

The Australian Botanic guide,
 BEING A FAMILY HAND-BOOK OF BOTANIC TREATMENT.
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PREFACE

In presenting this little work to the public, especially the *farming* public, of the Australian colonies, the Author feels he is supplying a want long felt. Many families are so situated that, however urgently they may require the services of a medical man, they are debarred by distance from availing themselves of such services; whilst others, more favorably situated, are unable, from the large fees demanded, to take advantage of medical advice.

Nature's Remedies - roots, barks, and herbs - are becoming so well-known that it is needless to say a word in their favour, knowing, as we do, that if the Botanic system be once tried no other will be relied upon.

Our desire is simply to place in the hands of the public a useful "Manual," where they can find a remedy for almost every "disease that flesh is heir to." We can assure our readers that every *recipe* in this book has been well tried. Thousands, not only in Melbourne, but throughout the colonies, can bear testimony to the success of the treatment herein advocated.

Poisons in any form, either as remedial agents or as stimulants have been carefully avoided.

INTRODUCTION.

OUR MOTTO IS "DEEDS, NOT WORDS."

IN this "Manual" we desire to teach the people, not only how to obtain and preserve health, but *how to cure themselves*. Life, when allied to suffering, becomes a load that few like to bear. Few, comparatively speaking, are entirely free from some form of disease, and fewer still know how to *cure themselves*. With the simple fact that disease is a unit, with the knowledge that the vegetable kingdom contains our *medicine* as well as our food, with the belief that our reason is competent to judge and decide in all cases, we go forth boldly, giving such information with regard to obtaining and preserving health, as will enable the people to rid themselves of a vast deal of the misery to which human nature is subject.

To the benevolent we say, - Circulate this work amongst those you visit. By so doing, you will greatly bless many of your fellow creatures. We speak from knowledge, when we say that in England, in America, and in the Colonies, the herbal system has rescued thousands from an early grave; yes, and thousands who had been given up by doctors owe their present health to Nature's remedies. We sincerely believe the day will come when it will be *compulsory* to teach in our State Schools the Rudiments of Physiology and Medical Botany; when the father and mother of every family will be able to battle with sickness in its various forms, and, that so successfully, that *curable* diseases shall no more be found in the abodes of men.

Throughout this work we have quoted freely from Botanic Authors, whose prescriptions we have well tried in our own practice, and found to be all that is claimed for them.

In the preparation of this volume we are especially indebted to a work published by Mr. B. Colby of America.

THE AUSTRALIAN
Botanic Guide to Health.

CHAPTER I.

THE SCIENCE OF MEDICINE

"What is it?" says Mr. Colby. "What are the principles on which it is founded? And what are the results of those principles, carried out in practice? Science is knowledge. The science of medicine is a knowledge of the art of preventing and curing disease. Where can this knowledge be obtained? Should we heap together all that has been written on the subject of medicine, it would form a mountain, the base of which would spread over the earth, and its summit would penetrate the clouds. In perusing these works, we are astonished and disappointed: *astonished* that such a combination of talent, erudition, and persevering research, should arrive at conclusions, so visionary and unsatisfactory; *disappointed* at not finding the knowledge of a remedy for the elite of disease. We must give these authors the credit of making untiring efforts, and bestowing incessant labour upon the subject, but like the man who attempted to cross a pond frozen over; during a violent snowstorm, the snow flew so thick, that he soon lost sight of either shore, and after wandering many hours, he found himself where he started. So with medical authors: having no compass, and the visionary theories of others flying about them so thick, involved them in darkness, and they wandered in uncertainty and doubt until they arrived at the point from which they started, having found no facts on which to base medical science.

The reason is obvious. Truth is plain and simple. God, in his wisdom, has adapted important truths to the capacity of feeble intellects, "has chosen the weak things of this world to confound the wise." While the learned and wise in the literary lore of medical universities were groping amidst this darkness, uncertainty and doubt, in search of facts on which to base a correct theory; each fully conscious that the discovery of such facts would enable him to write his name high on the temple of fame - Dr. Thomson, an illiterate farmer, stumbled on the prize. Rude and uncultivated though he was, he discovered facts which are destined to overturn the visionary theories of his predecessors.

With nothing more than a general knowledge of the structure of the human body, and the functions of its organs, he, by experience alone, dictated by common sense and reason, obtained the knowledge of a safe and efficient method of treating disease, that the experience of thousands for ninety years has confirmed. We shall endeavour to prove that the system of practice introduced by Dr. Thomson, and improved by many of his coadjutors, has more claim to the appellation "*The Science of Medicine*," than any other system that has been yet introduced. Imperfect though it may be, its success in the cure of disease stands unrivalled.

CHAPTER II.

If medical works have been wanting in *facts*, they have abounded in *theories*. Dr. James Graham, the celebrated Medico-Electrician of London, says of medicine, "It has been rich in theory, but poor, very poor, in practice." Dr. James Biglow, Professor at Harvard University, says in his Annual Address before the Medical Society, "The premature death of medical men brings with it the humiliating conclusion, that while other sciences have been carried forward within our own time and almost under our own eyes, to a degree of unprecedented advancement, Medicine, in regard to some of its professed and important objects (the cure of disease), is still an ineffectual speculation.

It is almost universally believed that the science of medicine, as taught in the schools of Physic, and practised by the regular faculty, is based on established principles - principles that have been handed down from generation to generation, that are as demonstrable as those of mathematics, and that a man who has studied them is prepared to practice *scientifically*. If this was the case, it would save us the necessity of writing this volume, as the literary world groans under the weight of medical works thrown upon it - the errors of which, each succeeding author has proved to be as numerous as its pages.

At what age of the world medicine for the cure of disease was introduced, history does not inform us. Frequent reference is made in the Bible to "leaves for the healing of the nations," "the plant of renown," and to various other botanic medicines; but we have no account, in that book, of mineral poisons ever being used to cure disease. Such an inconsistency, sanctioned by it, would have placed in the hands of the infidel a more powerful argument against its truth than any they have ever brought forward.

At whatever age disease may have made its appearance, the first man, whose writings on medicine have descended to posterity in anything like a respectable shape, is Hippocrates, born in the Island of Cos, about 400 years before Christ. Supposing himself descended from the ancient and fabled Esculapius, he devoted his mind assiduously to the healing art. He examined attentively the opinions of others, thought and judged for himself, and admitted only those principles that, to him, seemed founded on reason. As a theory of life, he advanced the doctrine that the body is endowed with a semi-intelligent principle, capable of applying to its own use whatever is congenial with it, and of rejecting and expelling whatever is noxious, or tends to generate disease. He believed in the conservative and restorative power of nature, when its laws were strictly followed, or aided by suitable remedies. Hippocrates studied diligently and almost exclusively the great book of nature, instead of the visionary

theories of men, and probably adopted a more correct theory and safe and successful practice than any other who succeeded him, until the time of Thomson.

Claudius Galenus, or Galen, was born in Pergamos, in Asia Minor, A.D. 131. He depended on innocuous vegetables; sometimes simple, generally very much compounded; and his practice was so successful as in many instances to be ascribed to magic. The theory of Galen was the acknowledged theory of medicine until about the time of Paracelsus, who was born in Switzerland in 1493. He appeared as the reformer of Galen, rejecting his safe botanic treatment, and administering with a bold and reckless hand, Mercury, Antimony, and Opium.

Notwithstanding that thousands were destroyed by this reckless treatment, his practice has been handed down to the present time, undergoing various changes and modifications. Says Professor Waterhouse. "He (Paracelsus) was ignorant, vain and profligate, and, after living the life of a vagabond, he died a confirmed sot. He studied mystery, and wrapped up his knowledge in terms of his own invention, so as to keep his knowledge confined to himself and a few chosen followers." It appears, says Professor Waterhouse of Harvard University, that Mercury, Antimony and Opium were introduced by Paracelsus, who was the chief of quacks, which remedies continue to the present day to be the most potent and commonly used by the faculty.

Stahl, a native of Anspach, rejected all the notions of his predecessors, and has the credit of undoing all that had been done before him.

Hoffman, his contemporary and friend, supposed that life dwelt somehow or other in the nervous system.

Boerhaave, a native of Holland, selected from all the preceding writers whatever he deemed valuable, preferring Hippocrates amongst the ancients, and Sydenham among the moderns. This celebrated physician and scholar, ordered in his will, that all his books and manuscripts should be burnt. The physicians flocked to Leyden, and entreated his executors to destroy his will. The effects were sold. A German Count, convinced that the great book contained the whole arcanum of physic, bought it for ten thousand guilders. It was all blank, except the first page on which was written, - "*Keep the head cool, the feet warm, the body open, and reject all physicians.*" How noble the course of this justly celebrated physician! After thoroughly investigating the theories of all his predecessors and writing out a theory of his own, which when he came to practice, he found so uncertain and dangerous, that he would not leave it, with his sanction, to entail misery and death on future generations. He therefore gave his dying advice to the world, with a full knowledge of the value of all the systems of medicine that had preceded him, to use a few simple medicines and reject all physicians. Had this advice, given in the seventeenth century, been regarded by the world, what a vast amount of suffering and human life would have been saved. Its benefits would have been incalculable. A monument should have been erected to his memory, on which should have been inscribed in letters of gold, "Here lies an honest man, the noblest work of God."

Succeeding Boerhaave, were Haller, Cullen, Bostock, Brown, Rush, Chapman, and others of modern times, the history of whom may be told in the language of Thomas Jefferson, the illustrious statesman and philosopher. In a letter to Dr. Wister, he says, "I have lived myself to see the disciples of Hoffman, Boerhaave, Cullen and Brown succeed one another like the shifting figures of the magic lantern; and their fancies, like the dresses of the annual doll babies from Paris, becoming from the novelty the vogue of the day, each yielding to the next novelty its ephemeral favours."

The patient treated on the fashionable theory, sometimes gets well, in spite of the medicine! The medicine, therefore, cured him, and the doctor receives new courage to proceed in his bold experiments on the lives of his fellow creatures. "I believe," continues Mr. Jefferson, "we may safely affirm, that the presumptuous band of medical tyros, let loose upon the world, destroy more human life in one year than all the Robin Hoods, Cartouches, and Macbeths, do in a century." It is in this part of medicine I wish to see a reform, an abandonment of hypothesis for sober facts, the highest degree of value set upon clinical observation, the least on visionary theories.

Dr. William Brown, who studied under the famous Dr. William Cullen, lived in his family and lectured on his system, says in the preface to his works - "The author of this work has spent more than twenty years in learning, teaching, and scrutinizing every part of medicine. The first five years passed away in hearing others and studying what I had heard, implicitly believing it, and entering upon the possession as a rich inheritance. The next five, I was employed in explaining and refining the several particulars, and bestowing upon them a nicer polish. During the five succeeding years, nothing having prospered according to my satisfaction, I grew indifferent to the subject, and, with many eminent men and even the vulgar, began to deplore the healing art as altogether uncertain and incomprehensible. All this time passed away without the acquisition of any advantage, and without that which of all things is most agreeable to the mind - the light of truth; and so a great portion of the short life of man was totally lost! Here was I, at this period, in the situation of a traveller in an unknown country, who, after losing every trace of his way, wanders in the shades of night."

Dr. Brown's experience probably differs in only one particular from that of every student of the theories of medicine, and that is, he spent seventeen years longer than is customary, to obtain authority to kill according to law.

Dr. Rush says, in his lectures in the University of Pennsylvania, "I am insensibly led to make an apology for the instability of the theories and practice of physic. Those Physicians generally become the most eminent, who soonest emancipate themselves from the tyranny of the schools of physic. Our want of success is owing to the following causes: 1st. Our ignorance of disease, of which dissections daily convince us. 2nd. our ignorance of a suitable remedy, having frequent occasion to blush at our prescriptions."

Had not Rush fallen a victim to his favourite practice of bleeding, he would unquestionably have laid a foundation for medical reformation, that would, ere this, have swept away those false theories with the besom of destruction. He says "we have assisted in multiplying disease; we have done more - we have increased their mortality. I will beg pardon of the faculty for acknowledging in this public manner, the weakness of their profession." He then speaks forth in the dignity of his manhood, and from the honesty of his heart, "I am pursuing truth and am indifferent where I am led, if she only is my leader." A man of such benevolence and conscientiousness, as the venerable Rush, could not long have reconciled his acknowledgments and practice.

Dr. L. M. Whiting, in a Dissertation at an annual commencement in Pittsfield, Mass., frankly acknowledges that, "The very principles upon which most of the theories involving medical questions have been based, were never established. They are, and always were, false; consequently the superstructures built upon them were as the baseless fabric of a vision, transient in their existence, passing away before the introduction of new doctrines and hypotheses, like dew before the morning sun." System after system has arisen, flourished, and been forgotten, in rapid succession, until the whole field is strewn with disjointed materials in perfect chaos, and amongst the rubbish, the philosophic mind may search for ages, without being able to glean from them hardly one solitary well-established fact.

Dr. Benjamin Waterhouse, after lecturing at the Harvard University for twenty years, retired, saying of all he had been so long and zealously teaching, "I am sick of learned quackery."

We have now clearly shown, by incontestable evidence, that the science of medicine as taught in the schools of physic, is based on no established principles, and therefore must be false in theory, and destructive in practice. Can the object of medical science be accomplished by these theories, while all admit that object to be the prevention and cure of disease?

CHAPTER III.

THE EFFECTS OF THE REMEDIES USED BY THE MEDICAL FACULTY.

Notwithstanding the darkness, uncertainty, and doubt in which medical science is involved - its incapability of answering the desired object of such a science; if its remedial agents were innocent there would be much less occasion for a reform than there now is. If we saw a blind man with a pistol, shooting into a group composed of friends and enemies, should we not suppose him as likely to kill his friends as his enemies? Equally as liable is the physician who, armed with deadly poison, administers it without any certain criterion to guide him in its use, to kill more than he cures.

The most common remedies used by the faculty are Mercury, in some of its forms Antimony, Opium and blistering.

Mercury, or the ore which contains it, abounds in China, Hungary, Spain, France and South America; and of all the metals used as a medicine, is the most extensively used - there being scarcely a disease against which some of its preparations are not exhibited. Calomel, a preparation of mercury, is said to be the Samson of the Materia Medica, and, as another has said has destroyed more people than Samson did of the Philistines.

Dr. Powell, formerly professor in the Medical College, Burlington Vt. in a letter to Dr. Wright of Montpelier, says "It is to be hoped the time is not far distant, when all deleterious poisons will be struck from our Materia Medica. It is my opinion, that calomel or mercury has made far more disease since it has been so universally exhibited, than all the epidemics of the country. It is more than ten years since I have administered a dose of it, although I have been more successful in practice than when I made use of it. The last dose I had in the house. I gave to the rats, and it as radically killed them as arsenic."

Dr. Chapman, Professor of the University of Pennsylvania, after speaking of the extravagant use of calomel in the South, says, "He who for an ordinary cause resigns the fate of his patient to Mercury, is a vile enemy to the sick; and, if he is tolerably popular, will, in one successful season, have paved the way for the business of life, for he has enough to do ever afterwards, to stop the mercurial breach of the constitutions of his dilapidated patients."

Dr. Graham, of the University of Glasgow, says, "We have often had every benevolent feeling of our mind called into painful exercise, upon viewing patients, already exhausted by protracted illness, groaning under accumulated miseries of an active course of mercury, and by this for ever deprived of

perfect restoration; a barbarous practice, the inconsistency, folly and injury of which no words can sufficiently describe."

Dr. Robertson of Cincinnati, says, in his lectures, "It is astonishing, and will remain an astonishment to future generations, that the very rankest poisons are the greatest remedies now in use in the world. It would be a melancholy tale could it be told, of the millions who have perished through this practice."

Professor Waterhouse, says, "When calomel is pushed to a salivation, it dilapidates, if we may so speak, or dissolves the human fluids, all of which are made of globules or round particles, on the basis of which depend the vital energy of our bodies, and of course our health and vigour. After the hazardous process of salivation, the physician may, perhaps, be able to say - Now I have so far changed the morbid state of the patient that his disease is conquered, and entirely overcome by the powerful operation of mercury. But, then, in what condition does he leave the patient? His teeth are loosened, his joints are weakened, his healthy countenance is impaired, his voice is more feeble, and he is more susceptible to cold, and a damp state of the weather. His original disorder may be overcome, but he has to pay a great price for it. Secret history conceals from public notice innumerable victims of this sort."

The administration of calomel to be safe depends on circumstances beyond the knowledge of the prescriber; therefore he who administers a dose of calomel, under any circumstances, strikes a blow in the dark, the result of which will be seen when too late to be remedied.

In spite of the efforts of the medical faculty to keep from the people a knowledge of the effects of mercury upon the human system, which effects they had been accustomed to attribute to a change in disease, some of their number having too much benevolence longer to administer the disease creating poison, have laid before the astonished calomel-eater the legitimate result of its use, leading him to exclaim, Is it so, that I have been so long duped by pretended science - so long swallowing down that which has been destroying my constitution, leaving me as I now find myself, but a wreck of the man I once was? Is it so, that man is so depraved, or so blinded as to deal out to his fellow men deadly poison to increase his disease and suffering, when his punishment for the transgression of the laws of nature is already greater than he can bear? These facts coming to the knowledge of the people, have led many to reject those physicians who give calomel or mercury; physicians, therefore, find it to their interest to deny that they use it except in extreme cases. But if, from this moment, the use of calomel should be entirely abandoned, the suffering that must necessarily follow the use of what has already been administered will be incalculable.

Dr. Cox, a member of the medical faculty of Cincinnati, who has recently renounced the old school practice, thus writes in a communication to the editor of the *Medical Reformer*: "I could enumerate at least fifty cases of poison and death from calomel, that occurred in the practice of physicians who were practising in the same district as myself for the seven years preceding my coming to this city, many of whom were sent to their graves mutilated, disfigured, and partially decomposed before death released them from their sufferings." Suppose each physician, of the thousands who are practising after the old school routine of giving calomel, were to hand in a list of the causes of death produced by that mineral poison that came under his notice, what an alarming amount of mortality it would make. In view of these facts, Dr. Cox comes to the following conclusion, and how could an honest man come to any other? "Lest I should further give countenance to a species of legal and wholesale murder by the use of it, I hereby notify my friends that from this day for ever, I relinquish the use of mercury in any of its preparations, as a medical agent." He says he has found the simple plants of Nature's garden far more safe and efficacious than mercury. He therefore goes for a reform in the practice of medicine, and hopes the time is not far distant when it will be an offence against the statute of the law, as well as the moral and physical, to administer mercury as a remedial agent. There are, no doubt, thousands of other physicians who are constantly prompted by an enlightened conscience to abandon the use of poisons, and declare to the world that there is mischief in them. Even so mote it be.

It is now the wonder of the more enlightened of the present generation, how the belief in witchcraft could have obtained amongst the most learned of the 16th century. So it will be the wonder of future generations, that their forefathers of the 19th century should be so hoodwinked as to swallow down deadly poisons, be bled, blistered and physicked; sacrificing their own common sense for the pretensions of a class of men whose gain depended on the ignorance of the people as to the result of their remedies.

CHAPTER IV.

THE HOMOEOPATHIC SYSTEM.

As this system of practice is different in many particulars from the Allopathic, or old school system, and is gaining the attention of the public, it may be expected that we should give it a passing notice.

Dr. Samuel Hahnemann, of Germany, the author of this system, was formerly a physician of the old school, and was said to be a man of talent and learning. Like many of his predecessors, after wandering in the shades of night for many years in search of truth, he deplored the healing art as altogether "uncertain and incomprehensible." He saw the danger of striking at random with such deadly weapons as Mercury, Antimony, Opium and Co., and therefore laboured to prove that the ten millionth part of a grain of calomel, was better than 250 grains.

This one fact he has clearly proved, and we challenge the world to refute it, that the patient who takes infinitesimal doses of poison will sooner recover, and be less injured, than the patient who takes large doses. Another fact can be easily proved, that the patient who takes no poison does better than either.

The views taken by Hahnemann of disease, and the method of cure, are original, and remain yet to be proved. The distinguishing features of his system appear to us as visionary and the remedies inefficient, but generally harmless, though not always. He includes in his *Materia Medica* the most deadly poisons, given in such small quantities, however, as to do little harm or good, but sometimes increased, so as to produce the most alarming effect.

Dr. Beach, of New York, says he was called to see a distinguished dentist of that city (Mr. Burden) who was taken ill, and called a homoeopathic physician to attend him. He requested him to give him no mercury; but contrary to his express desire, he gave him both mercury and arsenic; and he now states that he has been injured, particularly by the latter. He thinks that the absorbents have taken up the poison, and that it has settled in all his joints. They are now swollen, stiff, and contracted; and he is unable to walk.

The fundamental principle is, that in all diseases we are to use a medicine in small doses to cure a disease, that will produce the same symptoms as are manifested by the disease we wish to cure, and that a medicine can be made to operate on the particular portion of the system designed by the prescriber, without affecting any other portion.

The position taken by the advocates of Hahnemann's system cannot be successfully defended, there being too many well-established facts contrary to it. But, however the old school physicians may *ridicule* this system, the light of truth now dawning upon the world will show that the consequences of their system (the Allopathic) are too serious to be ridiculed. While Hahnemann may divert the patient with his grain of calomel, mixed with a barrel of sugar, and a grain of the compound divided into infinitesimal doses, requiring him to regard the physical laws of his nature in food, exercise, &c., allowing nature all her power to contend against disease, the old school physician lifts his fatal club and strikes at random, the force of which oftener comes on the head of the only healing principle that exists in man, termed nature, than on his enemy, disease. Much good, therefore, may result from this system of practice, in the present benighted state of the world on all medical subjects, by diverting the patient while nature effects a cure.

A large majority of the homoeopathic physicians are seceders from the old school, and condemn in unqualified terms the extravagant use of poisons, blistering and physicking, having themselves seen enough of their destructive effects to arouse their better feelings, and lead them to adopt a system more in accordance with humanity. Although we differ from them in theory and practice, we cannot but respect them for the uncompromising stand they have taken against the pernicious practice in which they themselves once engaged, and to remove which they have sacrificed their standing with the medical faculty, being cast out of their society, and are now the object of their ridicule, an enlightened community will do them justice, which is doubtless all they ask.

CHAPTER V.

THE THOMSONIAN SYSTEM.

This system of medical practice, unlike most other systems, is the result of experience. Facts were first established, and then a theory was based on such facts. Without facts it is as impossible to establish a correct theory, as to commence building a chimney at the top. There would be no difficulty if the first brick could be made to stick; so in medical science, establish one important fact, and you have a foundation on which you may build with safety.

Dr. Thomson, the author of the system which bears his name, was altogether unacquainted with the prevailing theories of Medicine. His mind was therefore untrammelled.

If, as Dr. Rush has said, those physicians become most eminent who soonest *emancipate* themselves from the tyranny of the schools of physic, was it good reason why Dr. Thomson could not be a reformer, because he had never been enslaved by these theories? He took reason and common sense for his guide, and established every principle by long experience. It was the inefficiency of the regular practice that induced him to turn his attention to the subject of Medicine. His children were attacked by

disease, a regular physician was called, exhausted his skill, and abandoned them to the cold embrace of death. At this critical period, Dr. Thomson resolved to call into exercise his own judgment in the use of such remedies as he had become acquainted with in his earlier days. "Necessity is the mother of invention." He applied his remedies, and succeeded beyond his most sanguine expectations. All of them recovered under his treatment, besides his companion, who was given up by five physicians.

In this simple manner originated a system of medical practice, based on the immutable principles of truth, that has saved thousands of suffering human beings from the jaws of death, who had been abandoned by the medical faculty to die. Soon he was called to administer to his neighbours. After all other remedies had failed, such universal success attended his practice, that his name and unexampled success were soon known abroad, and so numerous were his calls to attend the sick, that he was under the necessity of relinquishing his farm and devoting himself exclusively to the practice of medicine. We now find the illiterate farmer a doctor - a graduate of the school of nature, with almost universal success for his diploma.

Little did he think when he yielded to the pressing requests of the suffering and the dying to administer to their relief, that he should call down upon his head the curses and denunciations of the whole medical faculty, whose craft they saw to be in danger. But he soon fully realised that the sentiment of Dr. Harvey was true - "That he who attempted a reform in medicine runs the risk of sacrificing his life, reputation and estate." Such was his success in curing the incurable of the faculty, that their indignation was aroused against him, and poured upon his devoted head without mercy. Every means within their power were used to destroy him and his followers. If one in a thousand of his patients died, although they might have been incurable when he commenced upon them, he was charged with murder, and, in one instance, was prosecuted and put in prison. Notwithstanding the deep rooted prejudice and time honoured usages of the people, and the hellish animosity and unprecedented persecution of a profession whose influence was almost omnipotent, Thomsonianism has flourished and progressed until its remedial agents have found admittance into nearly every hamlet and mansion in the United States.

CHAPTER VI.

TESTIMONY OF OLD SCHOOL PHYSICIANS IN ITS FAVOUR.

Notwithstanding the medical faculty as a body violently persecuted Dr. Thomson, and ridiculed his system of practice, some of the most candid and humane had the magnanimity to express their conviction that his system was far more philosophical than their own.

Among the first and unwavering of the friends of Dr. Thomson was Prof. Waterhouse, of Harvard University. He says in a letter to the editor of the *Boston Courier*, "I remain firm in the opinion that the system and practice of Dr. Thomson is superior to any now extant; for by his remedies, as much can be accomplished in three days as can be done by the regular system in as many weeks, and that too without injuring the patient."

Dr. Thomas Hersey, too, of Columbus, Ohio, an eminent physician and surgeon, after thoroughly investigating Dr. Thomson's system, publicly renounced a system he had practised for forty years, and adopted the more philosophical system of Thomson. He says - "More than forty years of life have been devoted to the ancient or regular practice. Ten years have been spent in ascertaining the claims of the Thomsonian system. A partial learning was the first step, and the result was a mixed practice, which I found could not succeed. I found I must be a Thomsonian altogether or abandon the cause. The result has been, that thus pursuing this course, I became astonished at its success. This outrivalled anything with which I had ever been acquainted in private practice, or in my former official capacity in the United States Army." He also says, in a letter to Dr. John Thomson - "My practice has been extensive - my experience and opportunity for observation has seldom been exceeded; but I venture to pledge myself upon all I hold sacred in the profession, that in my estimation the discoveries made by your honored father have a decided preference, and stand unrivalled by all that bears the stamp of ancient or modern skill."

Dr. Samuel Robertson, of Cincinnati, who pursued his studies in England, and afterwards under the celebrated Dr. Rush, of Philadelphia, says, "I have renounced the depleting and poisoning system altogether; and hereafter, from this day, my life shall be spent in diffusing a knowledge of the superiority of the Thomsonian system, however I may be abused by my former brethren."

Dr. W. K. Griffen, of Clinton, N.Y., also embraces this system. He says, "After having attended three courses of lectures at the College of Physicians and Surgeons, at Fairfield, and obtaining the degree of Doctor of Medicine, I commenced using calomel, opium and the like, with the most unshaken confidence. Frequent failures I was wont to attribute to the inveteracy of the disease. But experience soon taught me a different lesson. I had frequent occasion to notice, that when circumstances

prevented the administration of the popular remedies, nature performed a cure much sooner, and left the patient in a more favourable condition, than in cases where the scientific medical books were followed. I communicated this discovery to my confidential friends in the profession, and found to my surprise, that many of them were equally conscious of the fact. But said they, the people love to be deceived, and in this respect it promotes our interest to accommodate them. They call us to prescribe, and by crying down our own medicines, we should throw ourselves out of business. Though I had always possessed the strongest prejudice against that class known as Herb Doctors, yet testimony in their favour had at length become so abundant, that I was forced to relinquish in some measure my preconceived opinions, so far at least as to give their system a fair investigation. When I entered upon the Thomsonian practice, I was convinced that it possessed rare virtues; yet it was natural for one to suppose that those virtues had been much exaggerated by the friends of the system. But in this respect I was happily disappointed, for I discovered, as my practical knowledge increased, that half its virtues had not been told."

Stephen Dean, M.D., of Hamburg, N.Y., who was seventeen years a "regular," in giving his reasons for renouncing the old system and embracing Thomson's, says, "I tried the same remedies upon myself that I used upon my patients, and they nearly ruined me, and I accordingly threw away my lance and all my poisonous drugs, and adopted the safe, simple and efficacious system of Dr. Thomson."

Dr. Thomas Eveleigh, M.D., of Charleston, a., in a letter to the - editor of the *Thomsonian Recorder*, says, "The theory of disease upon which is based the Thomsonian system of practice, I consider as approaching nearer the truth than any other theory with which I am acquainted; and so perfectly satisfied am I of this fact, that I have abandoned the old practice altogether, and have adopted Thomson's in preference; and every day's experience tends to confirm me in the opinion I first formed, that the system is based on the immutable principles of truth, and wants nothing but faithful and intelligent practitioners to convince to the world its superiority over every other system. I am persuaded that as soon as the public mind becomes enlightened upon the subject, it must and will supersede every other practice."

We could fill this volume with the enconiums of those who have practised many years under the old school system, who have renounced the same and become thorough-going Thomsonians; but enough have already been introduced to show that the advocates of Thomson's system are not all an illiterate, ignorant class of men. About three hundred more might be added, whose testimony would be in accordance with those whose names have been inserted, who have spent the usual time in studying the works of the faculty, attended the medical lectures, and practised many years, poisoning the people. After a thorough and candid examination of the Thomsonian system, with all their prejudice against it, and a trial of its remedial agents in all the different forms of disease, they were compelled by the force of evidence to abandon their poisoning system, and adopt one more in accordance with nature, reason, and common sense."

HEALTH.

Health - "The poor man's riches, and the rich man's bliss."

On this important subject, Mr. Colby writes: "A state of health consists in the power of all the different organs to perform in an easy manner all their proper offices. This state, on which our happiness so much depends, is the legitimate result of a correct mode of living. The man, woman, or child, who daily transgresses the physical laws of their nature, can no more expect to be healthy than they can expect to breathe without air, or live under water."

