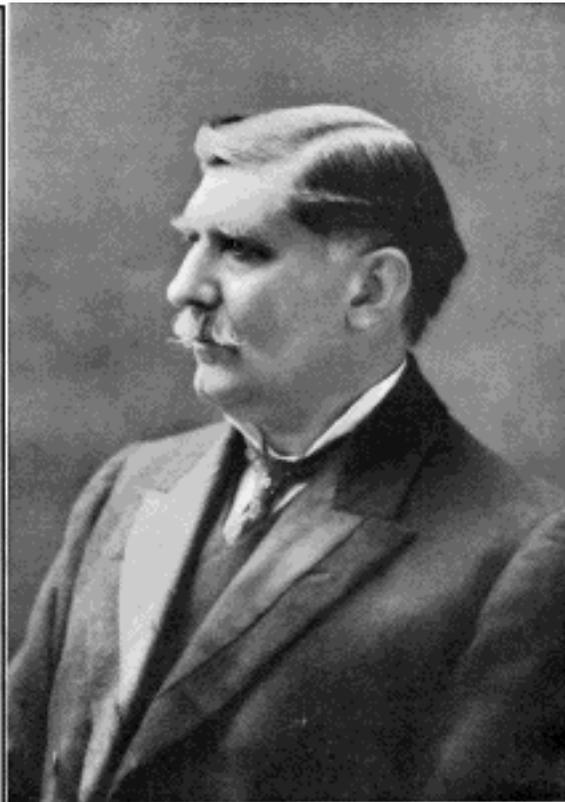


Yours respectfully
Wm Fox M.D.



Yours respectfully
Alfred Fox.



Yours respectfully
Russell Fox

THE WORKING-MAN'S
MODEL
Family Botanic Guide
OR,
EVERY MAN HIS OWN DOCTOR;
BEING AN EXPOSITION OF
THE BOTANIC SYSTEM,

GIVING A CLEAR AND EXPLICIT EXPLANATION OF THE
BOTANIC PRACTICE, THE CAUSE, CURE, AND
PREVENTION OF DISEASE;

EMBELLISHED WITH ENGRAVINGS
OF THE HUMAN BODY AND HERBS USED IN THE BOTANIC PRACTICE.

BY
WILLIAM FOX, M.D.

ENLARGED BY
A. R. FOX, F.L.S., M.P.S. (SON OF THE AUTHOR).

TWENTY-THIRD EDITION.
REVISED AND CORRECTED BY A. RUSSELL FOX,
MEDICAL BOTANIST AND EYESIGHT SPECIALIST.

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PREFACE.

IN presenting this Work to the public, the author does so with the greatest confidence, feeling assured that his readers will appreciate his endeavours to alleviate the sum of human misery. Many works have been written on medical science by men of scholastic education; but these works are either too expensive, or written in language which the bulk of the people do not understand, and the remedies are of such a nature that it is like putting a sword into the hand of a child. In this Work technicalities have been avoided as far as practicable, and it is written in so plain a manner that “all who run may read.”

Not only is this a “GUIDE” of information for the curing of all the curable diseases incidental to man, but it lays down the plan of prevention, which is far better than cure. Nothing is recommended on theory, but all from practical experience. The use of poisons is avoided whether as remedial agents or as stimulants. The use of the lancet is held to be quite unnecessary; and the use of that formidable enemy—the sheet-anchor, the Goliath of medicine—that all-potent remedial agent of the medical profession, Mercury, is altogether repudiated by the author. The means recommended are sanitary—assisting nature to overcome disease by giving those remedies which act in harmony with the eternal laws of nature; these remedies are from the vegetable world, and, when taken properly, will arouse the dormant energies of the body to fulfil their proper functions, and make life's wheel run smoothly on:

“That men may live in health and joy
And all their varied powers employ,
And die by weight of years,”

is the prayer of

THE AUTHOR.

PREFACE TO THE 23rd EDITION.

THE former editions of our "GUIDE" have done good service, and the rapid sale of over 200,000 copies has induced us to revise, correct, and improve. In this edition, considerable alterations have been made. The Introduction to the former editions has been incorporated in the body of the work, with the addition of upwards of sixty new woodcuts of the most useful and important herbs used in the Botanic practice of Medicine. In order to keep pace with the ever-increasing activity of research in this branch of the science of Medical Botany, the whole of the work has undergone a careful revision; many clerical errors, and errors in point of detail, have been corrected. The price is not an obstacle to any person who is desirous of possessing it. The additions and improvements introduced—which are the result of seventy-five years' successful practice—will, we trust, make the work a safe and intelligible guide to the Medical Botanic Practice, and thus become more extensively used by all classes of the community; and with the addition of the woodcuts introduced, will add additional zest, and enhance the value of the book.

A. RUSSELL FOX.

Sheffield, June, 1924.

INTRODUCTION.

“The poor Indian, whose untutored mind
Sees God in clouds, and hears him in the wind.”

IN publishing our little “GUIDE,” we do not profess to bring out any new theory: our object is to give our quota in strengthening the bulwarks of MEDICAL BOTANY. Our little messenger is not only to bear the title of “THE WORKING MAN'S MODEL FAMILY BOTANIC GUIDE,” but we feel confident it will be so in practice. The price is such that every man will be enabled to become his own family physician. That great, good, and noble-minded man, Dr. BENJAMIN RUSH, after bewailing the defects and disasters of medical science, consoled himself with the animating prospect that the day would arrive when medical knowledge should have attained that apex of perfection that it would be able to remove all diseases of man, and leave not for life a single outlet, a single door of retreat, but old age; for such is our confidence in the benevolence of the Deity that He has placed on earth remedies for all the maladies of man; and how distant that prospect may be it is impossible to state; we feel certain that we have taken a step in the right direction to hasten on that desideratum. So conflicting are the opinions and practices of the medical profession, so arrayed are they against each other, that one has compared their practice to an unroofed temple, cracked at the sides, and rotten at the foundation.

We are indebted for the origin of medical science to Egypt, that universal school of the ancient world. There knowledge of medical science was famous, even in the days of Moses, and her physicians are celebrated in his history. The ailments and ablutions recorded in his books, so congenial to the health of an eastern clime, enforced on the observation of the Israelites, have been ascribed to his knowledge of the Egyptian science of medicine by those who have denied to him the high prerogative of having acted under the inspiration of the Almighty.

The discovery of medicine first came from the Egyptians, and is generally ascribed to the god Thoth or Hermes, who published six books on physic, the first of which was on Medicine and Surgery. The name of Æsculapius (the meaning of which in Greek is “Merciful Healer”) was given him on account of his great skill in healing diseases. And this

name he richly deserved. "The healing art was first brought into use," says the Rev. J. Wesley, "in a very natural and simple manner in the earliest age of the world. Mankind, by various experiments or accidents, discovered that certain plants, roots, and barks possessed medicinal properties. These were found sufficient to remove their diseases. The European as well as the American, said to his neighbour: 'Are you sick? Drink the juice of this herb and your sickness will be at an end.' Hence it was, perhaps, that the ancients, not only in Egypt, Greece and Rome, but even in barbarous nations, usually assign to physic a divine origin." It will be impossible to go through the whole history of medicine in the space allotted to us; but we shall give the reader a bird's eye view of its progress from the early ages down to the present time.

Kheiron or Charon, the learned sage, brought medicine from Egypt to Greece. Æsculapius, the scholar of Charon, flourished before the Trojan war. The secrets of his art he communicated to his children, and they were retained in his family until they burst forth with peculiar splendour, and shone out to the possession of the world, in the writings and characters of the great Hippocrates, who was instructed at the temple school of Kos, an island in the Myrtoan Sea. He is called "The father of Medicine." It was he who caused tablets to be hung in the temples describing the names of diseases and the mode of their cure. His noble mind soon rectified the defects in the system of his ancestors, and he found out and applied the remedy equal to its vast importance. As the grand sum of all medical skill consists in reason and experience, and these formed the accomplished and successful practitioner, he silently effected a revolution which changed the face of medicine, and caused it to rank with the sublimest part of human science. From what is related of him in history, there was but one sentiment in his soul—the disposition to do good.

Aulus Cornelius Celsus was the next; he was born in Rome. He followed in the same path as Hippocrates, and wrote eight books on medical science. He was held in estimation by the emperors of Rome, and died much beloved.

Claudius Galen was born at Pergamos. He was a most diligent and laborious student; he closely followed his great leader, Hippocrates, but, like all other great men, he had to pass through the fire of persecution: his skill aroused the jealousy of the Roman physicians, which made his situation unpleasant; and he left Rome and went back to Pergamos. He was afterwards sent for by the Emperor to see his two sons, who were

smitten with the plague, and he cured them. After this all hostilities against him ceased. He died at a good old age, in the year A.D. 201. His fame was great: he wrote many volumes on philosophy and medicine.

A pleasing melancholy pervades the soul as we trace the memorials of these devoted and magnanimous men, benefactors of the human race. They seem to redeem the very character of man from all the vile aspersions that have been cast upon it; they shine as splendid beacons on the solitude of time, to point out to the traveller the road to glory and the haven of immortality and peace.

After Celsus and Galen medical science was for some time stationary. In the agitation and decline of the Roman empire learning was arrested in its progress; and when it fell, the arts and sciences perished in the shock. The few fragments that remained were concealed with the priests, monks, and secular clergy; but a dreary and dark desolation spread over the universe of mind. The knowledge of a few simples answered all the wants of the people. The dressing of wounds was committed to the ladies; the cure of fractures and broken bones the knights took upon themselves: all was simple and soon despatched. In those awful scenes of broil and battle, when nothing was to be heard or seen but the alarm of war, and garments rolled in blood, there was no time to die of disease! No! it was on the bloody field of martial strife that Death reaped the harvest of his millions. All the finer feelings and causes of disease were absorbed and swallowed up in the vortex of war.

Thus, through the long and dreary night of a thousand years, a morbid melancholy and mortal death sat brooding like an incubus on the nations of Europe; but as Dr. Robinson has beautifully said— “Man cannot be enslaved for ever.” At length Superstition broke her chains; Science aroused her giant form, and shook off the slumber of ages. The spirit of man rebounded from the crash of its long depression, and took its place on the sublime and awful elevation of freedom and range of thought. Religious liberty, civil liberty, the diffusion of science, the equity of laws, and the amelioration of the condition of the miserable, all proclaim her bright and rapid progress to the uncreated splendour of eternal day.

After the revival of learning, the works of the ancients were held in great repute. Sennertus and Reverius collected with the greatest diligence the opinions and writings of the ancients, especially of Hippocrates, Celsus, and Galen.

In the early part of the sixteenth century, the far-famed Paracelsus advanced his chemical system to the world. It was he who first introduced quicksilver or mercury as a medicine. He burnt the works of the great Galen, and at the same time he stated that he possessed more knowledge in his little finger than Galen had in his whole body. He professed to have found out the elixir of life, that would prolong mortal existence to any period, but he died at the age of forty-eight.

Such, then, is the man to whom we are indebted for the introduction of the mineral practice, which has continued up to the present day, entailing misery on the human race to an amount beyond all computation.

In the middle of the seventeenth century, the circulation of the blood was discovered by Dr. Harvey; and this knowledge, together with that of the discovery of the receptacle of the chyle and of the thoracic duct, caused a great revolution to take place in the system of natural philosophy. Lord Bacon proposed to the world his new mode of reasoning by an induction of facts. This new mode of philosophizing soon made a visible change in the science of medicine. A disposition to observe facts and make experiments began to prevail in the schools and to fix the attention of keen and accurate inquirers.

The great Sydenham, the first of the moderns, was the father of medical science in its present mode of modern fashion. His pathology was simple and comprehensive; the oppressed and exhausted state of the system comprised his rationale of disease and mode of cure. The simplicity of its views seems to have laid the foundation of the theories of Rush and Brown.

“To add to the science of medicine,” said Sydenham, “two facts must be kept in view:—1st, To give a full and complete description or history of the disease; and 2nd, To discover a fixed and perfect remedy or mode of cure.” And to those great objects did Dr. Sydenham dedicate the labours of his long and useful life, preferring their great importance to fruitless and unprofitable speculations on the principles of life. The new system introduced by Stahl, Hoffman, and Boerhoeve was intended to supply a remedy; but, alas, it was equally deficient as it was new, and instead of removing the disorder it only operated to its augmentation, and inflamed the wound it was designed to heal.

Dr. Brown, who studied under Cullen, states that he had to forget all he had learned in order to start his medical life again. Upon facts and observations he constructed his theory. Why was it that when he lived well he was exempt from the gout? and when dieting himself he was attacked in a manner both formidable and unrelenting? The solution of these questions opened his eyes, and led him forward to an inquiry more comprehensive.

What was the effects of food and fluids, the aliments with which we support life? They produce strength.

By thus reasoning he perceived that his disease was occasioned by a deficiency of blood, and not by redundancy of that fluid; that debility was the cause of his disorder, and the remedy must be sought in a sustaining and stimulating diet.

Dr. Rush agrees with Dr. Brown that life is a forced state and the effect of stimuli. He divides these, as Brown does, into external and internal; but for the matter of the principle of life itself he adds sensibility to Brown's excitability. He will not admit with Brown that debility is a disease, but only a predisposing cause of disease.

Disease consists in a morbid excitement, and the cure of disease consists in restoring the equal diffusion of blood over the whole body. "Air," says Dr. Rush, "by exciting respiration, gave the first impulse to life." When man was formed. God breathed into him the breath of life, inflating his lungs, and thus exciting in him the whole phenomena of animal, intellectual, and spiritual life. And hence life is the effect of stimuli acting on the organized body.

While these opinions are producing convulsions in the whole medical school. Dr. Thomson, the founder of the American botanic practice, a man who was educated in the school of adversity, but, led by the unerring hand of Providence, brought out of chaos the science of medicine, and placed it on a simple but firm foundation, taking the laws of nature for his guide, for his principle of life, and the field of nature for its cure. "All bodies," says Thomson, "are composed of four elements—earth, air, fire and water. Earth and water constitute the solids, air and fire the fluids of the body. The healthy state consists in the proper balance and distribution of these four elements, and disease in their disarrangement."

All disease is caused by obstruction: the mode of cure is to remove it by diffusing heat over the system, for heat is life, the absence of heat death. All disease is the effect of one general cause, and therefore requires a general remedy. Whatever supports the internal heat and directs the determining powers to the surface, will expel the disease and save the patient.

This is our theory of the cause of disease, and its soundness has been verified by long practice, of the successful results of which we leave the people to judge. We believe the botanic system is yet destined to revolutionize the whole medical world, and to this end we give our labour. The botanic system will yet gain the ascendancy, and shine with greater brilliancy than it did in the days of Hippocrates or Galen. It will come out of the fire of persecution like "gold seven times purified."

These opinions coincide with those of Dr. COFFIN, the founder of the botanic system in England. The name of Dr. Coffin will long be cherished by the people of this country for his extensive labours in the cause of medical botany. He has caused many a tear to be dried up, and many a sorrowing heart to leap for joy.

We shall now proceed to give a short description of Dr. Thomson's theory and also a brief sketch of his life, which we think will not be uninteresting to our readers, and not without profit to them.

"Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labour and to wait."

DR. THOMSON'S THEORY.

Clearly to understand the laws of life and motion, the radical principles of animalisation is of infinite moment. Without some adequate views and conception of these, the nature of disease cannot be correctly understood, neither can we have knowledge to prescribe a rational, safe, sure, and certain remedy for the removal of disease when found in the human system.

Through many long and tedious seasons, he remarks, these subjects revolved in my mind before I could form what I consider a correct opinion. I witnessed many distresses in the family of man; my heart was

pierced with many sorrows, until my mind was established in those simple truths that have laid the foundation of my practice that has been so successful in subsequent years.

Persecution raged against me—all the presses in the country were closed against me—priests, doctors, lawyers, and legislators were combined against me—*ex post facto* laws were put in operation—prosecutions commenced—false witnesses arose—bigotry, prejudice and superstition, like Salem witchcraft, waved their magic wand, but all in vain—truth has prevailed. The darkness of the ancient philosophers is passing away, and these simple truths, which are the genuine *philosophy of life*, and the fruits of the labours of my life, begin to prosper beyond my former expectations.

Among those physicians called regular I have found many who appeared to be as ignorant of the laws of life and motion and how the functional powers of life are kept in operation, as though they themselves had never possessed an animal body, nor yet correctly understood a philosophical reason for the cause of life and motion in all that lives and moves.

Fire and air are properly the fluids that pervade and fill and actuate the living animal; their operation is life—the elementary principles of life which keep the animal machine in motion. Where heat is extinct the animal is dead. Heat and air combined are so modified in the living moving animal as to constitute a living state, and justify the assertion that cold and inaction is a state of death, or rather death itself, and a specific degree of heat and motion so combined and modified is the essential principle of life in the living animal—yea, rather life itself.

Waiving all the minutiae of chemical divisions and sub-divisions in simplifying elementary combinations that constitute bodies *dead* or *living*, the four great original elements of air, earth, fire, and water contain and comprise all the more simple elements of which they may be respectively composed.

A specific association, due proportion, mixture, or combination of these four great elements, in an organic animal body, constitutes the living state, and prolongs life; an improper disproportion, combination, and modification destroys life.

To illustrate the nature and cause of respiration or breathing of the

living animal, we will refer to the operation of fire and water. Put a pan of cold water on the fire, in a few minutes examine it by immersing your hand therein, you will perceive the first warmth of the water is on the top or upper surface; the coldest water is at the bottom of the pan, nearest to the fire. The reason is, as soon as it becomes warm it becomes rarefied and lighter, and rises; just in proportion as it grows warm it becomes active, until it is all in a fluttering, fluctuating, boiling state, and wastes by steam, sweat, or breath, perspiring or respiring, until it will evaporate. This shows that heat rarefies and lightens water.

The subject may further be illustrated by reference to the effect of heat on the atmospheric air. You build your house in the open atmosphere—the house is filled with air within—the air within is a counter balance or resistance to the weight or power of the surrounding air without; the balance within and without is equal in coldness and inaction, resembling a state of death. To produce action, motion, or breath, build a fire in the house, and, the doors and windows being closed in the usual manner, in a few minutes every door and window begins to hum and sound the march of air. The air within becomes rarefied and lighter than the air without; the air without presses in at every crevice to restore or form an equilibrium with the air within; the hotter and stronger the fire, the stronger will be the current of breath or force of breathing air—as the heat diminishes, the noise and breathing current of air will decline in force of operation, and the noise and motion will cease when the fire becomes extinct, and the equilibrium is restored.

The effects of heat rarefying and lightening the water and air, and occasioning a breathing motion, resemble and illustrate in some degree the breathing, sweating, and functional motion of the animal machine. The constituent or component parts of men's bodies give organic shape and size, and form, and functional structure of organisation to the machine. The peculiar mixture, composition, proportion, or modification of these elements constitute its aptitude or adaptation to the animalizing influence of fire, lightening air and exciting breathing motion; connected with this original or primary action, all evincing that heat is an essential principle of life, and that cold, or an extinction of heat, is death.

A still-born child was resuscitated by placing the placenta, or after-birth, on live embers, still connected with the child by the umbilical cord or navel string, and as the after-birth began to heat and had gained warmth sufficient to begin to fill and dilate the navel cord with warmth

and moisture, it was stripped towards the body of the child, and through this medium a sufficient degree of warmth was conveyed to the body, the lungs expanded and life was restored. This may serve in some measure to illustrate and confirm our ideas of life and motion.

In everything that breathes the breathing is from the same general cause. The principle of life and motion is radically the same in all animated bodies. Without heat there is no breathing; but when heat is continually evolved in a confined room excepting at one avenue, as in the lungs, there must be breathing, or, what is the same, an inhaling of cold air, and an exhaling of a gaseous vapour from them.

Every animated body has its proportion of caloric or heating principle suited to its size, adapted to its nature, proportioned to that degree of living power requisite to keep up the operation of all the animal functions essential to the perpetuating of the peculiar specific form and mode of being in such an animal.

The heat of animal fire, or that degree and condition of it that constitutes the living state of animalized existence is maintained and continued by a suitable supply of appropriate fuel, or materials that are naturally adapted to that end or use; these are food and medicines. These harmonize with each other in their salutary effect or natural influence on animal bodies.

Food and medicine originate from the same munificent Hand, grow in the same field, and are adapted to the same end or design, viz., to supply fuel to the fire of life to sustain and nourish the animal machine, by warming, dilating, filling the vascular system, maintaining the action and supplying the wasting powers of the living state. Medicine removes disease, not only by removing obstructions, but by restoring and repairing the waste and decay of nature.

On these supplies our life depends, viz., the continuance of that state of warmth and action which constitutes the living state. When food is masticated and taken into the stomach, the process of digestion commences. By the warmth and action of the organs of digestion and the gastric juices, the food is decomposed or consumed like fuel consuming in a fire. The breath and respirable vapour are the smoke arising from this fire. The foecal matter are as the ashes or earthly substance remaining after the consumption of fuel.

To understand the cause and nature of life and death, or of warmth and motion, of cold and inaction, it is necessary to advert to general principles and analogies of nature. There is one general cause of the natural sensations of hunger, and one general method to relieve that want and satisfy and relieve that sensation.

In perfect accordance with this, there is but one immediate cause of disease. However varied the remote cause may be, the immediate cause of the sensation of disease is uniformly and invariably the same, differing only in degree and incidental diversity of symptoms; occasioned by local injuries, organic lesion, or functional derangement, dependent on these, or whatever might predispose to a diseased state.

As there is one general cause of the sensation of hunger, to be relieved by one general method, viz., by food, and this food may consist of sundry articles adapted to the same general end, so there is one general or immediate cause of the sensation of disease, to be relieved or removed upon one general principle, though a variety of articles may be used. But as a few simple articles of diet are better suited to maintain a healthy state of body than an epicurean variety, so disease is more readily and certainly removed by a few simple remedies that are best adapted to the human constitution.

