disease of the stomach if persevered in.

34. That *water*, *ardent spirits*, and most other *fluids*, are not affected by the gastric juice, but pass from the stomach soon after they have been received.

35. That the *quantity* of food generally taken is more than the wants of the system require; and that such excess, if persevered in, generally produces not only functional aberration, but disease of the coats of the stomach.

36. That *bulk* as well as *nutriment* is necessary to the articles of diet.

37. That *bile* is not ordinarily found *in the stomach*, and is *not* commonly *necessary* for the digestion of food; but,

38. That when *oily* food has been used, it assists its digestion.

39. That *oily* food is difficult of digestion, though it contains a large proportion of the nutrient principles.

40. That the *digestibility* of aliment does not depend upon the *quantity* of nutrient principles that it contains.

41. That the natural temperature of the stomach is about 100 Fahrenheit.

42. That the temperature is *not elevated* by the ingestion of food.

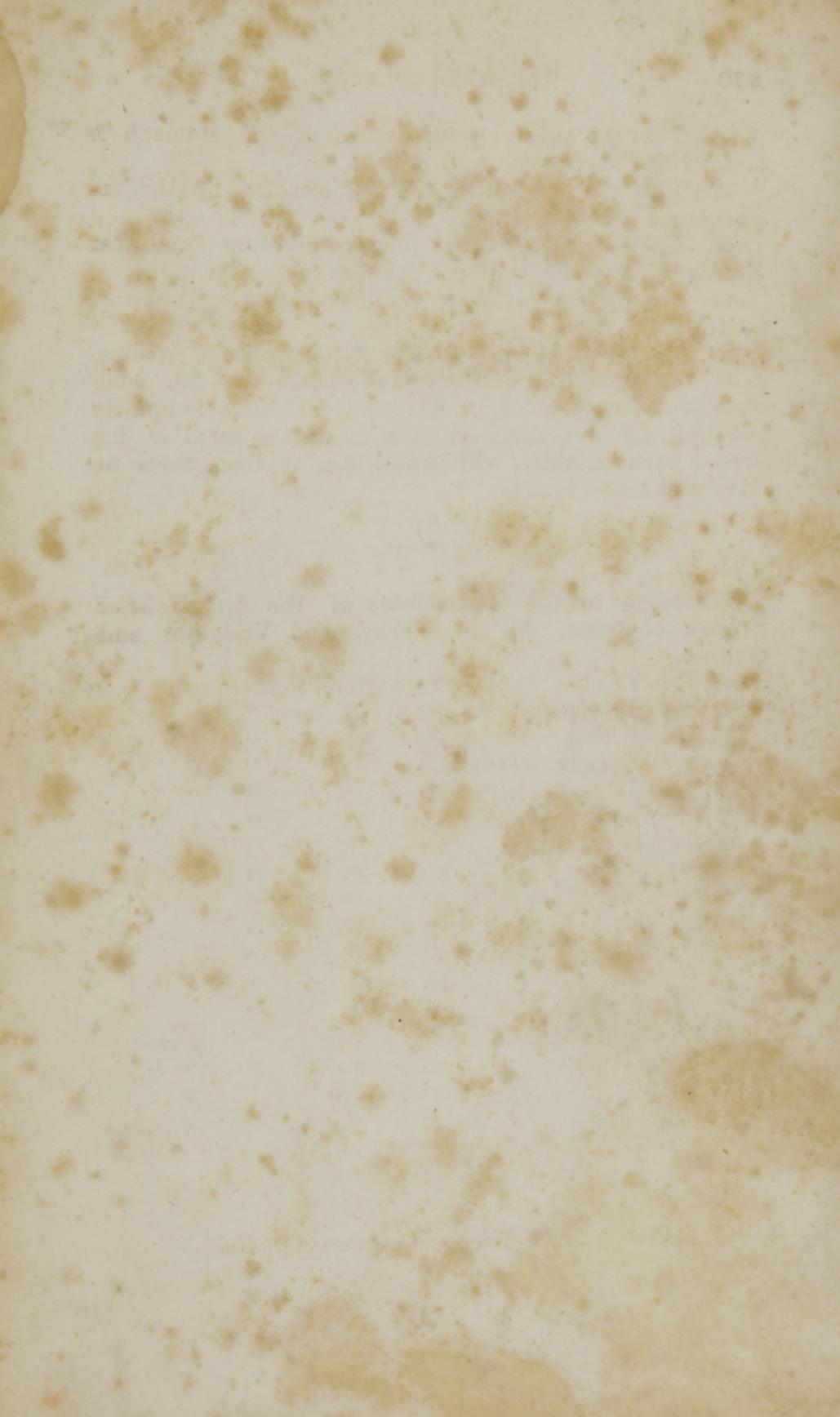
43. That *exercise elevates* the temperature; and that *sleep or rest*, in a recumbent position, *depresses* it.