Ask the man who has not been free from pain for a series of years what he considers the greatest earthly blessing, and he will tell you *health*. When deprived of this, all nature wears a gloomy aspect; the glistening sunbeams, the opening flowers, the green-clad trees, the rippling streams, or the soul-cheering notes of the feathered songsters, have for him no charms. The aching head, the hacking cough, and the hectic flush, admonish him that soon he must close his eyes on all things earthly. Then it is he looks back with sorrow and deep remorse on a life spent in constant violation of the laws of nature, the result of which is always to produce misery and disease in proportion to the extent of those violations.

There are thousands at this moment rolling in wealth who would gladly part with all their possessions, and place themselves in the condition of the man who depends on his daily labour for his daily bread, if they could enjoy perfect health.

If health be thus valuable that the miser will pour out his gold, the epicure give up his sumptuous fare, and the young lady bid defiance to the life-destroying fashions of the age, that they may obtain it when lost, is it not worth preserving?

How *then can we preserve health?* Here is a question of more importance than any other of the great questions now agitating the world. Any question or enterprise, having for its object the accumulation of wealth, would weigh as little with this as the bubble in the opposite scale with the mountain. It may be argued that health is a blessing conferred upon us by Divine Providence and that He continues or

destroys it according to His own pleasure, without any agency of our own. This doctrine has prevailed to an alarming extent and has been sanctioned by those who profess to know more about the mysterious dealings of providence than they do of the physiological laws of our nature. Is it not the height of injustice to charge upon Him, whose "tender mercies are over all the works of His hands," our own folly? He, in infinite wisdom and goodness, has established certain unchangeable laws, by which all matters animate and inanimate, is governed. Obedience to these laws secures us health and all its blessings, with as much certainty as obedience to moral law secures us peace of mind.

In order, therefore, to preserve health, a proper regard must be had to food and drink, clothing exercise, air, and bathing.

FOOD AND DRINK.

On no one thing does perfect health so much depend as on the quantity, quality, and proper mastication of food, notwithstanding which a majority of mankind swallow down half-chewed, and in large quantities, a heterogeneous mass of beef, pork, butter, cheese, mince pies, cakes, &c., regardless of consequences or the object of eating or drinking. So long as we thus transgress nature's laws, so long must we suffer the consequences, - which are pain, debility, and untimely death, in spite of physicians, regular or irregulars homoeopathic, hydropathic, or herbal even. Such is the difference in the habits and constitution that no universal system of diet can be prescribed adapted to the circumstances of all; but a few simple rules should always be observed - Eat three times a day *only* a moderate quantity of such food as is the most easily digested, which should be well chewed or mixed with the saliva before it is swallowed. The best food is coarse wheat bread, potatoes, rice, ripe fruit, peas, beans, &c., and the best drink is pure, cold water, avoiding fat meat, butter, cheese, &c. The real object of eating should be kept in view - viz., to supply the system with a proper amount of nutriment, varying according to the amount of active exercise taken, and the power of the digestive apparatus, and not to gratify a depraved appetite. Every man and woman should become acquainted with the physiological laws of their natures 80 as to eat and drink and provide for their children in accordance therewith.

CLOTHING.

The principal object of clothing is to protect the body from cold and inclement weather, and therefore should be adapted to the climates season of the years age, &c. The practice of dressing children very warm seems to enfeeble and relax the system, rendering them subject to colds and all their attendant evils. They should be accustomed to wear but little clothing when indoors, and that perfectly loose about them. It will be observed that those children who, from necessity, are poorly clad and coarsely fed, are usually more robust than those who are warmly clad and are pampered with all the nice things a fond mother can obtain; the good intentions of whom do not prevent the suffering she is unavoidably bringing upon herself and her offspring. This consideration only should be kept in view in dress, regardless of fashion, that is, its adaptedness to the convenience and comfort of the wearer and the season of the year. Too much cannot be said against compressing the chest, as is the custom of many females, who have thereby sacrificed themselves to the goddess Fashion, and we fear many more must be sacrificed at the same shrine before the practice will be abandoned. Tight bandages about the neck, or any part of the system, should be avoided, as they obstruct the free circulation of the blood.

If a man would live in accordance with his nature, take proper exercise in the open air, and thereby produce a free circulation of blood, but little clothing would be required; but as he is enfeebled by diseases want of exercise, &c., he must keep himself warm by flannels and stimulating meats and drinks until exhausted nature gives up the struggle to retain its requisite amount of heat, which suddenly sinks to the temperature of the ground six feet below the surface.

The real object of clothing seems, at the present day, to be almost entirely overlooked; fashion, instead of convenience and comfort, must be consulted. How many render themselves miserable because they have not the means of following every foolish fashion that is introduced, while others toil incessantly, giving themselves no opportunity for the improvement of the mind or innocent amusement, destroying their health and happiness to obtain the means of rendering themselves ridiculous in the eyes of the really wise. But so the world goes, and so it must continue to go, until dress and shape become so ridiculous and fantastical as to be a laughing stock for each other. Says the celebrated Cobbett on this subject - "Let our dress be as cheap as may be without shabbiness; attend more to the colour of your shirt than to the gloss and texture of your coat; be always as clean as your situation will, without inconvenience, permit, but never, no, not for one moment, believe that any human being, with sense in his skull, will love or respect you on account of your fine, costly clothes."

The man or woman who has independence enough to dress consistently and decently, in defiance of a foolish and pernicious fashion, if holding a position in society that give them influence, will do much

for the benefit of his or her race. Ye professed followers of the despised Nazarene, shall we not look to you for the example? Or must Christianity itself yield to fashion, and its professors vie with each other in obtaining the most gaudy and costly apparel?

EXERCISE.

It is a law of our nature that a certain amount of active exercise in the open air must be taken every day in order to be perfectly healthy; and it is supposed that the amount necessary to procure food, clothing, &c., for the whole, together with what would be naturally taken in amusement and walks of pleasure, if divided equally among those who are competent to labour, would be the proper amount of exercise for each; but in the present arrangement of society, the few must labour incessantly in active employment, exhausting the powers of nature, and leaving the moral and intellectual powers uncultivated; while the many are engaged entirely in sedentary employment, or no employment, except to consume what hard labour produces. Both classes transgress the laws of nature - the one in not exercising enough, the other, in exercising too much. The facilities for locomotion are such at the present time, and the disposition of man to avail himself of them so general, that nearly all action of the lower extremities will be suspended by those who have the means of paying for it, the result of which is invariably, coldness of the extremities, costiveness, headache, indigestion, lowness of spirits, weakness; then comes purgative pills, calomel, blue pills, a miserable existence, and premature death.

This is no picture of the imagination, but a *facsimile* of what is daily occurring around us, and he whose eyes are open cannot help seeing it. But we do not expect to turn the tide that is thus carrying so many on the bosom of its waters to the grave. But the law and its penalties cannot be evaded by its violators.

Walking is probably the most healthy exercise; riding on horseback, sawing wood, digging the soil, are also excellent modes of exercise. Those who cannot exercise in the open air in consequence of ill health or the inclemency of weather, should engage in such exercise as they can bear within doors; and if not able to take active exercise, make use of the flesh brush or a coarse towel daily.

BATHING.

Ablution or bathing the surface once a day in cold water, is a very important means of preserving health. It invigorates and strengthens the system, cleanses the surface of the body, and renders a person less liable to take cold. It should be done in the morning on rising from the bed. Take a bowl of water, and with the hand bathe the whole surface, and rub briskly with a coarse towel. Those who are feeble can use tepid water, followed by brisk friction.

Let those who consider health of more consequence than the gratification of a depraved appetite, or conformity to foolish and destructive fashions, seek a healthy location in the country (if they are not thus situated); eat the fruits of the field and the garden alone; dress consistently, with reference to comfort rather than fashion; construct houses so as to be well ventilated; throw aside feather beds; take four hours' active exercise in the open air every day when the weather will permit; and bathe the surface in cold water every morning; and, above all, keep "a conscience void of offence;" and with as much certainty as the earth revolves round the sun, or water inclines to run down hill, will they enjoy health, peace, and competence. But those who are determined to follow the foolish custom of the age - live in indolence or in constant toil, breathe the contaminated air of cities and large towns, and live in constant violation of the laws of nature, must suffer the consequences - pain, suffering, anxiety, parting with loved children, constant sickness, &c.

- When will mankind be wise and observe the laws of nature, and thereby avoid the suffering that inevitably follows their transgression? In consequence of the unnatural state in which man lives, his body is constantly diseased, requiring the aid of medicine to assist nature in her efforts to regain lost energy. To supply this demand, physicians and secret medicine manufacturers have sprung up in every town and city, many of whose remedies are as well adapted to cure disease as a hand saw would be for shaving, and the aggregate of which, undoubtedly, increase vastly the amount of disease and suffering.

The celebrated Dr. Courtney, of Ramsgate, writing on the promotion of health and longevity, says: "The human frame is so constituted that it may, by wise training, not only be brought to bear with impunity every vicissitude of climate, but even be strengthened and hardened. The stomach - the great store-house of the body, and: without the integrity of; whose functions life itself is but a burden - can be rendered capable of digesting any kind of food, and our bodies of performing almost any amount of labour, so long as we observe the rules which experience, physiology, reason, and common sense dictate. Of these rules, the most important, perhaps, are the following: Moderation in eating and drinking; great personal cleanliness, early rising, fearless and daily frequent exposure to the weather in all its vicissitudes, and total abstinence from intoxicating liquors."

Persons who would enjoy health and length of days must give up the effeminate and luxurious habits now so fashionable, and must not live in rooms defended from the breath of heaven by means of closely-fitting doors and windows, and heated by enormous fires to a temperature that must relax and enervate, rendering them living barometers, or like so many hot-house plants, to whom every change is blight or death. The so called comforts of life are the very bane of health. Lounging on sofas and in carriages, late hours, soft beds, lying in bed till nine or ten in the morning, these and the like luxurious habits, combined with the sedentary amusements of card playing, and novel reading, &c., are of themselves sufficient to dilapidate the strongest constitutions.

The more exercise any person takes the larger is the quantity of oxygen he inhales, and the warmer he becomes; consequently the person who takes but little exercise, inhaling little oxygen, loses in a great measure its warming, vivifying, and strengthening agency. When there is a deficiency of oxygen in the system, the black blood from the veins is but imperfectly changed by the air in the lungs, and a blood unfit for the purpose of life flows through the body; the consequence of which is - *must be* - a falling off in health, to a greater or less extent. Hence arise those very prevalent affections - chilliness, languor, lowness of spirits, headaches of different kinds, faintness, palpitations, stupor, apoplexy, &c.

It has been imagined by persons ignorant of the mechanism of the human frame, that females cannot bear much exercise or exposure to atmospherical vicissitudes, and that passive exercise is more suited to their constitutions. This is a mistake altogether - an error which has caused the loss of health in thousands of instances. Constant and daily exercise in the open air, early rising, a daily ablution of the body with cold water, and the avoidance of over-heated and badly-ventilated rooms are essentials in the code of health, which can no more be dispensed with by the female than by the male. Indeed, when we take into consideration the many causes that tend to weaken and impair the health of the female, which do not at all interfere with man, the necessity of the avoidance of enervating habits is even more requisite on the part of the weaker sex. To both sexes we would say, avoid easy-chairs, and cushioned sofas, and carriages, and sleep not on beds of down, but on hard mattresses, and keep not on these beyond the time that nature requires for repose. Let the pure breath of heaven gain free admission to your apartments, but especially to your sleeping apartments; and if you would not, as you ought not, respire over and over again the same corrupted air, do not stop its free circulation by surrounding your bed with curtains. It is more essential to have our bedrooms ventilated than our drawing-rooms, because we pass more time in them; and when we consider that the oxygen (oxygen is the great supporter of life and heat), contained in a gallon of air is consumed by one person in a minute, and that a lighted candle consumes about the same quantity in the same time, it must be evident to all that thorough ventilation is essential to health - that perfect health, in fact, cannot be maintained without it; and that lights in our bedrooms, when a frequent renewal of the air in them cannot be maintained, are exceedingly pernicious. According to Dr. Arbuthnot's calculation, three thousand human beings, within a compass of an acre of ground, would make an atmosphere of their own steam about seventy-one feet high, which, if not carried away by winds, would become pestiferous in a moment. It should be remembered that the same air cannot enter into the lungs more than four times without carrying with it properties inimical to the principles of life. A moment's consideration of the state in which the air must be, that is confined all night within bed curtains, and is respired innumerable times, will explain how it is that many persons rise in the morning with pale faces, bad taste in the mouth, want of appetite, &c., - symptoms, however, which often arise from other causes, and especially from the use of intoxicating liquors.

DISEASE.

Dr. Abercrombie, a distinguished physician, said: "I am under the necessity of acknowledging that since medicine was first cultivated as a science, a leading object of attention has ever been to ascertain the characters and symptoms; by which particular internal diseases are indicated, and by which then are distinguished from other diseases which resemble them. But with the accumulated experience of ages hearing upon this subject, our extended observation has only served to convince us how deficient we are in this department, and how often in the first step of our progress we are left to conjecture. A writer of high eminence (Morgagni) has even hazarded the assertion that persons are the most confident in regard to the character of disease whose knowledge is most limited, and that more extended observation generally leads to doubt."

Disease is nothing more nor less than a deviation from a state of health, consisting in, or depending on, an obstruction or diminution of the vital energies, exhibiting different symptoms according to the extent of the deviation, the importance of the organ effected, or peculiar state of the person coming under influences capable of producing a state of disease.

He who does not enjoy perfect health is more or less under the influence of disease, the cause of which being continued, disease progresses, acting on different organs, deranging different functions, and exhibiting new symptoms until the powers of nature yield, and death is the result.

A disease is either general or local, functional or organic. It is general when the whole system is affected, and local when it is confined to a particular part. A disease is functional when an organ is labouring under some derangement; and organic when there is alteration in the structure of the organ.

THE UNITY OF DISEASE.

The doctrine of *the unity of disease*, as advocated by Thomsonians, has not generally been understood, and therefore the medical faculty have endeavoured to bring the Thomsonian system into disrepute by ridiculing it. We do not say every form of disease is characterised by the same symptoms, or is located primarily or principally on the same organ; but that for the purpose of applying medicine safely and scientifically, a division of disease into classes, orders, and kinds is not necessary, neither is it possible.

When we transgress the laws of nature by constantly overloading the stomach, the effect is in general, - every organ is more or less deranged and debilitated, consequently not capable of performing its functions. To what organ, then, should medicine be applied to remove the cause and effect of disease? Would not the only rational cause be to remove the first cause by taking food in a proper quantity and quality, and then by general stimulants and relaxants arouse the different organs to action to throw off the morbid accumulations, and thereby relieve nature by removing the obstructions to her free operations? Let the form of disease or symptoms be what they may, the only business of the physician is to remove the obstructions to nature's efforts, and assist her in her operations. We may as consistently divide hunger into a thousand different kinds, and prescribe one particular article of food to nourish one part of the system, and another article to nourish another part, as to prescribe a medicine to remove disease from a particular portion of the system, without having its natural effect on the whole system. An experience of ninety years by millions of patients, afflicted with every conceivable form of disease, has sufficiently tested and established the fact that a Thomsonian course of medicine, judiciously administered, is adapted to the care of every form of disease that is curable; although it may not be necessary to resort to it, as something more mild and pleasant in its operation will frequently accomplish the object in the early stage of the disease; neither is it necessary to administer it when the powers of nature are so far exhausted as to render a recovery impossible. *On this one fact* does the safety of the Thomsonian system depend in the hands of the people - that disease, wherever located in the human system, whatever its forms or the symptoms by which it is characterised, may be successfully treated on general principles with remedies operating in harmony with the laws of nature; so that the mother may administer to her child, the husband to the wife, and the wife to the husband, with the most unshaken confidence, and thereby avoid quackery.

CAUSES OF DISEASE.

The cause of disease is a transgression or violation of the laws of our nature. This violation must be voluntary on our part, with or without a knowledge of the consequences. It may be produced by circumstances beyond our control - as when we come in contact with, inhale or take into our stomachs poisonous substances or gases - or may result from the transgressions of our fathers.

"HEREDITARY."

The cause of all disease can be clearly traced to the violation of some one or more of the laws of nature.

1st. By our forefathers producing in us hereditary taints, such as consumption, scrofula, syphilis, liver complaints, &c.

2nd. Insufficient or too great an amount of exercise - the former producing an inactive state of the organs, the latter producing an exhaustion, in both of which states they do not perform their proper offices. The stomach ceases to secrete the necessary quantity of gastric juice to carry on digestion, the bowels are costive, the morbid agents generated in the system retained, the wheels of life clogged until exhausted nature gives up the struggle to keep in motion its machinery.

3rd. Sudden changes from heat to cold, or cold to heat.

4th. Eating and drinking that which is injurious in itself, or, if not injurious in itself, made so by the quantity taken.

5th. Poisons coming in contact with the surface, taken into the stomach, inhaled into the lungs, or inoculated into the veins, such as the miasma of swamps and lakes; the bite of snakes or any poisonous reptile or animal; the inhalation or inoculation of a poisonous virus, as in small-pox, measles, &c.; taking any substance into the stomach capable of destroying life (however small in

quantity), although the destruction of life may be prevented by the efforts of nature in expelling it from the system, or protecting herself against its immediate destructive effect, yet rapidly diminishing the vitality of the system, and dragging its victim slowly but surely to the grave.

6th. Mechanical or chemical injuries, such as wounds, bruises, &c. These causes acting, separately or combined, on the human system a length of time, impede the vital functions obstruct the free operation of the organs, and produce disease.

THE EFFECTS OF DISEASE.

We have said that disease was an obstruction or diminution of vital energy, caused by violation of the laws of nature. The effects of this obstruction are various, depending on the organ obstructed or disabled, the extent of that obstruction, and the vital power existing in the system to overcome the offending cause. The different symptoms by which the different forms of disease are characterised are arranged by medical authors into classes or kinds, giving to each class a different name, as fever (which is sub-divided into ten or twelve kinds or colours, as scarlet, yellow, &c). These are not separate and distinct diseases, but a manifestation or effect of disease.

Fever is not a disease, but the effect of an effort of nature to overcome disease. Let an individual be exposed to the cold after sweating, without any exercise, and what is the result? Pain in the head and back, cold chills succeeded by a preternatural degree of heat, pulse strong and quick. What is the cause of these symptoms? A contraction of the minute blood-vessels of the surface and of the pores of the skin, in consequence of which the circulation is thrown upon the large blood-vessels, occasioning fullness and pain in the head, back, &c., and retention of morbid agents, occasioning an increased action of the heart and arteries. This increased action generates more heat than in a healthy state, which is retained in consequence of the pores of the skin being closed, through which medium the extra heat escapes in a healthy person. The retained heat gives a name to the disease, as fever, which means heat. It must appear evident that this retained heat, called fever, is not the disease, but the effect of disease. Disease assumes the most dangerous form when there is a deficiency of heat, as in low typhus fever, cholera, paralysis, &c. Fever is an evidence that nature is active, whereas a loss of fever before the cause is removed would be a certain indication of death.

The effect of disease, then, is to produce all those different phenomena that physicians have classed under different names as so many different diseases.

We have been so long accustomed to consider the most prominent symptom attending any form of disease to be the disease itself - to destroy which all our efforts should be employed; that it will be somewhat difficult to present the subject in a true light and be clearly understood.

The belief generally prevails that each form of disease has a specific remedy the knowledge of which may be obtained by study or experience. But what specific remedy has the faculty discovered for any form of disease? Have they a remedy for fever? If so, why let it run three or four weeks? For consumption? If so, why so many die? For dropsy? If so, why fail to cure in nearly every instance? Perhaps we must admit that the four thousand years' experience and study of the learned and wise have made the discovery that brimstone will cure the itch sometimes; but we are not quite sure that this discovery was not made by some old lady.

The reason why so much unwearied effort, so much experimenting, so much hard study and close thinking already bestowed on this subject have not led to the discovery of a cure for disease is that, in their eagerness to grasp some mysterious theory far above the comprehension of the unlearned, to discover some far-fetched and dear-bought remedy, they have overlooked plain, simple truth that lies directly in their path, over which they have stumbled into darkness and error. They have trampled under feet the simple plants of nature's garden, and ransacked the bowels of the earth for poisons that would operate scientifically. But so long as the physical system is under the control of established laws, so long will such remedies fail to accomplish the object of medical science - viz, to prevent and cure disease.

We have said that disease was obstructed or diminished vital action, exhibiting different symptoms, according to the extent of the obstruction, the importance of the organs affected, and the vigour of the constitution, &c, caused by a violation of the physical laws of our nature, the effects of which are fever, consumption, rheumatism, &c., &c.

One or more of the following indications should be accomplished in the cure of every form of disease - viz., relaxation, contraction, stimulation, soothing, nutrition, and neutralisation. These indications assist nature in her efforts to remove obstructions and regain lost energy.

The only remedial agents necessary to be used in the cure of any form of disease are those that are innocent in themselves? Acting in harmony with the laws of nature.

In order to make the subject plain, simple, and intelligible to all, we shall give a description of the roots, plants, barks, and other remedial agents and processes used in accomplishing the necessary indications under the head of materia medica.

MATERIA MEDICA.

STIMULANTS

Stimulants are substances capable of increasing the action or energy of the body. Pure, diffusible stimulants act in harmony with the laws of life, and therefore assist nature in her efforts to overcome disease; while acrid and narcotic stimulants produce local irritation, exhausting the powers of nature:

Cayenne	<i>Capsicum Baccatum.</i>
Black Pepper	<i>Piper Nigrum..</i>
Ginger	<i>Zigiber Officinales.</i>
Wild Ginger	<i>Asarum Canadence.</i>
Mustard	<i>Sinapis Nigra.</i>
Peppermint	<i>Mentha Piperita.</i>
Pennyroyal	<i>Hedeoma Pulegioides</i>
Golden Rod	<i>Solidago Odora.</i>
Bryony Root	<i>Bryonia Alba.</i>
Cloves	<i>Caryophyllata Aromaticus.</i>
Allspice	<i>Myrta Primenta.</i>
Nutmeg	<i>Myristica Mochatu.</i>
Horse Radish	<i>Armoracia Cochlearia.</i>
Spearmint	<i>Mentha Veridies.</i>
Catmint or Catnip	<i>Nepeta Cataria.</i>
Summer Savory	<i>Satureiga Hortensi.</i>
Snake Root Virginia	<i>Aristolochia Serpentaria.</i>
Prickly Ash	<i>Xanthoxylum Fraxineum.</i>

The above are all pure stimulants, acting in harmony with the laws of nature; but cayenne is the best, and the one most depended on in the botanic practice; it is stimulant, antispasmodic, aperient, and expectorant; it is valuable for raising the vital heat of the body, and for promoting free perspiration; it is an excellent article used as a gargle for the throat, combined with sumach berries and myrrh.

BLACK PEPPER

Comes next to cayenne as a stimulant, and may be substituted when the other cannot be got. It is more astringent; and less active; it is also aromatic and febrifuge. The white pepper is the same article, with the outer skin removed.

GINGER.

There are two kinds, the black and white. The latter is the best as a medicine. It is a warm, aromatic root, and, in syrup or tea, is good to relieve pain arising from wind.

WILD GINGER

Is a native of Canada and the United States. It is also known as Canada Snake Root. It is nervine, stimulant, and diaphoretic, and is good in measles, all cutaneous diseases, intermittent fevers, &c. An overdose causes vomiting.

MUSTARD

Is used chiefly for poultices. A teaspoonful of the white mustard seed, three times a day, is good in dyspepsia and costiveness.

PEPPERMINT

Is stimulant, aromatic, sudorific, anti-spasmodic, pungent, and anti-emetic. Dr. Beach recommends the fresh herbs, bruised, and applied to the pit of the stomach, for the cure of nausea, and the bowel complaint in children.

PENNYROYAL

Is stimulant, emmenagogue, carminative, aromatic, and diaphoretic. A strong decoction is good for all kinds of colds, fevers, suppression of urine and gravel, and is beneficial in obstructed menstruation.

GOLDEN ROD

Is stimulant, aromatic, diuretic and diaphoretic, good in debility, colds, and gravelly complaints. The leaves are gently astringent, to be used in strong decoction.

CLOVES

Aromatic, stimulant and anti-scorbutic. An article often much adulterated.

ALLSPICE

Is moderately stimulant; highly beneficial for children who are cutting their teeth, with relaxed bowel; strengthens the nerves of delicate women, and promotes the " menses."

NUTMEG

Is stimulant, aromatic, anodyne, stomachic, astringent, exceedingly useful in diarrhoea and dysentery. We have often stopped a relax in the bowels by giving equal quantities of roasted nutmeg (powdered) and powdered rhubarb. One teaspoonful every two hours in a little water.

HORSE RADISH.

Good in chronic rheumatism, palsy, dropsy, and debility.

SPEARMINT

Is stimulant, diuretic, anti-spasmodic. An infusion will promote perspiration. It is good to allay nausea and vomiting. It is also beneficial in gravel, suppression of urine, &c It must not be boiled, but infused. One ounce of the dry leaves to one pint of boiling water. Dose: A wine glass full as often as the stomach will bear it. This also makes a good lotion for the piles.

CATMINT OR CATNIP

Good in hysteria and nervous affections, dyspepsia, and for removing wind, either in adults or children.

SUMMER SAVORY.

Good for poultices in inflammatory complaints, as a substitute for mints, and for female obstructions.

VIRGINIA SNAKE ROOT. Tonic and diaphoretic, promotes perspiration, and strengthens the stomach. Dr. Beach says: "Warm to sweat, cold to strengthen."

PRICKLY ASH

Is an excellent stimulant, and may be used in all cases where one is required; good in rheumatism, cold hands and feet, fever and ague, &c.

TONICS

Are those medicines which act on the muscular tissue, making them firmer and more compact, and thus increasing the strength. All tonics not possessing stimulating properties should have stimulants combined with them.

Barberry Bark	<i>Berberis Vulgaris.</i>
Buckbean	<i>Menyanthes Trifoliata.</i>
White Poplar Bark	<i>Populus Tremuloides.</i>
Golden Seal	<i>Hydrastis Canadensis.</i>
Balmony	<i>Chelone Glabra.</i>
Columba Root	<i>Frasera Caroliniensis.</i>
Horehound	<i>Marrubium Vulgare.</i>
Tansy	<i>Tanacetum Vulgare.</i>
Unicorn Root	<i>Helonias Dioica.</i>
Centaury	<i>Sabbatia Angularis.</i>
Gentian	<i>Gentiana Lutea.</i>
Peruvian Bark	<i>Cinchona Calisaya.</i>
Quassia Chips	<i>Simaruba Excelsa.</i>
Mugwort	<i>Artemisia Vulgaris.</i>
Gum Myrrh	<i>Balsamodendron Myrrha.</i>

BARBERRY BARK

Is tonic and laxative; efficacious in jaundice, removing the yellowness of the skin and eyes; greatly increases the appetite and the strength. The berries make a good wash for canker.

BUCKBEAN.

A valuable tonic, diuretic and anthelmintic; highly beneficial in -rheumatism, jaundice, dyspepsia, worms, &c.; an excellent bitter.

WHITE POPLAR BARK.

A splendid tonic, antiseptic, aromatic, and aperient; it is also diuretic. It is valuable as a general strengthener for old and debilitated persons; good in hysteria, &c.

GOLDEN SEAL.

A valuable bitter tonic; good in indigestion and bilious affections; makes a good wash for old sores, obstinate ulcers, &c.

BALMONY.

An excellent tonic; good in costiveness dyspepsia, general debility, loss of appetite, &c.; good for worms in children.

COLUMBA ROOT.

One of the best bitter tonics used in the herbal practice; employed in dyspepsia, chronic diarrhoea, and dysentery, and as a strengthener after fevers, &c.

HOREHOUND.

An excellent tonic, antispasmodic and expectorant; valuable in all kinds of coughs, colds, and pulmonary affections.

TANSY.

The properties of this valuable plant cannot be too well known; it is tonic, stimulant, emmenagogue, sudorific, vermifuge, and aromatic; it is a powerful aromatic bitter, excellent for strengthening the stomach and bowels, good in fevers, bloody urine, dropsies, and hysterics. If you want to give a lasting blessing to your daughters, give them plenty of this herb at the time of puberty.

UNICORN ROOT.

A good bitter tonic and stimulant, good to strengthen the reproductive organs; it is also diuretic, useful in suppressed menstruation, and may be used whenever a tonic and stimulant are required.

CENTAURY.

This is a pleasant bitter; creates an appetite; good in combination with other herbs for liver complaint, indigestion, &c.

GENTIAN.

A useful bitter tonic, excellent for indigestion, but more powerful for that purpose when combined with other tonics.

PERUVIAN BARK.

Its properties are tonic, astringent, and febrifuge. There are three kinds - the yellow, the orange, and the red. The red and yellow are the best. Get it at a respectable and reliable herbalist, if possible, as it must be genuine to be depended on.

QUASSIA.

A good tonic in remittent and intermittent fever; also for worms.

MUGWORT.

Useful in epilepsy, hysteria, amenorrhoea; promotes the flow of urine and menses.

GUM MYRRH

Is a stimulating tonic, possessing antiseptic properties. It is good in chronic diarrhoea and general debility. The tincture makes an excellent mouth-wash, combined with an equal quantity of water. We have also found it a useful injection for inward piles, prepared in the same way.

ASTRINGENTS.

Bistort Root	<i>Polygonum Bistorta.</i>
Tormentil Root	<i>Tormentilla Erecta.</i>
Cranesbill Root	<i>Geranium Maculatum.</i>
Bloodwort	<i>Hieracium Venosum.</i>
Bayberry Bark	<i>Myrica Cerifera.</i>
Sumach	<i>Rhus Glabrum.</i>
Oak Bark (White)	<i>Quercus Rhubra.</i>
Cudweed	<i>Gnaphalium.</i>
White Pond Lily Root	<i>Nymphaea Odorata.</i>
Red Raspberry Leaves	<i>Rubus Strigosus.</i>
Blackberry Leaves	<i>Rubus Villosus.</i>
Marsh Rosemary	<i>Stative Limonium.</i>
Avens Root	<i>Guem Virginianum.</i>
Hemlock Bark	<i>Pinus Canadensis.</i>

BISTORT ROOT.