That medicine that will most readily and safely open obstructions, promote perspiration, and restore a salutary operation of the digestive powers, by exciting and maintaining a due degree of heat and action through the system, is best suited to every state or form of disease and must be universally applicable to a diseased state of the human system.

Thus I have given as a summary view of the outlines of my conceptions of the construction and elementary composition and constitution of the human body in a living state, whether healthy or diseased. The power or faculty of breathing is a capacity or condition to be acted on with effect, rather than any inherent power or faculty of acting. Heat, *rarefying and lightening air and water*, excites perspiration and respiration; the vapour of breathing and sweat are produced and thrown off.

By heating water in the stomach we lighten the air in and expand the lungs—the weight of the cool, condensed, and weightier external air presses out the light and rarefied air; these circumstances of the living state of the animal body occasion the alternate contractions and

dilations of the lungs that constitute the action of breathing indispensable to the living state.

By heating water in the stomach and air in the lungs we put the steam engine into operation. The operation of the animal machine strongly resembles the mechanical operations of the steam engine. Some of the fundamental principles of action are the same. In inspiration, cool, fresh air is inhaled; in respiration, the rarefied lightened air and vapour are exhaled out of or from the *steam pipe*. By this action, by which steam is expanded, the whole machinery of the living animal is kept in operation—the great fountain pump of the heart is kept in play and pumps the blood through the lungs and arteries to the extremities, deep in the flesh and near the bone, which is returned in the veins. The warmth and action, commencing at the fountain, are propagated through the system to the remotest extremities.

So long as the fire keeps up that state and degree of warmth essential to the living state of the animal body— or, to speak figuratively, so long as the fire is kept good in the boiler to keep the engine at work—so long the pump will go.

Our regular meals supply regular fuel to keep up animal heat, as the regular teasing and tending a fire with coal will keep it burning. Drink supplies the boiler with water, which creates the steam : condensed water is discharged through its natural channel.

On these principles of the philosophy of life we may expect 'o. regular well-formed machine to continue its operation until worn out or broken by the indiscretion and bad management of the engineers.

If the machine be entrusted to the management of an ignorant, incompetent engineer, who has no correct conception of the principles of life and motion, and is negligent in the discharge of his duty, your *steamboat*, if I may so speak, will begin to fail in its speed for lack of fuel to keep up the fire and water to supply the steam; or the engineer may conclude that cholera affects the machine and will cast ice into the boiler to keep it down, or tap the boiler as a preventive or remedy, and draw off the hot water—his boat begins to sink rapidly down stream. This is often done by the lancet.

If you would keep your steamboat's *steam breath* motions going on, keep up a supply of water in the boiler, and a supply of fuel to keep it

sufficiently warm; raise the steam, and the action of life will proceed regularly.

Concerning the doctrine of *vital principle* diffused through the whole organic structure of the animal machine, we would just observe that this subject has employed the minds and pens of many talented writers, who have cast but little valuable light upon the intricate theme.

When we are asked what constitutes a living fibre, we might as well ask what constitutes any other property of living matter. What constitutes that in which the life of a leaf or stem of a living tree consists? What can we reason but from what we know? Every living thing has something peculiar to the nature of life with which it is endowed in the living state, whether vegetable or animal; but a living animal has heat and motion. Without this animal heat and motion, the animal dies. Without a due proportion of heat, inward and outward, or outward and inward, there is no animal motion— no animal life.

Warmth and action do not constitute animal life in unorganised matter. They do not constitute animal life without an organised animal structure, to which heat gives the impulse applied to and connected with the animal structure. Caloric, or the principle of heat rarefying and lightening air, excites action; which circumstance of being constitutes animalization or the living state.

Fire and steam are necessary to propel a steam-boat;

but, notwithstanding the capacity or adaptation of the mechanical structure to be propelled, the boat will not go until the fire is kindled and steam raised to put it in motion.

The animal body is the machine so constructed, so modified, endowed with such capacity of life—call it vital principle, or what you please—that heat rarefying and lightening air, stimulating and expanding the lungs, puts the machinery in motion, and pumps the tide of life through all its crimson channels. This combination of circumstances constitutes the living state of the living animal; for where these circumstances do not exist, there is no animal life—the animal form is dead.

Suppose a man, in all the vigour of life, falls into the water and sinks, in a few minutes he is taken out apparently dead; the warmth and motions

of life, if not extinct, are at a low ebb. As soon as you can kindle up the decayed spark, and restore inward heat by medicine, friction, or any appropriate means, if the capacity for the action of life is not utterly extinct, an energy is given to the system, the air in his lungs, becoming warm, rarefies and expands, and heaves them into action—the machinery begins to move—the wheels of life no longer wallow in back water—the proper state and proportion of heat, inward and outward, is recovered—nature rises to its wonted strength and vigour.

All that is requisite in such a case is to supply fuel to raise the latent spark of the fire of life. The same holds good in a collapsed state of disease, whether it appears in a cholera form or whatever shape it may wear. The vascular system loses its wonted tone—the whole system is sinking—the power of life is unable to distend and expand the lungs—the heart and arteries no longer propel their contents by maintaining the requisite action. The spark of life is becoming extinct—the water that should breathe, exhale, and perspire away, becomes condensed, and extinguishes the sparks of living fire. The coolness and weight of the external air are too much for the small degree of heat remaining in the lungs, heart, &c.; the power of life, or rather the power or capacity to live, to keep the powers of animal life in their warm and moving or living state, becomes measurably extinct. For lack of heat the air in the lungs is not rarefied and lightened so as to give the necessary action, &c.

In this case shield the sufferer from surrounding cold air by wrapping him in a blanket, placing him warm in bed, and gradually raising a steam around him. Administer gradually, frequently, and perseveringly the warming medicines, and give injections—which all acquainted with my system will readily understand— proceed until you can gain a sufficient degree of inward heat to expand freely, to rouse the sinking, fainting, I might say, drowning patient, to a proper degree of warmth and action. When you have pursued a proper course, he will sweat freely; and when he craves for food, give him enough to keep up the steam. The pump of life will begin to work freely, and the patient to rejoice in the warmth and action arising from the resuscitated powers of departing life.

Much has been said about drawing the breath; but the fact is you cannot keep the breath air out so long as there is a due degree or natural proportion of heat in the lungs; neither can you prevent the motion of the pump-like action of your heart. But when the heart

decays, or a state of living warmth declines, the lungs begin to labour like a wheel wading slowly in back water. The pump has not power to roll the blood along the arterial canals—the pulse falters—the extremities grow cold—the blood that maintained the warmth by its active circulation recedes from the extremities. There is not heat enough at the fountain or boiler to keep up the steam and continue the living action; blood settles in the veins, not being supplied and propelled by the pulsation in the arteries—the fire becomes extinct—the pump no longer plays at the fountain; the man dies * * * for want of breath—for want of capacity to breathe—or because the inward heat is reduced below the living point. The proper and natural proportion and modification of the inward and outward heat, as they exist in the living animal, become deranged, destroyed, and life is extinct. The disease is as contagious as though the man had been * * * hanged or drowned.

The regular faculty are requested to inquire whether the depleting antiphlogistic practice that has been popular and notoriously mortal in its results has not been the cause of producing much disease, and many of the most fatal results that have attended on what has been called scarlet fever, yellow fever, cold plague, and now cholera.

In conclusion I would remark that the cause of vegetable and animal life are the same, viz., one common principle produces similar effects; nutritive life in animals and vegetables bear a striking resemblance to each other—vegetables, like animals, are constituted or formed of the four great cardinal elements. All vegetable life is under the control, influence, and operation of similar principles as that of an animal. Without earth, water, fire, and air, nothing like vegetation could exist. The winter season is a state of death to vegetation; just in proportion to the loss of heat is that peculiar modification of elementary combination thereof that constitutes the living state of a vegetable. This is a degree of death, or a degree of the suspension of animal life. In many instances the suspension is total.

In cold countries, after the winter has passed away, and spring returns, suspended vegetation and suspended animation are again restored; the torpid reptile again inhales the breath of life. Heat in this case is not only an agent of restoration to life and vigour, but is so adapted to the condition of the being on which its influence is exerted, as to constitute a living principle. So, on the other hand, cold is not only an approximation to death, but that degree of cold which is inconsistent with and contrary to the living state, is death itself.

Heat does not act alone and independent of its fraternal elements, but in harmony and accordance with the whole family; but without their elder brother there is no life in the material universe. The elements would rest in everlasting silence and inactivity if destitute of this generative principle of life and motion.

Abstract the element of fire from the other elements, stillness and silence would be universal—the life of all that breathes and moves would be swallowed up in the stillness of eternal death. Earth and sea would be and remain a solid, unmoving, and immovable mass : the fluid air would be consolidated to the flinty hardness of the diamond on its native rock; creation would be a blank; and—here I pause !

A BRIEF SKETCH OF THE LIFE OF DR. SAMUEL THOMSON.

After things, events are most interesting to our minds; there is nothing on earth so great as man, and no events more interesting than the histories of great men.

The standard of true greatness is the joint amount of good done and difficulty overcome.

While governed by this rule, and looking over the histories of physicians, whether of ancient or modern times, we find none that claim our attention before Samuel Thomson.

It seems that his father was one of those hardy and enterprising pioneers who, infatuated with the love of improving the borders of the wilderness, have so much distinguished Americans.

He removed from Massachusetts with his young family into the newest settlements of New Hampshire, and there, about one year afterwards, in the town of Albany, County of Cheshire, and State of New Hampshire, on the 9th of February, 1769, Samuel Thomson was born. It would seem, according to the common view, he had to contend against almost every possible disadvantage to a life of science. His parents poor—in the wilderness three miles from the nearest settlement—called at four to the occupation of the farm—spending his youth in clearing the forest and subduing the earth—attending school but one month. At nineteen, with his father, plunging again into the wilderness on Onion River, Vermont—yet, through all these privations to intellect, we

discover the gleaming of a transcendent genius, which at length broke forth and shone above the lights of science in the western hemisphere.

That specific talent for medical botany which beamed with unwaning splendour at threescore and ten peeped out with a precocious light at the early age of four. It was then, when one day in the fields in pursuit of the cows, that he discovered and made an experiment upon the sensible quantities of the far-famed lobelia—an experiment which he often repeated upon his companions, until his natural impulse for operating upon living bodies led him to discover it was a most powerful means of removing disease. At the age of eight, he says, " I had at that time a very good knowledge of the principal roots and herbs to be found in that part of the country, with their names and medical uses; and the neighbours were in the habit of getting me to go with them to show them such roots and herbs as the doctors ordered to be made use of in syrups, &c.; and, by the way of sport, they used to call me doctor." It was fortunate for Thomson's enquiring mind that in early life he was privileged with the society of one of those noble and benevolent women, so often despised, a doctress in roots and herbs, to whom the family was much attached, there being no other physician within ten miles. This was Mrs. Benton, who, with a bosom flowing with the "milk of human kindness," used to take little Thomson with her into the fields and woods and teach him the names of plants and their medical uses. Let her name go down to posterity embalmed with honour, remembered as the one who sowed the seeds of medical observation in the most congenial soil, from which has sprung the noble system which extends its branches especially and most invitingly to the female. Let every member of the sex imitate her example. Females are naturally physicians. May all mothers educate their sons in the wisdom of preserving health, and their daughters in the angelic art of relieving the afflicted.

At the age of sixteen Thomson's medical knowledge had attracted so much attention that his parents talked of sending him to live with a root doctor. Although he was naturally industrious, yet the pent-up fires of genius filled him with an indefinable ambition, and made him ill at ease in his occupation. "I took a great dislike," says he, "to working on a farm, and never could be reconciled to it." When the prospect of becoming a physician had given an object to his vague and smothered ambition, he was filled with delight, but only to be disappointed; for soon after his parents said he had not learning enough, besides they could not spare him. This, in his own language, made him very unhappy, and depressed

his mind with a feeling which they only who have experienced it can remember, but never tell.

By industry the family had acquired a small property, and at the age of twenty-two we find Thomson with a farm and family of his own.

Thomson had been all the while collecting his favourite knowledge, and his house was well supplied with vegetable medicines, although he had no design of becoming a physician. But it so happened that some of his family were five times given up as incurable, and he by his simple means each time succeeded in restoring them. In one instance the physician had left his little daughter to die of scarlet fever. Thomson then took the case into his own hands, and, as if acting by intuition, he took the child upon his lap, covered her and himself with a blanket, while he directed his wife to make a steam of vinegar beneath them, and he kept up the internal heat with warming drinks. In this way he soon relieved the little sufferer, and, continuing the treatment about a week, cured her.

Such was the commencement of steaming in the Thomsonian practice; likewise it was in his own family that he tasted the nature of lobelia, established the use of stimulants as a triumphant means of curing fever, and of astringents in removing the canker or aphthae from the alimentary canal, and demonstrated the entire inutility of poisons.

These instances of success in his own family soon began to be noticed by his neighbours, and those who could get no relief from the physicians appealed to him. This called his attention so much from his farm that he resolved to give it up and adopt medicine as a profession.

The first two patients that he was called to attend, of which he has given us a history, present a complete picture of his ensuing life. Successful in curing, yet treated with contempt, paid with ingratitude and perplexed with the ignorance of his patients respecting the conditions on which health is to be obtained, nothing was able to discourage him. It seems that obstructions in his way only enabled him to ascend upon a higher road to glory.

At this stage of life, he says, "After I had determined to make a business of medical practice, I found it necessary to fix upon some system or plan for my future government in the treatment of disease." This his capacious mind furnished him at once, and he struck out a system

which the experience of well over one hundred years has only served to confirm.

Like the immortal Linnaeus, who invented a system of botany that should govern all future discoveries within that kingdom, he says, " I deemed it necessary, not only as my own guide, but that whatever discoveries I might make in my practice might be so adapted to my plan that my whole system might be easily taught to others, and preserved for the benefit of the world."

In the language of his enterprising son Cyrus, "We must have no theory that cannot be carried out." This theory applies to all diseases without exception.

When Thomson arose Cullen's authority was at the head of medical science. How great the difference between these two physicians! Thomson's theory always corroborated and never contradicted his practice. Not so with Cullen's. He held that all fevers were preceded by debility, yet bled to cure them! Thomson held that they were caused by deficiency of heat, of vital force, and increased this power to cure them.

It is testified that " Cullen was feeble and hesitating at the bedside of the sick." Thomson says of himself, " I am convinced that I possess a gift in healing because of the extraordinary success I have met with."

Look at his theory, and who will deny that it corresponds with nature? "I found," says he, " that all animal bodies were formed of four elements. The earth and water constitute the solid; and air and fire, or heat, are the cause of life and motion; that cold, or lessening the power of heat, is the cause of all disease; that to restore heat to its natural state was the only way that health could be produced, and that, after restoring the natural heat, by clearing the system of all obstructions and causing a natural perspiration, the stomach would digest the food taken into it, and heat or nature be enabled to hold her supremacy."

When we consider that repeated bleeding, expectoration, and other evacuations thin the blood and prepare the way for their continuance, producing lassitude, debility, and death; and that all this is ended by a diminution of solids and an increase of the fluids in proportion—or, in the more analytic words of our author, a diminution of the earth and increase of the water— how can we blame him for saying that a state of perfect health arises from a due balance of the four elements? But if it is

by any means destroyed, the body is more or less destroyed.

When we consider a lifeless body, and find that the earth, and water, and air are there, but that the heat is gone, how can we blame him for saying that, to our agency at least, heat is life and cold is death?

With this theory and a new and unheard-of system of medicine, Thomson went forth in the practice of healing against the world. In the year 1805 we find him in practice in his native and neighbouring towns, when a fearful epidemic prevailed, supposed to be the yellow fever. The regulars lost about one half of their patients, and he lost none.

After this he continued his practice in the various chronic diseases of the country. Consumption, bleeding at the lungs, fevers, dysentery, dropsies, cancers, fits, &c., seemed to yield before his skill as by a new and magic power.

In 1806 we find him entering the city of New York, with the true spirit of Hippocrates, to investigate the nature of the yellow fever; and he found it to yield before his remedies like any other disease.

On returning again to his home, he found his character defamed by the slanders of a neighbouring physician. Attempting a defence, he was foiled by intrigue and perjury; and, wounded in his feelings, he resolved to give up his ungrateful neighbours to their fashionable doctor, upon which he tells the following serious story :—

" A curse seemed to follow them and his practice, for the spotted fever broke out in this place soon after, and the doctor took charge of those who had sided with him against me, and if he had been a butcher and used the knife there could not have been more destruction among them. Two men who swore falsely in his favour, and by whose means he got his cause, were amongst his first victims; and of the whole that he attended, about nine-tenths died. He lost sixty patients in the town of Alstead in a short time.

"I attended the funeral of a young man—one of his patients—who had been sick but twenty-four hours, and but twelve under the operation of his medicine. He was as black as a blackberry, and swelled so that it was difficult to screw down the lid of the coffin. When I went into the room where the coffin was, the doctor followed me, and gave directions to

have the coffin secured, so as to prevent the corpse from being seen. He then began to insult me, to attract the attention of the people.

"He said to me, 'I understand you have a patent to cure such disorders as that,' pointing to the corpse. I said 'No,' and intimated at the same time what I thought of him. He put on an air of importance, and said to me, 'What can you know about medicine? You have no learning; you cannot parse a sentence in grammar.' I told him that I did not know that grammar was made use of in medicine; but if a portion of it is so much like the application of ratsbane as appears in that corpse, I should never wish to know the use of it. This unexpected application of what he said displeased the medical gentleman very much, and finding that many of the people present had the same opinion that I had, irritated him so much that he threatened to horsewhip me; but I told him he might do as he pleased, providing he did not poison me with his grammar."

Those only who have experienced the sorrows common to original genius can imagine what were the feelings of Thomson as he turned away from the ridicule and base ingratitude of the people of his native town, among whom he had practised five years without losing a single patient, to seek for occupation amid the cool indifference of unenvying strangers.

After collecting a supply of medicines on Plumb Island, at the mouth of the Merrimack River, we next find him attending the wife of a Mr. Osgood, at Salisbury, Mass., who was given over to die of a lung fever by Dr. French. Thomson performed a cure in about twenty-four hours, which gained him much credit with the people, and laid a lasting enmity between him and Dr. French.

At this time also we find him making his first pupil practitioner, Mr. Hale, an intelligent man, a chemist and dispenser of mineral medicines. But he renounced them, and soon found himself usefully employed in Thomson's practice; this might well be considered as a hopeful presaging of the tribute that science was to pay to his system in after years.

Next we find him introducing the practice in Jericho, Vermont. In the following autumn a mortal disease afflicted this town in the form of dysentery. Out of twenty-two patients the physicians had lost twenty. The people were alarmed, and, holding a consultation, concluded to send for Thomson, who was then at home in New Hampshire.

He soon arrived, and, conferring with the select men who had charge of the sick, was furnished with two assistants, and in the course of three days commenced practice upon thirty patients, all of whom recovered excepting two, who were dying when he first saw them.

What a triumphant victory was here! Taking the name of the town as a hint, one cannot help associating it with the spying out and eventual triumph of Joshua at Jericho of old.

After this he practised with his usual success in several places, and then returned to Salisbury; and although he was often called to introduce the practice at other places, yet he made this place a sort of home, and practised with such success among the incurable patients of the regulars that they became alarmed, and, Dr. French taking the lead, resolved to destroy him.

After attempting to decoy Thomson to his house, and failing, he next publicly swore that he would blow out his brains if he came into his neighbourhood; at the same time saying he was a murderer and he could prove it. To defend his character, Thomson caused an action to be brought against this tiger-like doctor for his threats, which resulted in his being bound over to keep the peace;

and another for defamation, in which perjury and the influence of the doctors prevailed against Thomson.

The counsel for French inquired of the judge if Thomson was not liable to arrest, to which he answered in the affirmative. This paved the way more completely for the malice of Dr. French, who afterwards procured an indictment for wilful murder against Thomson.

Soon after the above-mentioned trial he had the misfortune to lose a patient under the following circumstances :—He was called to attend a young man, Mr. Lovett, who was in a fever, with very unfavourable symptoms. Thomson improved him so much that in two days he went out, exposed himself, and was taken much worse. Thomson was again called, but found the patient past cure, and then two regulars were called, who attended about twelve hours, when he died. For this Thomson was arrested as a murderer, put in irons, carried to Newburyport jail, confined in a dungeon, cold, filthy, and filled with vermin, without a fire, in the month of November, and without the

prospect of a trial for nearly a year.

Thomson had established the fame of his practice in the cities of Portsmouth, Newburyport, Salem, and the adjoining villages, so that many powerful friends rushed to his rescue; but among those there was none more distinguished than the grateful and indefatigable Judge Rice, whom he had cured of a dangerous fever. This gentleman procured a special session of the court, and assisted Thomson in his trial, by which he was honourably acquitted, after having been about one month in prison.

In a subsequent prosecution of Dr. French for abuse and slander while he was a prisoner, the defendant went about and took depositions wherever Thomson had lost a patient, but found only eight, Lovett included. These he brought forward in the trial as charges of murder, and although Thomson proved that they were incurable when he first saw them, or given up by the doctors to die, yet the court decided against him, and French was permitted to call him a murderer.

Such is the value, of Courts to an enterprising genius when he must wage his way against the interests of a popular profession, and such the gratitude of the world to one of its greatest benefactors.

In these troubles Thomson lost in five years as many thousand dollars, but nothing could discourage his onward way.

Passing over, as we do, many of the minor events of his history, we have next to notice the conduct of one of his first agents. He had established an office and a flourishing practice in Eastport, into which he put a young man whom he had raised from poverty and sickness. He was to have half the profits; but, not content with this, he usurped the whole, and also offered the knowledge of his system to all who would buy of him.