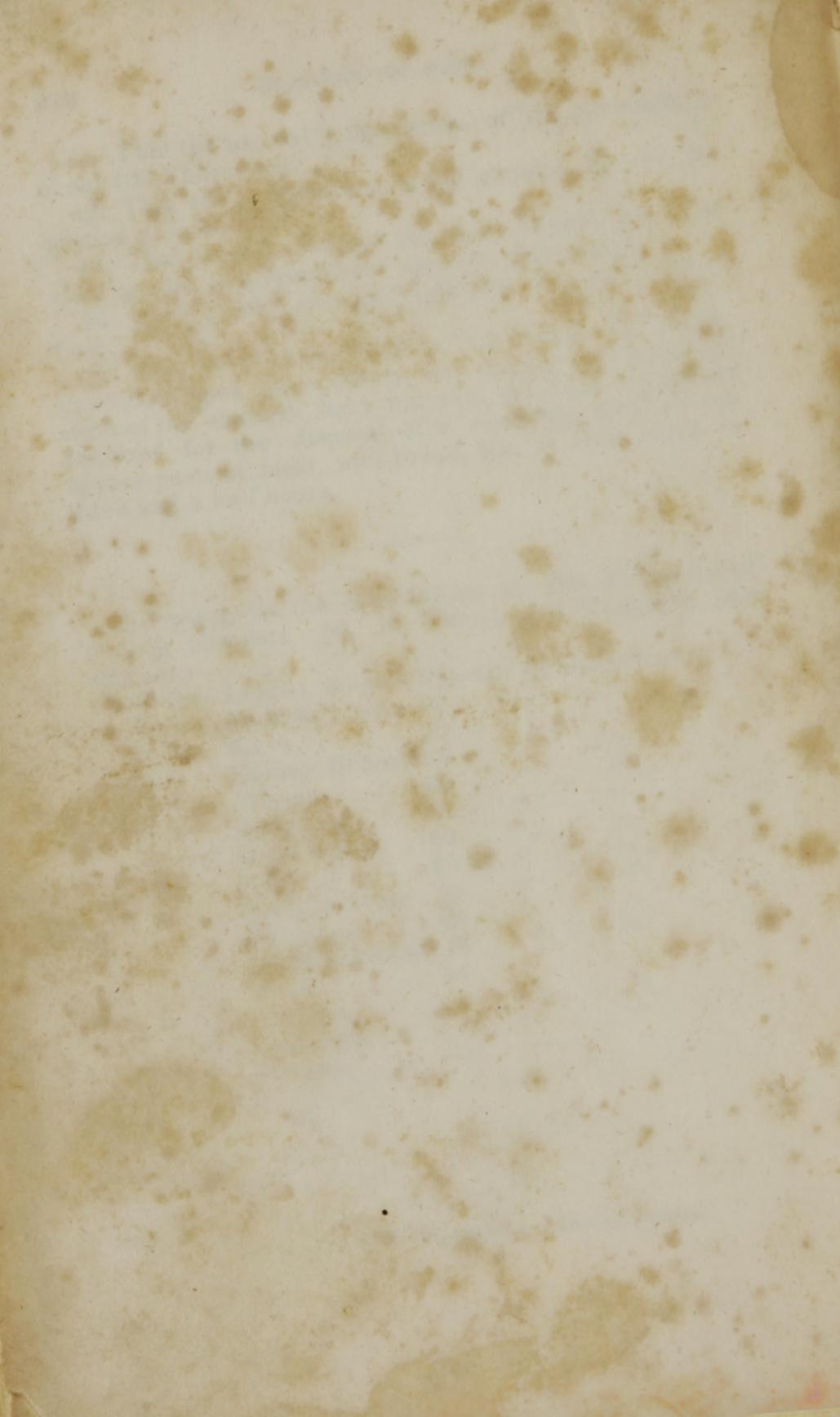
44. That *gentle exercise* facilitates the digestion of food.

45. That the time required for that purpose is various, depending upon the quantity and quality of the food, state of the stomach, &c.; but that the time ordinarily required for the disposal of a moderate meal of the fibrous parts of meat, with bread, &c, is from three to three and a half hours.

According to the experiments of the distinguished French chemists, M. M. Percy, and Vaugelin, and others,

100 lbs.	Lentils,	contain	94	parts of	nourishment.
" "	French Beans,	92	" "	" "	
" "	Rice,	90	" "	" "	
" "	Kidney Beans,	89	" "	" "	
" "	Wheat,	85	" "	" "	
" "	Barley,	83	" "	" "	
" "	Good Bread,	80	" "	" "	
" "	Rye,	80	" "	" "	
" "	Meat, average,	35	" "	" "	
" "	Potatoes,	25	" "	" "	
" "	Carrots, contain	14	" "	" "	
" "	Beets,	14	" "	" "	
" "	Turnips,	8	" "	" "	
" "	Cabbage,	7	" "	" "	
" "	Greens,	6	" "	" "	





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Johnson and his Gilberts

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