Bistort Root is one of the most- powerful astringents in the vegetable kingdom, and greatly used by us in all cases where an astringent is required; good in all discharges and fluxes; is excellent in decoction as an injection in leucorrhoea, profuse menstruation, &c.; and makes a good mouth-wash and gargle in ulcerated throat and sore mouth; it makes a good lotion in old sores.

TORMENTIL ROOT

Is also a powerful astringent, and one that does not increase excitement; good in bleeding piles, diarrhoea, dysentery, &c. A decoction, made by boiling 1 oz. of the root in 1 1/2 pints of water down to 1 pint, makes a good wash for old sores.

CRANESBILL ROOT

Is an astringent of a milder nature, and having an agreeable taste is more pleasant to take. It may be used instead, or in conjunction with, either of the above in the complaints mentioned. Made strong it is also good for bleeding of the lungs.

BLOODWORT.

Is a powerful astringent, the roots being the best parts to use; good in all fluxes, spitting of blood, profuse menstruation, diarrhoea, &c.

BAYBERRY BARK

Is one of the most valuable productions of the vegetable kingdom; it is an astringent, narcotic, and emetic; it forms the basis of our composition powder; valuable for removing canker of the stomach and bowels. It is also excellent for cleansing the mouth; it makes a good snuff in polypus, and when the Passages of the nose are stopped. Dr. Beach highly extols this article as a poultice in scrofulous ulcers. It can be obtained either crude or in powder.

SUMACH.

The berries are most used; they are astringent, diuretic, antiseptic, and tonic; good in falling of the womb, stranguary, and, as a drink sweetened, for diarrhoea in children. They also make a good gargle for sore throat.

OAK BARK.

Astringent and antiseptic; makes a good gargle used in strong decoction, and useful as a wash in gangrenous ulcers, and as an injection in prolapsus uterus, &c.

CUDWEED.

Astringent, good in dysentery, profuse menstruation, and as an injection in tenesmus, &c.

WHITE POND LILY ROOT.

Good in conjunction with other articles in fluor albus or whites, and in decoction with slippery elm bark as a poultice in swellings, king's evil, &c.

RED RASPBERRY LEAVES.

An excellent and mild astringent; a tea nicely sweetened makes a good drink for infants when troubled with looseness of the bowels, thrush, or canker of the stomach; also good before and after confinement. Dr. Fox recommends scullcap and composition powder (equal quantities) in raspberry leaf tea for removing after pains, and we have proved their efficacy in such cases.

BLACKBERRY LEAVES.

The root and berries make an excellent syrup with the addition of sugar, for chronic diarrhoea and dysentery, and for the same complaint in children.

MARSH ROSEMARY

Is a most powerful bitter astringent, good in decoction as an inward astringent, and also as an injection in fluor albus, piles, &c.

AVENS ROOT

Is a powerful astringent, acting without confining the bowels, and was at one time used in America as a substitute for chocolate or coffee, in decoction with milk and sugar. It is a good tonic.

HEMLOCK BARK (*Pinus Canadensis*).

This well-known astringent is a good diuretic, and strengthens the kidneys and small of the back, and makes a good fomentation to allay swellings; also a good injection for bowel complaints, piles, &c.

GUM CATECHU

Is one of the most powerful astringents known; useful in diarrhoea, dysentery, &c.

LAXATIVES

Are those medicines which increase the peristaltic motion of the bowels without purging or producing a fluid discharge.

Bitter Root (*Apocynum Androsaemifolium*).

Butternut Bark (*Juglan's Cinerea*).

Dandelion (*Taraxacum Dens Leonis*).

BITTER ROOT

Is tonic and stimulant; a good corrector of bile; good in costiveness, as it will produce a movement-- of the bowels in a natural manner; also useful in the first stages of fever; in dropsy, and also in torpidity of the liver.

BUTTERNUT BARK.

A mild purgative, and in diarrhoea and dysentery the very best that can be employed; also good in worms. It may be used in extract, pills, or syrup.

DANDELION

Is diuretic, stimulant, tonic, anti-spasmodic, aperient, and alterative; useful in all obstructions of the urinary organs, jaundice, biliary obstructions, &c.

DIURETICS

Are those medicines which increase the action of the urinary organs.

Queen of the Meadow	<i>Eupatorium Purpureum.</i>
Juniper Berries	<i>Juniperus Communis.</i>
Buchu Leaves	<i>Barosma Crenata.</i>
Parsley Peirt	<i>Aphanes Arvensis.</i>
Parsley Garden	<i>Apium Petroselinum.</i>
Wild Carrot	<i>Daucus Carota.</i>
Broom	<i>Cytisus Scoparius.</i>
Clivers	<i>Galium Aparine.</i>
Uva Ursi	<i>Arctostaphylos Uva Ursi.</i>
Tansy	<i>Tanacetum Crispum.</i>
Pellitory of the Wall	<i>Parictaria Officinalis.</i>
Cubeb	<i>Piper Cubeba.</i>
Burdock Seeds	<i>Arcticum Lappa.</i>

QUEEN OF THE MEADOWS

Is diuretic, stimulant, and tonic; valuable in dropsy, strangury, gravel, &c.

JUNIPER BERRIES

Are a powerful diuretic, acting chiefly upon the kidneys, and increasing the secretions of those organs. If preferred, the oil may be used - from three to five drops on a little sugar.

BUCHU LEAVES.

Diuretic, diaphoretic, stimulant; a useful medicine in all derangements of the urinary organs.

PARSLEY PEIRT

Is excellent in gravel and all diseases of the kidneys and bladder.

WILD CARROT

Is diuretic and emmenagogue; beneficial in gravel, diseases of the bladder, strangury, stone, and obstructed menses.

PARSLEY ROOT

Is diuretic, useful in dropsy, retention of urine, strangury, and gonorrhoea.

CLIVERS

Is one of the most valuable diuretics; useful and quick in all suppressions of urine and gravel; very cooling in inflammatory affections of the kidneys or bladder. Infusion to be made in cold water.

BROOM

Is a strong diuretic, slightly cathartic; good in dropsy.

UVA URSI.

Useful in all cases of suppression of urine; to be drunk freely. Made by infusion.

TANSY

Promotes urine; good in strangury; strengthens the kidneys. Also useful in flatulency, and cures worms.

PELLITORY OF THE WALL.

A powerful diuretic; good, in decoction with honey, for old dry cough, shortness of breath, and wheezing at the lungs; it also makes a good lotion for the piles.

CUBEBS.

A powerful healing diuretic; good in scalding urine, gleet, gonorrhoea, &c. Used in decoction, powder, or oil. A teaspoonful of powder may be taken in water, sweetened, three times a day.

BURDOCK.

The seed or root is a most powerful diuretic; it is also excellent in gout, rheumatism, and scurvy; it has been known to cure dropsy, alone. To be made into a decoction by boiling two ounces of the root or seed in three pints of water down to one quart; to be drunk plentifully. The seeds are most used in cases of stone or gravel.

NERVINES.

Scullcap	<i>Scutellaria Lateriflora.</i>
Lady's Slipper	<i>Cypripedium Putescens.</i>
Valerian English	<i>Valeriana Officinalis.</i>
Maple Bark	<i>Acer Rubrum.</i>
Assafoetida	<i>Narthex Asafoetida.</i>

SCULLCAP.

Tonic, nervine, anti-spasmodic; excellent in St. Vitus' dance, taken in infusion; useful in tetanus, convulsions, and in all cases where a nervine is required. An excellent nervine used as a common drink; also good for procuring sleep.

LADY' S SLIPPER.

This herb, whilst possessing no narcotic properties is an excellent nervine; good in all nervous diseases, such as headache, hysterics, and all cases of nervous irritability.

ENGLISH VALERIAN.

Good in all cases of nervous debility, and in low fever as a nervous stimulant.

MAPLE BARE Is tonic, astringent, and nervine.

ASSAFOETIDA GUM.

A most powerful nervine; good in hysteria, colic, and spasmodic asthma. It is used in the form of pills (which see).

PURGATIVES.

Mountain Flax	<i>Limn Catharticum.</i>
Rhubarb	<i>Rheum Palmatum.</i>
Senna	<i>Cassia Auctifolia.</i>
Aloe	<i>Aloe.</i>
Jalap	<i>Ipomea Jalapa.</i>
Mandrake	<i>Podophyllum Peltatum.</i>
Bindweed	<i>Convolvulus Panduratus.</i>

MOUNTAIN FLAX.

This plant may be depended upon as a safe and active purgative; good in dropsy, rheumatism, or wherever a brisk purgative is required; we usually combine it with other herbs in our liver and jaundice mixture.

RHUBARB.

This is a valuable purgative, first gently evacuating the intestinal canal, and then restoring the tone of the stomach and bowels by its astringent properties; it is very useful, combined with roasted nutmeg, in cholera, dysentery, and a relaxed state of the bowels.

SENNA.

Is a well known and valuable cathartic, but is liable to cause griping if not combined with ginger.

ALOE.

There are four kinds of this article, but the best are the *Socrotine* and the *Barbadoes*. They are warm, stimulating purgatives; slow in their operation, but effective; good in jaundice and scrofula, but should never be used by persons subject to piles, as they are liable to produce that distressing complaint if used in large doses.

JALAP.

An active cathartic, acting upon the whole alimentary canal, increasing the peristaltic action, and promoting the secretions without irritation. Dr. Beach recommends ten grains of jalap with one drachm of cream of tartar as an excellent preparation where long continued purging is necessary, as in dropsy, etc. Dose of the powder from ten to thirty grains.

MANDRAKE.

Is purgative, deobstruent, antibilious, anthelmintic, hydrogogue, anti-dyspeptic. Dr. Beach says it is a complete substitute for mercury. The properties of this article are that of a sure and active cathartic, equal, if not superior, in some diseases, to that of jalap. Dr. Thos. Cooke says of this plant: "My own experience goes to confirm the valuable properties of this article. I have been in the habit of using it in my practice extensively for the last ten years in the various forms of disease, and can say that I know of no single article in the whole materia medica that acts so generally on the secretions and excretions, removing obstructions, and exerting a healthy action throughout the system, without any bad effects whatever. I am confident that if the faculty would for once divest themselves of their blind prejudices in favour of the mineral, and consent, at least, to make a trial of this vegetable substitute, it would be a happy event for mankind. I consider it a complete substitute for mercury in all the diseases in which, in the common practice, it is supposed that mineral is indicated. 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 corroding and eating canker, rendering a vast number feeble and debilitated for life. Their humanity should be 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 destroyer 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 would, no doubt, richly compensate them for the pecuniary sacrifice."

Dr. Beach's compound powder of mandrake is made as follows:

Powdered	Mandrake
"	Spearmint
	Cream of Tartar

Equal parts.

Dose: A teaspoonful in treacle or tea.

BINDWEED.

Is purgative and diuretic; has been found useful in cough, asthma, debility, and dropsy.

EXPECTORANTS

Are medicines that promote the discharge of *mucus*, *pus*, or accumulations from the lungs and bronchial tubes.

Horehound	<i>Marrubium Vulgare.</i>
Skunk Cabbage	<i>Symplocarpus Foetides.</i>
Mouse Ear	<i>Gnaphalium Ulignosum.</i>
Elecampane	<i>Inula Helenium.</i>
Pleurisy Root	<i>Asclepius Tuberosa.</i>
Polypody	<i>Polypodium Vulgare.</i>

HOREHOUND.

Is pectoral and tonic, and is an excellent remedy in coughs, colds, and pulmonary complaints. A decoction of this herb, made strong, sweetened with honey, and acidulated with a little vinegar, is a most useful remedy for a cough or cold on the chest in its first stage. Dose: A wineglassful three or four times a day.

SKUNK CABBAGE.

Is antispasmodic, useful in spasmodic asthma, and with other ingredients, in coughs, bleeding at the lungs, etc. one third of a teaspoonful is sufficient for a dose, combined with cayenne and slippery elm. Note: An overdose is said to cause vomiting, headache, vertigo, and temporary blindness.

MOUSE EAR.

A decoction is very healing for the chest, and good for coughs and colds.

ELECAMPANE.

Dr. Sir John Hill says of this plant: "Hardly any plant has more virtues. It is good in all disorders of the breast and lungs, and it opens obstructions. It is also a powerful diuretic, and greatly promotes perspiration. Its greatest virtue, however, is against coughs, and for this purpose is best candied. A little of it may in this way be held almost continually in the mouth, and swallowed gently, taking effect much better than when a larger dose is swallowed at once." our Elecampane Cough Candy is well known and much appreciated; we have it constantly in stock at threepence per packet.

PLEURISY ROOT.

Is diaphoretic, expectorant, and antispasmodic; useful in coughs, pleurisy, colic, flatulency, and to promote perspiration; can be taken in decoction or in powder. A teaspoonful in a little pennyroyal tea, until relief is obtained.

POLYPODY.

Is expectorant, demulcent, purgative, and vermifuge; good made in a syrup in pulmonary diseases, and being united with liverwort, is said to have permanently cured a lady in South Carolina of consumption in its last stage. A strong decoction of this plant, when given to children, will purge, and also expel worms. This root has also been used in combination with purgatives to expel tapeworm, and, it is said, with success.

DEMULCENTS

Are those medicines that possess soothing mucilaginous properties, shielding the surface or membrane from the contact of any irritating substance.

Slippery Elm Bark	<i>Ulmus Fulva.</i>
Comfrey Root	<i>Symphitum Officinalis.</i>
Marshmallow	<i>Althea Officinales.</i>
Hollyock	<i>Althea Rosea.</i>
Mullein	<i>Verbascum Thapsus.</i>
Gum Arabic	<i>Acacia Gummi.</i>

SLIPPERY ELM.

The bark may be stripped into small pieces, and will give out much of its mucilage by boiling in water. It is useful in coughs, bowel complaints, stranguary, sore throat, inflammation of the lungs and stomach,- eruptions, etc. The powdered bark forms one of the most useful poultices known for-ulcers, tumors, swellings, chilblains, and all outward inflammations; it is very nutritious, and much used as a food for the sick.

COMFREY.

Is mucilaginous, and is useful in coughs and in all chest diseases, spitting of blood, and ulcerated lungs, soreness of the bowels, and all' inward inflammations. We use it with other things in our mixture for fluor albus. It makes a good lotion for ulcers and other sores, being very healing and cooling.

MARSHMALLOW.

An excellent herb, is good in coughs, asthmas diarrhoea, and all inward inflammations; also externally, as poultices and lotions, for all outward inflammations.

HOLLYOCK.

This is a tall and beautiful plant, which has recently become common in Melbourne in our public and private gardens. Its properties are mucilaginous, emollient, expectorant, being very similar to the mallows, and may, like that plant, be used for all inward inflammations. It forms an excellent poultice and has been recommended as a useful drink in fluor *albus*. The whole herb may be used.

MULLEIN.

Is mucilaginous, anodyne, anti-spasmodic, discutient, and astringent; good in coughs, dysentery, soreness of the bowels; makes a valuable fomentation and ointment for the piles. The bruised leaves make a good poultice, applied warm, for contracted sinews and swellings.

RELAXANTS

Are those substances that have the power of relaxing muscular fibre, and alleviating spasm.

Lobelia Inflata	<i>Lobelia Inflata.</i>
Crawley Root	<i>Corallorhiza Odontorhiza.</i>
Boneset	<i>Eupatorium Perfoliatum.</i>

LOBELIA INFLATA.

Is the most powerful, certain, and harmless relaxant known." The true therapeutic action of Lobelia," says Dr. Curtis, "I think is not generally understood. Most persons are under the impression that it is the principal agent in producing the action which we call vomiting. But this must certainly be incorrect. All practitioners, regular and irregular, who habitually use it, agree that its effect is anti-spasmodic, as it instantly relieves cramp, spasms, fits, lockjaw, &c., and relaxes contracted sinews. It is also agreed that vomiting is produced by muscular contraction, either of the chest, abdomen, or stomach, or all combined. If this were the effect of the irritation produced by Lobelia that article would not be, as it certainly is, a sovereign remedy for spasms. Where there is no disease - that is, debility of the organs - the Lobelia has not the power to relax the system much, and hence there is no room for any remarkable degree of reaction, and, of course, there is little or no vomiting. 'But,' says one, 'are you sure that Lobelia possesses no other control over the living body than simply to relax its several organs?' I answer: Not quite sure; but am perfectly convinced that, if it has fifty other influences, this one of relaxation so far predominates over them all as to throw them entirely into the shade. But is not Lobelia a sudorific? Yes; but its mode of producing this effect is by relaxing, through nervous action, the contracted mouths of the emunctories, or pores of the skin, and letting of the portion of the blood called perspiration. It also promotes the secretion of the bile and urine, by relaxing vessels whose unnatural constriction is the cause of the retention of those fluids. *Lobelia is to be considered at all times, and under all circumstances, and wherever applied, not only a pure relaxant, but the most powerful and innocent yet known.* This fact puts to flight from obstetrics the use of instruments, and even manual force, in every case except the few patients whose pelves are known to be remarkably deformed by rickets, or some other unfortunate circumstance."

Some have been led to suppose, in consequence of what appeared to them the alarming effects of Lobelia, in cases where there is little vitality, or where it is improperly administered, that it is a poison, the administration of which is very dangerous. But nothing can be further from the truth.

In proof that Lobelia is not poisonous, we shall adduce the testimony of some of the most enlightened practitioners.

Says Professor Tully, of Yale College, New Haven, in a letter to Dr. Lee: "I have been in the habit of employing Lobelia inflata for twenty-seven years, and of witnessing its employment by others for the same length of time, and in large quantities, without the least trace of narcotic effect. I have used the best officinal tincture in the quantity of three fluid ounces in twenty-four hours, and for seven days in succession, and I have likewise given three large tablespoonfuls of it within half an hour, without the least indication of any narcotic operation. I have likewise given it in substance, and other forms, and still without any degree of this operation. I am confident - the old women's tales to the contrary, notwithstanding - that Lobelia inflata is a valuable, a safe, and a sufficiently gentle article of medicine." Here is the testimony of a celebrated Professor of Yale College, who had ample opportunity of judging from experience and observation, whether Lobelia was a poison or not.

Says Professor Waterhouse, of Harvard University, Cambridge: "The efficacy and safety of Lobelia inflata I have had ample and repeated proofs of in a number of cases, and on my own person, and have reason to value it equally with any article in our Materia Medica."

Says Dr. Thomas Hersey, surgeon in the United States Army during the last war, and practising physician and surgeon at Columbus, Ohio: "The Lobelia inflata has been denounced as a deadly poison. The imposition intended to be practised by such an assertion is too notorious to merit a serious reply. I have administered Lobelia successfully to the child of thirty minutes and to the hoary adult of eighty years of age, and never knew any danger result from its use."

We could bring forward the testimony of thousands of others who have used Lobelia for five, ten, twenty, and, some, forty years, in proof that it is perfectly innocent, acting in harmony with the laws of life and motion. Those who have asserted that Lobelia is poison have, in nine cases out of ten, without any doubt been such persons as never used it, or saw it used, and therefore their testimony is not to be depended on.

"But Lobelia," says Dr. Peckham, "is sometimes given when the vitality of the system is so nearly extinguished by disease that little or no effect is obtained from it. Nature is exhausted, though the spark of life be not quite extinct. Death will take place, and the Lobelia may be retained, and a like result would have followed if so much warm water had been taken. If nature be wanting, the best remedial process will be exhibited in vain. She may be assisted to a certain extent to save life; but she has her bounds, and she declares, 'thus far shalt thou come and no further, and here shall thy remedial waves be stayed.' But because Lobelia cannot go beyond these bounds, and save life where nature, in her omnipotence, has declared that life shall no longer be, such deaths are laid at the door of this herb, and it is made answerable for a wrongly-imputed sin."

CRAWLEY ROOT.

Dr. Smith, of New York, says of this herb: "It is a powerful febrifuge, and an agreeable anodyne. I have found it a sure and quick medicine to excite perspiration, without increasing the heat of the body. This root is effectual in all remittent, typhus, nervous, and inflammatory fevers, and will relieve cramps, constrictions, and all pains by colds, - &c. It produces a general relaxation of the system, equalises the circulation, and brings a moisture on the surface. It is an excellent medicine in pleurisy, inflammation of the chest and brain, and is a sure remedy in erysipelatous inflammation.

Dose: A small teaspoonful of the powder every twenty minutes, in a little pennyroyal tea, till perspiration appears on the surface of the body.

BONESET.

Is a most useful herb. It is relaxant, sudorific, antiseptic, stimulant, diuretic, and tonic. The warm infusion, in large doses, operates as an emetic; when used cold it is both laxative and tonic, acting as a gentle laxative, without irritating the bowels. As an emetic, take a cupful of the decoction warm every fifteen minutes, until it operates. For sweating take the same in small doses. For a laxative and tonic drink a cupful of the decoction cold every two hours.

YARROW

Is given in the form of infusion. It is an excellent diaphoretic; also useful externally in all kinds of sores and ulcers. It gives great relief in lung diseases, dysentery, fevers of all kinds flatulent colic, involuntary flow of urine, and all kinds of coughs and colds, in which case it should be drunk plentifully, on going to bed, hot, with a little composition in it, and sweetened.

ABBREVIATIONS AND PROPERTIES EXPLAINED.

ACR .	Acrid, biting, caustic.
ALT	Alterative, changing the morbid action of the secretions.
ANO	Anodyne, quieting, easing pain.

ANTH	Anthelmintic, expelling or destroying worms.
A-BIL	Anti-bilious, correcting the bile, or bilious secretions.
A-SCOR	Anti-scorbutic, useful in scurvy.
A-SEP	Anti-septic, preventing mortification.
ANT	Anthelmintic, destroying worms.
A-SPAS	Anti-spasmodic, relieving spasms.
A-SYP	Anti-syphilitic.
APE	Aperient, opening.
ARO	Aromatic, agreeable, spicy.
AST	Astringent, contracting the fibres or solids.
BAL	Balsamic, mild, healing, stimulant.
CAR	Carminative, expelling wind.
CATH	Cathartic, purgative, cleansing the bowels.
CEPH	Cephalic, remedy for diseases of the head.
DEM	Demulcent, sheathing or lubricating.
DEO	Deobstruent, correcting the secretions, or removing obstructions.
DET	Detergent, cleansing wounds, etc.
DIA	Diaphoretic, producing insensible perspiration.
DIU	Diuretic, increasing the discharge of urine.
DIS	Discutient, dissolving, discussing.
EME	Emetic, causing vomiting.
EMO	Emollient, softening, causing warmth and moisture.
EMM	Emmenagogue, promoting menstruation.
EXP	Expectorant, producing discharge from the lungs.
FEB	Febrifuge, dispelling fever, allaying fever heat.
HER	Herpetic, curing diseases of the skin.
MUC	Mucilaginous, glutinous, lubricating.
NAR	Narcotic, stupifying, relieving pain, causing sleep.
NER	Nervine, strengthening the nerves.
PEC	Pectoral, useful in diseases of the lungs and chest.
REF	Refrigerant, cooling, mitigating heat.
RUB	Rubefacient, producing heat and redness of the- skin.
SEC	Secernent, separating substances in the body.
SED	Sedative, depressing the vital powers.
SIAL	Sialagogue, promoting a flow of saliva.
STI	Stimulant, exciting action, giving strength.
STO	Stomachic, to excite the action of, and strengthen the stomach.
STY	Styptic, stopping bleeding.
SUD	Sudorific, causing sweat.
TON	Tonic, permanently strengthening.
VER	Vermifuge, destroying worms.
VUL	Vulnerary, medicines which heal wounds.

A LIST OF MEDICINAL PLANTS AND BOTANICAL REMEDIES, IN COMMON USE, WITH THEIR MEDICINAL PROPERTIES.

Common Names	Botanical Names	Properties.	
AGRIMONY	<i>Agrimonia eupatoria.</i>	Ast. Ton. Diu. Alt	Employed in fevers, jaundice, coughs, and bowel complaints.
ALDER BARK, Black	<i>Prinos verticillatus.</i>	Deo. Ast. Ton. A-sep. Ver	Useful in fevers, agues, debility, jaundice, dropsy, &c.
ALDER BERRIES, Black	<i>Prinos verticillatus.</i>	Cath. Ver	Make a good medicine for worms in children.
ALDER, Red or Tag	<i>Alnus Rubra.</i>	Alt. Eme. Ast	The bark, tags, and leaves, are used for diseases of the skin, swellings, and strains. Bark and leaves good in bowel complaints, internal haemorrhage, and painful

			tumours.
ALKANET ROOT	<i>Anchusa tinctoria.</i>	Ast	Principally used for coloring tinctures, oils, ointments, and plasters.
ALUM BOOT, or AMERICAN BANICLE	<i>Heucheria Americana.</i>	Ast. A-sep. Det	An external remedy in haemorrhage, sores, wounds, and ulcers.
ANGELICA LEAVES	<i>Angelica atropurpurea.</i>	Aro. Sti. Car. Diu	The infusion makes a pleasant tonic medicine.
ANGELICA ROOT	<i>Angelica atropurpurea.</i>	Aro. Sti. Car. Diu	Excellent in wind colic, flatulent complaints, and debility.
ANGELICA SEEDS	<i>Angelica atropurpurea.</i>	Aro. Sti. Car. Diu	Used in flatulent colics - an excellent carminative.
ANGUSTURA BARK	<i>Galipea officinalis.</i>	Eme. Cat. Ton. Feb	Efficacious in bilious diarrhoeas, dysentery, and dyspepsia.
ANISE SEED	<i>Pimpinella anisum.</i>	Aro. Car. Pec. Sti	Good in flatulent colic, and to correct and flavor unpleasant medicines.
APPLE TREE BARK	<i>pyrus malus.</i>	Ast. Ton	Used in strengthening syrups, for debility, &c.
ARCHANGEL	<i>Lycopus europeus</i>	Ast. Ton . Bals . Feb	A popular remedy in fevers, diarrhoea, bowel complaints, and indigestion.
ARNICA FLOWERS	<i>Arnica montana.</i>	Dia. Vul. Sti. Diu	Recommended in low fevers, intermittents, gout, dropsy, and rheumatism. Tincture good for fresh wounds.
ARNICA ROOT	<i>Arnica montana.</i>	Vul. Sti. Diu. Dia	May be used in similar complaints as the flowers.
ASH BARK, Mountain	<i>Sorbus americana.</i>	Ast. Ton. Det	Useful in bilious complaints and for cleansing the blood.
ASH BARK, Prickly	<i>Xanthoxylum fraxineum.</i>	Ton. Sti. Aro. Alt	Used in fever and ague, rheumatism, dyspepsia, &c.
ASH BERRIES, Prickly	<i>Xanthoxylum fraxineum.</i>	A-spa. Sti. Aro	Have the qualities of the bark in a much greater degree, and are highly esteemed.
ASH BARK, WHITE	<i>Fraxinus acuminata.</i>	Ast. Ton	Good in haemorrhage and agues and for the rattlesnake's bite.
ASPARAGUS ROOT	<i>Asparagus officinalis.</i>	Ape. Diu	Useful in diseases of the breast, heart, kidneys, and bladder.
AVEN'S ROOT	<i>Geum rivale.</i>	Ton. Ast. Stom	Valuable in debility dyspepsia, bleeding at the lungs, choleric, and relax.
BACKACHE BRAKE	<i>Aspidium filix-femina.</i>	Ant. Pec. Dem. Ver	Good in lumbago, and makes an excellent syrup for coughs.
BALM, LEMON	<i>Melissa officinalis.</i>	Sto. Dia. Sud	The infusion is useful in headaches, asthmas, and fevers.
BALM SWEET	<i>Dracosephalum canariensis.</i>	A-spa. Aro. Sti. Dia	This herb is employed in decays, headaches, &c.
BALM OF GILEAD Buds	<i>Populus balsamifera.</i>	Sti. Ton. Diu. Bal. Sto	The Tincture for debilitated habits, and for fresh wounds.
BALMONY	<i>Chelone glabra.</i>	Cat. A-bil. Ton. Ver	Given in fevers and jaundice, and is a good vermifuge.
BARBARY BARK	<i>Berberis vulgaris.</i>	Lax. Ton. Ref. Ast	Usually combined with other tonics in putrid fevers and dysentery.
BASIL, SWEET	<i>Ocimum basilicum.</i>	Aro. Sti	A remedy for excessive vomiting.
BASSWOOD BARK	<i>Tilia Americana.</i>	Emo. Dis	Makes valuable poultices for painful swellings.
BAYBERRY BARK	<i>Myrica cerifera.</i>	Sti. Ast	Principally given in compounds; but the infusion is good in dysentery, and all excessive evacuations.
BAYBERRY LEAVES	<i>Myrica cerifera</i>	Aro. Ast. Sti	In infusion in flooding from the womb, hysterical complaints, &c.
BEARBERRY	<i>Arbutus uva ursi.</i>	Diu. Dia. Ast. Ton	Efficacious in ulcerations of the kidneys and bladder.
BEECH BARK	<i>Fagus ferriginea.</i>	A-syp. Ast. Ton	The decoction is useful in diabetes, and incontinence of urine.
BEECH LEAVES	<i>Fagus ferriginea.</i>	A-syp. Ast. Alt	In successful use for cutaneous diseases, ulcers, and dyspepsia.