At the same time there was a petition sent to the legislature to prevent quackery, in which Thomson was named.

These difficulties at length induced him to go to Washington and obtain a patent for his discoveries, which he accomplished in 1813.

This added a new stimulus to his enterprise, and under the patent the sale of rights began to spread the knowledge of his system throughout

the United States. An instance of their utility, with another astonishing triumph of the practice, occurred in 1816. Thomson went to Cape Cod to collect medicines, and found the people dying for want of them. The spotted fever, or cold plague, as it was called, had broken out, and was very mortal. The small village of Eastham lost forty-six in three months. Thomson cured a number, sold the right to two men, and offered the right of the whole town for the price of twenty, but it was not accepted, as the fever was declining. He then returned home, but was soon after recalled with the greatest haste, for the disease had broken out with redoubled violence.

He soon found enough to buy the twenty rights, gave them instructions in public lectures, and, with the people to assist, Thomson and the first two right-holders attended thirty-four cases, and lost but one, while the regulars lost eleven out of twelve. These facts are attested by the ministers, the select men, justices of the peace, and postmasters.

But it was simply done : ignorant people could understand it, and the regulars have uniformly despised it— there are a few noble exceptions. Thomson in turn, with the design of preserving his system in its purity, had forbidden his agents to sell his rights and books to regulars or their students.

Thus, from a two-fold necessity, the system had to go into the hands of comparatively ignorant men. Many of these in the course of time and experience became distinguished physicians, and, forming into societies in the various states, established fixed rules for the education of students. These in turn have contributed to advance the standard medical knowledge among them, and now we have a profession with as great and varied attainments as the regulars.

It is now a very common saying, made to our better class of practitioners—" Your system, I believe, is a very good one, but it has been injured by everyone going into it who did not understand the human system." They condemn the ignorance of our early practitioners: let them carry out their principles. Not one-seventh of our physicians have so extensive a knowledge of anatomy, chemistry, &c., as the regulars. Say to these two thousand practitioners, " Stop your labours and go to college." What would be the consequence? Thousands must die while they are getting an addition to the knowledge not worth so much as a penny to a dollar compared to what they already know.

But the knowledge of this system must eventually become public property, and thus the basis of a most exalted medical science; no thanks, however, to those who would keep the practice in their own hands.

Already more than one hundred regular medical men have embraced it. About a dozen periodicals are published in its support. It numbers two colleges—one in Ohio and one in Georgia. According to the estimate of Dr. Waterhouse, Thomson lived to see three millions of his own countrymen bless the day that he was born. He lived, too, to see his system carried into the old hemisphere, and in gold medals receive the compliments of the kings of Europe.

He who shall attempt to rob him of his hard-earned honours must submit his own name to be "scathed with lightnings of public indignation" by the people of coming ages.

What if it should appear that the vapour bath had been used before in the remote parts of Europe? What if it should be proved that lobelia had been previously used by certain Indian tribes? What if cayenne had been mentioned in some medical works? If Thomson learned these things by his own experience, are the discoveries any less his? Echo only answers.

To have been no more than the discoverer of the emetic virtues of lobelia should have distinguished his name :

To have only laid the basis of the system for others to complete should have made him great :

Or, completing it, to have left it to others to demonstrate and make popular should have made him immortal:

But to have discovered the elements of a materia medica, to have formed them into a system, governed it by a theory, holding all in his own hands with a strength and perseverance common only to a giant intellect, and bringing it to bear with overwhelming success against the world of perverted and perverting regulars, has placed the name of Thomson on one of the loftiest and most unapproachable pinnacles of fame.

OPINIONS OF THE LEARNED.—Dr. Waterhouse, for twenty years

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professor of the theory and practice of medicine in the University of Cambridge, Mass., regarded in Europe as a philosopher, and a member of many distinguished societies, in a letter to Dr. Samuel Thomson, writes thus:—" I remain firm in the opinion that. you were the discoverer of the *remarkable* medicinal virtues of the *Lobelia Inflata*; that you were the originator of the compound process, very extensively known under the title of the Thomsonian practice or system; I mean the uniting the vapour bath with the cleansing of the whole alimentary canal.

" I value it on this account. *It effects in three or four days what regular physicians used to occupy as many weeks to accomplish.* Your discovery is highly valuable, and on this account it was that I spoke so freely and strongly in commendation of the new practice and was not ashamed to hail you as a REFORMER."

Again, in a letter to Dr. Thomson, junr., he writes thus :—" Had not the theory and practice of your father been founded in *Truth and Nature*, it could not have maintained its reputation thus far, but would long since have been swept into nonentity; yet amidst opposition, and even persecution, Dr. Samuel Thomson has had the solid satisfaction of knowing that *Time has increased his reputation* and imparted firmness to a practice hitherto unheard of amongst us. I pronounce him a PUBLIC BENEFACTOR."

Thomas Hearsy, for forty years a regular practitioner and a surgeon in the United States Army during the last war, elected surgeon-extraordinary to the Petersburg Volunteers and Major Stodard's Artillery, one of the founders of the Western Medical Society of Pennsylvania, and lastly a distinguished Thomsonian author and editor, in a letter to Dr. Thomson, writes thus :—

" 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 of your honoured father have a decided preference, and stand unrivalled *by all that bears the stamp of ANCIENT or MODERN skill.*"

MATERIA MEDICA.

STIMULANTS.

PURE healthy stimulants are those substances which act in harmony with the laws of nature, and, while they stimulate, do not affect the brain to injure it, nor increase the pulsation beyond its natural standard. When taken they have a pungent taste, and, when swallowed, impart to the stomach a genial sensation of warmth, which, under favourable circumstances, produce perspiration.

The stimulants thus described will carry the requisite proportion of blood to every part, or, in other words, restore an equal balance in the circulation, and hence they may be employed safely and efficiently in fever, inflammation, and in every state of congestion. They exert a healthy action in the system, without irritating the parts they come in contact with, arousing the dormant energy of the nervous system without deranging the animal economy.

Food is a sufficient stimulant in a healthy system, keeping the wheels of life in motion; but when from causes over which we have no control, the food fails to impress the stomach in a healthy manner, it is necessary to resort to a stimulating medicine. Stimulants are indispensable in the treatment of disease. Combe states that five out of every eight pounds of substance taken into the system pass out of it again by the skin, leaving only three pounds to pass off by the bowels, lungs, and kidneys; thus we see at once when the skin is inactive, or the circulation feeble, the blood will be charged with impurities; and unless stimulants are administered to keep up a determination of blood to the surface of the body, to let out the impurities, disease is sure to creep in; or if the blood recedes from the surface, leaving the skin pale, cold, and contracted, as in cholera, stimulants are necessary to bring the blood to the surface, or death will be the result. In contending for the use of stimulants we do not recommend the use of acrid or narcotic poisonous stimulants, or the success of our practice would be no better than that of the allopathic physicians.

Opium is a stimulant, but it is a narcotic also; and not only does it stupefy the brain, but in large doses occasions convulsions and death.

Tartar emetic is one of the poisonous stimulants used largely by the

medical profession; it produces a morbid condition of the stomach, and not unfrequently gives rise to inflammation.

Phosphorus is a dangerous stimulant, and produces a variety of dangerous symptoms.

Alcohol holds a conspicuous place amongst narcotic stimulants. In health its effects are giddiness, confusion of thought, delirium, vertigo, stupidity, headache, sickness and vomiting.

Dr. Christain relates the case of a young man in Paris who died from drinking brandy in a large quantity for several days in succession; and on examination after death his stomach was found to be in a state of mortification and the whole of the small intestines were in the incipient state of inflammation.

If such effects are produced in healthy individuals by the use of alcohol, it is the height of madness to recommend it as a medicine in case of sickness; it may rouse the energies of an exhausted system for the moment, but will soon be followed by drowsiness, stupor and death.

CAYENNE—*Capsicum Minimum*.

Stimulant, cathartic, rubefacient.

Capsicum is the botanical name of a large genus or family of plants which grow in various countries, as Africa, South America, and the East and West Indies. We use only the African bird pepper, as it retains its heat longer in the system than any other, and is the best stimulant known. It has a pungent taste, which continues for a considerable length of time; when taken into the stomach it produces a pleasant sensation of warmth, which soon diffuses itself throughout the whole system, equalising the circulation. Hence it is so useful in inflammation and all diseases which depend upon a morbid increase of blood in any particular part of the body. According to analysis, cayenne consists of albumen, pectin (a peculiar gum), starch, carbonate of lime, sesquioxide of iron, phosphate of potass, alum, magnesia, and a



Cayenne :
Capsicum Minimum.

reddish kind of oil. In apoplexy we have found it beneficial to put the feet in hot water and mustard, and at the same time give half a teaspoonful of cayenne pepper in a little water. This treatment has caused a reaction, taken the pressure of the blood from the brain, and by this means saved the patient. Some may ask, " Will it not produce an inflammatory action?" We say decidedly not, for there is nothing that will take away inflammation so soon. We have used it in every stage of inflammation, and never without beneficial results. Mr. Brice, the well-known traveller, lays it down as a positive rule of health that the warmest dishes the natives delight in are the most wholesome that strangers can use in the putrid climates of lower Arabia, Abyssinia, Syria, and Egypt. Marsden, in his history of Sumatra, remarks that cayenne pepper is one of the ingredients of the dishes of the natives. The natives of the tropical climates make free use of cayenne, and do not find it injurious. Dr. Watkins, who visited the West Indies, says the negroes of those islands steep the pod? of the cayenne in hot water, adding sugar and the juice of sour oranges, and drink the tea when sick or attacked with fever. It is very amusing to see the medical men prohibiting the use of cayenne in inflammatory diseases as pernicious, if not fatal, and yet we find them recommending it in their standard works for the same diseases. Dr. Thatcher, in his Dispensatory, says :—" There can be but little doubt that cayenne furnishes us with the purest stimulant that can be introduced in the stomach." Dr. Wright remarks that cayenne has been given for putrid sore throats in the West Indies with the most signal benefit. Paris, in his Pharmacologia, says' that the surgeons of the French Army have been in the habit of giving cayenne to the soldiers who were exhausted by fatigue. Dr. Fuller, in his prize essay on the treatment of scarlet fever, says :

"Powdered cayenne made into pills with crumbs of bread, and given four times a day, three or four each time, is a most valuable stimulant in the last stage of the disease, and is also good in all cases of debility, from whatever cause it may arise." Cayenne given in half-teaspoonful doses, mixed with treacle and slippery elm, at night, is a valuable remedy for a cough. Bleeding of the lungs is easily checked by the use of cayenne and the vapour bath. By this means circulation is promoted in every part of the body, and consequently the pressure upon the lungs is diminished, thus affording an opportunity for a coagulum to form around the ruptured vessel. In advocating the use of cayenne, we do not wish it to be understood that it will cure everything, nor do we recommend it to be taken regularly, whether a stimulant is required or not. Medicines ought to be taken only in sickness. If persons take cold a dose of

cayenne tea will generally remove it, and by this means prevent a large amount of disease. It is an invaluable remedy in the botanic practice.

LOBELIA (Herb and Seed)—*Lobelia Inflata*.

Emetic, stimulant, expectorant, diaphoretic, antispasmodic, and sometimes cathartic.

Lobelia Inflata is one of the most valuable herbs used in the botanic practice. Much has been written as to whether this herb be a poison or not. Practical experience—which is far better than theory—has proved that it is as harmless as milk, and instead of being a poison it is an antidote to poison. The analysis of its chemical constituents shew it to



Lobelia Inflata.

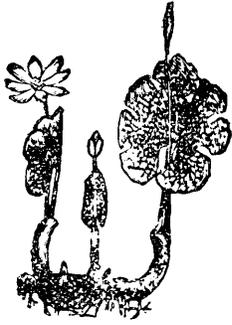
contain an alkaloid lobelina and an acid lobelic acid, resin, wax, and gum; the seeds contain in addition about 30 per cent. of fixed oil. We have attended cases where poison has been given in mistake, and lobelia has had the desired effect of discharging the contents of the stomach. Medical men are often deluded by giving heed to mere opinions instead of noticing facts; but men who have divested themselves of that which has been taught them in the medical schools have discovered truth from error. Dr. Butler, who wrote about lobelia in 1810, says: "It has been my misfortune to be an asthmatic for about ten years, and I have made trial of a variety of the usual remedies with very little benefit. The last time I had an attack it was the severest I ever experienced; it continued for eight weeks. My breathing was so difficult that I took a table-spoonful of the acid tincture of lobelia, and in about three or four minutes my breathing was as free as ever it was. I took another in ten minutes, after which I took a third, which I felt through every part of my body, even to the ends of my toes; and since that time I have enjoyed as good health as before the first attack." We have prescribed the acid tincture of lobelia inflata for whooping cough with striking success. There is no other medicine that so effectually frees the air-passages of the lungs of their viscid secretions. As an emetic, we are satisfied that it is as kind and destitute of all hazard as ipecacuanha, though it is more efficient; and we consider it one of the best remedies in the whole materia medica; and are confident—the old women's stories in the books (meaning the medical school books) to the contrary

notwithstanding—that lobelia is a valuable, a safe, and a sufficiently gentle article of medicine; and we think the time will come when it will be much better appreciated. Little, however, of its value, can be specified within the compass of a single sheet of paper. We not only give it to our patients, but take it ourselves whenever we have occasion for an emetic. We can assure the public that it can be used without apprehension of danger; we have given it to infants a few months old. It tends to remove obstructions from every part of the system, and is felt even to the ends of the toes; it not only cleanses the stomach, but exercises a beneficial influence over every part of the body; it is very diffusible, however, and requires to be used with cayenne or some other permanent stimulant. The effects of lobelia may be compared to a fire made of shavings, which will soon go out unless other fuel be added; cayenne, therefore, may be said to keep alive the blaze which the lobelia has kindled. We can bear testimony that it is harmless when given in a proper manner; we never saw any evil effects, and our experience should be worth something when we say that we have sold in our practice upwards of one hundred pounds weight per year for seventy years past, which, according to the notions of some medical men, would have been sufficient to poison one-half of the population of England. There is no other medicine that is half so effective as lobelia in removing the tough, hard, and ropy phlegm from asthmatic and consumptive persons. It is an indispensable medicine in fevers, bilious, and long-standing chronic complaints. We have used it for deafness with good results. (See Index, "Deafness to cure.") It is also useful in poultices to assist suppuration. There are some writers who state that it will cure hydrophobia, if taken inwardly and applied externally as well. The medical qualities of this invaluable herb are so multifarious that a large treatise might well be written on its curative powers. Suffice it, however, to say that it is a general corrector of the whole system, innocent in its nature, and moving with the general spirits. In healthy systems it will be silent and harmless. It is fully as well calculated to remove the cause of disease as food is to remove hunger; and it clears away all obstructions in the circulation, not regardless of the nature of the disease.

BLOOD ROOT—*Sanguinaria Canadensis*.

Emetic, sedative, febrifuge, stimulant, resolvent, and expectorant.

The root of a smooth herbaceous perennial plant, with white scentless flowers growing profusely in the United States of America. Used in dyspepsia, jaundice, liver, lung, and kidney affections; in small doses it



Blood Root.

stimulates the digestive organs, and increases the action of the heart and arteries, acting as a stimulant and tonic; in larger doses it acts; is a sedative, reducing the pulse, and causing nausea and sweating, it increases expectoration, and stimulates the action of the liver. It is a successful remedy in bronchitis, laryngitis, whooping cough, and other affections of the respiratory organs. Also good in dyspepsia as a stimulant tonic, and as an alternative in jaundice and rheumatism. As an external application it has been found beneficial in ulcerations and other offensive discharges, and when formed into ointment has proved useful in eczema, herpes, and other diseases of the skin. It possesses escharotic as well as antiseptic properties, and is thus used to remove nasal polypus; applied to the surface of foul and indolent ulcers, it cleanses them and disposes them to heal.

BRYONY—Bryonia Dioica.



Bryonia Dioica.

The fresh root of Bryonia Dioica, gathered before the time of flowering. Used in rheumatic, arthritic, and catarrhal inflammation, also in headache of a distressing character, hot and dusky, pain burning, stitching or tearing, and aggravated by motion. Preparation : Fluid Extract. Dose : One to five drops, in a little cold water, two or three times each day.

BLACK BRYONY—Tamus Communis.

This root is used to remove discolouration caused by bruises on any part of the body, and soon cures black eyes. It is good also for pain in the face. Scrape a little of the root, and lay it on the part affected. It is also efficacious when taken internally, two or three times a day, in quantities about the size of a hazel nut, scraped small, for dropsy or gravel.

PRICKLY ASH—Xanthoxylum Americanum.

Stimulant, tonic, alterative, and astringent.

The Prickly Ash is a small tree, 10 or 12 feet in height, with alternate branches and strong prickles; the leaves are alternate and pinnate. The bark and berries are the parts used in medicine. It warms and



Prickly Ash.

invigorates the stomach, is useful for cold hands and feet when the coldness is dependent upon a

sluggish circulation, it is an excellent remedy in paralysis owing much of its curative influence to its stimulating and alterative properties. The bark chewed will relieve toothache. It may be taken in infusion, but a tincture of the bark and

berries is the better preparation. (See Tincture Prickly Ash.)

VIRGINIA SNAKE ROOT—*Aristolochia. Serpentina*.

Stimulant, diaphoretic, tonic, and diuretic.



Virginia Snake Root.

Part used : the root. Medically it is used in typhoid, typhus, scarlatina, chronic bronchitis, and pneumonia; it promotes elimination, sustains the flagging powers, assists expectoration and relieves pain in the back and kidneys. Preparations : Tincture, Compound Tincture, Fluid Extract. Dose :

ten to thirty drops. The powdered root half a teaspoonful with half a teacupful of boiling water three times a day. Clear only to be taken.

GINGER—*Zingiber Officinale*.

Stimulant, rubefacient, and diaphoretic.



Ginger.

This well-known root is indigenous to both the East and West Indies, and China; but the best quality is imported from Jamaica. Ginger analysed is found to contain volatile oil, gum, starch, and soft pungent resin. Ginger has a pungent and aromatic taste. It is used as an antispasmodic, a stomachic, and a carminative, and is useful in flatulency, colic, debility, and laxity of the stomach; it is also a very good substitute for cayenne. When made into tea and drank warm on going to bed, it will relieve a sudden or slight cold. Ginger should never be boiled, as that impairs its

strength. A pleasant drink can be made in the following manner :—Best ginger, bruised, two ounces; one pint of boiling water; let it stand in a warm place a sufficient length of time for the strength of the ginger to be extracted; then strain, and add one pound of loaf sugar dissolved by gentle heat; bottle when cold. This is a stomachic, cordial, and carminative. A dessertspoonful taken five or six times a day, in a little hot water, will relieve the stomach of wind, and prove useful for the above enumerated affections.

CLOVES—*Eugenia Caryophyllata*.

Aromatic and stimulant.

Cloves are the dried buds or unexpanded flowers of a beautiful evergreen tree called the *Eugenia Caryophyllata* which grows in the East Indies and other tropical climates. Medical Properties and Uses : Cloves are a stimulant and aromatic astringent, and useful to allay nausea and vomiting, to relieve flatulent colic, to improve digestion, as a healthy stomachic, and as an astringent, also valuable as an ingredient in compounds for the cure of diarrhoea and dysentery. A little powdered cloves is often combined with other medicines to prevent them from griping or producing sickness at the stomach. Dose of the powder from ten to twenty grains, to be taken in a little hot water several times a day.

DIAPHORETICS AND SUDORIFICS

are medicines which, taken internally, increase the discharge by the skin. When this effect is produced in a great degree, so that sweat is collected in drops on the surface of the skin, the medicines or means employed are designated sudorifics, between which and diaphoretics there is no difference, the operation being the same. Sudorifics and diaphoretics may then be considered synonymous terms.

YARROW—*Achillea Millefolium*.

Sudorific, tonic, astringent, diuretic, and anti-scorbutic.

There is not a single herb in the whole vocabulary that has done so much good, or is more universally esteemed; it has prevented more disease and more doctor's bills— which is a great matter, since medical



Yarrow.

men have learnt the art of making large figures—than all the books they have written on medical science. What is the practice now? I have got a cold, I feel almost starved to death; I take a strong tea of yarrow, and have a hot brick wrapped up in a vinegar cloth and applied to the feet. A sweat is the result, and in the morning the cold has vanished. Who can tell to what extent this simple remedy has prevented disease? It is also useful in fluor albus or whites in women, and, combined with poplar bark and golden seal in equal parts, is useful for piles. A strong infusion is a specific to stay hemorrhage in the bowels; lint steeped in it and put up the nostrils will stop bleeding of the nose.

VERVAIN—*Verbena Hastata*.

Sudorific, tonic, emetic, expectorant, and diuretic.



Vervain.

Vervain is a perennial plant, growing in waste places; along hedgerows, and in hard dry ground; has an erect stem one to two feet high, leaves are lance shaped, deeply cut or serrated with small whitish-blue flowers. Flowers June to August. It is a valuable tonic in fever and ague or chills; used in discretion along with boneset leaves, it forms an excellent restorative medicine. One or two teacupfuls of the strong decoction will operate as an emetic, and is used for that purpose by people in the country.

SAGE—*Salvia Officinalis*.

Astringent, stimulant, and nervine.

The red is the best. Mixed with vinegar and honey it is good as a gargle for sore throats. It also allays nervous excitement and dizziness in the head; and is used to produce perspiration, and taken for a few days will prevent the possibility of the food being formed into milk. Whoever has inflammation or gatherings, or sore breasts, can by this herb cause the milk thoroughly to leave in a few days.

PENNYROYAL—*Mentha Pulegium.*



Pennyroyal.

Stimulant, diaphoretic, and carminative.

Is warming to the stomach; relieves spasms, hysterics, or colics. It makes a cooling drink for children in fevers, and is a favourite herb for female derangement, removing all obstructions peculiar to women arising from obstructed menstruation. It should never be boiled, as the volatile essence escapes,

MOTHER-WORT—*Leonurus Cardiaca.*

Diaphoretic, tonic, and nervine.

Is one of the most useful herbs to relieve obstructed menstruation; and is also useful in chronic headache, hysteria, and nervousness.

SPEARMINT—*Mentha Viridis.*

Febrifuge, diuretic, and stimulant.



Spearmint.

It has a pleasant aromatic odour; the infusion is good to allay nausea and vomiting. It is beneficial in pains of the stomach and bowels, and to expel wind. We highly recommend the essence as an outward application for piles. Two or three applications seldom fail to remove this complaint.

PEPPERMINT—*Mentha Piperita.*

Stomachic, stimulant, and sudorific.

Is a fragrant aromatic herb, growing from one to two feet high, preferring moist rich soil. It is very extensively and profitably cultivated in Kent for the purpose of distilling the oil. It is an agreeable and powerful aromatic stimulant, carminative, anti-spasmodic, and anti-emetic. Used to relieve flatulent colic and griping pains, to promote perspiration, and to allay nausea and sickness at the stomach, in hysterical affections, and bowel complaints of children. It should be used in sweetened infusion freely.

CALAMINT—*Calamintha Nepeta*.

Stimulant, stomachic, and diuretic.

Is a specific for pains in the head; it is also beneficial for gravel complaints. We use it, combined with rosemary and wood betony, for water on the brain; it is also a good herb for female obstructions.



Rosemary.

ROSEMARY—*Rosmarinus Officinalis*.

Tonic, astringent, and diaphoretic.

Is comforting to the stomach. A tea made from the herb is good for pains in the head. It is also good as a wash for the head, to prevent the hair from falling off, when prepared as follows :—Boil one ounce each of rosemary and southernwood in a pint of water for fifteen minutes; when cool, filter through a cloth; then add two ounces of compound spirit of ammonia, and three ounces of olive oil. Apply with a sponge at bed-time.—This preparation is sold by the author, in bottles, at one shilling and sixpence.

WOOD BETONY, *Betonica Officinalis*.



Wood Betony.

This is an excellent herb for those distracted with pain in the head, and will cure dizziness and all nervous complaints in the head; it has cured softening of the brain and other complaints.— (See Head-ache).

HYSSOP, *Hyssopus Officinalis*.

Stimulant, expectorant, and, diaphoretic.

It has long been a favourite herb with the working classes, there being scarcely a garden without this plant. It is good for asthma, coughs, and colds, and for a drink in slow typhus fever.



Hyssop.

FEVERFEW, *Pyrethrum Parthenium*.



Feverfew.

Emmenagogue, nervine, stomachic and stimulant.

It is serviceable in female obstructions and hysteria; it is also good for a drink before and after confinement.

THYME—*Thymus Vulgaris*.

Tonic, carminative and anti-spasmodic.

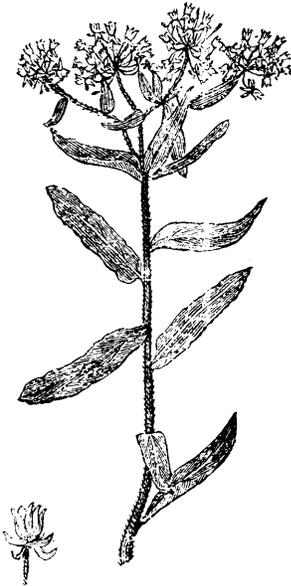
It is a common small wild plant with purple flower, and is of great virtue for the lungs, coughs, inflammation of the lungs, and whooping cough. It is a good nervine, and taken freely will cure those troubled with nightmare.—Pour one pint of boiling water upon an ounce, sweeten with loaf sugar. Dose: Over twelve years, take half a teacupful three times a day; children, a small quantity often.



Thyme.

PLEURISY ROOT, *Asclepias Tuberosa*.

Sudorific, diuretic, laxative, tonic, and anti-spasmodic.



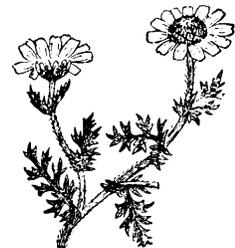
Pleurisy Root.

We consider it unequalled as a single herb for inflammation of the lungs, pleurisy, difficulty of breathing, tightness of the chest, asthma, and catarrhal affections of the lungs. It is employed with advantage in fevers of all kinds, whether high or low, or sinking typhus, keeping the skin generally moist. It is used in our fever and cough powders. Its activity is impaired when exposed to the air. We consider it a specific in measles, being far superior to saffron.

CHAMOMILE FLOWERS—*Anthemis Nobilis*.

Diaphoretic and tonic.

They are useful for weak stomachs, and if taken freely will remove slight colds; they make a good fomentation



Chamomile Flowers.

in cases of inflammation; they form a good assistant while taking an emetic, and will cure the itch by washing the part affected. The foreign flowers are not so good as our English ones, and in many instances the oil, which is the essential property, is taken from them, and the flowers are then dried and re-sold.

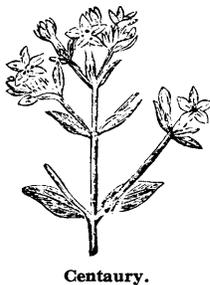
MARJORAM—*Origanum Marjorana*.

Stimulant, tonic, aromatic, and diuretic.

It warms and invigorates the stomach, eases difficulty of breathing, and is good for dizziness and pains in the head.

TONICS.

Medicines which increase the tone of the muscular fibre; they consist of vegetable bitters. These remedies act by their influence on the digestive organs, and hence on the whole system. The use of a bitter principle in vegetables is exemplified in the case of animals which feed on them, for it has been found that if restricted to a food which has not a sufficiency of a bitter principle they soon become weak and die. The wisdom of Divine Providence is manifested in the fact that the majority of plants in the vegetable kingdom contain this bitter principle so essential to animal existence.



CENTAURY—*Erythroea Centaurium*.

Antibilious and tonic.

It is a most pleasant bitter, creates an appetite, and is beneficial in jaundice and chronic liver complaints. It may be used alone or combined with others for indigestion.

WHITE POPLAR BARK—*Populus Tremuloides*.

Tonic and diuretic.

This is an excellent remedy for debility, indigestion and consumption, faintness at the stomach, head, and impure state of the blood. It

possesses superior diuretic properties, and is particularly useful in strangury obstructed urine; hence it is good for old people and those who have been brought low by disease. It is the most renovating medicine that can be employed; it equals quinine, and is far less expensive.—Dose : A teaspoonful of the powder in half a teacupful of warm water three times a day, leaving the sediment.

BARBERRY BARK—*Berberis Vulgaris*.

Tonic, and in large doses laxative.



Barberry Bark.

It is very renovating in jaundice, removes costiveness, and regulates the digestive organs; the berries are a pleasant acid and an astringent;

sweetened with loaf sugar they make a pleasant drink in bilious fluxes and when there is a putridity of humours.

ENGLISH GENTIAN—*Gentiana Campestris*.

Tonic, diuretic.

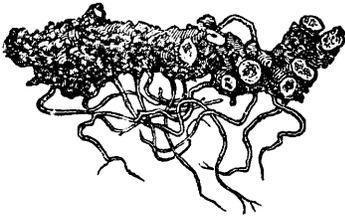
This herb, which has been much neglected, is highly serviceable in weak stomachs, creates an appetite, and strengthens digestion. It is a valuable medicine in female weakness; it gives a tone to the whole system, and promotes the monthly terms.

CALUMBA ROOT—*Jateorhiza Columba*.

Is a mild tonic, useful as a remedy to increase the appetite and promote digestion, by removing the relaxed conditions of the gastro-intestinal tract, and increasing secretion of gastric juice. It is useful after protracted diarrhoea and dysentery, when a non-irritating tonic is needed. The tincture given in fifteen to twenty drop doses will relieve the vomiting in sea sickness, and has been beneficial in the vomiting of pregnancy.

GOLDEN SEAL—*Hydrastis Canadensis*.

Is a native of North America, and is known also by the names. Yellow Puccoon and Ground Raspberry. The root is the part used medicinally; it



Golden Seal.

is a mild, non-irritating tonic, and may be used wherever a stimulating tonic is needed; it has a powerful action upon the mucous membranes, which renders it useful in cases of gastric debility, indigestion, hepatic congestion, and other affections of the liver. It also possesses considerable influence on the nervous system, and in combination with capsicum is a superior remedy in chronic alcoholism; for this purpose; and also as a general tonic in indigestion we use equal parts of the tincture of hydrastis, cayenne and Balmony.—Dose : Twenty-five to thirty drops in two tablespoonfuls of water, three times a day, before meals. Omitting the cayenne it is an admirable tonic for weakly children, in doses of from five to ten drops in sweetened water according to age.



Buckbean.

BUCKBEAN, *Menyanthes Trifoliata*.

Tonic, deobstruent and antiscorbutic.

It is a useful remedy in all cutaneous diseases arising from obstructions in the liver.

GUM MYRRH—*Balsamodendron Myrrha*.

Tonic, antiseptic, and stimulant.

It is useful in diminished appetite, giving a tone to the stomach and bowels; it is indispensable in diarrhoea, cholera, and inflammation of the bowels, as it prevents mortification; it is also good in catarrh and bronchitis. A small quantity sprinkled on old sores or ulcers every time they are dressed will tend to heal them. We also use gum tincture both as a liniment externally and a lotion for inflammation of the eyes, as will be named in the compounds. It is employed as a gargle for sore mouths and throats and spongy gums, and taken inwardly removes foetid breaths; it makes a good dentifrice.

UNICORN ROOT—*Helonias Dioica*.

Tonic, expectorant, and stomachic.

It is good for loss of appetite, pains in the breast and sides; it is excellent in female weakness and nervous disorders.

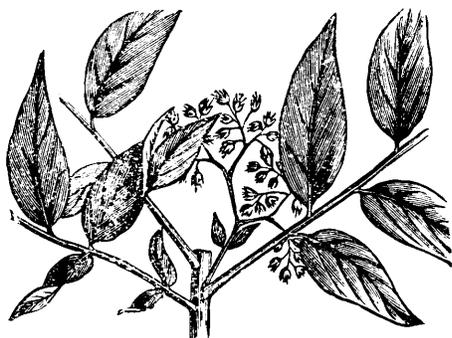
PERUVIAN BARK—*Cinchona Succirubra*.



Cinchona.

Tonic, astringent, antiseptic, and febrifuge. A tall evergreen tree, native of South America, chiefly Southern Peru and Bolivia. This is one of the best tonics in the materia medica, it is employed in dyspepsia, neuralgia, epilepsy, remittent and intermittent fevers. It is a cerebral stimulant, and favours the elaboration of red blood in the body, and may be used with excellent results in all states of debility, both acute and chronic. The medical properties of cinchona are very numerous; it improves digestion, invigorates the nervous system, acts as a constructor of vital force, having in this respect considerable healing influence upon the lungs; hence, in pneumonia it is a sovereign remedy. Quinine is an alkaloid prepared from this bark, and is of great use in all febrile cases, as a general tonic, however, for general use, we prefer a fluid extract of the bark given in doses of from one-half to one drachm, in water, three or four times a day after food.

QUASSIA—*Picraena Excelsa*.



Quassia.

In medicinal doses quassia acts as a certain mild non-irritating tonic; is a useful remedy in all debilitated conditions of the gastro-intestinal canal, vertigo, vomiting, headache, some forms of diarrhoea, and catarrhal states of the stomach and bowels are benefited by it, for ascarides or seat worms it is used by enema. A tincture prepared from the chips coarsely powdered four ounces, to one pint of alcohol.—Dose : Half a drachm to one drachm in water three times a day.

GENTIAN—*Gentiana Lutea*.

Tonic, stomachic, and nervine.

The root may be used, either in substance, decoction, or tincture, most commonly used in bitters, along with other ingredients.



Gentian.

RUE—Ruta Graveolens.

Tonic, vermifuge, diuretic, and laxative.

This has been a favourite herb from time immemorial; sweetened with honey, it is good for thrush in children, and ought to be given to all infants a few days or weeks old; it clears the stomach, and often prevents convulsions, and will cure fits. Pour on to rue boiling water, make it strong and sweeten with loaf sugar; give a teaspoonful of it as often as required. It is also good for epilepsy and female obstructions.

MUGWORT—Artemisia Vulgaris.

The infusion promotes perspiration, urine, and menstruation, and is good for hysteric fits.

BALMONY—Chelone Glabra.

Tonic and laxative.



Balmony.

This plant is called bitter herb, snake head, shell flower, and tremble blossom. It is an American plant, growing in thickets and meadows, where the ground is wet. The leaves are edged with acute teeth; the flowers are tinged with a delicate shade of red. We use it as a laxative for dyspepsia and loss of appetite; given to children affected with worms it affords speedy relief. It is a valuable medicine in disorders of the liver and in jaundice; it removes the yellow tinge from the eyes and skin.—Dose : A tea-spoonful of the powder in half a cupful of hot water four times a day, sweetened with sugar.

DIURETICS.

Diuretics are those medicines which increase the secretion of urine, and thus stimulate the kidneys to a vigorous action. From many causes the kidneys become inactive and consequently do not secrete from the blood that quantity of urine which is necessary to keep the blood in a state of purity; and when the kidneys do not separate the urine from the blood, it is carried through the circulation, producing various diseases of the

skin, also strangury, stone, gravel, and dropsy; in fact, it is nature's bleeding point; and it should be borne by every botanist, and by the heads of families, that the body cannot be in a healthy state while the kidneys are in a torpid condition.

QUEEN OF THE MEADOW—*Eupatorium Purpureum*.

Diuretic, aromatic, and astringent. This is a most valuable medicine for all obstructions of the urinary organs. Bad cases of gravel and dropsy have yielded to this plant alone.--The dose is a tea-spoonful of powder in a cupful of water three or four times a day, as the case may require.

BROOM—*Cytisus Scoparius*.

Diuretic and anti-scorbutic.

Is a leguminous plant, growing from two to six feet high, in sandy places; the leaves are small and downy; the flowers numerous and of a bright yellow colour; it flowers from April to June, and is widely distributed throughout the Kingdom. The tops and flowers are the parts used, they have a bitter and rather disagreeable taste; it is one of our most useful diuretics, highly recommended for most forms of dropsy, retention of urine, and for hydrocephalus or water on the brain. An infusion of one ounce of the

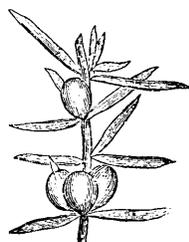


Broom.

herb to a pint of boiling water is the best form for use, and should be taken freely.

JUNIPER BERRIES—*Juniperus Communis*.

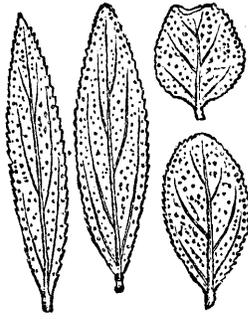
Diuretic.



Juniper.

A pleasant diuretic, and may be used to advantage in all cases of dropsical complaints; good for pains in the back and kidneys—far better than common gin, which is so much used for those complaints. They also promote the monthly terms. The oil is most essential, taken from ten to fifteen drops on lump sugar three times a day.

BUCHU LEAVES—*Barosma Betulina*.



Buchu Leaves.

Diuretic and aromatic.

An infusion of the leaves is good for increasing the secretion of urine and removing obstructions in the bladder. Old people especially will find great benefit by taking the following preparation :— Pour three gills of boiling water on one ounce of leaves, and let it stand for four hours. Take a wine-glassful three times a day.

PARSLEY PERT, *Alchemilla Arvensis*.

This is a well-known remedy for gravel; it is a good diuretic, and exercises great control over the kidneys and bladder. A tea of this plant may be taken alone, or combined with others.

UVA URSI—*Arctostaphylos Uva Ursi*.

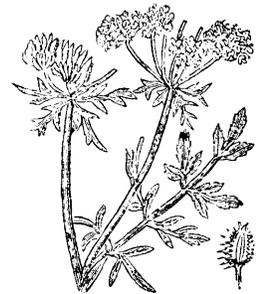


Uva Ursi.

This is a powerful remedy for removing lumbago, and pains in the back; it has no equal in chronic inflammation of the kidneys and bladder, it is a specific in the ulceration of those organs. A tea may be made by boiling the leaves, taking from a gill to a pint per day.

WILD CARROT (Seeds and Tops)—*Daucus Carota*.

A good diuretic, and useful in gravel and other diseases of the urinary organs.



Wild Carrot.

TANSY— *Tanacetum Vulgare*.



Tansy.

Diuretic, tonic, and stimulant. It makes a good medicine for strangury, pain in the back and loins, is useful in painful menstruation, and is a valuable herb for female weakness. We have never known it fail to cure palpitation of the heart in a few days. Boil one ounce in a pint of water for ten minutes, and take half a teacupful three times a day. The flowers, dried and powdered fine, and a teaspoonful taken in treacle is an effectual medicine for worms, which they visibly

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destroy. We have often proved their efficacy, and they form part of the ingredients in our worm powders.

COLTSFOOT, *Tussilago Farfara*.

This herb is well known to almost everyone. It flowers early in the spring, and is gathered freely by the children and women of Yorkshire and Lancashire for the purpose of being made into coltsfoot wine. The leaves follow the death of the flower. It is most excellent in pulmonary disease, made into an infusion with sanicle, ground ivy, and horehound. There is only one reason why it is not valued, and that is because of its abundance; if it were a very rare plant, imported from some other country, it would be considered invaluable. The leaves are good for colds and severe coughs, and will cure when other medicines fail. It is prepared as follows:— Take two ounces of the plant in a dry state, and boil in three gills of water for fifteen minutes; sweeten with candied sugar or two ounces of honey. Take a wine-glassful four times a day; half quantity for children.



Coltsfoot.

AVENS—*Geum Urbanum*.

Avens grows abundantly on the borders of woods, and on shady hedgebanks; flowers from May to August. The flowers are bright yellow, solitarily on long footstalks. It is an old febrifuge, and is used in intermittent fevers, pleurisy, dysentery, flatulent colic, asthma, and haemorrhage of the lungs. The whole plant is used, but its virtues are strongest in the root. Another species is the Water Avens (*Geum Rivale*), a shorter and stouter plant, with drooping flowers; its virtues are similar to *geum urbanum*. A fluid extract of the root is the best preparation, but it may be used in infusion, one ounce of the herb or root to a pint of boiling water.—Dose : Two to four ounces three or four times a day.



Avens.

CATMINT—*Nepeta Cataria*.

Carminative and sudorific.

This plant commonly grows wild, but is sometimes cultivated in gardens.

The whole' plant has a strong smell. It should be gathered just as the flowers are opening, when the sun is clear. Given in infusion, it is excellent for obstructions and diseases of females; also for hysterical complaints, fits, dizziness, and inflammation in the head. Cures difficulty of breathing and convulsions.

RAGWORT—*Senecio Jacobaea.*

This plant is excellent as a gargle for sore and ulcerated mouths. It should be often applied.

PELLITORY OF THE WALL—*Parietaria Officinalis.*



Pellitory of the Wall.

Diuretic and nervine.

This is a powerful diuretic, and is also a good nervine. It is excellent in dropsy, gravel, lumbago, and disease of the bladder. It is also good for water in the head and convulsive fits.

CUBEBS -*Piper Cubeba.*

Aromatic and diuretic.

A powerful remedy in scalding urine. It is an excellent remedy for fluor albus or whites. A tea-spoonful in half-a-teacupful of cold water three times a day is the best way of taking it.

WOOD SAGE—*Teucrium Scorodonia.*

Diuretic and tonic.

It is useful to remove obstructions from the kidneys and liver; it is also a good poultice, with equal parts of chickweed, pounded, for all kinds of indolent ulcers and boils, and is excellent for relax of the bowels.

AMERICAN HEMLOCK—*Pinus Canadensis.*

Diuretic and astringent.

It is an excellent remedy for pains in the back and kidneys; is useful to

stop relaxes of the bowels, and makes a good wa^h for old sores. The oil of American hemlock is a superior remedy in gastric irritation of the stomach, and allays vomiting in cholera, &c. The dose is from five to ten drops in sweetened water every ten or twenty minutes until relief is afforded.

BURNET SAXIFRAGE—*Pimpinella Saxifraga*.

Diuretic and astringent.

Few remedies will excel this for gravel in the kidneys and stone in the bladder. It effects a gradual dissolution of the stone and the gravel.

DANDELION ROOT—*Taraxacum Officinale*.

Diuretic, tonic, and laxative. It operates specifically upon the liver and kidneys in dropsical affections and inflammation of the bowels. The best way to obtain all the virtues of this plant is to dig up the roots from September to April. Wash them clean and dry them in a warm oven for several hours till all the water is gone, then place them on the oven plate over the fire, and keep moving them about till the colour becomes a very dark brown. Grind or crush, and use it as you would coffee, for which it makes a very good substitute, being similar in flavour and much more wholesome.

ANTI-SCORBUTICS.