BELLWORT	<i>Uvularia perfoliata.</i>	Ton. Her. Dem	Useful in wounds and sores, and for inflamed larynx and gums.
BETH ROOT	<i>Trilium pendulum.</i>	Ast. Ton. Pee. A-sep	Beneficial for bloody urine, spitting of blood, coughs and hectic fever. Used as snuff, stops bleeding at the nose.
BETONY, WOOD	<i>Betonica officinalis.</i>	Ner. Ton. Dia. Dis	The herb used for headache, hysterics, and nervous affections.
BINDWEED	<i>Convolvulus panduratus.</i>	Cath. Diu. Pee	Useful in cough, asthma, debility, and dropsy.
BIRCH BARK, Black	<i>Betula Lenta.</i>	Dia. Ton. Ast. Sti	In decoction, restores strength and tone to the bowels after dysentery.
BIRD PEPPER	<i>Capsicum baccotum.</i>	Sti. Car. Rub	Very serviceable in fevers, cholera, palsy, dyspepsia, colds, &c.
BISTORT	<i>Polygonum Bistorta.</i>	Ast	A powerful astringent.
BITTER ROOT	<i>Apocynum androsoemifolium.</i>	Ton. Cath. Sud	Used in fevers, liver complaints, rheumatism, and dropsy.
BITTERSWEET Root, Bark	<i>Celastrus scandens.</i>	A-bil. Dis. Diu	Beneficial in liver complaints, rheumatism, scirrous, and dropsical affections.
BITTERSWEET BERRIES	<i>Celastrus Scandens.</i>	Emo. Dis	Employed in making an ointment for painful swellings, &c.
BITTERSWEET TWIGS	<i>Solanum dulcamara.</i>	Her. Diu. Alt. Dis	Good for cutaneous diseases, chronic rheumatism, and catarrh.
BLACKBERRY ROOT	<i>Rubus Villosus.</i>	Ast. Ton	Much employed in diarrhoea, cholera infantum, dysentery, &c.
BLACKBERRY HERB		Ast. Ton	
BLACK ROOT	<i>Leptandria virginica.</i>	Cath. Deo. Ton	Invaluable as a cathartic in violent bilious and typhus fevers.
BLAZING STAR ROOT	<i>Aletris farinosa.</i>	Ton. Sto. Nar	Cures flatulent and hysterical colic, fevers, and chronic rheumatism.
BLOOD ROOT	<i>Sanguinaria canadensis.</i>	Eme. Dia. Deo. Exp. Ton	Useful in pulmonary affections, asthma, and diseases of the chest and liver.
BLUE FLAG	<i>Iris versicolor.</i>	Diu. Eme. Cath. Ver	Of great value in fevers - properties well known.
BONESET	<i>Eupatorium perfoliatum.</i>	Sud. Eme. Ton	Good in colds, fevers, dyspepsia, jaundice, and general debility.
BORAGE	<i>Borago officinalis.</i>	Sto. Dia	Used in catarrhal affections, rheumatism, and diseases of the skin.
BOXWOOD BARK	<i>Cornus florida.</i>	Ton. Ast. Sti	In fevers, both intermittent and others, nearly equal to Quinine.
BOXWOOD FLOWERS	<i>Cornus florida.</i>	Ton. Ast. Sti	A good remedy for fluor albus, dyspepsia, liver complaints, &c.
BROOKLIME	<i>Veronica beccabnga.</i>	Dis. Alt. Diu	A purifier of the blood, and good in scurvy, &c.
BROOM	<i>Cyisus scoparius.</i>	Eme. Cat. Dio	Beneficial in dropsy.
BUCHU LEAVES	<i>Barosma crenata.</i>	Sti. Diu. Dia	Much extolled for chronic diseases of the bladder.
BUCK BEAN	<i>Menyanthes trifoliata.</i>	Ton. Deo. Ant	The infusion useful in scurvy, herpetic diseases, rheumatism, &c.
BUCKHORN BRAKE	<i>Osmunda regalis.</i>	Ton. Muc. Dem. Sty	Beneficial in coughs, diarrhoea, soreness of the stomach and bowels.
BUCKTHORN BERRIES	<i>Rhamms catharticus.</i>	Alt. Cath	Recommended in dropsy, rheumatism, and gout.
BUGLE, BITTER	<i>Lycopus europeus.</i>	Bal. Ast. Ton. Sty	A cure for diarrhoea, dysentery, and the first stages of fever.
BUGLE SWEET	<i>Lycopus virginicus.</i>	Sed. Deo. Ton. Ast	In more general use than above - properties equivalent.
BURDOCK LEAVES	<i>Arctium lappa.</i>	Feb. Sud	An excellent external application for sprains, bruises, and gouty affections.
BURDOCK ROOT	<i>Arctium lappa.</i>	Her. A-scor	In strong decoction for diseases of the kidneys and obstructions.
BURDOCK SEEDS	<i>Arctium lappa.</i>	Diu. Car. Ton.	A good diuretic for inflammation of kidneys, &c.
BUTTERNUT	<i>Juglans cineria.</i>	Cath. Ton	In cordial or extract, a good

BARK			aperient and a gentle cathartic for worms
CANELLA BARK	<i>Canella alba.</i>	Aro. Ton. Sti	Generally combined with other remedies in debilitated digestive organs.
CANCER ROOT PLANT	<i>Epiphegus virginiana.</i>	Ast. Ton	Valuable in cancers and cancerous affections, dysentery, &c.
CANKER ROOT	<i>Prenanthes alba.</i>	Ast. Ton	Useful in diarrhoea, dysentery, and derangement of the bowels.
CARAWAY SEED	<i>Carum carui.</i>	Ton. Car. Aro	A good ingredient in carminative compounds.
CARDAMON SEED	<i>Elettaria cardamomum.</i>	Car. Aro	Employed as a corrective of purgative and tonic medicines.
CARDUS, Spotted	<i>Centaurea benedicta.</i>	Ton. Feb. Dia. Diu. Sto	Prescribed in fever and ague, and for a Corrector of the bile.
CAROLINA PINK	<i>Spigelia marilandica.</i>	Ver. Sud	An efficient remedy for worms, and affords relief in acute diseases.
CARROT ROOT. Wild	<i>Daucus Carota.</i>	Sti. Diu. Emm	Decidedly useful in gravel, diseases of the bladder, and suppressed menses.
CARROT SEEDS, Wild	<i>Daucus Carota.</i>	Diu. Deo	Given in strangury, calculus, lambrici, &c.
CASCARILLA BARK	<i>Croton Eleuteria.</i>	Ton. Ast. Sti	Well known in fevers, tertians, diarrhoea, &c.
CASSIA BARK	<i>Laurus cinamomum.</i>	Ton. Aro. Ast. Sti	Good for bowel complaints, flatulency, nausea, and vomiting.
CASSIA BUDS	<i>Laurus Cinamomum.</i>	Ton. Aro. Ast. Sti	An excellent cordial and restorative remedy.
CATNIP or CATMINT	<i>Nepeta cataria.</i>	A-spa. Sto. Car. Sud. Emm	For colds, suppressions, slight febrile attacks &c.
CEDAR RED	<i>Juniperis virginiana.</i>	Ver	In doses of 5 to 20 grs., highly recommended for worms in children.
CEDAR BERRIES	<i>Juniperis virginiana.</i>	Diu. Emm	Used in infusion and tincture, for dropsy, suppressions, &c.
CELANDINE, Garden	<i>Chelidonium majus.</i>	Cat. Diu. Her. Aer	Recommended in liver complaints, tetter, jaundice, and dropsy.
CELANDINE Wild	<i>Impatiens pallida.</i>	Ape. A-bil. Sto. Diu	Efficacious in jaundice and bilious affections.
CENTAURY	<i>Sabbatia angularis.</i>	Feb. Sto. Ten. Emm	A popular remedy in dyspepsia, fever and ague, and defective digestion.
CHAMOMILE FLOWERS	<i>Anthemis nobilis.</i>	Ton. Feb. Sud. Eme	Given in dyspepsia, loss of appetite, sudden colds, colics, &c.
CHAMOMILE Low	<i>Anthemis nobilis.</i>	Ton. Sto	A good stomachic bitter - nearly equivalent to the above.
CHERRIES, Wild	<i>Prunus Virginiana.</i>	Ton. Sti. Sed	Improve the tone of the stomach and promotes digestion.
CHERRY BARK, Wild	<i>Prunus Virginiana.</i>	Ast. Ton. Sed	Taken in fevers, agues, dyspepsia, jaundice and worms.
CHICKWEED	<i>Stellaria media.</i>	Emo. Ref. Dem	Makes a useful soothing ointment.
CICELY, Sweet	<i>Osmorrhiza longistylis.</i>	Car. Aro. Exp	Useful in coughs, and a good carminative in flatulent complaints.
CLABY	<i>Salvia sclarea.</i>	A-spa. Sti. Sto	The herb used in whites, hysterics, colic, &c.
CLEAVERS	<i>Galium aparine.</i>	Diu. Sud. Ref	Good in gravel, dropsy, fevers, obstructions and eruptive complaints.
CLOVER HEADS, Red	<i>Trifolium pratense.</i>	Pec. Acr	The syrup or extract is good for cancerous affections and ulcerous sores.
COCASH ROOT	<i>Aster puniceus.</i>	Sud. Sti. Sto. Dia	A popular remedy in rheumatism, headache and nervous debility.
CUCKOLD	<i>Bidens frondosa.</i>	Ast. Diu. Cor. Exp	Valuable in bowel complaints, diabetes, dropsy, &c.
COHOSH, Black	<i>Cimicifuga racemosa.</i>	Diu. Deo. Nar. Ner	Celebrated in rheumatism, dropsy, and hysteria.
COHOSH Blue	<i>Caulophyllum thalictroides.</i>	A-spas. Sti. Diu. Emm	Often prescribed in croups, colics, cholera morbus and epilepsy.
COHOSH Red	<i>Actaea rubra.</i>	Deo. Ner. Emm	Cleansing and strengthening -

			good in female obstructions.
COHOSH White	<i>Actoea alba.</i>	Car. Deo. Nar. Emm	Good in colic, and has opening and stimulating properties.
COLUMBO ROOT	<i>Frasera corolinensis.</i>	Ton. Cath. Emm	The powdered root is given in nausea, diarrhoea, and dyspepsia.
COLTSFOOT	<i>Tussilago farfara.</i>	Exp. Pec. Dem. Ton	Esteemed in coughs, asthma, and consumption.
COMFREY	<i>Symphitum officinale.</i>	Pec. Dem. Bal. Ast	Valuable in dysentery, and diseases of the bladder kidneys, and bowels.
CONSUMPTION BRAKE	<i>Botrychium fumaroides.</i>	Sti. Ton. Ast	Useful in consumption, diarrhoea, and cholera infantum.
COOLWORT	<i>Mitella cordifolia.</i>	Diu. Ton. Dia	In gravel, gonorrhoea, and suppressed urine, - a valuable remedy.
CORIANDER SEEDS	<i>Coriandrum sativum.</i>	Car. Sto	Employed in hysterics, tertian agues, and carminative compounds.
COWHAGE	<i>Mucana pruriens.</i>	Ver	A powerful vermifuge - effectual in expelling worms.
CRAMP BARK	<i>Viburnum opulus.</i>	A-spas	Highly extolled in cramps and spasmodic affections.
CRANESBILL	<i>Geranium maculatum .</i>	Sty. Att. Ton	A well established remedy for diarrhoea, haemorrhage, and fluor albus.
CRAWLEY	<i>Corallorhiza odontorhiza.</i>	Dia. Bal. Sto. Feb	Invaluable in fevers, pleurisy, and flatulent diseases.
CUBEBS	<i>Piper cubeba.</i>	Exp. Aro. Car	Prescribed in gonorrhoea, and similar complaints.
CURCUMA ROOT	<i>Curcuma longa.</i>	Din. Emm	Used in coloring tinctures, &c., and good in jaundice and dropsy.
DAISY FLOWERS	<i>Leucanthemum vulgare.</i>	Diu. Vul. Ton	Good in asthma, consumption, and dropsical complaints.
DANDELION HERB	<i>Taraxacum dens leonis.</i>	A-bil. Ast. Ton. Diu	The decoction good in jaundice, dyspepsia, etc.
DANDELION ROOT	<i>Taraxacum dens leonis.</i>	Deo. Diu. Ast. Ton	
DILL SEED	<i>Anethum graveolens.</i>	Csr. Sto. Aro	Used in all flatulent diseases, colics, etc.
DITTANY	<i>Cunilla mariana.</i>	Sti. Ton. Ner. A- spa	A pleasant medicine for headaches, colds, fevers, hysterics, &c.
DOCK, Yellow	<i>Rumex crispus.</i>	Ton. Deo. Her	Highly estimated in diseases of the skin and scrofulous disorders.
DOCK, Water	<i>Rumex aquaticus.</i>	Ast. Dia. Deo. Her	Good in scurvy, cutaneous eruptions and cancerous tumors.
ELECAMPANE	<i>Inula helenium.</i>	Exp. Ast. Sto	Relieves colics, colds and coughs, dropsies and cutaneous diseases.
ELDER BARK	<i>Sambucus canadensis.</i>	Diu. Dea. Sud	Used in obstinate glandular obstructions and dropsy
ELDER FLOWERS	<i>Sambucus canadensis.</i>	Alt. Sud. Her	The infusion is popular for erysipelas, fevers, rheumatism, gout, etc.
ELDER, DWARF	<i>Aralia hispida.</i>	Tou. Diu. Dem. Alt	Useful in colics, flatulent diseases and dropsy.
ELM BARK, Slippery	<i>Ulmus fulva.</i>	Emo. Diu. Dem. Ton	Universally used in urinary and bowel complaints, scurvy and inveterate eruptions - also as a diet in fevers, and externally in poultices.
FEVERFEW	<i>Pyrethrum parthenicum.</i>	Ner. Sto. Emm. Ver	Serviceable in hysteric complaints, and to strengthen the stomach.
FENNEL SEED	<i>Foeniculum vulgare.</i>	Aro. Car. Sto	A good aromatic; used in bitters and a variety of compounds.
FENUGREEK SEED	<i>Trigonella foenum graecum.</i>	Muc. Emo	Employed in cataplasms, ointments, &c.
FERN, Male	<i>Aspidium filix-mas.</i>	Ver. Ton. Ast	Considered a good remedy for the tape worm.
FERN, Meadow	<i>Myrica gale.</i>	Pec. Ast. Aro	An excellent remedy for the piles.
FERN, Burrs	<i>Myrica gale.</i>	Sto. Ast	Good in asthma, bronchitis, &c.
FERN, Sweet	<i>Comptonia</i>	Feb. Sto. Ast	Valuable in diarrhoea, cholera

	<i>asplenifolia.</i>		infantum and summer complaints.
FEVER BUSH, Bark	<i>Laurus benzoin.</i>	Ton. Aro. Sti	Extensively used in intermittent fevers.
FEVER BUSH, Leaves	<i>Laurus benzoin.</i>	Aro. Sti	Reckoned good in inflammatory fevers, - drink freely in decoction.
FEVER ROOT	<i>Triosteum perfoliatum.</i>	Eme. Cath. Ton. Diu	Useful in fevers, agues, pleuritis, &c.
FIREWEED	<i>Erechthites hieracifolius.</i>	Vul. Ast. Pec. Alt	Employed in haemorrhage, wounds and diseases of the skin.
FIT ROOT	<i>Monotropa uniflora.</i>	Ner. A-spas	Given in epilepsy, and convulsions of children.
FIVE FINGER	<i>Potentilla canadensis.</i>	Ast. Exam. Ton	Beneficial in fevers, with night sweats, and in allaying fluxes.
FLAX SEED	<i>Linum usitatissimum.</i>	Dem. Emo	Employed in catarrh, dysentery, strangury and for cataplasms.
FLEABANE	<i>Erigeron canadense.</i>	Ton. Ast. Diu. Sty	The powder is a strong styptic - the tea, cold, for internal bleeding.
FLOWER-DE-LUCE	<i>Iris sambucini.</i>	Diu. Deo	One of the best remedies known in venereal affections, &c.
FROSTWORT	<i>Helianthemum canadense.</i>	Ast. Ton .A-scor	Of great value in scrofulous affections, as a poultice and a tea
FUMITORY	<i>Fumaria officinalis.</i>	Deo. Dia. Diu. Ton	A tea drank freely, is good for cutaneous eruptions.
GARGET	<i>Phytolacca decandra.</i>	Deo. Cath. Alt. Eme	Good in rheumatism, for cleansing the blood, and discussing tumours.
GARLICKS	<i>Allium sativum.</i>	Sti. Exp. Ton	Beneficial in feeble digestion, chronic catarrh, asthma, coughs, &c.
GENTIAN	<i>Gentiana lutea.</i>	Ton. Sto. Ast	Dyspepsia, gout, hysterics, and diarrhoea are benefited by its use.
GINGER, African	<i>Zingiber officinalis.</i>	Sti. Car. Sto	
GINGER, Jamaica	<i>Zingiber officinalis.</i>	Sti. Car. Sto	Given in dyspepsia, flatulent diseases, tonic compounds, &c., &c.
GOLDTHREAD	<i>Coptis trifolia.</i>	Sto. Ton. Ast	The powder or tincture restores the appetite and strength.
GOLDEN ROD	<i>Solidago odora.</i>	Car. Aro. Diu. Dia	This herb is good in debility, colds, and gravelly complaints
GOLDEN SEAL	<i>Hydrastis canadensis.</i>	Ton. A-bil. Sto	An excellent tonic and corrective of bile and bilious habits.
GRAINS OF PARADISE	<i>Amomum grana-paradisi.</i>	Aro. Sti	Nearly equal to Cayenne as a pure stimulant.
GRAVEL PLANT	<i>Epigloea repens.</i>	Diu. Ast	Diuretic. Infuse an ounce in one quart of boiling water. Drink freely.
GUAIACUM CHIPS	<i>Guaiacum officinale.</i>	Sti. Dia. Det	Strengthens the Stomach and purges an impure state of the blood.
HARDHACK LEAVES	<i>Spircoea tamentosa.</i>	Ast. Ton	Cheeks diarrhoea, and is an excellent outward application for wounds.
HEAL-ALL	<i>Prunella vulgaris.</i>		Used in haemorrhage, diarrhoea, and for sore throat.
HEART'S-EASE	<i>Polygonum persicaria.</i>	Vul. Sud. A-sep	An excellent remedy for asthma, and good in colds, fevers, &c.
HEMLOCK BARK	<i>Pinus canadensis.</i>	Ast. Ton	As an astringent and tonic, generally used in compounds.
HEMLOCK LEAVES	<i>Pinus canadensis .</i>	Dia. Alt. Sud	Good in inflammatory rheumatism, to purify the blood and to cause perspiration.
HOREHOUND	<i>Marrubium vulgare.</i>	Sto. Pec. Deo. Diu	Beneficial in asthma, coughs, jaundice, and obstructions.
HOLLYOCK FLOWERS	<i>Althaea rosea.</i>	Ast. Diu. Dem	Useful in various forms as a demulcent.
HOPS	<i>Humulus lupulus.</i>	Ano. Ton. Aro. Ner. Diu	Used in jaundice, indigestion, and as a substitute for opium.
HORSEMINT	<i>Monarda punctata.</i>	Diu. Ton. Sti	Good in diseases of the urinary passages, fevers, and pleurisy.
HORSERADISH LEAVES	<i>Cochlearia armoracia.</i>	Acr. Sti	Employed as draughts to produce counter-irritation.
HORSERADISH ROOT	<i>Cochlearia armoracia.</i>	Aer. Sti. Diu. Emm	In chronic rheumatism, asthma, and debility, these are beneficial.

HYSSOP	<i>Hyssopus officinalis.</i>	Exp. Ceph. Aro. Ton	Used in humoural asthma, coughs, and disorders of the chest.
ICELAND MOSS	<i>Cetraria islandica.</i>	Dem. Ton. Nut	Undoubtedly a valuable medicine in pulmonary complaints.
INDIAN HEMP, Black	<i>Apocynum canabinum.</i>	Eme. Cath. Ton. Diu	Found beneficial in curing rheumatism, dropsy, and asthmatic cough.
INDIAN HEMP, White	<i>Asclepias incarnata.</i>	Ape. Diu. Alt. Ver	Useful in suppression of urine, costiveness, and worms.
INDIAN TURNIP	<i>Arum triphyllum.</i>	Sti. Exp. Acr. Nar	Valuable in coughs, colds, cramps, and consumptive affections.
INDIGO, Wild	<i>Baptisia tinctoria.</i>	Sti. Exp. Acr. Nar. A-sep	Excellent for foul, malignant, and syphilitic ulcers and sores.
IPECACUANHA AM.	<i>Euphorbia ipecacuana.</i>	Eme. Cath. Ton. Exp	Prescribed in dropsy, bilious colic, and a variety of diseases.
IRISH MOSS	<i>Chondrus Crispus.</i>	Nut. Dem	Given in colds, coughs, and pulmonary affections.
IVY, Ground	<i>Nepeta Glechoma.</i>	Dem. Sto. Ton. Pec	The infusion is used in coughs, and for internal ulcers.
JACOB'S LADDER	<i>Smilax ped pedunclaris.</i>	Diu. Emm	The infusion is good as a diuretic, and for stone in the bladder.
JALAP	<i>Ipomoea jalapa..</i>	Cath. Diu. A-bil	
JOHNSWORT	<i>Hypericum perforatum.</i>	Ast. Bal. Diu	Beneficial in diarrhoea, obstruction of urine, and hysterical complaints.
JUNIPER BERRIES	<i>Juniperis communis.</i>	Diu. Car. Sti	In infusion an excellent diuretic drink for the dropsy.
KING'S CLOVER	<i>Melilotus officinalis.</i>	Emo. Diu	Applied locally to swellings and inflammations.
KNOT CRASS	<i>Triticum repens.</i>	Diu. Ner. Car	Severe cases of lockjaw and spasms are cured by this article.
LABRADOR TEA	<i>Ledum latifolium.</i>	Ton. Diu. Bal. Pec	The tea is useful in coughs and eruptive affections.
LADYS SLIPPER	<i>Cypripedium pubescens.</i>	Sed. Ner. Ano. A-spas	Beneficial in all nervous diseases and hysteric affections.
LARKSPUR HERB	<i>Delphinium consolida.</i>	Eme. Nar. Acr. Diu	The decoction is found useful in dropsical affections.
LARKSPUR SEED	<i>Delphinium consolida.</i>	Eme. Nar. Acr. Diu	The tincture is given in spasmodic asthma and dropsy.
LAUREL, Mountain	<i>Kalmia latifolia.</i>	Poi Her. A-syph	Useful in scald head, syphilis, and certain stages of fever.
LAVENDER FLOWERS	<i>Lavendula vera.</i>	Car. Pec. Nar. Ton	Administered in flatulence, fainting, and nervous affections.
LEATHERWOOD BARK	<i>Dirca palustris.</i>	Eme. Cath. Her. Exp	Prescribed in cutaneous eruptions.
LETTUCE, Garden	<i>Lactuca sativa.</i>	Nar. Diu. Ano	Good in chronic rheumatism, colic, diarrhoea, and coughs.
LETTUCE, Wild	<i>Lactuca elongata.</i>	Diu. A-scor. Ner	Efficacious in dropsies of long standing and herpetic affections.
LIFE-EVERLASTING	<i>Gnaphaleum polycephalum.</i>	Ast. Sto. Sud	Excellent in quinsy, weak lungs, consumption, and fluor album
LIFE ROOT	<i>Senecio aureus.</i>	Diu. Feb. Aro. Sto. Ton	A certain remedy for gravel pains in the chest, and melancholy.
LILY, White Pond	<i>Nymphae adorata.</i>	Pec. Emo. Ast. Ton. Vul	Employed in scrofulous tumours, gleet, whites, &c.
LILY, Yellow Pond	<i>Nuphar advena.</i>	Pec. Emo. Ast. Ton. F-com	Good in pectoral complaints, and in treatment of scrofulus scores.
LINDEN FLOWERS	<i>Tilia europoea.</i>	Sud. A-spas. Ner. Dem	A tea is useful in headache, epilepsy, and spasmodic cough.
LIQUORICE ROOT	<i>Glycyrrhiza glabra.</i>	Dem. Exp. Lax	An excellent medicine in coughs, hoarseness, asthma, &c.
LIVERWORT	<i>Hepatica Americana.</i>	Ast. Dem. Pec. Deo	Celebrated in bleeding at the lungs, consumption coughs, and liver complaints.
LOBELIA HERB	<i>Lobelia inflata.</i>	A-spas. Eme. Dia. Exp	Qualities same as the seed, but not so powerful.
LOBELIA SEED	<i>Lobelia inflata.</i>	A-spas. Eme. Dia. Exp	In asthma, colics, spasms, and as an emetic it is very valuable.
LOVAGE LEAVES	<i>Ligusticum</i>	Car. Sto. Emm	The infusion is employed as a

	<i>levisticum.</i>		carminative and emmenagogue.
LOVAGE ROOT	<i>Ligusticum levisticum.</i>	Dia. Car. Sto	Useful in hysterics, nervous diseases, and in flatulency.
LOVAGE SEED	<i>Ligusticum levisticum.</i>	Dia. Car. Sto	An excellent ingredient in carminative and stomachic complaints.
LUNGWORT	<i>Pulmonaria officinalis.</i>	Pec. Sto. Dem	May be used with benefit in consumption, coughs and defluxion of the lungs.
MAIDENHAIR	<i>Adiantum pedatum.</i>	Exp. Car. Sto. Ton. Ast	Much esteemed in coughs, asthma, and disorders of the chest.
MALLOW, Low	<i>Malva rotundifolia.</i>	Dem. Pec. Diu	Often used in demotion for dysentery and urinary complaints.
MALLOW, Marsh, Leaves	<i>Althaea officinalis.</i>	Dem. Ast. Diu	Serviceable in asthma, dysentery and affection of the kidneys.
MALLOW, Marsh, Root	<i>Althaea officinalis.</i>	Emo. Dem. Ast. Diu	Good in diseases of the kidneys, attended with irritation and pain.
MAN ROOT	<i>Convolvulus panduratus.</i>	Cath. Diu. Pec	Given in dropsical affections, for consumptive coughs and asthma.
MANDRAKE ROOT	<i>Podophyllus peltatum.</i>	Deo. Em. Cath. Nar	A substitute for mercury in venereal, scrofulous, and all other diseases.
MAPLE, Red or soft	<i>Acer rubrum.</i>	Ton. Ast. Ant	The decoction taken freely makes an excellent vermifuge.
MARIGOLD FLOWERS	<i>Calendula officinalis.</i>	Sto. Aro. Dia. Sti	A domestic medicine for children, and is used to keep out eruptions.
MARJORUM, Sweet	<i>Origanum majorana.</i>	Ton. Sto. Aro. Emm	The infusion is used to hasten a tardy eruption in measles, &c.
MARSH ROSEMARY	<i>Statice Caroliniana.</i>	Ast. A-sep	Beneficial in gleet, whites, diarrhoea, canker, and sore throat.
MASTERWORT Leaves	<i>Heracleum lanatum.</i>	Ner. Car. Diu. A-spas	Good in epilepsy, gastric and flatulent diseases.
MASTERWORT Root	<i>Heracleum lanatum.</i>	Ner. Car. Diu	In flatulent disorders of the bowels, in asthma and colds, very useful.
MASTERWORT Seed	<i>Heracleum lanatum.</i>	Ner. Car. Diu	A good carminative in flatulent complaints.
MAY WEED	<i>Anthemis cotula.</i>	Sud. Dia. Sto. Emm. A-spas	Employed in fevers and colds to produce perspiration
MEADOW SWEET	<i>Spiraea tomentosa.</i>	Ton. A-sep. Feb. Ast	An excellent tonic after fevers, improving the appetite, &c.
MELILOT. King's Clover	<i>Melilotus officinalis.</i>	Emo. Dis	Applied locally in swellings and inflammations.
MEZEREON	<i>Daphne mezereum.</i>	Nar. Dia. Sti. Diu. Alt	Its principal use is in syphilis, and in cutaneous diseases.
MILKWEED ROOT	<i>Asclepias syriaca cornuti.</i>	Diu. Ano. Sud. Alt	An effectual cure for dropsy, and good in scrofulous and rheumatic disorders.
MISLETOE	<i>Viscum verticillatum.</i>	A-spas. Dem. Ast. Nar. Ton	Efficacious in epilepsy, vertigo, pleurisy, and dysentery.
MOTHERWORT	<i>Leonorus cardiaca.</i>	Ner. Sto. Emm. A spas	Used in low fevers, chronic weakness, and nervous affections.
MOUNTAIN DITTANY	<i>Cunilla mariana.</i>	Sti. Ton. Ner. Sud	An agreeable remedy for headaches, colds, and hysteric affections.
MOUNTAIN FLAX	<i>Polygala senega.</i>	Cat. Sti. Exp. Diu	Administered for the hives, croup, fevers, and dropsy:
MOUNTAIN MINT	<i>Pyenanthemum montanum.</i>	Emm. Sud. Sto. Aro	Valuable in bringing down obstructed menses, &c.
MOUSE EAR	<i>Gnaphaleum uglinosum.</i>	Muc. Sud. Sto	A tea is good for colds, coughs, and obstructions.
MUGWORT	<i>Artemesia vulgaris.</i>	Deo. A-bil. Ner. Emm	The infusion promotes perspiration, urine, and the menses.
MULLEIN HERB	<i>Verbascum thapsus.</i>	Diu. Ano. Dem. Ast. A-spas	Recommended for children's fits, croup and asthma.
MUSTARD SEED, Black	<i>Sinapis nigra.</i>	Diu. Rub. Sti. Eme	Advantageously used in dropsies, chronic rheumatism's and palsy.
MUSTARD SEED, White	<i>Sinapis alba.</i>	A-seor. Rub	A good remedy in dyspepsia, and obstinate costiveness.
NANNY-BUSH,	<i>Viburnum lentago.</i>	Ape. Ton	A complete substitute for

Bark			Peruvian bark, and said to be superior.
NETTLE Flowers	<i>Urtica dioica.</i>	Ton	Efficacious in febrile, and ague complaints.
NETTLE, Root	<i>Urtica dioica.</i>	Diu. Ast. Ton	Useful in incipient stages of consumption, and bloody urine.
NUTMEGS	<i>Myristica fragrans.</i>	Aro. Ast. Sto. Nar	The powder good in violent headaches, diarrhoea, and dysenteries.
NUTGALLS	<i>Quercus infectoria.</i>	Ast	A good ingredient in astringent ointments and gargles.
OAK BARK, Black	<i>Quercus nigra.</i>	Ast. Ton	Given in passive haemorrhage, and obstinate chronic diarrhoea.
OAK BARK, Red	<i>Quercus nigra.</i>	Ast. Sti. Ton.	Equivalent to Black Oak, and used for similar purposes.
OAK BARK, White	<i>Quercus alba.</i>	Ast. Ton. A-sep	Chiefly used as an outward astringent, and antiseptic for putrid sore throat, and offensive ulcers.
PARSLEY ROOT	<i>Petroselinum sativum.</i>	Ape. Dem. Diu	Highly esteemed in nephritic and dropsical affections.
PEACH BARK	<i>Amygdalus persica.</i>	Cath. Ton. Sto	Said to be good in debility, and fever and ague.
PENNYROYAL	<i>Hedeoma pulegoides.</i>	Emm. Car. Sti. Sto. Aro	A strong tea, good for the suppression of urine obstructed menses, and the gravel.
PEONY ROOT	<i>Paeonia officinalis.</i>	A-spas. Ton. Ver. Ner	Given in epilepsy and various nervous affections.
PEPPERMINT	<i>Mentha piperita.</i>	Sto. Sti. Sud	Administered in nervous affections of the stomach, flatulence, and to allay vomiting.
PERUVIAN BARK	<i>Cinchona officinalis.</i>	Ton. Ast	Well known in fever and ague, want of appetite, decay, &c.
PILEWORT	<i>Amarantis hypochondriacus.</i>	Ast. Her	Celebrated in profuse menstruation, bowel complaints, and piles.
PLANTAIN LEAVES	<i>Plantago major.</i>	Ref. Vol. A-sep. Det. Diu	Remarkably efficacious in poisons of all kinds, and salt rheum.
PLEURISY ROOT	<i>Asclepius tuberosa.</i>	Dia. Sud. Aro. Diu. Ton	Beneficial in pleurisy, colic, and all flatulent disorders.
POKE ROOT	<i>Phytolacca decandra.</i>	Deo. Cath, Alt. Eme	Valuable in rheumatic complaints, and for indolent tumours.
POLYPODY	<i>Polypodium vulgare.</i>	Pec. Dem. Cath	Useful in consumptions, and for expelling worms.
POMEGRANATE	<i>Punica granatum.</i>	Ast. Ton	Given in diarrhoea, and in intermitten and hectic fevers.
POPLAR BARK	<i>Populus tremuloides.</i>	Ton. Ast. Aro. Feb	Excellent in diarrhoea, debility, and digestive complaints.
QUASSIA	<i>Simaruba excelsa.</i>	Ton	Adapted to dyspeptic cases, and to debilitated digestive organs.
QUEEN OF THE MEADOW	<i>Eupatorium purpureum.</i>	Din. Aro. Ton	Excellent in strangury, and all dropsical affections.
QUEEN'S DELIGHT	<i>Stillingia sylvatica.</i>	Cath. Alt. A-syph	Valuable in yaws, ulcers, venereal complaints, and leprosy.
RAGWEED	<i>Ambrosia artemissifolia.</i>	Ver. Ton. Sti	Good for worms in children. Recently much used.
RASPBERRY LEAVES	<i>Rubus strigosus.</i>	Ast. Ton	A remedy for bowel complaints and canker.
ROSEMARY LEAVES	<i>Rosmarinus officinalis.</i>	A-spas. Ast. Ton. Emm	The flowers and leaves are good in nervous and hysterical affections.
RUE	<i>Ruta graveolens.</i>	Ton. Diu. Sto	Employed in Epilepsy, hysterics, hiccup, and as a stomachic.
SAFFRON	<i>carthams tinctorius.</i>	Dia. Sto. Emm	Very valuable in all eruptive diseases, measles, small pox, &c.
SAGE	<i>Salvia officinalis.</i>	Ton. Exp. Ast	Coughs, colds, night sweats, worms, &c.
SARSAPARILA, Am.	<i>Aracia nudicaulis.</i>	Alt. Dem. Deo	
SARSAPARILA, Spain	<i>Smilax officinalis.</i>	Alt. Dem. Deo	An excellent remedy in all scrofulous, venereal, and eruptive diseases.