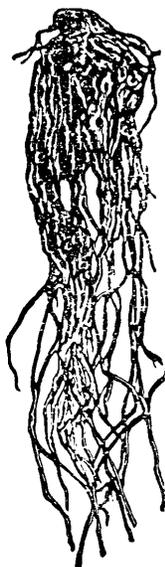
These are medicines which cure the scurvy. It was thought by the ancient writers that those were specifics for sweetening the blood, as they called it; and no doubt they were so to a certain extent, being composed of sanatory herbs made into a decoction and then drank. They are beneficial in eruptions of the skin; but it also must be remembered that they are beneficial only in proportion to the stimulating effect they produce upon the various organs of the body, so as to invigorate and give tone to the various organs which separate or, in other words, secrete the impurities from the blood, as perspiration, urine, bile, &c. What is it but the healthy action of all the organs whose office it is to separate and remove the waste matter it is constantly receiving? If persons are wishful to prevent those dreadful maladies which afflict the

human body—as scrofula—they must see that the digestive organs be in proper tone, for it must be borne in mind that the stomach is kitchen to the mansion, where all is prepared to be made into either good or bad blood. The skin must be kept clean, so that the waste matters shall not be taken up or re-absorbed and passed again into the blood, which will thus be surcharged and again impregnated with impurities which were intended to be passed off. through their natural channels. Active outdoor exercise is also requisite, in order that the lungs may be expanded, to draw in a larger quantity of oxygenated air, a tid at the same time throw out a larger quantity of carbon, which has done its office, and is now destined to support the vegetable world.

SARSAPARILLA, JAMAICA- *Smilax Ornata.*

Alterative, demulcent, and deobstruent.

Sarsaparilla root is regarded as a very valuable alterative, purifying the blood and producing changes in the system, without causing any sensible effect in any of the secretions. It has had a great reputation, and still has. It is used in the form of decoction, and generally in combination with other alteratives, in constitutional diseases, such as scrofula, chronic rheumatism, and diseases- of the skin. There are several varieties of the sarsaparilla; that which comes from Jamaica and Honduras are the best. A compound decoction of sarsaparilla is made in the following manner :—Take four ounces of, sarsaparilla, one ounce of sassafras, two ounces of guaiacum chips, and two ounces of liquorice root, add four pints of water, and boil down gently, covered up close, to two pints; boil over again, with the same quantity of water when the first is cleared off; then mix the two together. Dose : A wine-glassful four times a day for any of the diseases above named.



Sarsaparilla.

Sarsaparilla differs very widely in quality; the kind which has a reddish brown bark is much better than any of the others, and is sold in the wholesale markets at double the price of the rest. When boiled it yields a very deep red, which looks glutinous with strength. A great quantity of the commonest and almost worthless kinds are sold at the present day, the lure being in many cases their low price; but persons who wish to spread the fame of the botanic system, and who regard it as their chief professional duty to restore their patients to health as speedily as possible—and such only should dare to practise the healing art—will shun the use of such

worthless ingredients in their medicines.

BURDOCK ROOT—*Arcticum Lappa*.

Anti-scorbutic and diuretic.



Burdock.

This valuable plant is useful for the diseases named under the head of "Sarsaparilla," with this difference—it is a more powerful diuretic, and consequently more beneficial in diseases of the kidneys. A very useful medicine for scrofula is composed as follows :—Two ounces of yellow dock, two ounces of burdock root, two ounces of slippery elm bark, and half-an-ounce of mezereon root. See directions (under Scrofula).

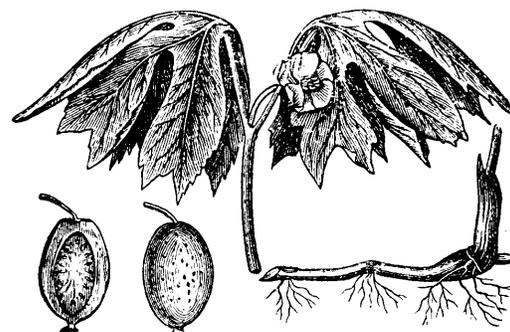
BURDOCK SEEDS— *Arcticum Lappa*.

Diuretic, nervine, and tonic.

A strong decoction of the seeds is excellent in inflammation of the kidneys and bladder. It is a good nervine, and is a useful remedy for convulsions, fits, epilepsy,, and spasmodic affections.

AMERICAN MANDRAKE— *Podophyllum Peltatum*.

Antibilious, purgative, and hydragogue. We have found this root invaluable in many inveterate cases of chronic disease, such as scrofulous, bilious, and dropsy. The analysis shews the root to contain a gum, starch, albumen, gallic acid, fixed oil, potass, lime salts, and resin *Podophyllum*, the active principal of mandrake. We consider the root of great service in incontinence of urine, for which disease it seldom fails to give immediate relief. We have cured persons considered hopeless, after the physicians have put them through a course of their medicine, by giving four pills per day, made of mandrake and cayenne, three grains each. Dr. Beech, after a very high commendation of its great success in a variety of complaints



Podophyllum.

as above named, gives this recipe for pills :—Take half an ounce of extract of mandrake and quarter of an ounce of cayenne pepper, mix with mucilage of gum arable sufficient to roll in common-sized pills. Dose : Three or four every night, or sufficient to regulate the bowels. Dr. Beech also gives the following as a compound powder of mandrake:—Quarter of an ounce each of mandrake, spearmint, and cream of tartar, mixed. Dose : A teaspoonful in treacle, or in a teacupful of hot water, sweetened, once or twice a day.

CLEAVERS—*Gallium Aparine.*

Anti-scorbutic and diuretic.

Is a small succulent plant with a tender procumbent, retrose-prickly stem, grows from two to six feet high in moist thickets, and along the banks and borders of meadows. The leaves are one to two inches long, narrow, rough on the margin and tapering to the base, the flowers are small and white, blooming from June to September. It is a valuable diuretic, useful in many diseases of the urinary organs, gravel, and dropsy, inflammation of the kidneys and bladder, scalding of the urine, and all cases attended with febrile excitement.



Cleavers.

Water, cold or warm, extracts its virtues, but boiling destroys them entirely. An infusion may be prepared by steeping two ounces of the dried plant in a pint of cold water five or six hours, and from two to four ounces may be taken three or four times a day. The expressed juice, in doses of from one to four teaspoonfuls three times a day, has been successfully used in several forms of eczema and skin diseases. The green herb, made into ointment with vaseline, is useful for reducing hard lumps in the glands of the neck and breast, taking also the expressed juice internally, or when the juice cannot be procured taking the cold infusion as described above.

FLUELLIN—*Linaria Vulgaris.*

Fluellin or yellow toadflax bears a strong resemblance to the snapdragon (*Anterrhinum*), and in country places is often called wild snapdragon. The expressed juice applied externally, and taken internally, is said to be good for cancerous ulcers. Salmon in his herbal tells of a patient whose nose was almost consumed with an eating canker



Fluellin.

which was entirely cured by the juice of this plant. (See Fluellin Ointment.)

PIPSISSEWA, or PRINCES' PINE—*Chimaphila Umbellata*.

Anti-scorbutic and diuretic.

It is an excellent remedy for scrofula and scurvy; it is also highly beneficial in cancers, tumours, rheumatism, dropsy, and diseases of the urinary organs. It is better to combine it with other articles. The most convenient form to take it is in powder; small teaspoonful doses in hot water two or three times a day.

SASSAFRAS—*Sassafras Officinale*.

Anti-scorbutic, alterative, stimulative, tonic, and aperient.

The chips have the same properties as the bark, but are not so powerful. Sassafras is useful in rheumatism and all eruptive diseases. Aged people troubled with rheumatism will find it a useful drink—an infusion of the bark being drank instead of the common tea. The essential oil will often relieve the toothache.

PIMPERNEL—*Anagallis Arvensis*.

Anti-scorbutic and antiseptic.



Pimpernel.

The Germans esteem it invaluable in hydrophobia. It is good in mortifications and all contagious diseases. It cures the bites of venomous snakes, mad dogs, and all wounds, running ulcers, and pestilential fevers. Drink half a teacupful of the boiled liquor four times a day, and poultice the wounds with the herb. The juice of the herb is good dropped in the eye to clear the sight, and remove cataract from the eye.

QUEEN'S DELIGHT, *Stillingia Sylvatica*.

Alterative and cathartic.

It is an invaluable remedy in leprosy, ulcers, and all eruptive diseases.

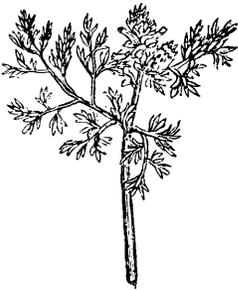
YELLOW DOCK ROOTS—*Rumex Crispus*.

Astringent and anti-scorbutic.

There is no plant more common in England than this, which is known by every man, and there are few herbs superior to it for scrofulous diseases and itching of the skin, or eruptions of every kind. Take a Turkish bath, or wash the skin every night with soap and water, then wipe well with a dry towel, and foment with the following :—Boil three ounces of the root in two pints of water and foment with it; after you have used this, if not effectual, use the oil tincture. We have known great numbers cured with them or the itch ointment. All the dock roots are beneficial in eruptive diseases. An anti-scorbutic beer may be made by taking one quarter pound of the roots, two ounces of the seed of burdock, two ounces of cleavers, two ounces of ginger root, and half an ounce of senna; boil twenty minutes in two gallons of water; strain and work in the usual manner.



Yellow Dock.



Fumitory.

FUMITORY—*Fumaria Officinalis*.

Anti-scorbutic. A very useful plant in all cutaneous diseases and scurvy. Effectual for the liver and jaundice. We have used it for all breakings out of the skin, and find it a splendid remedy.

WOOD SANICLE, *Sanicula Europaea*.

Anti-scorbutic. For the cure of scrofula, ulcers, tumours, and all manner of breakings out. For scurvy it is all but a specific, and will cure ulcers in the mouth and throat. To drink the tea from the herb, and gargle the throat or mouth with the juice or decoction of the herb, is the best way of using it. The Author cured a young man, about 26 years of age, of running sores all over his body, who was given up as incurable. Such was the putrid state of his system that he lost one-half of the lower jaw with half of his teeth. He drank a strong decoction of this herb with the decoction of sarsaparilla, and was cured in four months.



Wood Sanicle.

MEADOW FERN BURRS, or SWEET GALE— *Myrica Gale*.

Aromatic and alterative.

This is one of the best external applications in itch and troublesome humours or eruptions. The decoction, sweetened with honey, and a wineglassful taken three times a day is good for the above complaints.

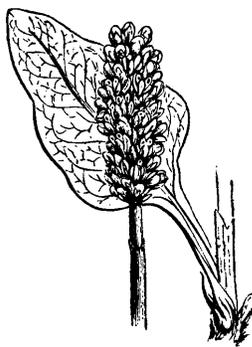
ASTRINGENTS.

Medicines which render the solids denser and firmer by contracting the fibres. They have a tendency to lessen excessive discharges, and by causing greater depression of the nervous fibres lessen a morbid sensibility and excitability; hence they tend directly to restore the strength when impaired by these causes, employed in the form of a poultice, they have a tendency to dry and shrivel up the skin, and for that reason should not be employed as poultices where it is necessary to promote suppuration and hasten the discharge of matter. Cold is a powerful astringent, causing a contraction of the vessels on the surface of the body, and thereby producing paleness and suppression of perspiration. Astringents and jellies, or other gelatinous substances employed to nourish the sick, should not be taken into the stomach at the same time, as the tannin of the astringents combines with the gelatine, and forms a solid indigestible mass. Vegetable astringents may be properly termed detergent or cleansing medicines, for they have the effect of cleansing the inner or mucous coat of the stomach and bowels; hence the great value and importance of this class of remedies. For example, the morbid substance which collects on the tongue and roof of the mouth in fevers, and is present in the morning on rising from bed, particularly if the individual has been indulging in a late supper or spirituous liquor, is effectually detached by a gargle of some astringent tea; and it is by a similar way that the astringent medicines act on the mucous membrane of the stomach and bowels, removing its morbid and vitiated secretions and enabling it to perform its functions in a natural and healthy manner. The word canker is used freely in some botanic works, and the term canker is not understood by many who read it. Canker signifies anything that corrupts, corrodes, or destroys; therefore the anti-canker medicines are the astringents. It is well to drink a tea, such as bayberry, before taking an emetic, in order to detach the

vitiated matter from the mucous coat of the stomach previous to vomiting. Astringents are useful in haemorrhage from the stomach, lungs, and bowels, and are indispensable in diarrhoea and dysentery, and should be used in combination with some stimulants, as cayenne or ginger. In many diseases they are specially beneficial, as will be shown in their proper place.

BLOOD WORT—*Rumex Sanguineus*.

The root and herb are the parts used. It will cure bloody fluxes, spittings of blood, overflowing of the menses, violent purgings, and is good for the whites. Make it and take it as any other herb.



Bistort.

BISTORT—*Polygonum Bistorta*.

Astringent.

Is one of the most powerful astringents in nature. It is good for all bleedings, whether external or internal; it is useful in diabetes, in conjunction with tonics. The decoction is also employed as an astringent injection in fluor albus and gleet. It makes a good wash for running sores.



Tormentil.

TORMENTIL—*Potentilla Tormentilla*.

Astringent.

This is very useful in all classes of bowel complaints, cholera, dysentery and diarrhoea attendant on consumption. It is the very best remedy in use for bloody flux. Take one ounce of the root bruised or in powder; pour on it one pint of boiling water. Take half a cupful of the clear fluid, as warm as convenient, in a severe case, every hour till there are signs of convalescence. It will often cause a free perspiration. It makes a good wash for sores.

BAYBERRY—*Myrica Cerifera*.

Astringent, stimulant, and deobstruent.

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Bayberry.

Is decidedly the best cleansing medicine ever discovered. It makes a good gargle for putrid sore throats. When taken inwardly it produces a stimulating effect upon the mouth, and leaves it clean and moist; it cleanses the inner coat of the stomach; is a valuable medicine in diarrhoea and dysentery; and a sovereign remedy in scrofulous ulceration, used in the form of poultice. The wax which is found upon the berries makes a valuable ointment for all eruptions of the skin. It is the principal ingredient in our composition powder.

SUMACH (Berries and Leaves)—*Rhus Glabra*.

Astringent and diuretic.

Sweetened, these make a pleasant drink in fevers and an excellent gargle for sore throats, especially after mercurial salivation. They are also good for strangury, or stoppage of the urine.

OAK BARK—*Quercus Robur*.

It is a good astringent, and useful for bowel complaints and cholera. It is also one of the best remedies known for inflammation of the eye for young or old. Make as follows :—One ounce of oak bark, one ounce of red raspberry leaves; boiling water two pints; let it stand half-an-hour, clear, and bathe well with the liquor very often in the day, till well.

CUDWEED—*Gnaphalium Germanicum*.

A white cottony plant known in some country places as cotton weed. Has long, narrow leaves, with yellowish flowers; grows on waste, gravelly soil; and flowers from July to September. It is a useful herb, which has been much neglected of late years. Pliny extols it as a sovereign remedy, and says it will cure bloody flux and all inward bleeding, quinsy, and mumps, or inflammation of the parotid gland. It is also used for fluor albus or whites, and will speedily and safely stay excessive menstruation. As a gargle it is useful in cases of ulcerated sore throat. It yields its virtues to boiling water, and may be prepared with one ounce of the herb to a pint. Dose :—Two to four ounces three times a day.

WHITE POND LILY ROOT—*Nymphoea Odorata*.

Astringent, pectoral, and emollient.

This root is useful in all diseases of the bowels, and is excellent in fluor albus, or whites.

CRANESBILL—*Geranium Maculatum*.

Astringent.



Cranesbill.

Cranesbill, known also as herb robert and alum root, grows usually from one to one-and-a-half feet high, in thickets, hedgerows, and shady banks; having slender, wiry, straggling stalks, tinged with crimson, with shining green leaves; flower red, with whitish streaks. It flowers throughout the summer.

The herb and root are both used in medicine, the latter being preferred. It is a powerful astringent, and may be used with safety and confidence in dysentery, diarrhoea, cholera infantum or summer complaint, hemorrhages from the lungs, leucorrhoea, and has proved highly beneficial in some cases of diabetes. It has a peculiar power of stimulating and contracting the capillary vessels; and, unlike most astringents, it promotes, instead of suppresses, the secretive power of the mucous surfaces. A strong decoction of the root, to which may be added a little nutmeg, cloves, and cinnamon, and sweetened with sugar, may be taken three or four times a day. It forms an excellent gargle in cases of thrush, sore mouth, and ulceration of the throat.

RED RASPBERRY LEAVES—*Rubus Idaeus*.

Astringent and tonic.



Red Raspberry Leaves.

The red raspberry grows wild in mountainous woods, and is common to most parts of the country. Its prickly stems are erect, round, from three to four feet high; leaves are pinnate, of three or five leaflets, dark green on the upper surface, white and cottony beneath. Flowers in June, bears a delicious red fruit for which it is cultivated

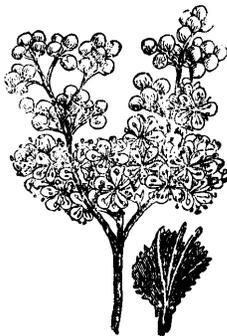
and brought to great perfection.

The leaves and roots are the parts used. A strong infusion is useful in looseness of the bowels and summer complaint of children; it is an excellent remedy in painful and profuse menstruation, and to regulate the labour pains of women in childbirth. A teacupful of strong red raspberry leaf tea, in which the juice of an orange has been pressed, taken three times a day during the last month of pregnancy, will prevent all pain, and will render labour easy when the hour of parturition has arrived.

BLACKBERRY LEAVES—*Rubus Villosus*.

Mild astringent tonic, and a pleasant drink for looseness of the bowels in children.

MEADOW SWEET—*Spiraea Ulmaria*.



Meadow Sweet.

Astringent and sudorific.

This plant grows in moist meadows, with yellowish white sweet-smelling flowers. It has been found useful in fevers, dysenteries, diarrhoea, and fluxes-of all kinds. An infusion of the leaves and flowers, in proportion of one ounce to a pint of boiling water. Dose :—One wineglassful every two hours.

GUM CATECHU—*Uncaria Gambler*.

Astringent and tonic. The extract of the leaves and wood of *Acacia Catechu*, a stout climbing plant growing in the Malay Archipelago. It is a strong astringent to all mucous surfaces, and is beneficial in diarrhoea, cholera, and chronic catarrh. Ulceration of the mouth, elongation of the uvula, spongi-ness of the gums, cracked and sore nipples may be cured by painting the tincture on two or three times a day. The medicinal dose of the powder is ten to thirty grains. It is best used in conjunction with other remedies. See Anti-Cholera Powder and Astringent and Diarrhoea Powder.

VERMIFUGES, or ANTHELMINTICS.

These are remedies which destroy or expel worms.

WORMSEED—*Artemisia Maritima*.

Vermifuge and aromatic.

These contain a volatile oil, which is considered by some to be a specific for worms. Eight drops of the oil, given twice a day or according to age, will generally have the desired effect; or it may be given in powder, from half to a teaspoonful, two or three times a day, in treacle.

WORMWOOD—*Artemisia Absinthium*.



Wormwood.

Stimulant, tonic, anthelmintic, and narcotic. A strong-scented herb, with hairy or downy stalks, leaves bipinnatifid, flowers dull yellow. Used in jaundice, dyspepsia, and worms. As a tonic it exercises a specific action over the nerves of nutrition; hence it is of value in all conditions of debility; it promotes the appetite, and increases the assimilation of the food. Its narcotic action renders it valuable for the destruction of worms in the alimentary canal. It is also a valuable fomentation herb, and in conjunction with marsh mallows, ragwort, poppy heads, and hops, will be found useful wherever

hot fomentations are indicated, as inflammation, painful swellings, quinsy, and neuralgia, Dose :—Half a wineglassful of the infusion taken three times a day, and an active purgative taken every second or third morning, will in general restore the patient troubled with worms.

MALE FERN—*Aspidium Felix Mas*.

This is an old remedy for destroying tape-worms, and is good as a vermifuge. It is found to be efficacious taken in teaspoonful doses three times a day, and a brisk purge of senna and ginger every other morning. The oil of male fern is most to be depended on to expel tapeworms, and is, as a general rule, almost certain to be successful in a few days, without any danger. The dose is thirty drops in a tablespoonful of warm water, sweetened, to be taken night and morning, fasting. It must be borne in mind, when taking medicines of

this character, that the food must be light and suppers avoided.

CUSSO (KOUSSO)-*Brayera Anthelmintica*.
(THE NEW REMEDY FOR THE TAPE-WORM.)

This is the most effectual as well as the safest remedy for the expulsion of the tape-worm from the human system ever made known to the public. The Authors have used it extensively from its first importation from Abyssinia, and with great success. It rarely fails to cure in two or three days. The dose of the powder is four drachms, which is to be macerated in about three gills of warm water for fifteen minutes. This infusion, with the powder suspended in it, is taken in three doses, quickly following each other. We recommend that lemon juice be taken freely before and after the cusso.

KAMALA—*Mallotus Philippinensis*.

A remedy highly recommended for the expulsion of that monster of the worm species. In searching over a number of volumes, both old and modern, we find no mention of it. We have prescribed it, and are satisfied with the good results. We now recommend the above-named remedies as three of the best ever published for the destruction of the tape-worm. Dose for those over twenty years, forty grains, or a teaspoonful in half a small teacupful of lime water, with a drop of essence of lemon, fasting in the morning.

ARECA NUT—*Areca Catechu*.

This is one of the best-known medicines for worms in dogs. A teaspoonful grated from the nut, and given with a little meat, will bring them away in a few hours; it is also good for cattle. If you can get the nut already powdered it will be the best. Take for cattle one table-spoonful in a quart of gruel once a day.

NERVINES.

Nervines are medicines which have the effect of composing or tranquilising the nerves, without impairing or deadening sensibility as is the case with narcotics, such as opium, morphine, and stramonium;

these impair the functions of the brain, as well as the whole nervous system, and the patient becomes stupid or insensible, sinking into a dull and heavy sleep, and he wakes, if the poison does not prove fatal, and finds himself with headache, tremors, nausea, parched tongue, and a dry and hot skin. The sanatory nervines which we use and recommend produce none of these effects, but invigorate while they soothe, so that there is scarcely a disease in which they may not be used with advantage.

SCULLCAP—*Scutellaria Lateriflora.*

Tonic, nervine, and anil-spasmodic.



Scullcap.

This is one of those valuable agents so often recommended for the tic-doloureux. Scullcap is said to contain an essential oil, chlorophyll (a peculiarly volatile matter), albumen, chloride of soda, and other salts. Dr. Mattson mentions the case of a merchant who was unable to hold a pen; he drank a pint of the tea at night on going to bed, and in the morning he was perfectly calm and able to write, and he continued to use the tea with good results. We have used it with good effect in delirium tremens, fits, convulsions, St. Vitus' dance, and all diseases arising from nervous excitability. Pour three

gills of boiling water on one ounce of powder, and let it clear; take a wine-glassful three times a day.

MAPLE BARK—*Acer Rubrum.*

Tonic and nervine.

The decoction of this bark strengthens the liver, and is good for inflammation of the spleen.

AMERICAN VALERIAN; or LADY'S SLIPPER —*Cypripedium Pubescens.*

Tonic, nervine, stimulant, and anti-spasmodic.



Lady's Slipper.

Lady's slipper is a good nervine; and as it possesses no narcotic properties, it may be used freely, without

apprehension of danger, in all nervous diseases, such as nervous headache, epilepsy, delirium tremens, restlessness, and low fevers; having the effect to quiet the nerves, allay pain, and promote sleep. Dose, same as scullcap.

ENGLISH VALERIAN ROOT— *Valeriana Officinalis*.

Nervine, anti-spasmodic, stimulant, tonic.



English Valerian.

Valerian is employed in epilepsy, chorea, hysteria, delirium tremens, dysmenorrhoea, and sleeplessness. It is very similar in its properties to the American Valerian, and may always be used instead of it. It is especially useful in cases of nervous derangement, especially for nervous females, in hysterical, restless, and irritable conditions. Dose: Of an infusion of the root, one or two wine-glassfuls; of the tincture, 20 to 30 drops in sweetened water three or four times a day.

ASAFETIDA—*Ferula Foetida*.

Expectorant, stimulant, and anti-spasmodic.

This is a gum-resin extracted from the root of a shrub which grows in Afghanistan and the Punjab. It has been used as a valuable and pure tonic and for a weak state of the stomach from time immemorial. It is very useful in hysteria, colic, and spasmodic asthma. A case of spasmodic asthma, of several years' standing, which had resisted the treatment prescribed by other practitioners, was cured by administering asafetida in the form of a large pill, three times a day, in addition to the following expectorant:—Squills, in powder, 30 grains; gum ammoniac, 1/4 ounce; lobelia seed, 30 grains; made into 30 pills, with treacle, of which the patient took one or two twice a day, and smoked stramonium leaves instead of tobacco, until a slight giddiness was felt. (See Nervine Pills.)

PURGATIVES.

Purgatives are agents which quicken the peristaltic motion of the bowels—first, by stimulating the muscular fibres, and the contents of the bowels are quickly discharged; second, by stimulating the exhalant vessels terminating in the inner coat of the intestines and the mouth of the excretory ducts of the mucous glands, by which an increased flow of serous fluids takes place from the former and a more copious discharge of mucous from the latter, the effect of which is to render the foecal matter thinner and more abundant; third, by stimulating the neighbouring viscera, as the liver, pancreas, &c., so as to produce a more copious flow of their secretions into the intestines.

RHUBARB (Turkey, East India, and English)— Rheum Palmatum.

This is a mild cathartic and somewhat astringent tonic; as a cathartic it acts by increasing the muscular action of the intestines rather than by augmenting their secretions; it affects the whole intestinal canal, especially the duodenum. With its astringent properties it has gained the reputation of being a stimulant and carminative of the digestive organs. It also acts as a tonic on the stomach, improving the digestive organs and creating an appetite. Rhubarb is much used in infantile diseases, its mild tonic properties rendering it peculiarly applicable, especially when enfeebled digestion and irritation of the alimentary canal are present. In acute or chronic diarrhoea or dysentery, and in convalescence from exhausting diseases, where the mildest of other purgatives are apt to cause irritation, rhubarb is an appropriate medicine. The dose of the powder for an adult is from a quarter to half a teaspoonful, but this must be regulated according to circumstances.

ALEXANDRIA SENNA—Cassia Acutifolia.

A certain and convenient cathartic, and may be used in all cases where a physic is required. The griping may be modified by adding ginger or cloves. Take one ounce of the leaves and a quarter of an ounce of ginger, pour over them one pint of boiling water, and let it cool. Dose :—One or two wineglassfuls at night.

MOUNTAIN FLAX—*Linum Catharticum*.



Mountain Flax.

Cathartic, tonic. Is a small annual plant, bearing very small white flowers, growing in dry pastures and on moorlands. Known also as purging flax. It has a pleasant, bitter taste; its active principle is most abundant just after the flowers have fallen, at which time it should be gathered for use. It may be employed for the same purpose as senna, especially in the constipation which accompanies gravel, rheumatism, and dropsy. It yields its virtues readily to water. The proportion would be one ounce to a pint of boiling water; infuse, and take one to two wineglassfuls twice a day.

ALOES SOCOTRINE—*Aloe Perryi*.

This is the best kind used medicinally; it is a warm, stimulating purgative, operating with force upon the large intestines. It is useful to promote the menses, and there is scarcely a purgative pill made without it. (See Pills.)

BUTTERNUT—*Juglans Cinerea*.

Is a gentle purgative, and has the good property of not binding after it has operated. It is a good medicine for worms, and may be made either in syrup or taken as pills. Dose : Four large-sized pills at night for an adult. Syrup : Take half an ounce of extract, four ounces of sugar, and ten ounces of boiling water; mix well. Dose: One tablespoonful twice a day. Children according to age.

INJECTIONS, OR ENEMAS.

These are liquid preparations which are thrown into the rectum with a syringe. They are invaluable in various forms of disease, but owing to mock delicacy they have not been so much used as they ought. Injections are invaluable agents where the powers of life are so much impaired that a rational fear is entertained as regards the administration of cathartics by the mouth. We can speak from our own experience, and with confidence say that we have seen diseases of the

most malignant character relieved, and in some instances cured, where medicines in any other form were inadmissible, such as lock-jaw, vomiting, inflammation of the bowels, colic, fits, fevers, diarrhoea, dysentery, and putrid sore throats, where the patient was unable to swallow. Injections composed of bayberry, cayenne, and lobelia are useful in cases of suspended animation. We have seen the good effects of injections in inflammation of the lungs, especially in children. No family should be without an enema syringe. The dose of liquor for an adult is about a pint, and for children in proportion. The various applications of injections will be named in their proper place.

EXPECTORANTS AND DEMULCENTS.

Expectorants are medicines which promote the expulsion of mucous from the trachea or windpipe, or any other accumulation of morbid matter which may have fastened upon the lungs. Emetics may be classed under this head, for by their action upon the lungs, through the medium of the stomach and diaphragm, they effectually unload the windpipe and bronchial tubes of their vitiated secretions. Demulcents are those substances which develop, or, in other words, cover, surround, and guard, acrid matter, and cover the surfaces that are too sensible to external impressions. They are useful in diarrhoea and dysentery, and in the form of poultices; they are also beneficial in coughs, irritation of the lungs, or inflammation of the urinary passages.

HOREHOUND—*Marrubium Vulgare.*

Expectorant, tonic, stimulant, and diuretic.



Horehound.

Has hoary, downy stem, with spreading branches; leaves round, ovate, crenate. This old world remedy still retains its reputation, and will prove beneficial in coughs, colds, asthma, hoarseness, and all pulmonary affections. Simmer four ounces for ten minutes in two pints of water; sweeten with honey. Dose : One wineglassful every three hours.

SKUNK CABBAGE—*Symplocarpus Foetidus.*

Expectorant, nervine, and anti-spasmodic.

Is a capital remedy in asthma, coughs, and catarrhal affections of the lungs; it also makes a good tea in fevers, combined with pleurisy root and lobelia herb, equal parts in powder. A small teaspoonful of this mixture, in warm water, sweetened, may be taken three times a day. It may be taken oftener if the fever is violent.



Mouse Ear.

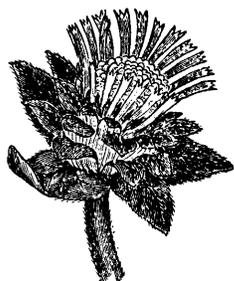
MOUSE EAR—*Hieracium Pilosella*.

Expectorant, tonic, and astringent.

This is a popular remedy in country places for whooping cough and croup; it is also useful in dry tickling coughs and affections of the lungs; it makes a good wash for old sores.

ELECAMPANE ROOT—*Inula Helenium*.

Aromatic, stimulant, tonic.



Elecampane.

The root of elecampane is the part used. A stout herb; stems three to six feet high; leaves entire, large, woolly beneath; flowers yellow. Employed in chronic pulmonary complaints, dyspepsia, hepatic disorders, amenorrhoea, and dysmenorrhoea. It removes cramp, and has been found beneficial in convulsions, gout, and sciatica. It is said also to be useful in hydrophobia. Prepare and take as directed for horehound.

POLYPODY ROOT—*Polypodium Vulgare*.

Pectoral, demulcent, anthelmintic.



Polypody.

A small, simply pinnatifid, evergreen fern. It is employed in hepatic and pulmonary diseases. American physicians speak highly of it as a remedy in incipient consumption, asthma, catarrh of the lungs, and for the expulsion of toenia and other worms. A fluid extract of the root is the best preparation; the dose, 20 to 30 drops in sweetened water three times a day.

COMFREY ROOT—*Symphytum Officinale*.

Demulcent, expectorant, astringent.

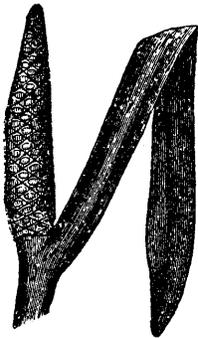


Comfrey.

Employed in pulmonary and scrofulous diseases, pneumonia, diarrhoea, dysentery, and leucorrhoea, or whites in females. It is best used in combination with other remedies, the following being a good formula for the above-named affections :—Comfrey root, two ounces; white pond lily root, cudweed, stinking arach, each one ounce; ginger root, half an ounce. Simmer the whole in two quarts of water down to one quart; strain, while hot, upon two nutmegs powdered fine, half a teaspoonful of cayenne, and half a pound of lump sugar. Dose: One wineglassful four times a day.

SWEET FLAG—*Acorus Calamus*.

Stimulant, carminative, tonic.

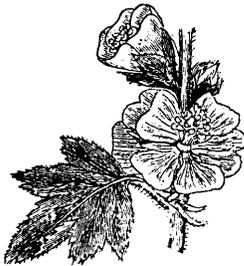


Sweet Flag.

Useful in inflammation of the stomach and bowels; to expel wind; and relieves colic; and in all cases of weakness, with a flatulent state of the digestive organs, with loss of appetite. The following is a good combination for all the above-named affections :—Sweet flag root, two ounces; wild cherry bark, buchu leaves, fennel seeds, each half an ounce; cayenne, half a drachm. Prepared and taken as directed for comfrey root.

MARSH MALLOW—*Althaea Officinalis*.

Diuretic, demulcent, and emollient.



Marsh Mallow.

A tall, handsome plant, with a pale rose-coloured flower, somewhat resembling the hollyhock, growing about marshy and wet places near the sea. The leaves, flowers, and root—chiefly the latter—are the parts used, in the form of decoction, making a thin mucilage. It is highly valuable in affections of the lungs, bowels, and urinary organs, especially in inflammations of the kidneys, bladder, and urethra, in retention of urine, strangury, and bleeding from

the urinary organs. The leaves make an excellent fomentation herb, and the powdered roots an excellent poultice for inflammatory swellings, bruises and burns.

SLIPPERY ELM—*Ulmus Fulva*.

Expectorant, diuretic, demulcent, and emollient.



Slippery Elm.

The inner bark of a large tree growing in America, especially in the rich, moist soil of the Western States. It is a very valuable remedy, employed chiefly in mucous inflammation of the lungs, bowels, stomach, kidneys, and bladder, taken freely in the form of a mucilaginous drink. One ounce of the bark simmered slowly in two pints of water down to one pint. It is very beneficial in diarrhoea, pneumonia, pleurisy, dysentery, coughs, strangury, and sore throat. A tablespoonful of this powder, boiled in a pint of new milk, affords a nourishing diet for infants, preventing the bowel complaints to which they are subject. As a poultice it is far superior to linseed

meal, applied to ulcers, boils, and carbuncles.

BUTTER BURR ROOT—*Petasites Vulgaris*.

This root is good for fevers, influenza, pleurisy, worms, obstruction of urine, and to promote menstruation.

GUM ARABIC—*Acacia Senegal*.

Expectorant, demulcent, and diuretic.

This is used for various purposes, such as the making up of pills; it is good for diseases of the bladder and scalding of urine; it makes a good cough medicine. Take one ounce of gum, one ounce of Spanish juice; dissolve in 1 1/2 pints of water; then add one quarter of an ounce of cloves, half a teaspoonful of cayenne, and half an ounce of tincture of lobelia; take two tablespoonfuls three times a day.

GUM AMMONIACUM—*Dorema Ammoniacum*.

This is a valuable expectorant. There are two kinds sold, but what is called the drop gum is the best. Aged persons will find this a good cough medicine. Take one ounce of gum, dissolve in 1[^] pints of warm water, clear the milky fluid from it, then add half a cup of raspberry vinegar; take one tablespoonful four times a day.

BALSAM OF PERU—*Myroxylon Pereirae*.

This balsam possesses expectorant and stimulating properties. It is useful in all chronic affections of the bronchial tubes, as in catarrh, inflammation of the stomach and bowels, diarrhoea, dysentery, and leucorrhoea. Take twenty-five drops in a wineglassful of gum arable tea, sweetened twice a day.

BALSAM OF TOLU—*Myroxylon Toluifera*.

This is very similar to that of Peru, and may be used for the same affections of the chest, in the form of syrup of Tolu. Dose : A tablespoonful three times a day.

HEALTH.

Under this head the Authors have carefully classified a number of hints and directions on the Preservation of Health, Clothing, Diet for the Sick, Ventilation, the Skin, the Teeth, the Vapour Bath, the Process of Digestion, and the Circulation of the Blood. The limited space which is available for these important points has necessitated the adoption of a somewhat condensed style, in order to crowd in as much really useful and indispensable information as possible.

PRESERVATION OF HEALTH.

A state of health consists in the different organs performing, in an easy and regular manner, all their proper offices. This state, on which our happiness depends, is the legitimate result of a correct mode of living. Persons who transgress the physical laws of their nature—it matters not whether man, woman, or child—may as well expect to breathe without air, or live under water, as hope to break nature's laws without incurring a penalty in the shape of disease commensurate with their breach of law. Ask the man who has not been free from pain or ailments for a series of years what he considers the best earthly blessing, and he will answer, Health. When deprived of this, all nature wears a gloomy aspect: the glistening sunbeams, the opening flowers, the rippling streams, the green-clad trees, or the soul-cheering notes of the feathered songsters have no charm for him; the aching head, the hacking cough, and the hectic flush, all admonish him that he must close his eyes on all things earthly. Then it is that he looks back on his misspent life with sorrow. The result of a violation of the physical laws of our nature is to produce misery and disease in proportion to the extent of those violations. Thousands there are at this moment rolling in wealth who would give a quit-claim deed of all their lands, and place themselves in the condition of a man who depends on his daily labour for the maintenance of his family, if they could only enjoy perfect health. If health be so 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, in order that they may regain it when lost, is it not worth preserving? How, then, are we to preserve our health? The question is of more importance than many other of the great questions which are now agitating the world. Any question of enterprise, having for its object the accumulation of wealth, would

weigh as little in comparison with this as the bubble in the opposite scale to the mountain. It may be argued that health is a blessing conferred upon us by Divine Providence, and which He continues or destroys according to His will or 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 Divine Providence than they do of the physical 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 has established certain unchangeable laws, by which all matter, whether animate or inanimate, is governed. Obedience to these laws secures to us health and all its blessings, with as much certainty as obedience to moral laws secures peace of mind. In order, therefore, to preserve health, proper regard must be paid to food, drink, clothing, exercise, pure air, and frequent ablution in cold water. On no one thing does perfect health so much depend as on the quantity and quality of our food. A great amount of disease is produced by improper mastication; yet, notwithstanding, the bulk of mankind swallow, half chewed and in large quantities, a heterogenous mass of food, consisting of beef, pork, butter, cheese, pastry, &c., loading the stomach, like a man filling his carpet bag, as if it never could be filled too much. For example, the good wife on a Saturday night (and we beg to say she does it out of tenderest regard to her husband, who has been working hard all the week), prepares for supper beef steak, onions, cheese, &c., and to give him strength for the next week's labour they wash it down with a pint of ale; thus they go to bed with loaded stomachs, when the digestive apparatus ought to be still, and give nature time to repair the waste of the body for the next day's labour. Sunday is a day indulged in bed; little exercise and stronger food are taken. Monday comes; they feel little refreshed by the rest they have had, have headache, weight at the stomach, and a variety of other symptoms; and thus it is—medicine is called into requisition to cure that which they have already created, namely, the first stages of disease. And as long as we transgress nature's laws, so long must we suffer the consequences which accompany debility and untimely death, in spite of physicians, doctors (regulars or irregulars), homoeopaths, hydro-paths, or botanists even. Such is the difference in the habits and constitutions of men, that no universal system of diet can be prescribed to the circumstances of all. A few simple rules should always be observable. Eat three times a day, and that moderately, and of such food as is easily digested, which should be well chewed, so as to be mixed with the saliva, this being the first process of digestion. The most wholesome food is unbolted wheaten bread, potatoes, rice, tapioca,

ripe fruit, and in general a vegetable diet; the best drink being cold water. The real object of eating should be kept in view, viz., to supply the body with a proper quantity of nutriment, according to the amount of exercise taken and the power of the digestive apparatus; and not to eat merely to gratify a depraved appetite. Parents should become acquainted with the physiological laws of their nature, and we hope the time is not far distant when it will become a part and parcel of the education of the rising generation. When the female portion of society understand their physical construction, then they will be able to bring up a better, stronger, and more healthy race, who shall become the fathers and mothers of the next generation, as well as prevent a large amount of the suffering they now endure.

CLOTHING.

The principal object of clothing is to protect the body from cold, and therefore should be adapted to the climate, season of the year, and age. In England the cold chills of winter render it necessary to wear a strong flannel garment next the skin. Being a non-conductor of heat, flannel protects the body from taking cold in general. The use of strong soles on the boots keeps the feet warm, which is of very great importance to health, and acts as a protection against colds and coughs, the want of timely attention to which leads to consumption and a premature grave. The man or woman who has independence enough to dare to dress consistently and decently in defiance of the foolish and pernicious fashion, if holding a rank in society that gives them influence, will do much for the benefit of his or her race.

VENTILATION.

We are well aware of the necessity for breathing pure air, and the agreeable freshness and reviving influence of pure morning air must convince us that a pure atmosphere is conducive to health; yet we carefully exclude the air from our houses as if its approach were noxious; intending to shut out the inclemency of the weather only, in order to guard ourselves from the external air, we hinder that renewal of the atmosphere which is necessary to prevent its becoming stagnant and unfit to support life. Few persons are aware how very necessary a thorough ventilation is to the preservation of health. We preserve life without food for a considerable length of time; but keep us without air for a very few minutes and we cease to exist. It is not enough that we

have air—we must have fresh air; for the principle by which life is supported is taken from the air during the act of breathing. One-fourth of the atmosphere is capable of supporting life; the remainder serves to dilute the pure vital air, and render it more fit to be inspired. Dr. Thomson thinks that we should not be far from the truth in supposing that the ordinary quantity of air contained in the lungs is 280 inches, and that there enter or go out at each inspiration, or expiration, 40 inches. Thus, supposing twenty inspirations in a minute, the quantity of air that would enter and pass out in this time would be 800 inches, which makes 48,000 in the hour, and in 24 hours, 1,152,000 cubic inches, and as the air enters into the lungs it is exposed to the action of the blood, which changes its purer part, the vital air (oxygen gas), into mixed air (carbonic acid gas), which is not only unfit to support animal life, but is absolutely destructive to it.

One hundred and fifty grains, by weight, of this poisonous ingredient are added to the air of a bedroom in one hour by a single sleeper—more than one thousand during the night. Unless there be a sufficient quantity of air to dilute this, or unless ventilation provide for a gradual removal of foul air while fresh comes to take its place, health must be seriously undermined. Dr. Hunter states, in his work on the " Diseases of the Throat and Lungs," that impure air alone will bring on consumption in the soundest constitution. The oxygen of the air we breathe regulates our appetites, and the chyle undergoes its last vital change in the lungs, and that change depends . on the perfect performance of respiration, and on a sufficient supply of pure air. When respiration is obstructed by disease, the appetite fails and the body wastes away.

An admirable provision of the great Author of nature is here visible, to prevent this exhausted and now poisonous air from being breathed a second time. While in the lungs the air receives so much heat as to make it specifically lighter than the pure atmosphere; it consequently rises above our heads during the short pause between throwing out the breath and drawing it in again, and thus secures to us a pure draught. By the care we take to shut out the external air from our houses, we prevent the escape of the deteriorated air, and condemn ourselves to breathe again and again the same contaminated, unrefreshing atmosphere.