SASSAFRAS BARK	<i>Laurus sassafras.</i>	Sti. Ape. Ton. Alt	Very good in rheumatic complaints, and eruptive diseases.
SAUNDERS, Red	<i>Pterocarpus santalinus.</i>	Dem. Mue. Ton. Ast	Employed to impart colour to various tinctures and compounds.
SCABIOUS, Sweet	<i>Erigero Philadelphicum.</i>	Diu. Sud. Ton. Emm	Purifies the blood.
SCULLCAP	<i>Scutellaria laterifolia.</i>	Ton. Sud. Ner	Remarkably efficacious in St. Vitus' dance, convulsions and lockjaw.
SCURVY GRASS	<i>Cochlearia officinalis.</i>	Sti. Ape. Diu	Celebrated in scurvy and chronic obstructions of the viscera.
SENNA, Alex.	<i>Cassia auctifolia.</i>		A valuable cathartic, operating mildly, yet effectually.
SENNA Am.	<i>Cassia marilandica.</i>	Cath. Deo	Qualities similar to the above, but not so active.
SKUNK CABBAGE ROOT	<i>Symplocarpus foetidus.</i>	A-spas. Ner. Aer	Good for bleeding at the lungs, coughs, asthma, and obstructed menses.
SMART WEED	<i>Polygonum hydropiper.</i>	Sti. Aer	The tea stops vomiting, and the fomentation is good to reduce swellings.
LOVAGE	<i>Ligusticum levisticum.</i>	Car. Sto	A good ingredient in carminative and stomachic compounds.
SNAKEROOT, Button	<i>Liatris spicata.</i>	Sti. Diu. Bal. Emm	The tea valuable in colic, backache, dropsy, &c.
SNAKEROOT, Canada	<i>Asaram Canadense.</i>	Her. Aro. Ner. Sti	Advantageously used in measles, and cutaneous affections.
SOLOMON'S SEAL	<i>Convallaria multiflora.</i>	Ast. Dem. Bal. Ton	Good in all cases of fluor albus and female weakness.
SOLOMON'S SEAL, Small	<i>Convallaria racemosa.</i>	Dem. Ast. Exp	Boiled in milk, excellent for irritable piles, and bowel diseases.
SORREL, Sheep	<i>Rumex acetosella.</i>	Ref. A-scor. Ton. Diu	Serviceable in scurvy, scrofula, and various affections of the skin.
SOUTHERNWOOD D	<i>Artemisia abrotanum.</i>	Sti. Ton. Ner. Det. Ant	In powder to open obstructions of the viscera.
SPEARMINT	<i>Mentha viridis</i>	Feb. Diu. A-eme	Allays nausea, and an excellent remedy in gravel and suppressions.
SPIKENARD	<i>Aralia racemosa.</i>	Pec. Bal. Sto	Good in coughs, colds, and gout in the stomach.
SPLEENWORT	<i>Asplenium adiantum nigrum.</i>	Diu	Affords relief in gravel, and pain in the urinary organs.
STONE ROOT	<i>Collinsonia canadensis.</i>	Diu. Sto. Sti	Recommended in decoction for the gravel.
STRAWBERRY LEAVES	<i>Fragaria virginiana.</i>	Ast. Feb. Ref	Employed in sore throat, swelled gums, and bowel complaint.
SUMACH BARK	<i>Rhus glabrum.</i>	Ast. Ton	The decoction used in prolapsus and falling of the womb.
SUMACH BERRIES	<i>Rhus glabrum.</i>	Ast. Ref. Diu	In infusion a good gargle for sore throat, and in putrid fevers.
SUMMER SAVORY	<i>Satureja hortensis.</i>	Sto. Aro. Emm	The infusion is good in colds, and slight febrile attacks.
SWEET FLAG	<i>Acorus calamiss.</i>	Aro. Sto. Sti	Excellent in flatulence, colic, and wind in the stomach.
TANSY, Double	<i>Tanacetum crispum.</i>	Sud. Emm. Ver. Sto	Makes a useful tea in fevers, agues, hysterics, dropsy, &c.
TEA BERRY PLANT, or Checkerberry	<i>Gaultheria procumbens.</i>	Diu. Sto. Emm	A domestic remedy in drowsy, diarrhoea, and dysentery.
THYME	<i>Thmus vulgaris.</i>	Ton. Sto. Aro	Employed in baths, fomentation's, and as a condiment.
UNICORN ROOT	<i>Helonias dioica.</i>	Emm. Ton. Sto. Diu	Beneficial in stomach complaints, loss of appetite, &c.
WALNUT BARK, White	<i>Juglans cineira.</i>	Cath. Ton	A good aperient, and a gentle cathartic for worms.
WITCH-HAZLE, Bark	<i>Hamamellis virginica.</i>	Ton. Ast. Her	
WITCH-HAZLE LEAVES	<i>Hamamellis virginica.</i>	Ton. Ast. Her	Useful in bowel complaints, haemorrhage, and painful tumours.
WORMWOOD	<i>Artemesia absynthium.</i>	Ton. Sti. A-bil	Promotes appetite, and digestion, and is good in dyspepsia and intermittents.

YARROW	<i>Archillea millefolium.</i>	Ast. Sto. Det	In decoction, it purifies the blood, opens the pores, and removes obstructions.
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COMPOUNDS

The principal objects in combining medicines are to increase their strength, accomplish different indications at the same time, or to render them more agreeable.

DOSE OF MEDICINE.

The quantity of medicine to be taken at a dose depends on the age, sex, or peculiarity of constitution. The quantity mentioned in this work is an average dose for a full-grown man. Females require less. For children the dose may be graduated according to the following rule:

For a youth of fifteen years the dose may be two-thirds of the quantity for a grown person; for a child of ten years, one-half the quantity; for one of two years, one-sixth the quantity; for a child of one year, one-tenth the quantity.

POWDERS.

COMPOSITION POWDER.

pd. Bayberry Bark	2 ounces.
" Ginger	1 ounce.
" Pinus Canadensus	1/2 ounce.
" Snake Root ("Virg")	1/2 ounce.
" Cinnamon	1 drachm.
" Cloves	1 drachm.
" Prickly Ash	1 drachm.
" Cayenne	1 1/2 drachms.

All to be finely pulverised, mixed, and passed through a fine sieve.

This compound is stimulant, astringent, and tonic, and is one of the most valuable family medicines in existence, being adapted to all forms of disease. It is good in looseness, and pains in the stomach and bowels, in colds, coughs, hoarseness, &c., &c. our advice to every household is, never be without a tin of this valuable medicine.

Dose: One teaspoonful in a cupful of hot water, sweetened. Hot milk may be substituted if preferred. A milder mixture may be made in the case of children, by putting in less of the powder.

SPICED BITTERS.

Powd. White Poplar Bark	4 ounces.
" Golden Seal	1 ounce.
" Prickly Ash	1 1/2 ounces.
" Balmony	1 ounce.
" Cinnamon	1 ounce.
" Cloves	1 ounce.
" Black Root	1 ounce.
" Sugar	10 ounces.

All to be finely powdered, well mixed, and passed through a fine sieve.

This is an excellent tonic compound, useful in all cases of indigestion, loss of appetite, jaundice, general debility, and all cases where the system is in a relaxed state, but should not be used in fevers or tightness of the lungs.

Dose: Take a teaspoonful in half a cupful of hot water, three times a day before meals.

DIARRHOEA POWDER.

Powd. Bayberry Bark	2 ounces.
" Golden Seal	2 ounces.
" Rhubarb	2 ounces.
" Catechu	1 ounce.
" Cinnamon	1 ounce.
" Peppermint	1 ounce.
" Carbonate of Potash	1/4 ounce.
" Sugar	8 ounces.

To be well mixed and passed through a fine sieve.

This is a most valuable preparation for diarrhoea, dysentery, cholera, and summer complaints of children.

Dose: Put one teaspoonful of the powder into two-thirds of a cupful of hot water, add two teaspoonsful of sugar. Take two tablespoonsful every fifteen minutes, until the desired object is attained. For children one year old give two teaspoonsful.

EMETIC POWDER.

Pulv. Lobelia seed	1 ounce.
" Lobelia Herb	1 ounce.
" Blood Root	1 ounce.

Mix.

Dose: Half a teaspoonful in half a cupful of composition tea, to be repeated in twenty minutes.

STOMACH BITTERS.

Powd. White Poplar	1 ounce.
" Gentian	1 ounce.
" Bayberry	1 ounce.
" Balmony	1 ounce.
" Cayenne	1 drachm.
" Cinnamon	2 drachms.

To be well mixed and passed through a fine sieve.

A corrector of the bile, creates an appetite, and is a good strengthener of the system.

Dose: One teaspoonful in a cupful of hot water.

FEMALE CORRECTIVE POWDER.

Powd. White Poplar	2 ounces.
" Black Cohosh	1 ounce.
" Gentian	1/2 ounce.
" Cinnamon	1/2 ounce.
" Black Root	1/2 ounce.
" Cayenne	1 drachm.

Excellent in obstruction of menses, debility, loss of appetite, &c.

Dose: One teaspoonful in one teacupful of hot water, sweetened.

FEMALE RESTORATIVE POWDER.

Powd. Beth Root	1 ounce.
" Poplar Bark	4 ounce.
" Witch Hazel	1 ounce.

" Cloves	1/4 ounce.
" Nutmeg	1/4 ounce.
" Cayenne	1 teaspoonful
" Sugar	6 ounces.

To be well mixed and passed through a fine sieve.

An excellent preparation for weakly complaints of females, fluor albus, profuse menstruation, &c.

Dose: One teaspoonful in one teacupful of hot water night and morning.

FEMALE POWDERS.

Powd. Gum Myrrh	2 ounces.
" Tansy	2 ounce.
" Socrotine Aloes	1/4 ounce.
" Unicorn Root	2 ounces.
" Cayenne	2 ounces.

To be well mixed and put through a fine sieve.

Dose: Half a teaspoonful in honey three or four times a day.

ANTI-DYSPEPTIC POWDERS.

Powd. Cayenne	2 ounces.
" Golden Seal	2 ounces.
" Carb Potass.	1/2 ounce.

To be well mixed.

Dose: Half a teaspoonful in a cupful of hot water, about a quarter of an hour after meals.

INJECTION POWDERS.

Powd. Bayberry Bark	4 ounces.
" Cayenne	1 ounce.
" Lobelia Herb	4 ounces.
" Slippery Elm	2 ounces.
" Valerian	2 ounces.

To be well mixed. Two teaspoonsfuls to be smoothly mixed in a cupful of hot water. To be injected into the bowels lukewarm.

ANTI-CHOLERA POWDER.

Composition Powder	2 ounces.
Stomach Bitters	2 ounces.
Tormentilla Root	2 ounces.
Pinus Canadensis	2 ounces.
Bayberry	1 ounce.
Cinnamon	1/2 ounce.
Nutmeg	1/2 ounce.
Rhubarb	1/2 ounce.
Cayenne	1/2 ounce.

To be well mixed. This is an excellent remedy for all cases of diarrhoea, cholera, or cholera morbus, and one that ought to be kept in every household.

Dose: A teaspoonful in half a cupful of hot water, sweetened, every one or two hours.

DIURETIC POWDER.

Powdered Buchu leaves	2 ounces.
" Uva Ursi	1 ounce.
" Parsley Root	1 ounce.
" Peppermint	2 ounce.
" Ginger	1/2 ounce.
Carb of Potass	1/2 ounce.

Excellent in all obstructions of kidneys and urinary organs, stone, gravel, &c. To be taken the same as composition powder.

FEVER POWDER.

Powdered Crawley Root	1 ounce.
" Peruvian Bark	1 ounce.
Composition	1 ounce.
" Lobelia Herb	1/2 ounce.
" Cayenne	1 teaspoonful.

To be well mixed. Dose, half a teaspoonful in half a cupful of hot water, every 3 hours.

ANTI-SCORBUTIC POWDER.

Powdered Sarsaparilla	1 ounces.
" Sassafras	1 ounce.
" Burdock	1 ounce.
" Mandrake	1 ounce
" Blue Flag	1 ounce.
" Cayenne	1 teaspoonful.

To be well mixed. Good in all scorbutic diseases. Dose - One teaspoonful in half a cupful of hot water 3 times a day.

PILLS.**LIVER PILLS.**

Powdered Mandrake	1/2 ounce.
" Golden Seal	1/2 ounce.
" Saffron	1/2 ounce.
Extract of Dandelion	1 ounce.

Add a few drops of oil of aniseed, and if too dry to form into pills, add a little mucilage of gum Arabic. Dose - One, two, or three night and morning, according as they operate. Excellent in all liver complaints.

INDIGESTION PILLS

Socrotine Aloes	4 ounces.
Castile Soap	2 ounces.
Colocynth	2 ounces.
Gamboge	2 ounces.
Extract of Gentian	4 ounces.
Oil of Cloves	2 drachms.

Mix and form into pills the size of a pea. Dose - One or two morning and evening. This is a very valuable pill - cleansing the stomach and restoring the tone without creating debility.

DINNER PILLS.

Powd. Cayenne	2 ounces.
" Bitter Root	1/2 ounce.
" Canada Balsam	1 drachm.

Mix and form into pills, one to be taken every three hours. Good in impaired digestion, weakness of the circulation, &c.

INDIAN PILLS.

Powd. Socrotine Aloes	4 ounces.
Rhubarb	1 ounce.
Golden Seal	1 ounce.
Castile Soap	1 ounce.
Fennel Seed	1 ounce.
Cayenne	1/2 ounce.

To be mixed with the contents of an ox gall, which has been concentrated in the oven till it forms a paste. Dose - From one to four.

Useful in indigestion, headache, giddiness, bilious complaints, flatulency, &c.

FEMALE PILLS.

Pwd. Socrotine Aloes	1 ounce.
Jalap	1 ounce.
Gum Myrrh	1/2 ounce.
Saffron	1/2 ounce.
" Black Cohosh	2 drachms.

Mix with Venice turpentine and form into pills the size of a pea.

Dose: Two or three twice a day, and drink a tea made of pennyroyal.

Useful in all obstruction, also for headache depression of spirits, nervous affections, &c.

RHEUMATIC PILLS.

Extract of Poke Root	1 ounce.
Gum Turpentine	1 ounce.
Gum Guaiacum	1 ounce.
Rhubarb	1 ounce.

Melt the three first ingredients, and then add the Rhubarb and form into pills.

Dose: Two three times a day.

DIURETIC PILLS.

Balsam of Tolu	1/2 ounce.
Solidified Copiaba	1 ounce.
Extract of Cubebes	1/2 ounce.
" Dandelion	1/2 ounce.

Add a few drops of oil of Juniper and form into pills.

Dose: Two or three, three times a day.

An invaluable pill for diseases of the kidneys and bladder, also in gravel, gonorrhoea, gleet, and fluor albus.

COUGH PILLS (Dr. James).

Powdered Lobelia Seed	1/2 ounce.
Canada Balsam	1/2 ounce.
Extract of Balm of Gilead Buds	1/2 ounce.
Tar	1/2 ounce.

Incorporate well together, and add twenty drops of oil of aniseed, bring to a proper consistency with linseed flour, and form into pills.

Dose: Two pills night and morning, or at any time when the cough is troublesome.

NERVINE PILLS.

Powdered Valerian	1 ounce.
Extract of Gentian	1 ounce.
Assafoetida Gum	1 ounce.
Extract of Hops	1 ounce.
Carbonate of Ammonia	1 ounce.

Melt the gum over the fire, then add the other ingredients. Form into pills.

Dose - One or two at bedtime.

Useful in all nervous and hysterical complaints.

LOBELIA PILLS.

Powd. Lobelia Seed	1 ounce.
" Scullcap	1 drachm.
" Cayenne	1/2drachm.

Mucilage of gum Arabic to form into pills.

Dose: Two pills night and morning.

An excellent pill for cleansing the stomach, regulating the bile, flatulency, colic, &c.

ASSAFOETIDA PILLS.

Assafoetida	1 ounce.
Ginger	1/2 ounce.

Mucilage of gum Arabic to form into pills.

Dose: One or two every three days.

Good in all nervous disorders.

OINTMENTS.

MARSHMALLOWS OINTMENT.

Take a good handful of green marshmallows.

Elder Flowers	1 ounce.
Comfrey Root	1 ounce.

Put altogether in a vessel with two pounds of hog's lard, and simmer till the mallows are crisp, when remove from the fire and strain.

An excellent healing and cooling ointment for all kinds of eruptions, ulcers, &c.

RINGWORM OINTMENT.

Sulphate of Zinc	
Blood Root	
Golden Seal	Equal quantities.

Mix. Add sufficient lard, and work it well into an ointment. To be well rubbed in. Wash the parts in warm water and soap before applying the ointment.

DISCUTIENT OINTMENT.

Cicuta Leaves	2 ounces.
Stramonium Leaves	2 ounces.
Foxglove leaves	2 ounces.
Yellow dock Roots	2 ounces.

Bruise and simmer in one pound of lard till crisp, strain. An excellent ointment for discussing indolent tumours, swellings, &c. The parts to be well anointed, and then covered with cotton cloth.

If the green herbs cannot be procured, take the same quantity dry and boil in a small quantity of water for 16 minutes; add the lard, and simmer all together until the water is gone; strain, and it is ready for use.

PILE OINTMENT.

Powdered Slippery Elm	1 ounce.
" Pinus Canadensis	1 ounce.
" Comfrey	1 ounce.
Hog's lard	6 ounces

Mix together with a knife on a slab or board, and it will be ready for use.

Sit over a vessel containing hot water and steam the parts for 10 minutes, afterwards rub the ointment well in night and mornings

BROWN OINTMENT.

Spermaceti	1 ounce
White Wax	2 drachms
Olive Oil	3 ounces.
Beeswax	1 ounce

Melt together over a slow fire Good for sore nipples, chapped hands, skin eruptions, &c

ITCH OINTMENT.

Gum Myrrh	1 ounce.
Turpentine	1 ounce
Lard	4 ounces.

Mix and apply night and morning

BURN SALVE (Robinson).

White Lead	3 ounces.
Red Lead	3 ounces.
Beeswax	3 ounces.
Pitch	2 ounces.
Turpentine	4 ounces.

The four first to be placed in a pan and boiled for three quarters of an hour, the turpentine to be added just before it is done enough, giving it a gentle boil afterwards. An excellent cure for burns, sores, and ulcers.

DR. BEACH' S BLACK PLASTER OR HEALING SALVE.

Olive Oil	3 quarts.
Common Resin	3 ounces.
Beeswax	3 ounces.

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

It should remain on the fire until it forms a proper consistency for spreading, which may be known by dipping a spatula or knife into it from time to time, and allowing it to cool.

Dr. Beach says - "We have found this salve superior to every other where applications of this kind are required. It has an excellent effect in burns, fever sores, scrofulous, fistulous, and all other ulcers."

It should be spread thin on a piece of linen, and renewed once or twice a day.

COMMON INJECTION.

Sweet milk	1 pint
Mucilage of Slippery Elm	1 pint.
Olive Oil	1 gill.
Treacle	1/2 pint.
Carbonate of Potass.	1 teaspoonful.

Mix.

Use: This forms an injection of much value, and may be used in almost every case where one is indicated.

It is often used with admirable effect in dysentery and diarrhoea. If there is great pain in the lower intestines, add one drachm of laudanum to each injection: Dr. *Beach*.

SYRUPS.**PURIFYING SYRUP.**

Jamaica Sarsaparilla	4 ounces
Sassafras	2 ounces.
Guaiacum Chips	1 ounce.
Wintergreen	1 ounce.
Dandelion Root	1 ounce.
Burdock Root	1 ounce.
Liquorice Root	2 ounces.
Yellow dock Root	1 ounce.

Boil in one gallon of water down to two quarts; let stand till cold, when strain and bottle, adding 1 ounce of rectified spirits of wine to each quart bottle.

Useful in all cases of scrofula, mercurial disease, cancer, or any eruption of the skin depending upon impurity of the blood.

Dose - A wineglassful three times a day.

DIURETIC SYRUP.

Queen of the Meadow	4 ounces.
Cleavers	4 ounces.
Juniper Berries	4 ounces.
Burdock Seed	4 ounces.

Boil in 4 quarts of water down to 2 quarts; when cold strain and add two pounds of sugar and 4 ounces of rectified spirits to preserve.

Dose - One tablespoonful 3 times a day. Good in gravel, strangury, dropsy, &c.

COUGH SYRUP.

Horehound	1 ounce.
Elecampane	1 ounce.
Coltsfoot Leaves	1 ounce.
Garlic	1 ounce.
Liquorice Juice	1 ounce.

Boil in two quarts of water down to one quart, and add, when strained, half a pound of honey

Dose - A wineglassful 4 times a day.

PULMONARY SYRUP.

Liverwort	1 ounce.
Solomon's Seal	1 ounce.
Skunk Cabbage	1 ounce.
Blood Root	1/2 ounce.
Water Horehound	1 ounce.

Boil in two quarts of water down to one quart; when cold strain and add 1 ounce of rectified spirits of wine, and one pound of honey.

Dose - A wineglassful three times a day. Excellent in every form of pulmonary disease, particularly, however, in bleedings at the lungs and asthmatic complaints.

SYRUP FOR DYSENTERY.

Rhubarb	
Wild Cherry Bark	Equal quantities - say 1 oz. each.
Sugar	4 ounces.

Boil in three pints of water down to one quart.

Dose - A tablespoonful every fifteen minutes until the pain ceases. Said to be infallible in dysentery.

LINIMENTS.

VOLATILE LINIMENT.

Spirits of hartshorn	1 ounce.
Olive oil	2 ounces.
Laudanum	2 drachms

Useful in pains and swellings. To be rubbed on the parts affected.

DR. BEACH'S SOAP LINIMENT.

Castile Soap	1 ounce.
Oil of Sassafras	1 ounce.
Camphor	1 ounce
Spirits of hartshorn	1 ounce
Alcohol	1 ounce.

Mix.

This forms an excellent liniment in diseases of the throat and tonsils.

DR. BEACH' S HEMLOCK LINIMENT

Oil of Hemlock	1 ounce.
Gum Camphor	1/2 ounce.
Gum Opium	1/4 ounce.
Alcohol	1 quart.

Mix.

This forms an extraordinary combination for all cases of pain, particularly of an inflammatory character, where heating liniments prove too stimulating. I have scarcely ever found it fail in affording immediate relief in inflammatory rheumatism, quinsy, white swelling, inflamed breasts, &c. Bathe frequently.

RHEUMATIC LINIMENT.

Oil of Sassafras.	Equal quantities.
" of Hemlock.	
" of Turpentine.	
Tinct of Capsicum.	
Gum Camphor.	
Spirits of Wine.	
Olive Oil.	

Mix.

TINCTURES.

ANTI-SPASMODIC TINCTURE.

Lobelia Seed	1 ounce.
Cayenne	1/2 ounce.
Prickly Ash	1 ounce.
Scullcap	1 ounce
Skunk Cabbage	1 ounce.
Valerian	1 ounce.
Gum Myrrh	1 ounce.

Infuse for ten days in one pint of alcohol.

Useful in all violent attacks of disease, such as fits, lockjaw, hydrophobia, suspended animation, &c. As an outward application it is useful in sprains, bruises, rheumatism, &c.

Dose: One teaspoonful in hot water, repeated as often as required.

TINCTURE OF LOBELIA.

Two ounces Lobelia Seed.
One pint Alcohol.
Let it stand two or three days, or longer, and filter.

TINCTURE OF TOLU.

Balsam Tolu	1 ounce.
Alcohol	1 pint

Mix and let stand.

COMPOUND TINCTURE OF VALERIAN.

Scullcap Herb	2 ounces.
American Valerian, or Ladies' Slipper	2 ounces.
Alcohol	1 pint.

Let stand one week and filter.
Dose: From a teaspoonful to a tablespoonful occasionally in a little water sweetened.
This tincture is useful in all nervous diseases. - Beach.

TINCTURE OF BALM OF GILEAD.

Balm of Gilead buds bruised	1 ounce.
Alcohol	1 pint.

Let stand a few days.
Dose: From a teaspoonful to a tablespoonful, with a little water sweetened. This has benefited many.
Excellent for colds, coughs, and pain in the breast: Beach.

TINCTURE OF CAYENNE.

Cayenne	2 ounces.
Alcohol	1 pint.

Mix and let stand one week, and strain. Good internally for pain in the stomach and bowels cold and languid circulation, &c.

TINCTURE OF COHOSH.

Black Cohosh Root	1 1/2 ounces.
Alcohol	1 pint

Let stand a few days and filter.
Dose: Half a tablespoonful three or four times a day.
Useful in obstinate coughs, rheumatism, and impurities of the blood: Beach. Highly recommended in whooping cough.

TINCTURE OF PRICKLY ASH.

Tincture of Myrrh.
Tincture of Fir Balsam.

The above or any tincture can be made by putting two ounces of the ingredients of which you want the tincture into one pint of rectified spirits of wine and let stand one week.

ACID TINCTURE OF LOBELIA.

Lobelia seed	2 ounces.
" Herb	2 ounces.
Best vinegar	1 pint.

Mix and let stand one week, shaking occasionally. In consumption and all chest diseases take 1 teaspoonful in a little Boneset tea - children half quantity - twice a day.

WINE BITTERS.

Poplar Bark	1 ounce.
Balmony	1 ounce.
Unicorn Root	1/2 ounce.
Golden Seal	1 ounce
Scullcap	1/4 ounce
Cayenne	1 teaspoonful.

Boil in three pints of water down to one pint; add one bottle of good wine, and strain.

Dose - One tablespoonful three times a day, before meals. Useful in dyspepsia, loss of appetite, debility, headache, &c.

INDEX OF DISEASES.

ABSCESS OF THE BREAST.

The female breast is occasionally affected with painful swellings and abscesses. The inflammation and swelling is often very considerable, and exceedingly painful. The progress of the complaint is sometimes very rapid, and causes great distress. It is sometimes caused by cold; at other times by an obstruction to the flow of milk.