Who that has ever felt the refreshing effects of the morning air can wonder at the lassitude and disease that follow the continued breathing

of the pestiferous atmosphere of crowded or ill-ventilated dwellings? A most melancholy circumstance occurred in the Black Hole of Calcutta. A vast number of prisoners were crowded so closely together that most of them died the same night; and during a storm on the English coast a few years since, more than sixty persons perished on board an emigrant ship in less than six hours for the want of this vitalizing air. It is only necessary to observe the countenances of those who inhabit close rooms and houses—the squalid hue of their skins, their sunken eyes and languid movements—to be sensible of the bad effects of shutting out the external air. The persons coming from the fresh air into a bedroom early in the morning, though the occupants may be cleanly and in perfect health, the sense of smelling never fails to be offended with the odour of animal effluvia with which the atmosphere is charged. It may be taken as a general rule that whatever produces a disagreeable impression on the sense of smelling is unfavourable to health. This sense was doubtless intended to guard us against the danger to which we are liable from vitiation of the atmosphere. If we have the same sense of high gratification from other objects, it ought to excite our admiration of the beneficence of the Deity in thus making our senses serve the double purpose of affording us pleasure and security; for the latter end might just as effectually have been answered by our being only susceptible to painful impressions.

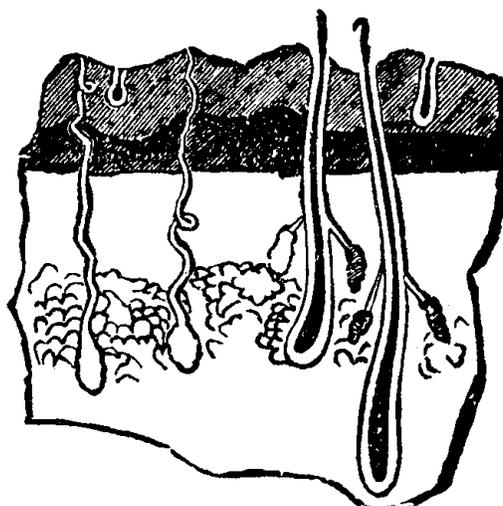
To keep the atmosphere of our houses free from contamination, it is not sufficient that we secure a frequent renewal of the air; all matter which can injure its purity must be carefully removed. Flowers in water and living plants in pots greatly injure the purity of the air during night, by giving out large quantities of an air (carbonic acid) similar to that which is separated from the lungs by breathing, which, as before stated, is highly noxious. On this account they should never be kept in bedrooms. There are instances of persons who, having slept incautiously in a close room in which there has been a large growing plant, have been found dead in the morning, as effectually as if there had been a charcoal stove in the room. A constant renewal of fresh air is necessary, for in all situations it is suffering either by its vital part being absorbed or by impure vapours being disengaged and dispersed through it. Ventilation, therefore, resolves itself into the securing a constant supply of fresh air. Rooms cannot be well ventilated that have no outlet for the air; for this reason there should be a chimney in every apartment, the windows should be capable of being opened, and that for several hours during the day, to carry off the animal effluvia which are necessarily being separated from the bedclothes, and which should be assisted in their

escape by the bed being shaken up and the clothes spread abroad, in which state they should remain as long as possible. The chimneys should not be stopped up with boards, but a current of air allowed to traverse the whole apartment. Dr. Reed, who was appointed to ventilate the Houses of Parliament, allotted to each member and officer ten cubic feet of air a minute, and did not consider the supply to be any more than adequate to their wants. If we refer back to the statistics of mortality in the workhouses of London about a hundred years ago, when the value of fresh air was not appreciated, not more than one child in twenty-four lived to be a year old; so that out of 2,800 received into them, 2,690 died yearly. But when the conditions of health came to be better understood, and an Act of Parliament was obtained compelling the parish officers to send the infants to nurse in the country, this frightful mortality was reduced to 450 annually. Thus we see the importance of having a regular supply of fresh air. It is better to spend our leisure time in the green fields than to be closed up in a small room, where a dozen more are sending up the noxious fumes of tobacco, and wetting their throats with that liquid which is drying up the juices of the body. We would not forget to mention the common practice of working men living near to their workshops, because they can jump out of bed into the workshops, and out of the workshops into bed. What pleasure is there to a man who carries on a life like this? Where is his enjoyment breathing an impure atmosphere over and over again? His system becomes emaciated, the juices of his body deteriorated, the circulation of his blood languid, and his sensibilities stunted. Is there any wonder at his being dull and restless, with no spirit or life within him, merely living because he must live? We hope that men and women will think for themselves, and take care of that which is more valuable than gold or rubies—health; and one way to do this is to drink in freely of that which changes the blood into red arterial blood, which is destined to make flesh, bone, and muscle—in fact, is the builder of every part and particle of the entire system. And if the blood be impure—and it cannot be otherwise if it be not vitalised—there cannot be a healthy action in the system; and one great means to accomplish this is to drink freely of the pure air of heaven.

THE SKIN.

The skin is the external covering of the body, and consists of three layers, namely, the cuticle or scarf skin, the rete mucosum, and the cutis vera, or true skin, which is the innermost layer. The cuticle is that part

which is raised in a blister; it is void of blood vessels and nerves, and exhibits no sensibility; it separates in the form of scales after certain cutaneous diseases. It is filled with pores, some of which serve for the purpose of hairs, and others for the escape of perspirable matter. It is constantly wearing out, and is constantly renewed. It is thick on the palms of the hand and soles of the feet, particularly in the labourer, which is a contrivance of nature to defend the delicate parts beneath from the injury which they might otherwise receive; indeed, in every part of the body it serves as a protection to the true skin, and prevents the too ready absorption into the system of the deleterious substances with which it comes into contact. It is in the cuticle that corns are situated. The rete mucosum is the second layer of the skin, interposed between the cuticle and the cutis, and contains the colouring matter. It is black in the negro, yellowish in the mulatto, and white in those whose skins are of corresponding colour. The cutis, or true skin, is described by anatomists as consisting of dense fibres, intersecting each other in various directions, and leaving between them holes for the passage of the blood vessels and nerves, with which it is plentifully supplied; so numerous are they, in fact, that it is impossible to prick the skin with the finest needle without producing pain and causing a flow of blood within. There are 7,000,000 pores in the skin of the human body, each pore acting as a common sewer to throw off waste matter from the system. The following is a microscopic view of a very small portion of the skin :—



Certain little glands, called sebaceous glands, are placed, which open on its surface by minute orifices, and which secrete an oily fluid, by which the skin is lubricated and defended from the action of moisture. It is owing to this substance that water collects upon the skin in drops.

Besides the other uses of the skin, it is the test of perspiration, which serves many important purposes in the animal economy. This is of two kinds, insensible and sensible; it is insensible when it passes off in the form of an invisible vapour, and sensible when it collects on the surface of the body in the form of sweat. It keeps the skin moist and pliable, and separates from the blood the useless or worn out particles of matter with which it becomes charged in the round of circulation in the form of sweat. It regulates the temperature of the body in warm weather; an individual who perspires freely in summer is much less oppressed by the heat than one who does not perspire at all. The reason of this is that the surplus heat is carried off by the sweat, together with the exhalations from the lungs. So great is the influence of perspiration that Sir Joseph Banks and others have confined themselves for a considerable time in a room fifty degrees hotter than boiling water without experiencing any pernicious consequences. Experiments have been made to determine the amount of perspirable matter which passes off by the skin. Sanctorius, who was the first labourer in the field of inquiry, came to the conclusion that about two-thirds of the food and drink taken into the system is eliminated from it through the medium of the skin, while the remaining third passes off by the bowels, lungs and kidneys. It will be seen if the insensible perspiration is arrested for a day or two, that the blood will be charged with impurities to an almost incredible amount, and disease in some form or other will be the natural consequence, the skin being endowed with the important office of removing waste matter from the system. "We see," says Dr. Coombe, "why checked perspiration should prove so detrimental to health"; and hence his remark that it is a powerful cause of disease and death. "People know the fact," he continues, "and wonder it should be so; that cold applied to the skin, or continued exposure to a cold atmosphere, or any feeling that arrests the passing of insensible perspiration, produces a bowel complaint, inflammation in the chest, or some other internal organ. But were they taught, as they ought to be, the structure and uses of their own bodies, they would rather wonder that it did not always produce one of these effects." Dr. Erasmus Wilson has made some important discoveries as to the functions of the skin. He says :

"The expiring organs of the skin are a number of small tubes, a quarter of an inch in length; these are called pores of the skin." The number of these little tubes contained in a superficial square inch of skin has been counted under a powerful microscope; and by multiplying the number of square inches of the skin on the whole body by the number of tubes contained in one square inch, if they were joined end to end they would

make one tube 28 miles in length. When the functions of the skin are imperfectly performed, the whole body suffers; the heart, liver, lungs, bowels, stomach, the brain, nerves, are imperfectly nourished; and then vitality is oppressed and weakened by the noxious matter with which the blood is loaded; thus a weight is placed on the strings of life. By restoring the functions of the skin this weight is taken off. We cannot do better than quote a paragraph from Dr. Johnson's " Domestic Practice." He says, "I think there can be no doubt that medical men have committed a great error in so totally neglecting the several functions of the skin as the means for expelling deleterious matter out of the body. I say several functions, for they are many. Not only do solid and fluid matters escape through the skin, but it also throws out gaseous matters, which being retained in the system are equally poisonous as either solids or fluids. While they have attached an absurd and exaggerated importance to the secretions from the bowels, amounting only even in health to some four or five ounces daily, they have awarded no importance at all to the secreted matters and fluids through the skin, which in health will often amount daily to one or two pounds. Constipation of the bowels seems to swallow up their whole attention so that they have none left for the constipation of the skin. "Do your bowels act properly?" is a question unfailingly and earnestly put by every medical man to every patient. "Does your skin act properly?" is a question which few ever dream of asking." There is a great necessity for keeping the pores open by keeping the skin clean, for cleanliness is next to godliness. If this was attended to more than it is at the present time, and persons would but wash down the first thing in the morning with cold water, or have a shower bath, and rub well after with a coarse cloth or flesh brush to bring back a reaction there would not be the need of medical men to such an extent; for this process strengthens the nervous system, and wipes off the perspired matter which has passed off from the body during night's sleep and which if not washed off is reabsorbed and taken into the system; and the blood is thus surcharged with a poisonous matter which if it remains in the system is productive of many diseases. We hope the time is not far distant when public washhouses will be established, which to the industrious classes would be invaluable, and would be both as ornamental and important as public dispensaries and infirmaries, as they would be found powerful agents in preventing disease among the working classes by removing from the generally crowded habitations of the poor the bulk of the cleansing duties of the household, and subjecting the clothing to the healthy, purifying action of pure air in the drying process, after the accumulated dirt and perspired matter have been washed off.

VAPOUR AND TURKISH BATHS.

VAPOUR BATH.

The vapour bath has been extensively used in many of the European countries for several centuries. It is said that the Finlanders will remain for half an hour in vapour at 167° Fahrenheit, and then pass immediately into the freezing air, without experiencing the slightest inconvenience. Dr. Bell, in his work on baths, observes that if travellers happen to arrive at the villages of these people while they are engaged in bathing, they will go at once to assist in taking care of the horses, with only a slight covering; while the strangers, notwithstanding they are wrapped up in furs, sit shivering in the cold. The Russians make use of the vapour bath at least once a week, and sometimes much oftener. They vary the temperature from 120° to 160°, and remain in the bath an hour or two. Then they let down a shower of cold water upon them from the ceiling by means of a cord and valve. " This," says Dr. Frail, in his account of the Russian vapour bath, "is highly exhilarating and refreshing. They are in the habit of leaving the vapour bath while in a profuse perspiration, and rolling in the snow; or if a river happens to be near they plunge into it entirely regardless of the severity of the weather. Instead of being injured by this practice, they are rendered more vigorous and healthy; and it cannot be denied that they are more free from rheumatism and consumption than the people of more highly favoured climates." "The North American Indians," say Lewis and Clarke in their travels, "know the effects of the vapour bath. It is very uncommon for a man to bathe alone; he is accompanied by one or more of his acquaintances; and it is so essentially a social enjoyment, that to decline going into the bath, when invited by a friend, is one of the highest indignities that can be offered. They construct a bath by bending willows and covering skins over the top of them; the patient sits in this until, by means of heated stones and water, he perspires sufficiently." Lewis and Clarke mention a remarkable cure which was performed with a vapour bath during their expedition. One of their men had so great a weakness in his loins that he could not walk upright without extreme pain; they had exhausted the resources of their art upon him in vain; and at length, at the suggestion of an Indian hunter, they placed him in a vapour bath, with the steam as hot as could be borne; in twenty minutes he was taken and plunged twice in rapid

succession into cold water, and then returned to the bath. During all this time he drank freely of mint tea; and at the end of three-quarters of an hour he was again withdrawn, carefully wrapped, and suffered to cool gradually. The morning after he was able to walk and nearly free from pain.

Dr. Coombe, in his work on Physiology, remarks that the vapour bath is attended by the very best effects, particularly in chronic ailments; and there can be no question that its action is chiefly on the skin, and through that medium of the nervous system. As a means of determining to the surface, promoting cutaneous exhalation and equalising the circulation, it is second to no remedy now in use.

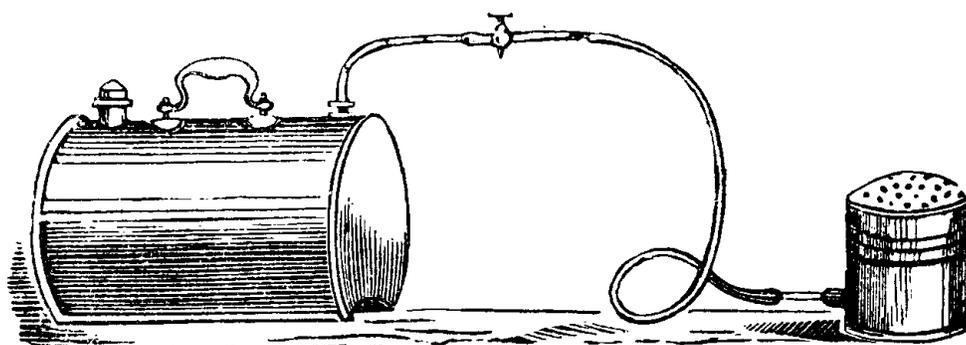
The fact that one-third of our food and drink passes out of the body through the pores of the skin, leaving only two-thirds to be discharged through other channels, is sufficient evidence of the value of the vapour or Turkish bath as a remedial agent. It determines the blood to the surface of the body, warms and invigorates the whole system, and produces a natural perspiration, which serves to remove from the circulating fluid the various impurities with which it is loaded. It communicates heat or caloric to the blood, rendering the circulation more active and vigorous, and it is on this account that it possesses such efficacy in suspended animation and the low stages of disease. In scrofulous affections, fevers and inflammatory attacks, the vapour and Turkish baths are particularly serviceable, a short time being sufficient, in conjunction with stimulating medicines, to break up an ordinary fever.

Humboldt says; "In ascending mountains the heart beats violently and the blood rushes with force into the vessels of the skin in consequence of the diminished pressure of the atmosphere"; and it is on this principle that we employ the vapour bath in suspended animation. The pressure of the atmosphere being diminished, the heart is enabled to propel the blood to the different parts of the body, which it could not do under other circumstances; and a restoration to health is the consequence. These facts prove most clearly that heat is life. It is with' the use of the vapour bath, stimulants and *Lobelia Inflata* that we have been able to cure tetanus or lockjaw in less than half an hour in every case; it is by the same means we have broken up the most obstinate cases of fever. What we have done others can accomplish, if they will but attend to the laws of life, health, disease and its cure.

The following is the mode to administer a vapour bath :—Make a brick red hot, put it on an end in a can or any other convenient vessel; place the vessel with the brick thus in it under a chair; put a little flannel on the seat of the chair. The patient must be seated naked;

envelope him and the chair in a blanket sufficiently large and thick to reach the floor and exclude the air.

Should one blanket not be large and thick enough, use two or more; place them round the neck, so as to leave the head free; then give a dose of ginger or yarrow tea, cayenne or composition powder. Open the blanket at the bottom., pour a pint of boiling water down the side of the brick, and when the steam has done rising, add a little more till the brick is covered; if one is not sufficient, have two ready. Let the patient sit till he perspires freely in the forehead; then throw off the blanket, wash him down with cold vinegar and water, then rub quickly with a coarse dry towel; put his night-clothes on and put him to bed; or if he has sufficient power to keep up a reaction he may go out, if the weather be suitable. The following woodcut is a representation of a steam bath:—



It consists of a boiler made of the strongest tin, having a safety valve and steam tube, with a tap to which is attached india-rubber tubing of any required length, the other end of which tubing is attached to a box or receiver, in which herbs may be placed so as to medicate the bath. The steam passing through the herbs becomes impregnated with their properties, and leaves the receiver through the perforations in its top or lid. The boiler must be about two-thirds filled with water, then put over a brisk fire; the patient must be seated in a chair and enveloped in a blanket as before directed, and the receiver placed under a chair; the force of steam can be regulated by the tap. Herb teas or composition must be given as previously mentioned, and the rubbing attended to in precisely the same manner. The blanket should touch the floor to

prevent the escape of steam. We would recommend Turkish baths when they can be obtained, as they will answer the same purpose.

THE PROCESS OF DIGESTION.

It is impossible in this work to go minutely into anatomy and physiology. Anatomy is worthy of the study of man, for anatomy teaches the structure of the body and of its different organs. Physiology teaches us what part each organ performs in the animal economy.

There is no study more deeply interesting, or more eminently calculated to awaken our love and admiration for the great Giver of all good; and yet, from some cause or other, it is almost entirely neglected as an elementary branch of education, with the exception of medical men; nevertheless, it ought to be a part of the education of our children.

What can be more sublime than to study the structure of the human frame, more particularly that portion in which the process of digestion is carried on? For, as Abernethy has truthfully said, "The stomach is the kitchen to the mansion, where all is prepared for the building up of our bodies." The human body, like every other organised structure, is continually wasting away, even to the deepest and most solid parts. This waste requires to be made up by the addition of new matter, and hence is required the functions of digestion, which changes foreign substances or food into the material of the body. This change is one of the most extraordinary phenomena we can contemplate, and is eminently worthy of our study.

Every part of the body is formed from the fluid we call blood, which is first formed from the food we eat. We are not acquainted with the precise means by which nature performs this function, or indeed any other, but we can point out the organs employed, and trace the changes the food undergoes in each one.

MASTICATION,—The first part of the process consists in the preparation of the food by grinding or breaking it up into small parts. This is accomplished by means of the teeth. During the process of mastication the food is moistened with a fluid called saliva, which is secreted by certain organs called the salivary glands found in the mouth. This moistening assists the act of mastication, and is essential to the passage down the oesophagus into the stomach. If it remained dry

neither act could be well accomplished, as most people know from experience. It is also probable that the saliva assists in the process of digestion afterwards. (See article on the Teeth.)

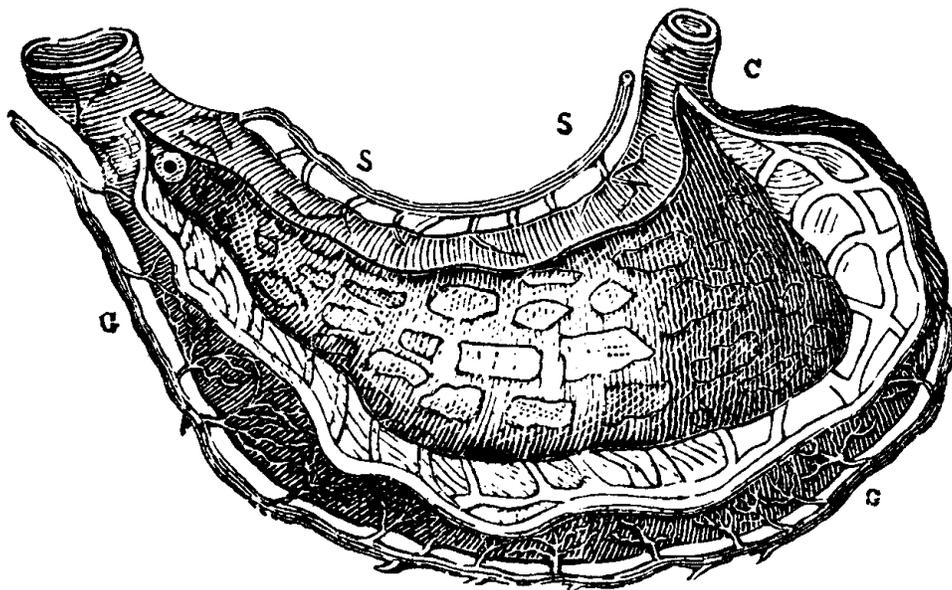
CHYMIFICATION. OR DIGESTION IN THE STOMACH.— When the food has entered the stomach from the oesophagus it undergoes the first part of the real process of digestion, and is converted into a greyish pulp, chyme. The stomach itself is a kind of pouch or bag, with strong muscular walls, which, by their contraction and relaxation, keeps the masticated food continually in motion— churning it, as it were, from side to side, and thus breaking it still finer and finer. The grand agent, however, in converting the food into chyme is a peculiar fluid called the gastric juice, which is secreted in the inner walls of the stomach. This fluid has remarkably solvent powers, which few substances can withstand. It acts upon all our ordinary articles of food with the greatest readiness, and has been known to attack also such substances as bone, wood, and even iron. It cannot, however, act upon any body so long as that body retains vitality. Thus we often find worms that live unhurt in the stomach and intestines, but immediately they die they are digested or dissolved ; and in like manner the stomach itself is uninjured during life, but frequently after death is found partly corroded or eaten away by the gastric juice.