Treatments - Our object should be in the first instance to discuss or put it back, and for this purpose we steam the breast by holding under it a hot decoction of the following herbs:

Hops	1 ounce.
Horehound	1 ounce.
Tansy	1 ounce.
Wormwood	1 ounce.

Afterwards lay over the breast a cloth saturated in the following mixture: Antispasmodic tinct, 4 ounces; raw linseed oil, 1 pint. Mix and apply often.

If the swelling still continues, poultice with powdered slippery elm until it breaks and all the inflammation is gone; then heal with our marshmallow ointment. Drink freely of composition powder while trying to discuss it.

ACIDITY OF THE STOMACH.

From various causes infants are sometimes troubled with acidity, flatulency and pains in the stomach. They arise sometimes from impure milk from the mother. When this is the case the mother should take the neutralising mixture, which is made as follows:

NEUTRALIZING MIXTURE.

Powdered Rhubarb	Equal quantities
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Carbonate of Potash	
Powdered Peppermint	

Mix.

To a large teaspoonful add half a pint of boiling water; when cool strain, sweeten, and add one tablespoonful of brandy.

Dose: Two tablespoonsful every quarter, half, or one hour, children in proportion.

If not relieved, give some to the infant. Dr. Skelton recommends the following:

INFANTS SOOTHING SYRUP.

English Rhubarb root, cut small	1 ounce.
Cinnamon bruised	1/4 ounce.
Aniseed	2 teaspoonsful.

The whole to be boiled in three-quarters of a pint of water for half an hour, strained and sweetened well with honey.

Dose: From a quarter, one-half or whole teaspoonful of this mixture according to age, from four to six times a day, when the symptoms are most troublesome.

Acidity of the stomach in adults should be treated as for Indigestion, which see.

APOPLEXY.

This is one of the most alarming diseases that man is subject to, and one that requires the most active treatment. There are, however, often premonitory symptoms, which, if observed and attended to in time, will generally obviate an attack.

Persons who are of full habit, with short, thick necks, are the most subject to attacks of this disease. The premonitory symptoms are headache, and giddiness on stooping, a heavy feeling as of weight in the head, dimness of sight, bleeding at the nose, loss of memory, and mental depression. When symptoms of the above nature are observed, the person should put the feet in hot water, and at the same time apply a towel, wrung out of cold water, all over the head. The bowels should also be attended to, and all excitement avoided, and the system strengthened by taking tonic medicine.

Apoplexy, however, often comes on without the slightest warning, the patient falls down suddenly, deprived of sense and motion, and lies as if in a deep sleep, the face flushed, and breathing heavy. In such a case, if advice is at hand, by all means get it; but if not, immediately rear the patient up in bed, and give a wine glass full of cayenne tea, made strong, put the feet in hot water and mustard for fifteen minutes, rub the calves of the legs well, and give an injection, composed as follows:

Injection.

Lobelia powder	1 teaspoonful.
Composition	1 "
Olive oil	1 "

Pour upon it one pint of boiling water, when milk warm inject the whole of it. After there has been a discharge from the bowels, put the legs into a hot blanket fomentation, and cover well up in bed, in order to promote free perspiration, which should be kept up, by giving freely for at least two hours, a tea made of -

Wood Betony	1 ounce.
Yarrow	1 ounce.
Composition	1 teaspoonful.

Pour on one quart of water, and boil ten minutes, sweeten with sugar, and administer as hot as can be taken.

To prevent a recurrence of the attack, the patient should be careful not to indulge in heavy food, and should abstain altogether from intoxicating liquors.

ASTHMA.

There are two classes of Asthma, humid and spasmodic. Humid Asthma is accompanied by a great discharge of mucus or phlegm; whilst spasmodic asthma is dry, and there is scarcely any expectoration.

It is brought on by noxious fumes, imperfect digestion, sudden changes of the atmosphere, fog, &c., and if it once take place is likely to return periodically. Spasmodic Asthma usually comes on suddenly, and in all alarming manner. The sufferer is attacked generally during the night, feels a tightness across the chest, starts up into an erect position, and gasps for breath.

Treatment: When the paroxysm is on, put the feet in a hot blanket fomentation, let the patient sit up in bed and inhale the steam, from an infusion made as follows:

Stramonium	1 ounce.
Boiling water	1 quart.

and at the same time place a towel, wrung out of cold water, and folded lengthwise, four ply, along the spine, between the shoulders. For Humid Asthma, make a medicine as follows:

Horehound	1 ounce.
Coltsfoot	1 ounce.
Elecampane	1 ounce.
Spanish Juice	1 ounce.

Boil in one quart of water ten minutes, when cold strain and bottle, adding 1/4 oz. of carbonate of ammonia, and 1/4 oz. of Ipecacuanha wine, and 1 oz. of Spirits of wine to preserve.

Dose: Two tablespoonful three times a day. Keep the bowels regular.

This mixture cured the author of a very badly congested lung, and we can strongly recommend it in all chest diseases, where there is a superabundance of phlegm.

AMENORRHOEA (Stoppage of the Menses).

The menses in a healthy person should be regular, both as regards quantity and quality, and should occur at regular monthly periods; but from colds, anxiety, and other causes a stoppage frequently takes place, when the patient suffers with feverishness, pains in the head, back and loins, nervousness, &c.

Our treatment is the same in all classes of this disease, whether it be green sickness simple obstruction, or painful menstruation. For the pains, foment well the lower portion of the abdomen, with a strong decoction of chamomile, wormwood and poppies, and also sit over the steam of the same.

Make a medicine as follows:

Wood Betony	1 ounce.
Peruvian Bark	1/2 ounce.
Brooklime	1 ounce.
Pennyroyal	1/2 ounce.

Boil the bark in one quart of water ten minutes, and pour boiling hot upon the herbs, cover till cold, add two tablespoonsful of good brandy to preserve.

Dose: A wineglassful three times a day.

ANTIBILIOUS POWDER ("FOX")

Alexandria Senna	2 oz.
Powdered Mandrake	1/2 oz.
Carbonate of Soda	1/4
Cloves	1/4 oz.

To be well mixed and passed through a fine sieve.

BALDNESS.

The following has been recommended as a good stimulating lotion for the cure of baldness viz., one ounce of garlick steeped in one quart of rum. To be applied night and morning.

BARBER'S ITCH.

This is an affection which is contagious, being communicated from one person to another, as the name implies, by the razor in shaving. It is a most troublesome complaint, and hard to cure. It is attended with itching, and forms a scaly eruption, upon which scabs form, spreading under the beard. The treatment we have found invariably successful has been our Sarsaparilla and yellow dock mixture, as an alterative, and at the same time using night and morning a lotion made by boiling 1 oz. of yellow dock root in one pint of vinegar ten minutes, to be applied with a sponge, and about half an hour afterwards anoint with our Marshmallow Ointment.

BILIOUS, OR REMITTENT FEVER.

This fever is generally preceded by heaviness and languor, lowness of spirits, with heats and chills, pains in the head, and pains similar to rheumatism in the back and legs, the surface of the body hot and dry, and sometimes loathing and vomiting of bile. After a few hours perspiration takes place, and the fever abates, but does not entirely leave him, the remission continues for an hour or two, when the symptoms begin again.

Treatment: Give a dose of Antibilious Powder to cleanse the bowels, put the feet up to the knees in hot water for ten or fifteen minutes, and put a towel, wrung out of cold water, all over the head at the same time, after which sponge the body all over with tepid water. If there is much vomiting give the neutralising powder every fifteen minutes, and put a poultice of oatmeal and cayenne to the pit of the stomach Give the following as soon as there is a remission of the fever:

Peruvian Bark	1 ounce.
Virginian Snake Root	1 ounce.
Agrimony	1 ounce.
Cleavers	1 ounce.
Cayenne	1/2 teaspoonful.

Boil in one quart of water ten minutes. Dose: A wineglassful every hour during remission. Great care must be taken when convalescent to prevent a relapse. The diet should be light, all greasy substances should be avoided, and no intoxicant should be used.

BLADDER, INFLAMMATION OF.

In this complaint the person affected feels an acute burning pain and tightness in the region of the bladder, having a constant desire to make water, with great difficulty in doing so, and sometimes there is a total stoppage. There is also a desire to go to stool, and it is sometimes attended with sickness and vomiting.

Treatment: Give immediately a warm bath to the lower parts of the body, which may be done by using a washing tub, and sitting in it when about half full of hot water for half an hour, keeping up the heat by adding more water; put to bed, and give a medicine as follows:

Juniper Berries	1 ounce.
Parsley Root	1 ounce.
Dandelion Root	1 ounce.
Pennyroyal	1 ounce.
Marshmallow Root	1 ounce.

Boil the roots and berries in three pints of water fifteen minutes, and pour boiling hot upon the herbs; let stand till cold, covered. Dose - A wineglassful every two hours.

Foment the parts with a decoction made from Tansy, Wormwood, and Poppies. Dip a flannel into the fomentation, and apply whilst hot, renewing every few minutes. Also make the followings -

Slippery Elm	1 ounce.
Lobelia	1/2 teaspoonful.

Composition	1/2 teaspoonful.
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Boil in a pint and a-half of water fifteen minutes, strain and sweeten with treacle, and inject into the bowels when lukewarm.

BLEEDING AT THE NOSE.

Bleeding at the nose comes on sometimes without warning, whilst at other times it is preceded by a pain and heaviness of the head, dizziness, &c.

Treatment: Immerse the feet in hot water, take a teaspoonful of "composition" in a teacupful of hot water, sweetened, and apply a cold, wet cloth to the head. When the bleeding is stayed it will be well to take a purgative, and at bedtime put the feet in hot water, and when in bed take a cupful of arrow-tea hot, with a teaspoonful of "composition," put hot bricks to the feet, and get into a profuse perspiration, and thus remove the pressure from the head.

BLEEDING FROM THE STOMACH.

This disease is generally preceded by a sense of weight at the pit of the stomach, and may be distinguished from bleeding at the lungs by the blood being discharged in considerable quantities and of a dark colour. It may arise from blows, suppression of the menses, &c., but generally from debility and relaxation of certain blood vessels. To stay the bleeding take a wineglassful of the following mixture every hour until the bleeding stops, and then three times a day:

Beth Root	1 ounce.
Tormentil	1 ounce.
Myrrh	1/4 ounce.
Rhubarb	1/4 ounce.

Boil the roots in three pints of water down to one quart, make the powders into a paste with a little water; then add the decoction boiling hot. If the bleeding arises from suppressed menstruation, means must be taken to restore it. (See Amenorrhoea.)

BLEEDING FROM THE LUNGS

May be readily distinguished from bleeding at the stomach, as it is voided in smaller quantities, and of a bright-red colour, excepting when it has remained in the chest for some time, when it becomes darker and thicker. It is often accompanied with a tickling cough and difficulty of breathing.

Treatment same as for bleeding at the stomach, in addition to which drink freely of a decoction of Bugle Bitters, say three ounces to the quart, *cold*. After the bleeding has ceased this, according to Dr. Beach, will prevent a recurrence of it.

BOWELS, INFLAMMATION OF.

This is a most dangerous and painful disease. One of the chief signs of inflammation of the bowels is that there is great pain on the slightest pressure, which shoots round the navel; the belly is distended; there is great costiveness and vomiting of bilious matter; in colic pressure eases the pain, whilst in this complaint it is the reverse.

Treatment: Foment the bowels with a strong decoction, hot, of Tansy, Wormwood, and Hops. Make an injection as follows:

Slippery Elm	2 ounces.
Castor Oil	1 ounce.
Treacle	1/2 a teacupful.
Laudanum	1 teaspoonful.

Boil the bark in one quart of water down to one pint; strain, and add the other ingredients; inject into the bowels when lukewarm. To be repeated every few hours if necessary.

Make a medicine of -

Marshmallows Root	1 ounce.
Slippery Elm	1 ounce.
Horsemint	1 ounce.
Yarrow	1 ounce.
Cayenne	1 teaspoonful.

Boil the root and bark in three pints of water down to one quart, and pour boiling hot upon the herbs, and in ten minutes strain; put the feet in a hot blanket fomentation, and take a wineglassful of the medicine every fifteen minutes, until perspiration takes place, and after that every hour. When the pains will allow item put a poultice all over the bowels of three-fourths oatmeal and one-fourth cayenne. Remember, this is a dangerous disease, and requires the most active treatment. Do not omit the injections.

BOWELS, FALLING OF.

This disease, which may occur in persons of all ages, but is more common in infants and aged persons, may arise from general weakness of the system, diarrhoea, and straining at stool. At first the gut comes down when the bowels act, but after a time the power of retaining it gets weaker, and it comes down after the slightest exertion, such as coughing, &c.

Treatment: The protruding parts should be first kneaded gently back with the finger, covered with a piece of soft cloth, well oiled, and when put-into place, make a mixture of:

Oak Bark	1 ounce.
Cranesbill	1 ounce.
Sumach Berries	1 ounce.
Alum	1 teaspoonful.

Boil in three pints of water down to one quart. To be injected frequently after the bowel has been replaced. If persevered in, this will effectually cure.

BRONCHITIS.

This disease, which is an inflammation of the mucous membrane of the bronchial tubes, generally commences like a common cold, with lassitude, slight cough and tightness of the chest. As the disease progresses these symptoms increase causing the patient great anxiety. At first the cough is dry, but afterwards a copious secretion of transparent mucous occurs. There is great hoarseness.

Treatment: Give an emetic, put to bed and get into a perspiration. This can safely be done by giving a cupful of Yarrow tea, sweetened and drank hot, when the patient is in bed, with his feet in a hot blanket fomentation, putting on at the same time a poultice of hot bran between the shoulders, to be taken off when the patient has cooled down. Afterwards make a medicine as follows:

Horehound	1 ounce.
Elecampane	1 ounce.
Thoroughwort	1 ounce.
Comfrey	1 ounce.
Composition	1 teaspoonful.

Boil the whole in three pints of water down to 1 quart. When cold, strain and bottle, adding two tablespoonsful of spirits to preserve, and give a wineglassful three or four times a day.

Keep the bowels regular.

BURNS AND SCALDS.

The moment the accident occurs dip clothes in cold water, and cover over the injured parts continuing to wet them every few minutes, until you have time to make a mixture of cold water and

common soda, which apply as soon as made, instead of the water; or apply a poultice made of Powdered Slippery Elm, milk and olive oil, until the inflammation has been removed, when apply the Marshmallow Ointment.

BODIES IN THE EAR.

These may often be extracted by syringing with tepid water. Insects may be killed by filling the ear with spirits, and afterwards syringing with warm water.

BRUISES

Keep covered with cloths wet with a decoction of Wormwood, Tansy and Chamomile, until cured.

CANCER.

Dr. Beach, whose remedies we have found so effectual in our own treatment of this disease, says: "A cancer is an ulcer of the worst kind, with an uneven surface, and ragged and painful edges, which spreads in a very rapid manner, discharges a thin acrimonious matter that excoriates the neighbouring integuments, and usually has a very foetid smell, and which is generally preceded by a hard or scirrhus swelling of the part, if glandular.

The disease is most commonly confined to glands, and particularly the breasts, now and then to be met with in the uterus, the face and other parts, such as the lower lip, the angles of the eyes, the tongue, &c.

Cancer is most generally met with in persons advanced in life, and particularly in women about the period when the menses cease.

The cancerous sore is extremely irregular. On its surface are seen various prominences and excavations, from one or more of which a haemorrhage is frequently observed to proceed. It is attended with a peculiarly burning and lancinating pain, which is generally intermittent the edges are thick, indurated and often exquisitely painful. They are sometimes retorted, most generally inverted. The odour of the discharge is frequently so intolerably offensive, that it is difficult to inhale it long, and of a very excoriating and scalding nature.

There is a species of cancer called *Noli me tangere*, which means "touch me not." It appears on the surface, generally the face, and is very small and slow in its progress, and rough, scaly and itchy. It will continue for a great many years without much injury, or perhaps danger. Cancers of the female breast proceed to a more speedy termination, particularly when they have submitted to empirical treatment by the knife. There are few exceptions.

Cancer is one of the most distressing diseases to which poor mortals are subjected. The unhappy sufferer is literally destroyed by a slow but virulent poison, with which the fluids are contaminated, and which is the immediate cause of cancer; while the remote cause may be blows, cold, &c.

Treatment: Various applications are recommended and used for cancer; although the knife is generally employed as a remedy, yet I have never seen a solitary instance cured by it; the very nature of the disease, its extensive ramifications, the structure of the parts diseased, show conclusively that the act of cutting out a portion of the diseased mass is of no service; but, on the contrary, in almost every case exasperates it. I have seen a cancer grow more in one month after an operation than it did in three previously; and it appears to arise partly from the nature of an incised wound, that soon heals and retains the cancerous matter, which proves an additional source of irritation, and partly from irritation, inflammation, and other causes, or the injury done to the absorbents.

I have had a great share of practice in this disease, both before and after an operation has been performed, and, therefore, have had an opportunity of knowing the effects of the common practice, particularly of the knife, and I must give my testimony against the use of it in any case whatever, for I am satisfied that it only aggravates the disease. I am astonished that surgeons will continue to operate for cancers, when they must positively know by their own experience that instead of removing it exasperates the disease and accelerates its growth.

I have been called in every direction to see persons labouring under cancer for which excision has been made, and I have invariably found that every one of the patients has deprecated and given their testimony against it.

Treatment of Cancer in a state of scirrhus, or before it ulcerates: When any gland has become enlarged, indurated, and shows a tendency to be scirrhus, we should, from the earliest period, use our utmost exertions to discuss, or at least prevent, its further increase. Applications of a discutient and sedative nature should be had recourse to without delay; pressure of any kind should be guarded

against, particularly from lacing; the bowels must be kept free and open by purgatives administered from time to time and a cooling regimen be enjoined, cautioning the patient to abstain from all spirituous liquors, and from stimulants of every kind.

When the disease is in a state of tumour or scirrhus, let the following discutient ointment be applied: Take the bark of the root of Bittersweet, Stramonium Leaves, deadly nightshade "Atropa Belladonna," Yellow dock Root, Pokeberry or root, equal parts; bruise the articles, cover with spirits, and simmer a few hours; then add fresh butter sufficient, when melted, to cover the whole; simmer moderately over embers until the strength is extracted, then strain, and cover in an earthen jar. Let the tumour be well bathed with this ointment three or four times a day before the fire (or any heated substance may be held a little distance from the part during the act of bathing). After the tumour has been anointed, let a plaster be applied of inspissated juice of Pokeberry or Extract of Henbane.

Every other night on going to bed, if there is any pain in the tumour, steam with the following decoction: Take Boneset, Wormwood, Horehound, and Hops; boil two or three hours in equal parts of vinegar and water; throw the decoction and the herbs into a suitable vessel, to which add a small quantity of soft soap; place the vessel underneath the tumour or parts affected, and let the steam be confined by a blanket; continue the application for 12 or 20 minutes each time, and if it produce no perspiration throw in a hot brick. If the tumour be in the breast the articles may be put into a large bowl and placed directly under it; when the axilla and arm are swollen let the steam be extended to these parts also.

If the patient should be in excruciating pain this treatment will mitigate it, eliminating the cancerous humours, removing the tension, swelling, and inflammation connected with it, and rendering the parts more soft and natural. During the use of these medicines the patient should take our Sarsaparilla and Yellow dock, which we have always in stock, or some other powerful alterative, and a purgative should be taken once or twice a week."

Dr. Beach further remarks: "I wish to impress on the mind of the person afflicted with a cancer of the breast, the importance and necessity of avoiding the use of the knife, and any corrosive plaster, especially before it ulcerates, as both are sure to exasperate the complaint, which otherwise, if treated mildly, or even left to nature, might progress very slowly. The knife and the plaster I have found, by extensive experience and observation, to exasperate the disease, and hasten it on to a speedy and fatal termination, to say nothing of the sufferings which they must occasion. If you do it, remember, it is at your peril, the opinions of the quacks to the contrary notwithstanding."

We shall conclude this article by recommending our own treatment of this alarming disease.

If the cancer is only forming we do our best to discuss it. We apply constantly a moistened with a mixture composed of:

Olive oil	8 ounces.
Spirits of Camphor	2 ounces.

Over which we put a piece of oiled silk, and night and morning steam the parts with a decoction of:

Chamomile	1 ounce
Wormwood	1 ounce.
Tansy	1 ounce.
Soft Soap	4 ounces.

Boil all in 2 quarts of water 15 minutes slowly and place in a vessel under the parts affected and give our Sarsaparilla and Yellow Dock in wineglassful doses three times a day.

If the cancer is open we apply a plaster made as follows:

White Oak Bark	2 ounces.
Blood Root	2 ounces.
Poke Root	2 ounces.
Yellow Dock	2 ounces.

Boil gently in 1 quart of urine down to 1 pint strain whilst hot, and pour upon half a pint of honey, 2 ounces of gum turpentine, and 1/4 ounce of sulphate of zinc, thicken with Slippery Elm Powder, spread upon linen and apply. When the cancer becomes much inflamed, apply a poultice of Slippery Elm, mixed with milk.

Should the sore smell very foul, apply a poultice composed of yeast, thickened with charcoal, taken fresh from the fire and pulverised; put between gauze.

Take the Sarsaparilla and Yellow Dock three times a day, and if necessary take a purgative twice a week.

CATARRH IN THE HEAD.

Catarrh is a cold in the head, the membranes of which become obstructed, and secrete a superabundance of fluid which irritates the eyes and nose, causing sneezing, or falls into the throat and windpipe, and causes coughing, and if long neglected, consumption.

Treatment: Make a snuff as follows:

Blood Root	Equal parts mixed.
Gum Arabic	
Gum Myrrh	

And use three or four times a day. In addition to which give a mixture made as follows:

Horehound	1 ounce.
Coltsfoot	1 ounce.
Mouse-ear	1 ounce.
Comfrey	1 ounce.
Blood Root	1 ounce.
Cayenne	1 teaspoonful.

Boil in three pints of water down to 1 quart, add 1 ounce of good spirits to preserve. Dose: A wineglassful three times a day.

CHILBLAINS

This inflammation, which is of a deep purple or leaden colour, appears on the hands and feet. It is attended with more or less burning and itching, and sometimes ulcerates and discharges a thin fluid.

Treatment: Bathe the parts in water in which potatoes have been boiled, as hot as can be borne frequently, and if there is much inflammation, afterwards apply a poultice of Powdered Slippery Elm, and then the Marshmallow Ointment.

COLDS AND COUGHS.

The symptoms of these complaints are so well known that they scarcely require enumerating. They commence with a slight shivering and sneezing, succeeded by heat of skin, pain in the fore part of the head, stoppage of the nose, sore throat and cough, accompanied with expectoration of phlegm.

When we remember how many dangerous diseases owe their origin to common colds, it is astonishing that so many persons should think so little of, and pay so little attention to, them. They are often neglected and trifled with till the cough and expectoration increases, general debility takes place, and consumption asserts itself.

Treatment: Put the feet in hot water up to the knees, keeping up the heat for about 15 minutes; wrap them up in flannel and turn into bed; put bottles of hot water to the feet, and drink a strong tea made of Yarrow and a little composition; sweeten and take as hot as possible; cover well up and get into a good perspiration. In the morning take a purgative, and if not better take the mixture recommended in asthma.

COLIC

Is distinguished by severe griping pains in the abdomen, particularly about the navel, which usually comes on in paroxysms, and is generally relieved by pressure. As a rule the bowels are constipated, and there is often vomiting.

Treatment: Give immediately 1 teaspoonful of Anti-spasmodic Tincture and 1 teaspoonful of Powdered Mandrake in half a teacupful of hot water sweetened; put to bed and give the following injection:

Marshmallow	1 ounce.
Slippery Elm	1 ounce.

Boil in 1 quart of water 15 minutes; strain and add half a teaspoonful of Lobelia Herb powder, the same quantity of composition, and sweeten with treacle. Inject into the bowels whilst blood warm. Keep up the perspiration by drinking composition tea. Foment the bowels with cloths wrung out of cayenne tea.

If there is vomiting give the neutralising mixture frequently, and if this does not relieve give a mild emetic.

Hot salt applied to the seat of pain will often relieve when all else has failed.

CONSTIPATION.

This troublesome complaint often exists as a symptom of other complaints - such as deranged liver, fever, rheumatism, &c. It is frequently brought on by sedentary habits, mental anxiety, neglecting the calls of nature, and violent purgatives, which tend to weaken the bowels. Whatever the cause may be it is necessary to lay it aside, and this being done, the following mixture has been most successful in our hands:

Poplar Bark	1 ounce.
Butternut Bark	1 ounce.
Senna	1/2 ounce.
Ginger	1/2 ounce.

Boil in 3 pints of water down to 1 quart; when cold, strain and add 1 oz. of spirits to preserve. Take 2 table spoonful three times a day, reducing the dose as the motions become regular. A total abstinence from all kinds of intoxicating liquors, plenty of outdoor exercise, with cold bathing every morning combined with friction will do much to help the bowels.

CONSUMPTION, REMEDIES FOR.

Marshmallow Root	1 ounce.
Yellow dock Root	1 ounce.
Liquorice Root	2 ounces.

Boil in 3 pints of water till reduced to 1 quart; strain, and when cold add 1 teaspoonful of Powd. Bloodroot, 1 teaspoonful of Cayenne, and 1 teaspoonful of Carbonate of Soda. Dose - A wineglassful 3 times a day. In addition to the above, take 1 teaspoonful of Acid Tincture of Lobelia night and morning.

Should the bowels be confined, take a small teaspoonful of the following:

Senna Leaves	1/2 ounce.
Sage	1/2 ounce.
Powd. Ginger	1 teaspoonful.

Add half a pint of water, cover up and let it steep half an hour.

Whenever the cough is troublesome, to allay the irritation give one or two of the cough pills at any time during the day or night. Should haemorrhage of the lungs take place let a little salt and water be given, which will check it immediately, after which the following syrup will be found of great benefit:

Iceland Moss	1 ounce.
Solomon's Seal	2 ounces.
Horehound	2 ounces.
Liverwort	1 ounce.
Skunk Cabbage	2 ounces.
Blood Root	1/2 ounce.

Add 3 quarts of water; boil gently till reduced to two; strain and add two lbs. of sugar, and boil for 16 minutes longer; when cold, put in 2 oz. of spirits to preserve. Dose - A wineglassful to be taken 3 times a day, fasting.

It is a most important thing to equalise the circulation of the blood and produce healthy perspiration. As in most cases there will be present more or less pulmonic inflammation, fever, &c., it will be of the greatest importance to pay particular attention to the skin, and the above medicine will be found in every point of view successful in assisting to carry the great principles of raising the energies by a diffusion of warmth through the system; but, in conjunction with these, the patient should drink

freely of our composition powder, made in the regular manner, or a tea of any of the following herbs, made pungent with cayenne, and sweetened: Angelica, Yarrow, Pennyroyal, Raspberry leaves, or mint. For cold night sweats, which is one of the true symptoms of consumption, sponge the body night and morning with the following mixture:

Vinegar.	Half a pint
Water.	Half a pint
Common salt	4 ounces.
Cayenne	a teaspoonful.

Mix whilst hot, but use cold.

Should there be much heat and pain about the chest, wet a towel in cold water, wring out and apply over the thorax, also apply a hot bran poultice between the shoulders.

If diarrhoea or dysentery, give our *dysentery syrup* freely, or any astringent barks or roots, such as Tormentil Root, Bayberry Bark, Bistort Root, Cranesbill, &c., Dr. Beach recommends charcoal Powder, 2 parts, carbonate of magnesia, 1 part (mixed), 3 teaspoonsful daily, and we have found it effective when all else has failed.

After taking the above it will be necessary to administer tonics (and none compare with our Sarsaparilla and Yellow Dock) to remove the consumptive taint from the fluids, and tubercles from the lungs, by its stimulating properties and by its promoting absorption; or take the following:

Barberry	1 ounce.
Wormwood	1 ounce.
Horehound	1 ounce.
Tansy	1 ounce.

Boil in two quarts of water down to one, strain and add:

powdered Blood Root	1 teaspoonful;
Powdered Scullcap	1 teaspoonful;
Powdered Cayenne	1 teaspoonful;
Carbonate of Soda	1 teaspoonful.

When cold add 1 ounce of Anti-spasmodic Tincture.

Dose: A wineglassful three times a day: Dr. James.

The food should be light and nutritious, use freely the farinaceous articles, and avoid everything of an indigestible nature. Mutton or beef roasted or boiled, and free from fat, may be eaten, as also may fish and poultry. Free exercise in the open air should be taken daily.

CORNS.

Rub down the corn with a piece of pumice stone. Afterwards touch it with a camel hair pencil, or piece of stick dipped in glacial acetic acid every night at bed time, being careful to touch only the corn.

CRAMP IN THE LEGS.

Bathe the feet and legs in hot water and mustard, dry well, and rub with tincture of cayenne, and take inwardly: 1 teaspoonful of anti-spasmodic tincture, in a cup of warm water sweetened. Keep the bowels regular.

DEAFNESS.

Deafness often proceeds from the accumulation of was. In fact this is by far the most common form of deafness, and may generally be cured by syringing the ears well out with soap and water - warm - night and morning, and afterwards putting in a few drops of equal quantities of olive oil and anti-spasmodic tincture.

DIABETES

Is characterised by an excessive flow of urine, which is sweet to the taste, and has the smell of apples. It is usually accompanied with great thirst, stoppage of perspiration, and there is great muscular debility. It is a disease of an obstinate nature.

Treatment: The most important indication in this disease is to increase the action of the skin, and produce free perspiration. For this purpose immerse the legs, up to the knees, in hot water, give a cupful of Yarrow Tea, to which has been added a teaspoonful of composition, sweetened and drank hot, whilst in bed, with heated bricks wrapped in damp cloths placed at the feet and back. This should be done twice a week, if not too weak in body, and take the following mixture:

Bistort Root	1 ounce.
Columba Root	1 ounce.
Sumach Berries	1 ounce.
Gravel Root	1 ounce.
Cayenne	1 teaspoonful.

Boil in 3 pints of water down to 1 quart, when cold strain and add 1 ounce of brandy to preserve.

Dose: Two tablepoonsful three times a day. Bathe the body with equal quantities of vinegar and water (add 1 teaspoonful of cayenne to each pint), every morning.

Eat no sugar, fruit, pastry, potatoes, turnips, beetroots, radishes, carrots, or parsnips, shell fish or liver, and drink no intoxicants. Take good brown bread, well cooked beef or mutton, and tea without sugar.

DIARRHOEA.

Is characterised by frequent discharges from the bowels, attended with more or less griping. It is caused by eating unripe fruit, and sometimes from an unhealthy state of the skin. The perspiration being retained causes humours to be thrown upon the liver, also vitiated and unhealthy secretions of bile and mucus. It requires early attention, for if allowed to continue it, soon becomes dangerous.

Treatment: Take:

Bistort Root	1/2 ounce.
Bayberry Bark	1/2 ounce.
Oak Bark	1/2 ounce.
Rhubarb	1/2 ounce.
Gum Myrrh	1/4ounce.
Peppermint	1/2 ounce.

Boil in 3 pints of water down to 1 quart, and add 4 ounces of sugar, 1 drachm of carb. of potass, and when cold 1 ounce of brandy to preserve.

Dose: Two tablepoonsful 4 times a day, or oftener if required. If there is much pain in the bowels apply cloths dipped in a hot decoction of chamomile and poppy heads. Should this treatment not be successful, use as an injection the following:

Slippery Elm Bark	1 ounce.
Comfrey Root	1 ounce.

Boil gently.

DYSENTERY.

Dysentery is a specific inflammation of the large gut and lower bowel, attended with much fever, severe griping pains, and the passing of blood. It is a very serious disease, and requires strict attention. The patient should have perfect rest in bed, lie perfectly still on the back; and the bowels should be fomented with a decoction of Hops and Wormwood, or a poultice of one third Ground Ginger, and two-thirds Linseed may be applied all over the abdomen.

Take Turkey Rhubarb, Carbonate of Potass, Peppermint, Cinnamon, equal quantities pulverised and mixed. Then add half a pint of boiling water, strain, and add sufficient sugar to sweeten, and if

there is no fever add two tablespoonsful of pale brandy. Of this mixture give a tablespoonful every hour. The following injection may be used:

Mucilage of Slippery Elm	1 pint.
Milk	1 pint.
Olive Oil	2 tablespoonsful.
Treacle	1/2 a pint.
Common Salt	1 teaspoonful.

Mix and inject "whenever the patient complains of much pain." - Beach.

DYSENTERY (Dr. Fox's Remedy).

Gum Cathechu	1 ounce.
Cranesbill	1 ounce.
Slippery Elm	1 ounce.
Bistort Root	1 ounce.
Tormentil Root	1 ounce.

Boil in 2 quarts of water down to 3 pints, strain and add half a teaspoonful of Cayenne, and take a wineglassful four times a day. If the tongue is coated, give a Lobelia emetic as often as required, and vapour baths every other day, injections every three hours, composed of gum myrrh, composition, and gum cathechu. For drink, give toasted bread and water, and rice boiled in milk; and, if the case is violent add half a teaspoonful of confection aromatica and prepared chalk to every half teacupful of milk, three times a day. As an absorbent of the acids it is both safe and good, and will often cure without any other remedy.

DOLOUREUX ("Neuralgia")

Is a violent pain which affects a nerve, and causes excruciating suffering, and may be known from other kinds of pain from its occurring in twitches, and at certain intervals of time. There are several kinds of neuralgia, "Brow Ague," which affects the head; "Tic doloureux" which affects the face; and Sciatica, which affects the lower limbs.

Take composition, Valerian and Peruvian Bark, one teaspoonsful of each, add half a pint of boiling water, and take it hot three times a day. Drink the clear liquid sweetened, and rub the painful parts with anti-spasmodic tincture. Put the feet in hot water at bed time, and a hot brick to the feet. Keep the bowels regular.

The following is from the *American Medical Journal*:

Sal Ammonia	1/2 a drachm.
Camphor Water	1 ounce.

Mixed. One teaspoonful to be taken every five minutes, until the pain is relieved.

Half a dozen different persons have tried this remedy, and in every case a cure was effected. In one case the sufferer, a lady, had been subjected to acute pains for more than a week, and her physician was unable to alleviate her sufferings, when the above relieved her in a few minutes.

REMEDY FOR SUDDEN NEURALGIA.

In cases of violent attacks of nerve-pain in neck, teeth, face, ears, and head, take:

Wine of Opium	30 drops.
Sulphuric Ether	1 scruple.
Fluid Extract of Belladonna.	1 drachm.
Fluid Extract of Gelsemium	1 drachm.
Lavender Water	1 ounce.

Mixture. Saturate a linen cloth with the mixture; and apply it for an hour or more on the seat of pain.

DIPHThERIA.

This disease, being much feared - and, indeed, not without sufficient reason, as it has been a scourge to Victoria - almost any kind of sore throat is frequently mistaken for diphtheria. A true attack may generally be known by the excessive depression of the sufferer, and by the appearance on the tonsils, or at the back of the throat, of peculiar ash-coloured specks, which gradually enlarge, until they form patches of exudation that look like dirty wash-leather. Our treatment for the cure of this disease has been very successful, and is as follows:

We place the patient's feet in hot water (into which has been put cayenne pepper), up to the knees once a day for fifteen minutes; rub them well, and when dry apply olive oil. We put round the throat, next the skin a piece of old fat bacon, over which we wrap a piece of flannel. Then procure a bottle of Eucalyptus Extract, and paint the throat twice a day with it, undiluted; and gargle every half-hour with a mixture composed as follows:

Creosote	10 drops.
Hot water	1/2 a pint.

Also steam the throat three times a day with a decoction made by boiling in one quart of water for ten minutes the following herbs:

Life Root	1 ounce.
Wormwood	1 ounce.
Tansy	1 ounce.

We have found the above treatment cure the disease in from three days to one week; but it is absolutely necessary that the treatment should be persevered with, and no part of it neglected. We also give our Sarsaparilla and Yellow Dock three times a day, and keep up the patient's strength with eggs, beef tea, &c.

DROPSY

"Is an accumulation of fluid derived from the serum of the blood, and forming in some of the natural cavities of the body, such as the abdomen and chest. The same fluid accumulates in the tissues beneath the skin, and in this form may affect every external region of the body, but more frequently the extremities, particularly the feet. It is caused by retarded circulation, and sometimes follows an attack of scarlatina. Dropsy in any form shows great constitutional mischief," and should be immediately attended to.

Treatment: Give a dose of Antibilious powder before breakfast, and the last thing at night put the patient in a vapour bath. If you have a cane-seated chair, put under the chair a vessel containing hot water, and let the patient sit over the same naked. Now cover him and the chair all over with a pair of good blankets fastening them round the patient's neck. Before doing so you will have ready a couple of heated bricks, which, when the patient is seated and covered with the blankets, you will slip under one at a time, into the hot water beneath the chair. If the patient becomes faint during the operation, sponge his face with cold water.

After the bath wipe well down with equal parts of vinegar and cold water, rub dry and put to bed, with a hot brick wrapped in a vinegar cloth to the feet, and give a cup of Yarrow Tea. You will then give an emetic of Lobelia.

If the patient be strong enough continue this treatment once a week, attend to the bowels, and give the following medicine:

Juniper Berries	1 ounce.
Pellitory of the Wall	1 ounce.
Dandelion Root	1 ounce.
Broom	1 ounce.
Cayenne	1/2 a teaspoonful.

Pour three pints of boiling water upon the whole, and let boil for five minutes; when cold, strain, and add a wineglassful of good spirit to preserve.

Dose: A wineglassful every two hours during the day.

EPILEPSY ("Falling Sickness").

Persons subject to this disease frequently have premonitory warnings in the shape of a tingling sensation, commencing at the feet and gradually working upwards, till it reaches the head, when the sufferer drops down in a fit, sometimes uttering a piercing scream. The patient is now senseless and violently convulsed with foaming at the mouth, tongue protruding, which is often bitten through. The skin is cold and the face deadly pale, the eyes roll, and the pupil are insensible to light or touch. In ordinary cases the patient recovers consciousness in a few minutes, whilst others have one fit after another, lasting some hours.

We advise sufferers from this disease to beware of eating or drinking heartily in response to hunger or thirst, as these feelings often occur before a fit. We have found buttermilk the best thing to take to quench the thirst, and in response to the feeling of hunger, the same may be drank plentifully.

And as a preventative give the following mixture:

Field Balm	1 ounce.
Peony Root	1 ounce.
Wood Betony	1 ounce.
Valerian	1 ounce.
Pellitory of the Wall	1 ounce.
Scullcap	1 ounce.

Boil in three pints of water ten minutes, let stand till cold, strain and bottle, adding 1 ounce of spirits to preserve. Dose: Two tablespoonsful every three hours.

When the fit is on give a full teaspoonful of Antispasmodic tincture, in a little water.

ERYSIPELAS ("St. Anthony s Fire").

This complaint may affect any part of the body, but commonly attacks the face and head. There is a livid redness, and the part attacked is both swollen and painful. In some cases the swelling is so great as to cause all traces of the features to be Lost. There is always considerable fever, preceded by chilliness. In bad cases there is delirium, nausea, and retching.

Treatment: Put the patient to bed, and get him into a perspiration; bathe the parts for half an hour at a time in a decoction of Marshmallow Root and Elder Flowers; one ounce of each will make a quart. If this does not relieve, apply a Slippery Elm poultice, and take a mixture made as follows:

Poplar Bark	1 ounce.
Sarsaparilla	1 ounce.
Elder Flowers	1 ounce.
Wood Betony	1 ounce.

Boil in three pints of water fifteen minutes; when cold, strain and bottle, adding one ounce of spirits to preserve. Dose - Two tablespoonsful four times a day.

FEVER.

This manifestation of disease is but the effect of nature to expel from the system some irritating substance Its division into colours and classes is unnecessary, as these different symptoms are but the same cause acting on different organs. The usual symptoms are pain in the head, back and limbs; full, quick pulse; chilliness, succeeded by a preternatural degree of heat on the surface; thirst; tongue coated; and general weakness.

Treatment: In the first stages a full course of medicine is the best process to remove the cause of fever. If this fails to remove the cause, and the pulse is full and quick, and the surface hot and dry, give a half-teaspoonful of Crawley Root in some warming tea every hour, and bathe the surface with soda and water, nearly cold, every two hours. Give an injection once in two hours until free perspiration appears on the surface after which rub with a dry, woollen cloth; change the sheets twice a day. If this course fails to produce perspiration, put two teaspoonsful of the emetic powder into a cupful of hot water, and give two teaspoonsful of the tea every half-hour, until vomiting is produced.

If there is a coldness of the surface or extremities, steam freely, and add a teaspoonful of cayenne to the emetic powder, and continue its use until the surface becomes warm and moist, and the pulse regular.

In some forms of fever there appears to be a paralization of the nervous system, as in putrid fever, where the common portions of medicine will have no effect, in which case, give the Antispasmodic tincture in great spoonful doses, and inject the same, diluted, into the bowels, until free vomiting is produced.

In the treatment of fever, as well as in the treatment of every other form of disease, the quantity and power of the medicine should depend on the obstinacy of the disease. The indications to be accomplished in all colours and forms of fever are to produce a free, easy, and general perspiration, and maintain it; and to remove obstructions from every part of the system. If Pennyroyal, Catmint, or Yarrow Tea will do this, it is all that is required. But stop not short of giving a pound of Lobelia, and other things in proportion, until you have accomplished these objects. Many fail to cure fevers by depending on fixed portions of medicines, or going through a certain process as directed by some medical author, instead of keeping in view the object for which the medicine is given, and persevering until that object is accomplished. We would therefore urge upon all who undertake to care fever, especially of the typhoid type, to pursue a thorough course of treatment in the early stage, and they will seldom fail of success. If friends object, let them take the responsibility, and manage the case in their own way. Suffer no one to take charge of the patient if unfriendly to the medicine, or you will be disappointed in the result. Caution should be used, after the cause is removed, that the patient does not take cold or overload the stomach, and bring on a relapse, which is always more difficult to overcome than the first attack. After the fever abates and the coating comes off the tongue, give a teaspoonful of the spiced bitters three times a day: Colby.

FELONS AND WHITLOWS.

Felons and whitlows are very painful, being an inflammation of the covering membrane of the bone.

The surface whitlow is the most common, and is less severe than the other. Inflammation commences on the skin, at the extremity of the finger or thumb; a burning pain is felt, and a dirty coloured blister is raised containing a bloody fluid. When it has run to this stage, a prick with a sharp penknife, and afterwards a poultice of slippery elm, will generally effect a cure.

The deep whitlow is much more severe, and there is more pain and swelling. Matter forms under the skin beneath the nail. There is also another form of this complaint, in which the inflammation is still deeper seated, the matter and inflammation extending to the bone. It is known as the Tendonous Whitlow, and may be distinguished by the excessively severe and throbbing pain which accompanies it.

Our treatment of every form of this disease is the same. Immediately the symptoms appear we steam the hand over a demotion of wormwood, tansy, horehound, and hops, and afterwards apply a poultice made of powdered elm, bloodroot, and lobelia. In almost every case this treatment will remove it without forming pus or matter.

If no benefit follows from the above, we poultice with slippery elm and linseed until matter appears, when we introduce a large needle and let it out. Continue the steaming and poultice until the matter is discharged; then apply the marshmallow ointment.

FLUOR ALBUS ("WHITES.")

This complaint being so prevalent in Australia, it is almost needless to describe the symptoms.

We may, however, state that it is an irregular discharge from the uterus and vagina. At first this discharge is white, but if neglected it may turn green, yellow, or brown, when it will cause a slight smarting in making water. The patient is also frequently afflicted with severe and constant pains in the back and loins, loss of strength, failure of appetite, pain in the stomach, paleness and languor.

Treatment: Make an injection by boiling in three pints of water for fifteen minutes:

Cranesbill Root	1 ounce.
Witchhazel	1 ounce.
Oak Bark	1 ounce.

Strain and bottle. Inject into the vagina half a teacupful night and morning; and make a mixture as follows:

Comfrey Root	1 ounce.
Unicorn Root	1 ounce.
White Pond Lily Root	1 ounce.
Stinking Arrach	1 ounce.

Boil in three pints of water for twenty minutes; sweeten well with sugar, and, when strained, add one ounce of spirits to preserve.

Dose: A wineglassful four times a day.

Note: The injection will stain linen.

GREEN SICKNESS.

See Amenorrhoea, or stoppage of the Menses.

GRAVEL AND STONE.

The formation of small, sand-like concretions in the passage from the kidneys is called gravel; but if they are formed of so large a size that they cannot pass the urethra it is called "stone."

The gravel often afflicts aged persons; the stone, children from infancy to fifteen years of age. This complaint is attended with fixed pains in the loins or small of the back, sometimes shooting down the thigh or leg on the side affected; frequent desire to pass water, which flows in small quantities, sometimes attended with bloody urine.

Treatment: If there is much pain, foment the painful parts with a decoction made from:

Wormwood	1 ounce.
Hops	1 ounce.
Tansy	1 ounce.

Boil in three pints of water for ten minutes, and make a mixture of the following:

Queen of the Meadow Root	2 ounces.
Cleavers	2 ounces.
Parsley Roots	1 ounce.
Wild Carrot Seed	1 ounce.

Boil the roots in two quarts of water for twenty minutes, and pour boiling hot upon the herbs and seeds, and keep covered until cold. When strained, add two drachms of carbonate of potass, and one ounce of spirits to preserve.

Dose: A wineglassful six times a day. Persons affected with gravel or stone should abstain from fermented liquors, such as cider, beer, and especially wines, and all sour substances, and, if possible, use no other than rain water.

GOUT.

This is a very painful form of disease generally attacking the small joints. It usually attacks men who indulge in high living, and lead a sedentary life. A celebrated physician recommended a patient afflicted with gout to live upon sixpence a day, and earn it. Attacks of this complaint rarely occur before the age of thirty-five or forty.

Treatment: If the attack is violent a full course of medicine should be taken. The affected part should be bathed with the stimulating liniment, and a poultice of Slippery Elm afterwards applied; or, in lieu of the course of medicine, the parts may be steamed with a decoction of Horehound, Wormwood, and Hops, made strong, and then use the stimulating liniment and poultice.

HOOPING COUGH

"Is an infectious disease, peculiar to childhood, rarely occurring in the adult, or more than once in the same individual. There is slight fever, lasting from ten to twenty days; cold in the head, hot skin, and difficulty in breathing. These are the first symptoms. As the fever abates, the cough assumes its peculiar 'whoop,' and the child knows when each attack is about to come on, and shows signs of fear. These paroxysms last until it seems the patient must be suffocated, but at last there is a rush of air into the lungs, and when the "whoop" is heard the danger is over. The number of fits of coughing varies greatly; there may be only two or three in a day, or there may be three or four in an hour. The duration

of whooping cough is from two to three weeks to from three to four months, or even longer. When the cough is very severe, there may be bleeding from the nose or mouth, or even ears."

Treatment: At night the patient's feet should be put in water (hot), to which a little mustard has been added, and when in bed put a hot brick to the feet. During the day give a mixture as follows:

Cudweed	1 ounce.
Sweet Marjoram	1 ounce.
Aniseed	1/4 ounce.
Lobelia Herb	1/2 ounce.
Liquorice	1 ounce.

Boil in three pints of water for fifteen minutes; strain, and add 6 ounces of sugar.

Dose: From 1 teaspoonful to 1 tablespoonful, six times a day, according to age.

If the weather is fine take the patient out in the middle of the day. Keep the bowels freely open.

HYSTERIA.

This is a disease to which females are often subject. It comes on in fits, preceded by dejection of spirits, anxiety of mind, difficulty of breathing weeping, sickness, and palpitation. In severe cases there is an appearance of suffocation, stupor, and insensibility; the patient is greatly agitated; frequently shrieks or screams; and the fit ends with violent laughter and crying.

Treatment: Loosen the dress, and prevent the sufferer injuring herself; dash cold water over the face, and, as soon as she can swallow, give a teaspoonful of anti-spasmodic tincture.

To prevent a recurrence of the fit, keep the bowels well open, and give the restorative bitters in half wineglassful doses three times a day.

Should it be found that the hysteria is caused by worms, indigestion, or irregularity of the menses, use the remedies mentioned under those heads. Pay strict attention to diet, exercise, &c.

HEADACHE.

As this is usually a symptom of other diseases, it will be necessary to ascertain, if possible, if the patient is suffering from some other disorder. Headaches are of various kinds - (1st) 'Plethoric headache,' which proceeds from fullness of blood, and may arise from the suppression of some accustomed discharge, or constipation. In this form there is giddiness in stooping, and a sense of beating in the ears. Free living, little exercise, and too much sleep, are its principal causes.

Treatment: Bathe the feet in hot water at night, and take a teaspoonful of bilious powder.

"Bilious headache' maybe temporary, and will often be brought on from injudicious diet, or excess. This form is that known as 'sick headache,' and in patients of weak stomachs it is often constant, although no error of diet may have been committed. In this variety the functions of the liver are ill performed, and the cause must be attacked in that organ." The following mixture will be found of service:

Barberry	1/2 ounce.
Horehound	1 ounce.
Dandelion	1 ounce.
Raspberry Leaves	1 ounce.
Mountain Flax	1/2 ounce.
And a little Cayenne.	

Boil in three pints of water down to one quart; when cold, strain and bottle, and add one ounce of spirits to preserve. Dose: A wineglassful half an hour before each meal.

'Nervous headache' arises from debility and poverty of blood. Delicate women suffer from this description of illness when exhausted from over-suckling.

Treatment: Bathe the feet in hot water at night, keep the bowels regular, and take the following:

Lady's Slipper	1 ounce
Peruvian Bark	1 ounce.
Scullcap	1 ounce
Cayenne	1/2 a teaspoonful.

Boil in three pints of water down to one quart. When cold, strain and bottle, adding one ounce of spirit to preserve. Dose: A wineglassful three times a day.

INVOLUNTARY FLOW OF URINE.

Children, and sometimes adults, are subjected to an involuntary flow of urine, particularly at night. This disease in children is often due to the presence of worms in the intestines, and the cause in adults arises from a debility of the urinary organs, occasioned by drinking large quantities of tea, coffee, or ardent spirits; or by strains, or whatever relaxes the part. It may likewise, be occasioned by irritating substances in the bladder.

Treatment: Children who suffer from this complaint during sleep should be kept without fluid of any description for three or four hours before bed time, and if this does not stop it, tie a cotton reel with a tape over the spine, so that when he turns on his back he will awake.

Treatment for adults. Make a mixture as follows:

Bistort	1 ounce.
Wild Cherry Bark	1 ounce.
Bayberry Bark	1 ounce.
White Pond Lily	1 ounce.
Buchu	1/2 ounce.

Boil in three pints of water down to one quart strain, bottle, and add one ounce of spirit to preserve.

Dose: A wineglassful three times a day. If the patient does not perspire freely, apply the hot foot bath and hot brick at night. Rubbing the loins with salt and water night and morning is also beneficial in this complaint.

INDIGESTION ("Dyspepsia").

This disease is so prevalent that many volumes have been written on its treatment. Anything which interferes with the proper action of the stomach, and the gastric juice, will provoke this disease. The symptoms are heartburn, flatulence, and pain and weight at the pit of the stomach. Sometimes there is sickness, and, occasionally, vomiting, accompanied with lowness of spirits.

Treatment: In this disease the diet should be simple, avoiding tea, coffee, pork, butter, and using little meat of any kind. Coarse wheaten bread is one of the very best articles of food in this complaint. Active exercise in the open air should be taken every day, and the whole body sponged over with cold water every morning, followed by brisk friction with a coarse towel.

Make a mixture as follows:

Agrimony	1 ounce.
Gentian (English)	1 ounce.
Raspberry Leaves	1 ounce.
Centauray	1 ounce.
Barberry Bark	1 ounce.
Cayenne	1 teaspoonful.

And if the bowels are costive, add half an ounce of Mountain Flax. Boil in three pints of water down to one quart. When cold, strain and bottle, adding one ounce of spirits to preserve.

Dose: A wineglassful three times a day. Should the above not effect a cure, take a Lobelia emetic, and continue with the mixture.

INFLAMMATION OF THE LIVER

May be known by a pain in the right side, which is aggravated by pressure on the part. There is also a hot skin, great thirst, scanty urine; and it is sometimes accompanied with a dry, short cough, which causes a sharp, cutting pain, the patient being unable to lie on the left side. There may also be nausea and sickness, with vomiting of bilious matter.

In this complaint it will be absolutely necessary to abstain from alcoholic liquors of every kind, and also curry, pepper, sauces, and all highly-seasoned food.

Treatment: Get the patient into a perspiration by putting the feet in hot water at bedtime, and, when in bed, giving a cup of strong Yarrow tea, to which a spoonful of composition has been added (sweetened); place a hot brick to the feet and one to the side.

Give a purgative of Antibilious Powder every other day if the bowels are confined, and make the following medicine:

Barberry	1 ounce.
Horehound	1 ounce.
Buchu	1 ounce.
Juniper Berries	2 ounces.
Yarrow	1 ounce.
Dandelion	1 ounce.
Cayenne	1/2 a teaspoonful.

Boil in two quarts of water down to one. When cold, strain, bottle, and add one ounce of spirits to preserve.

Dose: A wineglassful three times a day, before meals.

If the pain is not removed after the above treatment, make a poultice with linseed meal, to which is added 1 tablespoonful of ground ginger, and the same quantity of cayenne pepper, mixed with scalded vinegar, and apply at night.

INFLAMMATION OF THE LUNGS (Pneumonia).

The first symptoms of this disease are restlessness and fever. There is pain in the chest or side, with great difficulty of breathing, together with a cough and expectoration of rusty coloured matter. In chronic pneumonia there is weakness and loss of flesh, cough, tightness of the chest, and loss of appetite.

Treatment: Put the patient to beds and apply over the lung a poultice of linseed meal and mustard, after which get him into a perspiration. The bowels must be kept regulated, either with purgatives or injections, and a medicine taken made as follows:

Comfrey Root	1 ounce.
Slippery Elm	1 ounce.
Hyssop	1 ounce.
Coltsfoot Leaves	1 ounce.
Cayenne	1 teaspoonful.

Boil in two quarts of water down to one quart.

When cold, strain and bottle, adding an ounce of spirits to preserve.

Dose: A wineglassful every three hours. The poultices must be steadily persevered with, and changed, at least, four times a day. Give plenty of nourishment, and keep the room at an even temperature.

INFLAMMATION OF THE PLEURA.

See article on Pleurisy.

INFLAMMATION OF THE SPLEEN

Is characterised by heat and pain in the left side, which is increased by pressure. The other symptoms are similar to those of inflammation of the liver, and the same treatment may be resorted to, the poultice being applied to the seat of pain on the left side.

INFLAMMATION OF THE STOMACH.

The symptoms of this complaint are a burning pain and swelling, particularly after any liquor has been swallowed; cold extremities, hard, quick pulse, and pain is produced if pressure be used over the pit of the stomach. There is also a frequent desire to vomit, and great thirst; when any food, solid or

liquid, is taken it produces great difficulty of breathing and swallowing; sometimes fits will ensue. There is restlessness, with continual tossing of the body, and great prostration of strength.

Treatment: Give an emetic of Lobelia, apply a poultice of linseed and mustard on the pit of the stomach, and another opposite on the back, put the feet in hot water, and apply a hot brick to the feet, and give plentifully of the following medicine:

Slippery Elm	1 ounce.
Comfrey Root	1 ounce.
Marshmallow Root	1 ounce.
Nutmeg	a little.
Sugar	6 ounces.

Boil in three quarts of water down to two, and give half a teacupful every two or three hours. No solid food must be given. Chicken broth or very thin oatmeal gruel may be given in small quantities, neither too cold nor too hot. Spirits, wines, or cordials must not be given, no matter how weak the patient may appear, as they are sure to increase the disease, and may cause sudden death. If the bowels are confined use our common injection.

INFLAMMATION OF THE KIDNEYS

May be known by fever, pain in the region of the kidneys, shooting along the urethra which conveys the urine to the bladder; pain, also, in the small of the back. There is a frequent discharge of urine, which is red and small in quantity. There is also pain in the groin and testicle, and a numbness of the thigh.

Treatment: Give a bilious powder. At night put the feet in hot water before getting into bed, and place a hot brick (wrapped in vinegar cloths) to the feet and one at the side, drinking a cup of hot, strong, yarrow tea. If the pains are violent when the perspiration is over, foment the parts in a strong decoction of wormwood, tansy, and hops, simmered in equal quantities of vinegar and water. Apply as warm as can be borne, and renew often.

Make a medicine as follows:

Marshmallow Root	1 ounce.
Parsley Roots	1 ounce.
Uva Ursi	1 ounce.
Slippery Elm Bark	1 ounce.
Mint	1 ounce.
Cayenne	1 teaspoonful.

Boil in two quarts of water down to one, and give a wineglassful every two hours.

Avoid eating solid food and anything of a heating nature. Gruels, beef tea, and anything of a light nature may be taken. Linseed tea may be drank plentifully.

INFLAMMATION OF THE EAR.

May be known by a very acute pain, and an inflammation which sometimes extends to the external opening. It is also accompanied with more or less fever, and in bad cases there is often delirium.

Treatment: Take one ounce each of hops and Camomile flowers, and simmer in one quart of vinegar and water (equal quantities); foment the parts with the liquid, and afterwards gather up the herbs, make a poultice of them, and apply between cloths to the ear. Repeat the same until the pain subsides. Bathe the feet in warm water before applying the poultice. Should the above means not remove the pain, take -

Tincture of Lobelia	1 drachm.
Oil of Sassafras	1 drachm.
Olive Oil	1 drachm.
Tincture of Opium	1 drachm.

Mix, and put a few drops in the ear night and morning. Before doing so, syringe the ear with warm soap and water. Keep the bowels regular.

INFLAMMATION OF THE EYE Ophthalmia).

In this complaint there is great heat and redness, and a sharp pain, as if some extraneous substance had got into the eye.

Treatment: First see if there is any foreign substance in the eye, and, if so, remove it. This may easily be done by turning the eyelid upward or downward, and gently wiping it with a soft handkerchief; "or the eye may be cleansed with cold water, in the following manner: A glass syringe, which has been thoroughly washed, should be filled with pure water, and the nozzle of the syringe having been inserted beneath the outer corner of the eyelid, the piston may then be pressed gently, and the water will flow over the surface of the eye, washing it completely."

Apply between cloths or gauze, a poultice made of slippery elm powder, mixed with a little milk. The following may be used as a wash:

Comfrey Root	1 ounce.
Raspberry Leaves	1 ounce.

Boil the roots in a pint and a half of soft water down to one pint, pour the whole boiling hot upon the leaves, let stand till cold, strain through a fine cloth, and bathe the eyes frequently with it.

If this treatment does not cure, take our sarsaparilla and yellow dock, or, if not procurable, use the anti-scorbutic powders mentioned in this work, and continue the above treatment; keep the bowels regular, and bathe the feet in hot water every night.

INFLUENZA.

Commences with chilliness or shivering, pain in the forehead, aching eyes, and afterwards running at the eyes and nose, hoarseness, cough, and difficult breathing, and, if neglected, is likely to end in bronchitis or inflammation of the lungs.

Treatment: After bathing the feet, put the patient to bed, with a hot brick wrapped in cloths wet with vinegar and water, and give him half a pint of strong yarrow tea, with a teaspoonful of composition added, well sweetened. This must be taken hot. In the morning give a dose of antibilious powder.

In most cases this will cure the disease, but if not, give the mixture recommended for bronchitis.

If the cough is troublesome at night, make a mixture as follows:

Vinegar and water	1 ounce.
Honey	1 ounce.
Cayenne	half an ounce.

and give a teaspoonful for a dose.

LOOSENESS OF THE BOWELS.

See Diarrhoea.

LUMBAGO

Is a form of rheumatism which affects the fleshy muscles of the loins on one or both sides, and the pain is increased by every movement. The treatment for this complaint is the same as for rheumatism, the parts being rubbed every night with the rheumatic liniment.

MORTIFICATION ("Gangrene")

"Is the local death of a part, and may be known by the following signs: After any violent inflammation, whether from injuries or otherwise, if the redness changes to a dirty purple colour, and dark-coloured blebs are seen on the surface, we may at once suspect that mortification is about to commence. With this symptom, the inflamed part becomes soft, and the pain dull and heavy. When gangrene has fairly set in, all pain ceases, and the colour is a purplish black."

Treatment: Dr. Beach says "that when inflammation has been properly treated, it will seldom or never terminate in mortification. But when called to treat it, our object should be to arrest and prevent

any further extension of it by means both local and constitutional. If it be connected with, or dependent on, inflammation, means must be taken to subdue that inflammation; if debility of the system has been the predisposing cause, it must be remedied by a more wholesome regimen, and the strength of the patient be supported by stimulants - such as wine - and a nutritious diet. Tonics should be administered. The wine bitters may be taken, and a glass of yeast three or four times a day."

Local Applications: "When blisters or vesicles appear upon the part, showing a disposition to gangrene, or when the sloughing takes place, the following poultice will separate the living from the dead parts, and put a speedy check to it: Take yeast, a sufficient quantity, stir in slippery elm bark to form a poultice of a proper consistency. Apply tepid, and often renew. This will correct the foetor of the parts, and assist the powers of nature to separate the mortified from the living flesh. I have not known this application to fail in a single instance, except in one case of dry mortification, from which a person rarely recovers."

PALPITATION OF THE HEART.

Is sympathetic, or the effect of some other disease, and what will remove the primary cause will remove this also. If suffering from indigestion of a flatulent nature, which is often, and indeed almost the only cause of this disease, make a mixture as follows:

Fennel seed.	1 ounce of each.
Juniper Berries.	
Horsemint.	
Sweet Flag.	
Cherry Bark.	
Gentian.	

Boil in three pints of water down to one quart, when cold, strain and bottle, adding one ounce of spirits to preserve.

Dose: A wineglassful four times a day.

PARALYSIS ("Palsy")

Is a disease which is sub-divided into many varieties. It is characterised by a loss or diminution of feeling or motion, or of both, in one or more parts of the body. *Hemiplegia* is the name given to Palsy when it attacks one side of the body. This is the most usual form of paralysis and is commonly known as a paralytic stroke. *Paraplegia* is palsy of the lower half of the body and is due either to disease of the spinal cord, or from the action of a sensitive nerve, which reflects back its excitement on the cord.

Paralysis may arise from brain disease, such as apoplexy, softening of the brain, and tumours pressing upon that organ, or it may arise as an after consequence of epilepsy, St. Vitus' Dance, disease of the spinal cord from hysteria, or Rheumatism, and the action of lead or mercury."

Treatment: Give a vapour bath twice a week if the patient is strong enough to wear it. But if the patient is old and feeble, it will be necessary to first strengthen the system as much as possible, by proper food and medicine. The following liniment may be well rubbed into the affected parts, Viz.:

Tinct. of Cayenne	1 ounce.
Spirits of Camphor	2 ounces.
Olive Oil	3 ounces.

and give the following medicine:

Centaury	1 ounce.
Barberry Bark	1 ounce.
Valerian	1 ounce.
Scullcap	1 ounce.
Angelica	1 ounce.

Boil in three pints of water down to one quart, and add half a teaspoonful of cayenne, and one ounce of spirits to preserve.

Dose: One teaspoonful four times a day. Also take a dose of composition each night on going to bed. To old and feeble patients the vapour bath may be omitted.

PILES.

These tumours are occasioned by the passing of hardened faeces, forcing down the blood in the veins until the lining membrane is ruptured, and the blood presses out and forms small tumours; and when these are ruptured, profuse bleeding sometimes takes place.

Treatment: Make a mixture as follows:

Comfrey	1 ounce.
Mullein	1 ounce.
Rhubarb	1/2 ounce.
Sugar	4 ounces.

Boil in three pints of water down to one quart, strain and add one ounce of spirits to preserve.

Dose: A wineglassful three times a day. If the piles are outward and very painful, sit over the steam of hot water at night, and afterwards apply the pile ointment. For inward piles an injection may be used, of *Pinus Canadensis* and Slippery Elm.

PLEURISY

Is an inflammation of the membrane that lines the internal surface of the chest, and commonly affects the right side. It is attended with acute lancinating pain in the side, hurried and painful breathing a short dry cough, the skin hot and dry, the pulse hard and frequent, and the tongue coated. Inflammation of the pleura is very liable to produce adhesion between the side of the chest and lungs an occurrence, however, not productive of much danger or inconvenience. But under unfavourable circumstances, an abscess is sometimes formed, which is always attended with more or less danger to the patient.

Treatment: Put the patient to bed, and apply to the chest a poultice of linseed meal and mustard; put the feet in hot water, drink a cup of strong Yarrow tea, and place a hot brick, covered with a cloth wet with vinegar, to the feet and one to the side; cover well up and get into a good perspiration.

Make a mixture as follows:

Comfrey Root	1 ounce.
Horehound	1 ounce.
Hyssop	1 ounce.
Pleurisy Root	1 ounce.
Cayenne	1/2 a teaspoonful.

Take a wineglassful 4 times a day; persevere with the poultices, and keep the bowels regular.

QUINSY.

Is an inflammatory sore throat. It commences with fever, together with pain and enlargement of the tonsils. The pain in the effort of swallowing is often so great that, on attempting to drink, the fluid is returned through the nostrils. Pain will also be felt in severe cases shooting from the throat to the ear. The inflammation usually runs an even course, either in the formation of an abscess, or subsiding of its own accord. In the former case the disease is prolonged for several days, the pain is violent, and is only relieved by the abscess bursting.

Treatment: The patient must be put to bed, and got into a perspiration in the usual manner, and the following medicine administered:

Hyssop	1 ounce.
Agrimony	1 ounce.
Raspberry Leaves	1 ounce.
Mouse Ear	1 ounce.
Gum Myrrh	1 ounce.
Comfrey	1 ounce.
Rhubarb	1/2 ounce.

Boil in three pints of water down to one; strain, and add one ounce of spirits to preserve.

Dose: A wineglassful every three hours.

Make and use the following gargle:

Vinegar boiling.

Gum Myrrh powdered	1/4 of an ounce.
Cayenne	1/2 teaspoonful.

Mix well, cool, and strain. Gargle frequently.

Rub the throat with Olive oil, and, afterwards, apply a poultice of two-thirds linseed meal and one-third ground ginger.

The throat should also be steamed by inhaling the steam from a decoction of Wormwood, Hops, and Tansy.

RETENTION OF URINE.

See Suppression.

RHEUMATISM.

This disease frequently follows rheumatic fever, but is oftener caused by checking perspiration, and is most prevalent when the weather is damp and variable. The pain is very acute, and the most frequent position is in the joints and large muscles.

Treatment: The patient should be given a vapour bath for two or three nights in succession, and, after each bath, rubbed down with vinegar and water (equal quantities), wiped dry, and put to bed with a hot brick to the feet. Rub in, at bedtime, a liniment made as follows:

Spirits of Camphor	2 ounces.
Tinct of Cayenne	1 ounce.
Olive oil	5 ounces.

Mix and shake before using.

Take the following mixture during the day:

Jamaica Sarsaparilla	4 ounces.
Sassafras Bark	2 ounces.
Prickly Ash Bark	1 ounce.
Valerian	1 ounce.
Composition	1 teaspoonful.

Boil slowly (with the lid on), in two quarts of water down to one quart; when cold strain, and add 1 drachm of Iodide of Potassium, and one ounce of spirits to preserve. Give a wineglassful half an hour before meals; also a teaspoonful of the following powder, in jam or treacle, every night at bedtime:

Fox's Powder.

Gum Guaiacum	equal quantities.
Turkey Rhubarb	
Flour of Sulphur	

Mix.

We have used the above remedies in hundreds of cases, and have seldom known them to fail in curing this disease. Of course, steady perseverance is necessary.

In the case of old and feeble patients the vapour bath should be omitted.

RINGWORM

Is an affection of the scalp or chin, usually of a circular shape. At first there is itching, with slight redness of the skin. When the body is heated the itching becomes intolerable, and upon being scratched a watery humour appears, which causes the disease to spread.

Treatment: Give the purifying syrup, and apply an ointment made as follows:

Ringworm Ointment.

Powdered Golden Seal.
Blood Root.
Sulphate of Zinc.
Hog's Lard.

Mix and rub on the affected parts night and morning, washing with warm water and soap before each dressing.

SHORTNESS OF BREATH.

See Asthma

SPRAINS AND BRUISES.

We have found Dr. Beach's remedy for these cases to be more reliable than any other. He says: "By these terms we understand an injury or contusion of some part of the body, without laceration or breaking of the skin. A bruise is often very painful much swollen, and turns the skin black or purple. The best application is Wormwood Leaves, simmered in vinegar to extract the strength, with a little salt added, to be applied cold or warm, as agrees best. Nothing so soon reduces the swelling. After the above has been used some time, apply a strengthening plaster."

SUPPRESSION OF URINE

Is a complete or partial suspension of the action of the kidneys, by which the urine is greatly diminished, or may be entirely suppressed. There may be pain in the small of the back or irritability of the bladder. There is a urinous odour exhaled during perspiration, and a taste of urine experienced in the mouth.

Treatment: Give the patient a vapour bath, put to bed, and apply the hot brick to the feet Poultices of Linseed Meal and Powdered Ginger must be applied where there is any pain, and the following mixture taken:

Juniper Berries	1 ounce.
Buchu Leaves	1 ounce.
Broom Tops	1 ounce.
Dandelion Root	1 ounce.
Pellitory of the Wall	1 ounce.
Marshmallow Root	1 ounce.

Boil in two quarts of water down to one quart; when cold, strain and bottle, adding one ounce of spirits to preserve.

Dose: Two tablespoonsful every two hours until the urgent symptoms abate, and then less frequent. The bowels must be kept moderately open, and diet must be light and nourishing.

SWELLING OF THE KNEE.

Take half an ounce of Spirits of Camphor, one drachm of Tinct of Cayenne, and 1 1/2 ounces of Olive oil. Mix, and rub into the knee two or three times a day.

SWELLINGS.

For painful swellings of the legs, bathe frequently in a strong decoction of Hops, Wormwood, and Tansy.

TAPE WORM.

Symptoms - Griping pains, distressing sickness at the stomach, loss of appetite, wasting of flesh, dizziness, heaviness of the eyes, motion in stomach and bowels. In some cases the patient frequently passes portions of the worm in the stools.

Treatment: we have found Dr. Fox's remedy the most effective for expelling the Tape Worm, and therefore give it here:

First Morning: Take one teaspoonful of Bilions Powder, one tablespoonful of lemon juice, one teaspoonful of sugar; pour upon them half a cupful of hot water, and take the whole of it half an hour before breakfast.

Second Morning: Take half an ounce of Powdered Cusso, two tablespoonsful of lemon juice, one tablespoonful of sugar; pour half a pint of boiling water upon the whole. Drink of it occasionally, so that the whole of it is taken before breakfast.

Third Morning: Repeat precisely a similar dose as on the first morning. If the three doses do not answer the purpose for which they are given, which occurs in about one case in ten, in the following week repeat the three doses again.

The above should be taken about the full of the moon, the worm being liveliest about that time.

Other remedies are often given, such as Pomegranate Root Bark, 4 ounces, in decoction, which sometimes causes griping in the bowels; also extract of Male Fern, or turpentine. We have, however, found the Cusso so effective that we seldom give any other remedy.

TETTERS

Is a troublesome, inveterate eruption appearing on different parts of the body, usually the hands. It appears in patches of vesicles, attended with inflammation and swelling, and discharging a thin corrosive fluid, with an intolerable itching; scabs form, which fall off or dry away, but appear again after a little while.

Treatment: Take freely of the purifying syrup or our Sarsaparilla and Yellow dock, and treat outwardly as recommended for Barber's Itch.

ULCERS

Are continuous sores, caused by injuries, or they may arise from Scrofula, Venereal disease, or anything that corrupts the fluids.

Treatment: Take the Purifying Syrup three times a day. Poultice at night with Powdered Slippery Elm to keep down the inflammation, and use during the day the marshmallows ointment.

VERTIGO

Or giddiness, is a well known attack, usually followed by a headache, and is most prevalent in advanced life. An isolated feeling of giddiness may be produced by some disturbance of the functions of the liver, or from irritation of the stomach. It may be a premonitory symptom of Apoplexy, or it may proceed from obstruction of the menses.

Treatment: The feet should be bathed in hot water and mustard at night, and on rising in the morning, the head should be well bathed in cold water, and especially bathe the upper part of the spine. The diet must be attended to; nothing greasy or indigestible should be eaten; and the following mixture should be taken:

Wood Betony	1 ounce.
Valerian	1 ounce.
Peruvian Bark	1 ounce.
Cayenne	1 teaspoonful.

Boil in three pints of water down to one quart; when cold, strain and bottle, adding an ounce of spirits to preserve.

Dose: A wineglassful three times a day. The bowels must be kept open.

WARTS

May be removed by touching the surface with glacial Acetic Acid, which must be applied very carefully, with a pointed piece of stick. The day following, the destroyed part may be removed with a sharp penknife. Immediately afterwards, renew the application of the acid, until the growth is level with the surrounding surface.

WEAK EYES.

Before washing the face in the morning, dip the face in the cold water with the eyes wide open; and use during the day a wash Bade of a decoction of Raspberry Leaves and Oak Bark.

WORMS.

There are seven different varieties of worms known to inhabit the human intestines, but those most frequently seen are the long thread worm, measuring from an inch and a-half to two inches, the large, round worm, which resembles the common earth worm; and the small threadworm, which inhabits the lower part of the large intestine. This worm is commonly met with in children. The symptoms are picking at the nose, depraved appetite, foul breath, disturbed sleep, and itching at the seat.

Treatment. Make a medicine as follows:

Tansy	1 ounce.
Wormwood	1 ounce.
Bogbean	1 ounce.
White Poplar Bark	1 ounce.

Boil in three pints of water down to one quart; when cold, strain and bottle; sweeten well with treacle, and add a little spirits to preserve.

Dose: For an adult, two tablespoonsful three times a day, before meals; and every other morning take a dose of bilious powder. Children, the same treatment, reducing the dose according to age.

WOUNDS.

First arrest the bleeding. This may be done by folding a piece of brown paper into seven or eight layers, until you have a thick piece sufficient to cover the wound; place it upon the top, and bind it tightly with a piece of lint, to secure permanent pressure.

When an artery is cut, the blood is of a bright scarlet colour, and gushes from the wound with great force; when a vein is cut, the blood is of a dark, purple-red colour.

When the bleeding ceases, remove all extraneous substances, such as dirt, gravel, bits of glass, and clots of blood, which may be taken away by pouring water over the wound; then bring the cut surfaces together, making the edges meet as carefully as possible, and secure with adhesive plaster, which must be applied in strips, with a little space allowed between each. When inflamed apply Slippery Elm poultice; afterwards healing ointment.

A COURSE OF MEDICINE.

This does not consist in the application of a single remedy, as many have supposed, but of a series of remedies following each other in quick succession, by which disease is overcome immediately, instead of allowing it to progress a great length of time. It includes injections to evacuate the bowels and stimulate them to action; vapour bath, to promote perspiration and throw from the system the morbid matter that has been retained; relaxants and stimulants, to arouse nature to throw off the morbid accumulations of the stomach; a second administration of the injection and application of the vapour

bath; concluding with washing over with cold or warm water in which a little Carbonate of Potass has been dissolved.

ENEMAS OR INJECTIONS.

This mode of administering medicines constitutes a very important part of the Thomsonian practice, and ought never to be omitted in consequence of false delicacy on the part of the patient, or to avoid labour on the part of the physician. In no other way can medicine be administered to accomplish so much, in obstinate cases, as by injections. They not only act on the bowels and remove the faecal matter, but also produce the effect with much more promptness than the medicine composing the injections will produce when taken into the stomach. In all cases of irritability of the stomach, Colic, stoppage of the bowels, costiveness, Lock-jaw, &c., injections are indispensable. They should be prepared in reference to the indications to be accomplished.

If the object is simply to evacuate the bowels, half a teaspoonful of Composition, and as much Slippery Elm, in half a pint of hot water, will accomplish the purpose; if to check a Diarrhoea, or for the Piles, a strong tea of Witch Hazel Leaves, or of Hemlock Bark, should be used instead of hot water. But the injection powder (see index), will be the best for ordinary cases. Dr. Thomson says, with much truth, that it is better to administer injections ten times when not necessary than omit them once when needed.

DIRECTIONS FOR A COURSE OF MEDICINE.

Dr. James says: "of all the benefits conferred upon suffering man, none have ever proved of more value than this mode of cure, discovered and handed down to posterity by Samuel Thomson; for it rouses the whole system to action - cleanses the stomach and bowels of all irritating matter; restores the sensibility, temperature, and tone of the surface; and imparts vitality and nervous energy to the skin. When we consider that five-eighths of all we receive into the stomach passes off through the pores of the skin in what is called insensible perspiration, and that the skin evacuates more matter than the lungs, kidneys, and bowels put together; that it also discharges more matter in twenty-four hours than the bowels do in fourteen days, and by severe exercise a man will lose from three to five pounds weight in an hour; that the Creator has pierced the human cuticle with pores, or small openings, to the almost incredible number of five hundred millions, making this the grand outlet of all the redundant matter of the body; that through these are constantly exuding the old, altered, and work-out particles of the blood, the humors of the body, and the waste of the system, - when we consider all this, I say it requires very little exercise of our reasoning faculties to perceive at once the superior advantage of our simple sciences of medicine over that of *Allopathy*, which has so long spread its baneful influence over the land." "From what I have seen of the routine practice of our public institutions," says Matson, "I do not hesitate to say that a *Course of Medicine* will do more in a few hours, towards the removal of disease, than is often accomplished by the old school Physicians in weeks, or even months. It tends directly to tranquilize the circulation remove obstructions, promote appetite and digestion; invigorates the skin and every organ of the body to a natural and healthy condition. If these results are produced, it matters not what may be the type of the disease, for nothing further can be done towards the perfection of a cure."

DIRECTIONS FOR A COURSE.

In order to give a "Course of Medicine" it will be necessary, no matter what the disease, to prepare the patient by administering a cup or two of hot Composition, or any diaphoretic herb tea made pungent with Cayenne and sweetened with treacle or sugar; and in case of Cholera, Bowel Complaint, Spasms, &c., add a teaspoonful of Anti-spasmodic Drops to each half pint of tea; have ready two bricks red hot; stand them on their narrow sides in a flat tub, or any other convenient vessel; place the vessel with the bricks in it under the chair, upon which the patient must sit naked, with his feet in hot water; at once envelope both him and the chair with a blanket sufficiently large to reach the floor and exclude the air; then give him a teacupful of the above tea; next raise the blanket at the back of the chair and pour boiling water out of a teakettle into the dish or tub, taking care not to pour it on the bricks, but rather down the side of the vessel, so as not to raise the steam so suddenly as to scald the patient; after having poured in about a quart, close the blanket until the heat abates a little, then add the rest; or, it may be divided into three portions, according to the feeling of the patient, for an immense steam will arise under the blanket and over the whole surface of the body. Should he at any time feel too hot, let a small portion of the blanket be opened for an instant, and then closed again; have also ready a little

vinegar and water in a basin, with which to sponge the face in case of faintness. This will refresh and enable the patient to remain in the bath the necessary time. The immersed bricks will throw up steam for half an hour; but from ten to twenty minutes will, generally, be found sufficient, if properly administered, which is known by the sweat seen on the face and forehead. When this appears fully, throw of the blanket, and immediately rub or sponge the patient down with tepid vinegar and water as quickly as possible (don't exceed a minute). Should the disease be of long standing, or an obstinate one, instead of the vinegars use a strong alkaline wash of common soda and water, to clear the glutinous substance from the pores and prevent absorption of the morbid matter that has worked out during perspiration. If the veins are full at the extremities, and the skin all over the body is of a lively, red appearance, it is an indication of a healthy action in the body. When the patient has been rubbed dry, he must get immediately into bed, and, to keep up the circulation, stone bottles filled with boiling water, wrapped in cloths that have been thoroughly damped in vinegar, must be placed to the feet, and sufficient bedclothes over him to promote and keep up the perspiration. When the patient has been comfortably settled in bed a few minutes, the emetic must be given in the following was (see index for Emetic Powder): Divide one of our emetics into two parts - mix one part in half a teacupful of the same tea the patient has been drinking while in the bath. and administer it, which should be followed up by the second half in about twenty minutes. By this plan the first dose acts as a preparatory agent, and disposes the contents of the stomach to be more easily discharged, and the second generally produces free vomiting, without pain or fatigue to the patient. But should this not have the desired effect, let a fourth of an emetic be given every fifteen minutes till it does, after which it must be encouraged by drinking a cupful of hot tea after each discharge from the stomach. In extreme insensibility of the stomach, as in certain Typhus fevers, cases of poisoning and in Diarrhoea, prompt action is required. In these cases, the vomit ought to be administered in a single dose. After the emetic is worked off, an Injection should be given (see index for Injection), to cleanse the bowels. In all cases of Cholera, or putridity of the bowels add a tablespoonful of Anti-spasmodic Drops; if a nervous disease, add a tablespoonful of Tincture of Assafoetida to the Injection.

The patient by this time usually feels faint and hungry, but whether or not, it is necessary to give a little gruel, beef tea, weak broth, or a cup of weak tea and a piece of dry toast. This wonderfully sustains the patient, and helps to keep up the perspiration. The above course may be repeated in from four to six hours, if the case calls for it, which is seldom necessary if the patient has been properly managed.

If the patient be a child, or one too feeble to sit up, the following plan of steaming should be adopted: Place him in bed; prepare three hot bricks, or bottles of water (each brick or bottle must be wrapped in cloths wet with vinegar), put one to the feet and one on each side, a few inches from the body - this will raise the steam - then tuck in the quilt all round. But should your patient be an infant, one brick will be sufficient, *and be are to keep your naked arm in the bath the whole time* to judge of the heat, and lift the end of the quilt when it becomes too hot; a cupful of Composition may be injected into the system, and should it return with a motion it should be repeated. This is an excellent mode of administering the tea should the patient be an infant, or one who makes any resistance to taking sufficient into the stomach. Put plenty of bedclothes on. Keep the patient in this state until he has had a profuse sweating; then take away the bottles or bricks from the sides, leaving the one at the feet. After this, administer the emetic as above, and carry out the course in the same way, with this exception: When the disease is not desperate, the Aperient Powder may be substituted for the Injection, which should be washed down with a cup of Nerve Tea, which tranquilizes the patient, and produces sound and refreshing sleep. When the patient rises from the bed, on the morning after the bath, he should be quickly sponged from head to foot with cold water and vinegar (equal quantities), and salt; or strong lye water made from common soda. This cleanses the skin, closes the pores, and prevents the patient taking cold. After he has been rubbed thoroughly dry clean linen must be put on, when an indescribable feeling of comfort will be experienced. After every course of medicine our Tonic Bitters *must be taken* for some time to restore the digestive organs and the tone of the system generally.

"The proper application of these courses of medicine, in the various forms of disease to which man is subject, we consider the keystone in the grand arch and superstructure of the reformed system; for without Lobelia, Cayenne, and the Vapour Bath, the grand bulwark of the system would be found wanting. These valuable articles stand in the front and foremost ranks to oppose all attacks, stages, and forms of disease to which frail humanity is subject. Many cases which have proved too stubborn for medicine have been relieved through the agency of the Vapour Bath. In all diseases where the vital heat has become so far exhausted-as not to be rekindled by the administration of medicine, steaming is indispensably necessary, always remembering to keep up the internal heat with Stimulating teas - *not* as some are doing in this neighbourhood, who while they profess to be followers of Thomson are at the same time acting diametrically opposite to his system, by giving a glass of *cold water* to the patient to drink when the perspiration is at its height. I have heard of some who have fallen into convulsions from this *decidedly absurd and dangerous practice.*"

"There is still another remark I wish to make. It is of great importance that the nurse or person administering a course of medicine should have everything prepared before commencing; for a few moments lost in looking for an article afterwards frequently causes the patient great annoyance, and

renders the bath of little or no utility; indeed it often does more harm than goods and then the system, and not the nurse, is held up to blame. It is, therefore, of the greatest importance that the attendant should be a person whose activity and common sense will admit of going about the business in such a way as to give the patient every opportunity of receiving benefit from the process of a steam bath - otherwise, it is better left alone."

HOT BLANKET FOMENTATION.

"Take a good blanket and fold into the size required to cover the parts, then roll up like a bottle; you will then take a large-sized basin, which is only needed to catch the spare hot water; place one end of the rolled blanket into the basin and pour the hot water out of a kettle into the other end (do this so that the water will go into the folds of the blanket); pour only so much water in as the blanket in its upper half will absorb; turn the other end of the now half-saturated blanket up and pour nearly as much water into that, but not so much as to make it run through if you can avoid it; now lay the blanket on to the table and knead it so that the hot water may be as well diffused as possible. The fomentation is now ready. Place over it a sheet or towel so as not to scald the patient." - Prof. Kirk.

DIETARY FOR THE SICK.

ONE of the most important matters in sickness is strict cleanliness in the preparation of food, for if that which should nourish and support the patient be spoiled in cooking, the prescribing of medicine becomes useless. A careless cook or nurse may undo all that the physician has done? And, indeed, may entail great suffering upon the patient, or even death. It is therefore of the greatest importance that all vessels used in cooking food for the sick should be perfectly clean.

All liquids, such as broths, milk, barley water, beef tea, gruel, &c., &c., should be kept in shallow dishes in a cool place. All fat should be carefully taken off, as it is very injurious to weak stomachs.

Of all meats, the most nutritious and easily digested is mutton, and the most nourishing thing for an invalid is a loin chop, with all fat cut off, and nicely grilled, served on a hot plate, and sprinkled with pepper and salt.

MUTTON BROTH.

Take 2 lbs. or more of the lean part of a neck of mutton, just cover it with cold water, add a little salt, and let it come slowly to the boil; take off the scum as it rises, and then put in one carrot, one turnip, and two onions, cut very small; tie into a bunch a little thyme, marjoram and parsley, and boil with it. A little barley or oatmeal may be added. Let it boil gently for an hour and a half take out the meat, empty into a tureen, and skim off every particle of fat.

VEAL BROTH.

Take a small part of the knuckle, and cook the same as above, with the addition of a little mace and celery and dish up with small squares of toasted bread.

ESSENCE OF BEEF.

Take one pound of lean beef or more, cut it up into small pieces, put into a wide-mouthed jar, add a little mace and pepper, cork the jar and place it up to the neck in a saucepan of boiling water, and let it boil for two hours; the water in the saucepan should be kept boiling gently the whole time. This is excellent for those who cannot take much into the stomach at one time, one spoonful being equal to a teacupful of other broths.

BEEF TEA

Take one pound of lean beef, cut it half through into small squares, so as to have it still in one piece; rub a little salt into it, and place into a clean saucepan with three pints of water, a little mace,

allspice, and onion; let it stew gently in the oven until all the strength is extracted, strain, and remove all fat from the surface.

BARLEY WATER.

Take two ounces of pearl barley, wash it in a little water, and then set it on the fire in a quart of water; let it boil till it is of a moderate thickness; it may be flavoured and sweetened according to taste. This makes nice food eaten thick, with a few currants boiled in it, for lying-in women.

RICE WATER

Is made exactly in the same way, and is a fine drink, either for children or adults. A little milk and sugar may be added.

TOAST AND WATER

Should be made fresh every day. Let a large jug of water be boiled, and allowed to stand till cold; then thoroughly toast, but don't burn, a thick piece of bread; drop it into the jug of water; let it stand half an hour, and it is fit for use.

BRAN TEA

Makes an excellent drink for the sick. Put a quart of water into a clean saucepan, and throw in a large handful of clean bran; let it boil gently for fifteen minutes, then strain and add a little honey and essence of lemon.

LINSEED TEA

Is an excellent drink for children, and persons troubled with cough or hoarseness. To three tablespoonsful of linseed add three pints of water, and boil down to one quart, strain, and sweeten with honey, In cases of cough add a little liquorice, and acidulate with vinegar.

A PLEASANT DRINK.

Take cream of tartar, half an ounce; loaf sugar, two ounces; and the outer rind of a lemon, over which pour one quart of boiling water, cover it over and let it stand till cold, then strain.

ORANGE DRINK.

Cut up the rind and pulp of three oranges, put them into a jug, and pour a quart of boiling water over them, let stand for half an hour, sweeten to taste.

APPLE WATER.

Take three or four apples, peel and slice them, and boil in one quart of water till quite soft, then strain and sweeten.

RASPBERRY VINEGAR.

Steep three quarts of raspberries in one quart of vinegar for four days, strain through a hair sieve, and add a pound of sugar to every pint of liquid, simmer gently for one hour, strain again, and bottle for use.

Excellent in fevers and as a drink in hot weather. Two tablespoonsful in a tumbler of water.

CALFSFOOT JELLY

Take two feet well cleaned, add to them three quarts of water and a little salt; let them boil very gently until the liquid is reduced one half, strain, and, when cold, take the fat clean off, turn out the jelly and remove the sediment from the bottom. It can be eaten cold by itself, or mixed with milk or tea, &c, or it may be warmed as required, and flavoured with sugar, spices, &c.

ISINGLASS JELLY.

To one ounce of isinglass add one quart of water, a little cinnamon bark, and a little lemon peel (not candied); boil till reduced to one pint, strain, and add white sugar, lemon juice, and a little wine. This is excellent for invalids taken frequently.