The chyme as fast as it is formed is expelled by the contractile power of the stomach into the duodenum (from duodecum, consisting of twelve, because it is supposed to be about twelve inches long) or first portion of the intestines. It there meets with the bile from the liver, and with the pancreatic juice, which very much resembles the saliva, from the pancreas or sweetbread. By the action of these two fluids the chyme is converted into distinct portions—a milky white fluid named chyle, and a thick yellowish residue.

This process is called chylification or chyle-making. The chyle is then sucked in by absorbent vessels, extensively ramified on the inner membrane or lining of the bowels, and sometimes named, from the white colour of their contents, lacteals, or milk-bearers (from lac, milk). These lacteals ultimately converge, into one trunk, named the thoracic duct or chestpipe (from its course lying through the thorax or chest), which terminates in the great vein under the clavicle or collar-bone, hence called subclavian vein, just before the latter reaches the right side of the heart; and there the chyle is poured into the general current of the venous blood. To conclude its preparation it still requires to be

exposed to the action of the air during respiration. This is accordingly done by its passing through the lungs along with the dark or venous blood, which stands in need of the same change. In the course of this process both the chyle and venous blood are converted into red arterial or nutritive blood, which is distributed by the heart, through the arteries, to supply nourishment and support to every part of the body; hence the change which takes place in the lungs is properly enough termed sanguification, or blood-making.

The yellow residue left in the duodenum, after the separation of the chyle from the chyme, is that portion of the food which affords no nourishment, and which, after traversing the whole length of the intestinal canal, and undergoing still further changes, is thrown out of the body in the shape of excrement ; but in this course its bulk is increased, and its appearance changed, by the addition of much waste matter, which, having already served its purpose in the system, is at last thrown out by the same channel, producing what is called the peristaltic motion, which may also be compared to that of a worm, carrying the contents of the canal gradually through its whole length.



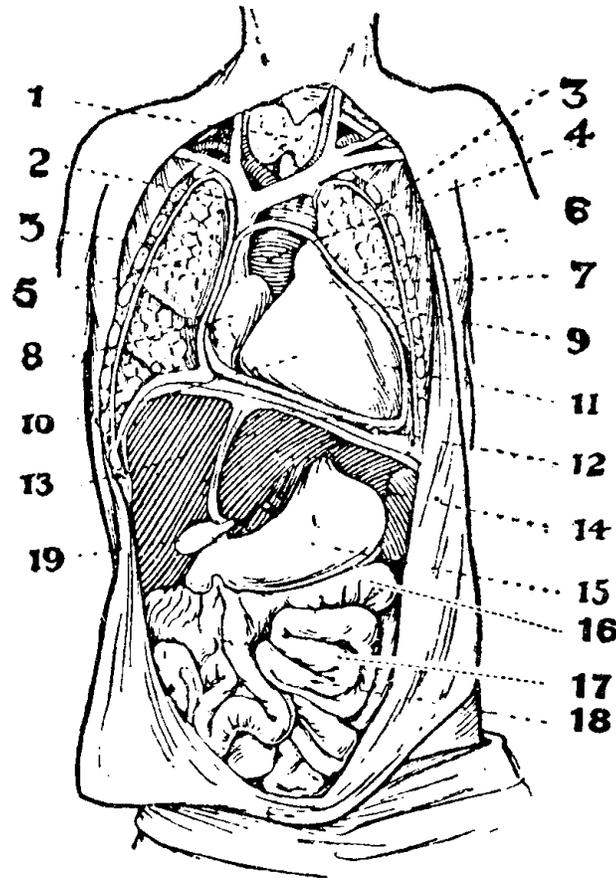
THE STOMACH.

C—the cardiac orifice, through which food and drink are introduced.

P—the pylorus, or pyloric orifice (from pylorus or gatekeeper, because it allows none but digested food to pass out).

S S—the smaller arch, or curvature.

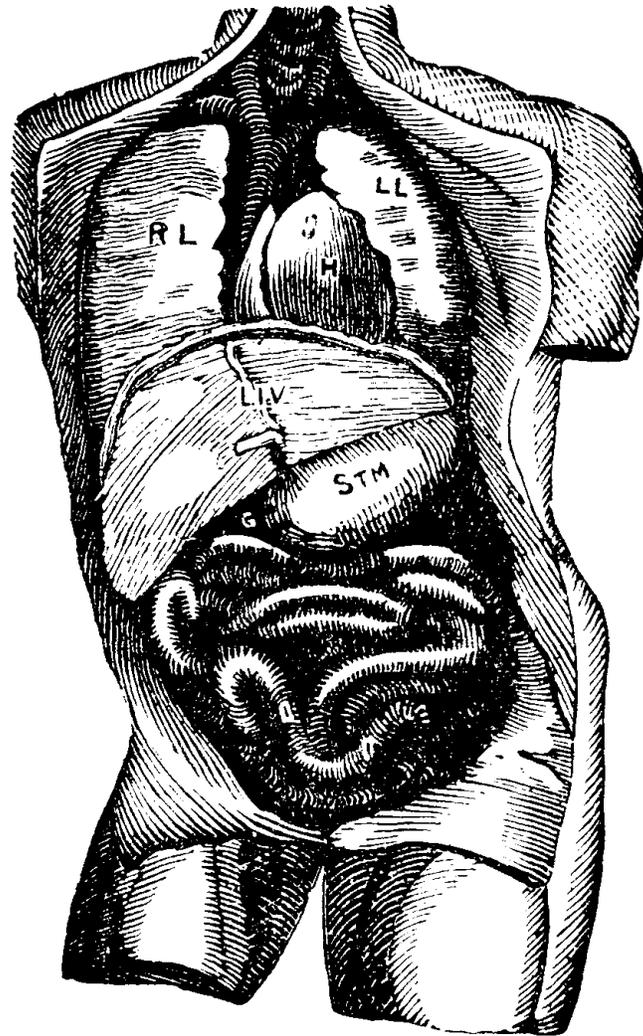
G G—the great arch, or curvature. The stomach, for the purpose of showing the pylorus, &c., is here laid open.



ORGANS OF THE BODY.

- | | |
|------------------------|-----------------------|
| 1. Thyroid Body. | 10. Right Ventricle. |
| 2. Superior Vena Cava. | 11. Left Ventricle. |
| 3. Pleura. | 12. Diaphragm. |
| 4. Aorta. | 13. Liver |
| 5. Right Lung. | 14. Spleen. |
| 6. Left Lung. | 15. Stomach. |
| 7. Pulmonary Artery. | 16. Transverse Colon. |
| 8. Right Auricle. | 17. Small Intestine. |
| 9. Pericardium. | 18. Descending Colon. |
| 19. Gall Bladder. | |

THE FRONT OF THE BODY OPENED, SHOWING THE
RELATIVE POSITION OF THE VARIOUS ORGANS.



V Venæ Cavæ.

R L Right Lung.

L L Left Lung.

H Heart.

LIV. Liver.

STM. Stomach.

I Intestines.

THE CIRCULATION OF THE BLOOD.

Its vast importance, the peculiar mechanism by which it is effected, and the intimate relation it has with respiration and food, render it necessary for us to give the utmost attention to the circulation of the blood. We shall confine ourselves to a general description thereof.

The heart is divided into halves : one half receives and gives out arterial or red blood ; the other half receives and throws into the lungs venous or dark blood. Thus, as we have separate compartments in the heart, we have two kinds of blood to fill and be expelled from it. The red blood has been purified and fitted for the nourishment of every portion of the body. It leaves the left side by a blood vessel called the aorta or main pipe or conductor, No. 4. From the arch of this great tube and its branches arise vessels which supply the head and upper extremities. The aorta itself descends towards the lower extremities, giving off branches in the abdomen, which divide and sub-divide, as all the arteries do, until, like the twigs of a tree, they are lost in endless divisibility. The small ends of the arteries terminate in equally small veins, which, taking up the return blood, carry it towards the heart, the veins ending in branches, the branches in limbs, and the limbs in trunks. The course of the arterial blood is exactly opposite to that of the venous ; thus, if the arteries convey blood to the brain, the veins bring it down again to the heart; and when the former carry it to the feet, the latter take it upwards to the heart. To prove that this is the case, let the arms be bandaged, and the veins will only swell from the hand upwards, whilst the arteries will swell from the shoulders downwards to the bandage. This fact led Harvey to discover the circulation of the blood. The veins of the whole body terminate at the vense cavse, commonly divided into two—the superior bringing the blood from the chest, arms, &c., and also the chyle or product of digestion, poured into subclavian veins, on the left side; the inferior bringing the blood from the abdomen, lower extremities, &c. The venae cavae pours blood into the right side of the heart.

The reader will now view the heart as a root from which springs the aorta, and in which terminates the venae cavse. The arteries and veins, with all their ramifications, may be familiarly compared to trees, with their innumerable branches. The arterial tree distributes the blood from, the venous returns it to the heart; they generally accompany each other, or are laid down beside each other; for instance, the aorta goes

down the left, whilst the venae cavae returns on the right side of the spine,

When the venous blood arrives at the right side of the heart, it is conveyed by a large vessel which divides into two branches, and ends in close cluster, which ramify through the lungs. The blood is thus purified by the oxygen of the atmospherical air, and fitted for the nourishment of the body; it is then returned to the left side of the heart by four pulmonary veins, from whence it is thrown into the aorta, and distributed over the whole of the body, to go its round once more, and pass through its successive stages.

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PREVENTION OF DISEASE;

EMBELLISHED WITH ENGRAVINGS
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BY
WILLIAM FOX, M.D.

ENLARGED BY
A. R. FOX, F.L.S., M.P.S. (SON OF THE AUTHOR).

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DISEASES: THEIR CAUSE AND CURE.

INDIGESTION—Dyspepsia.

Indigestion is the most common disease with which civilised people are afflicted, and it assumes so many forms that it is almost impossible to describe it. The stomach being the centre of sympathy, all the other organs suffer more or less from its disorders. It generally commences in a slow and gradual manner, giving the first warning of its approach by an uneasy sensation in the stomach, especially after eating, accompanied with costiveness or relaxation in the bowels, cold hands and feet, sometimes thirst, nausea, and vomiting. These are succeeded by a long train of symptoms, such as nervousness, flatulency, heartburn, tenderness at the region of the stomach, chilliness, flushes of heat, rising of wind in the throat, distension of the bowels, languor, despondency, palpitation of the heart, headache, imperfect vision, and burning sensation in the hands and feet; the patient becomes restless, feeble, and he complains not infrequently of pains darting from the stomach to the back; the tongue is red in some cases, in others pale and glossy, sometimes with a white or yellow coat.

The causes that produce these effects are various. The most frequent causes are intemperance in eating, the use of spirituous liquors, tobacco, &c., very hot or very cold drinks, despondency, sedentary habits, the neglect of exercising the muscles by out-door exercise. To avoid the evils of indigestion take as much bodily exercise and out-door recreation as possible. It is quite a mistake to consider the labour of the day as equivalent to exercise. Work, of any kind, is a mere routine process, carried on with but little variety of circumstances, and a mere change of scene and air is beneficial. To derive the greatest amount of benefit from exercise, it should be combined with amusement, and thus Golf, Tennis, Cricket, and the old-fashioned game of Bowls will be found amongst the best to help on the healthy digestion of food.

Athletic sports and out-door exercises, of every description, are no less conducive to the happiness than they are necessary to the perfect health of the young of both sexes. If your business confine you from nine till eight, or six till five, there is still time left for walking exercise when the labour of the day is over. There are thousands of people whose

only complaint is want of walking exercise. The pale face, bloodless lips, and sunken eyes of many a young girl might be restored to health by an hour or two's morning walk. Our time should be divided somewhat in this way : Eight hours' rest, ten hours' application to our engagements, and six hours to health and recreation. This is a good division where practicable. The use of dumb-bells is good, lifting light weights, suspending the body by the hands, swinging, swimming, skipping, etc. In short, whether you be male or female, old or young, move about and take exercise in the best way you can, and as much in the open air as possible. Walking is one of the best methods of bringing the muscles into healthy action, and so inducing the blood to circulate with greater force and rapidity. Absence from mental toil, cheerful company, exercise, a country excursion, and relaxation of mind, will soon accomplish a cure, when all the prescriptions of physicians and medicines in the world would prove unsuccessful without it. The effect of mental excitement, or disquietude, in producing Dyspepsia, is greater than is generally supposed. It is well known that persons in good health, of sound digestive organs, who take plenty of exercise, and are free from anxiety of mind, may eat almost anything, and in quantities which would do serious injury under different circumstances. If, as there is every reason to believe, the gastric juice, or secretion, is naturally proportioned to the real wants of the system at the time. It is very easy to understand why it is most copious after moderate and regular living, and least so after intemperance. When a moderate meal is eaten, a sufficiency of gastric juice is speedily secreted for its solution, digestion goes on rapidly, the coats of the stomach retain their usual healthy appearance, and after an interval of repose, a fresh supply of gastric juice is ready to be poured out when wanted for the digestion of the succeeding meal. But when food is eaten to excess, the portion left undissolved by the gastric juice begins to ferment, and by its physical and chemical properties acts as a local irritant, just as any foreign body would do, and produces an inflammatory action on the inner coats of the stomach, which necessarily interferes with the gastric secretion, and thereby impairs the power of digestion.

From the relation which is believed to exist between the quantity of gastric juice the stomach can secrete, and the actual wants of the system at the time, it follows that the power of digestion varies considerably under different circumstances, even in the same individual. In youth, for example, and during convalescence from illness, and after much exercise, when copious materials are required for both nutrition and growth, the gastric secretion seems to be very abundant, and hence the

vigorous appetite, and easy digestion of early life. But after maturity, when the living fabric is complete in all its parts, and when the restless activity of youth is exchanged for the staid and comparatively sedentary pursuits of middle age, and when, therefore, no such abundance of nutritive materials is required, the secretion of gastric juice is, in all probability, much diminished in quantity, which is the chief cause of the proportionally diminished power of digestion. I/et parents observe, with an unprejudiced mind, the flesh-eating children of the manufacturing districts and contrast them with the children of the agricultural population, and it will be found that disease is less prevalent among the children of the rural districts and doctors not so much in requisition; they grow up stronger in body, and are more healthful in general; and this may be accounted for by the fact that they live more upon vegetable diet. The following statistics, which are taken from MM. Percy and Vanquelin, two celebrated French chemists, will show the amount of nutriment each article contains :—

One hundred pounds of bread contain	..	80 lbs. of nutriment.
Do. meat (the average)	35	do.
Do. beans	86	do.
Do. potatoes	25	do.
Do. carrots	14	do.
Do. peas	84	do.
Do. oatmeal	91	do.
Do. rice	92	do.
Do. pearl barley ..	84	do.
Do. wheat	85	do.

Grain and other nutritious vegetables yield us not only in starch, sugar, and gum, the carbon which protects our organs from the action of oxygen, and produces in the organism the heat which is essential to life, but also in the form of vegetable fibrin, albumin, and casein, our blood, from which the other parts of the body are developed. These important products of vegetation are especially abundant in the seeds of the different kinds of grain, and of peas, beans, and lentils, and in the roots and juices of what are commonly called vegetables.

We perceive, therefore, that many of the vegetables used as aliment contain more nutriment than meat; besides they are sooner digested, therefore the sooner made into blood, and more nourishment to the body is the result.

We have briefly pointed out the systems and many of the causes which produce this fashionable disease; to those who are not troubled with indigestion it will show a preventive measure, which is far better than

cure.

TREATMENT.—The course of treatment which we recommend to be adopted towards patients suffering from this malady is as follows :—

Centaury	1	ounce.
Agrimony	1	do.
Colombo root	1	do.
Raspberry leaves	1	do.

And when the bowels are confined half an ounce of senna leaves.

Add four pints of water, cover up close, boil down to two pints, strain, then add a small teaspoonful of cayenne, or where cayenne is objectionable, ginger may be used in its place. Take a wineglassful three times a day. Or, where there is nervous debility, the following may be made instead of the foregoing :—

Juniper berries	1	ounce.
Gentian root	1	do.
Valerian root	1	do.
Quassia chips	$\frac{1}{2}$	do.
Peruvian bark	$\frac{1}{2}$	do.

Boil as the other. Take a wineglassful three times a day, and regulate the bowels as much as possible with diet, exercise, and external friction. If these make no impression, it will be necessary to have recourse to emetics of lobelia, especially in cases of long standing.

APOPLEXY—Apoplexia.

Apoplexy is a disease characterized by a sudden loss of feeling, consciousness, and the power of voluntary motion. It generally attacks elderly or middle-aged persons, and seldom occurs in early life. The disease is sometimes preceded by severe pains in the head, confusion of ideas, numbness in some portion of the body, and other evidences of slight or partial Palsy. But cases sometimes occur without any warning, even in the midst of apparent good health. When a person is attacked he suddenly falls.

The immediate cause of apoplexy is a compression on the brain, produced either by an accumulation of blood in the vessels of the head, and distending to such a degree as to compress the medullary portion of the brain, or from effusion of blood from the arterial vessels." These states of over-distension and of effusion may be brought on by whatever increases the afflux and impetus of the blood in the arteries of the head, such as violent fits of passion or overloading the stomach. Dr. Cheyne

classified fifty cases of this disease, as to its cause; first, drunkenness and habitual indulgence in exciting liquors; second, gluttony; third, indolence; fourth, mental anxiety; fifth, the use of tobacco. These will be sufficient as beacons to every attentive and considerate reader, and we hope will induce them to take speedy and effectual means for the prevention of this always sudden, and often fatal, disease. Our friends who have read the first part of this work will remember that in establishing our system we told them that heat was life, and the absence of heat was death; or, in other words, when the balance of the circulation was destroyed disease was the natural result. Dr. Hooper says that anything which increases afflux of blood to the head causes apoplexy; and at the same time he says the extremities are cold. What, then, should be the object of the medical practitioner? Take the pressure from the brain and circulate the blood to the extremities. This is not to be accomplished by taking away the powers of nature, but by assisting it with every possible means.

TREATMENT.—Our first object is to put the feet in hot mustard and water, and rub the calves of the legs briskly with a coarse towel, giving immediately two tablespoonfuls of strong cayenne tea, and repeating the dose every five minutes; and as soon as the stimulating cayenne affects the base of the brain it produces a reaction and circulates the blood to the extremities. We should rear the patient up in bed, apply a hot brick, wrapped in vinegar cloths, to the feet, and one to the calf of each leg; give an injection of lobelia, scullcap, gum myrrh, rhubarb, and cayenne, quarter of a teaspoonful of each article in a tablespoonful of cold water, and then pour three-quarters of a pint of hot water on the mixture. Inject this into the bowels about new milk warm, and repeat the same if it does not produce an evacuation. Our object is to cause a copious perspiration, and this done the patient is saved.

RHEUMATISM—Rheumaticus, Acute and Inflammatory.

There are two forms of this disease differing from each other and easily known; one of which is called Acute and attended with fever and the other Chronic which means a lingering disease and without fever. The Acute or Inflammatory Rheumatism is known by sharp pains in the joints, muscles, back, knees, ankles, and hips, extending over the whole system; loss of strength, shiverings, heat, thirst, and general restlessness, with but little sleep; tongue white; the skin dry and hot,

and generally covered with partial sweats. The bowels are constipated, and the pulse hard and full. Chronic Rheumatism is not accompanied by fever; the joints are very painful, swollen, and very tender, and usually stiff, sometimes hot, then again cold. After this disease has been of long standing, the joints become enlarged, and distortion takes place. There are few diseases so distressing and tedious as Acute Rheumatism. It may disappear quickly, possibly in a week, and then again it may linger for a long time, in spite of the best treatment; much depending on the constitution of the patient, as some are predisposed to this complaint from hereditary causes. In many instances, it is brought on by exposure, cold and damp weather, or checking suddenly profuse perspiration, or unusual exertion. This disease is generally met with between the twentieth and fortieth year. It is more common among males than females.

TREATMENT.—In the treatment of Acute Rheumatism, the first effort should be to excite the free action of the skin, or in other words, sweating by a warm Vapour Bath, if it can be procured; if not, substitute for it a well-warmed bed, with hot bran in bags, or bottles of hot water, or any warm applications that will produce perspiration, or sweating, with warm drinks, such as Yarrow, Sage, Balm, Catnip, or any warm herb teas convenient. The object is to produce gradually a moisture on the skin, and thereby reduce the fever. In this disease we have found great benefit from the simple use of Lemon juice; one tablespoonful every four hours, lessening the dose gradually. The bowels and the kidneys particularly should be attended to, some good medicine being taken to secure several evacuations daily. A dose of Salts may be given in a tumbler of warm water and repeated every day for several days so as to keep the bowels freely open. When Rheumatism is connected with a disordered state of the Liver: Emetics are particularly useful followed by several doses of Diuretic Pills with a plentiful supply of warm herb tea, which will operate on the kidneys, and produce a flow of the urine. The affected joints should be well bathed with Vinegar, made warm, rubbing the painful parts frequently with the hand.

Give the patient freely of yarrow and composition powder till perspiration is produced, which must be kept up for some time : the patient must then be wiped down with a dry coarse towel. Then add two drachms of sodse salicylas to one pint of the compound decoction of sarsaparilla, and give a wineglassful three times a day. Give a teaspoonful of the following powder in a table-spoonful of treacle ever} night on going to bed :—

Gum guaiacum	$\frac{1}{2}$	ounce.
Turkey rhubarb	$\frac{1}{2}$	do.
Flowers of sulphur	$\frac{1}{2}$	do.

and use the following liniment :—

Methylated spirits of wine	4	ounces.
Salicylic acid	2	drachms.
Oil wintergreen	1	drachm.
Distilled witch hazel	1	do.
Oil mustard	1	do.

Mix together—the formula makes a clear solution—and rub the parts affected with it morning and evening; or if the patient cannot bear rubbing, saturate a piece of lint well in the liniment, and place it over the parts affected, covering over with oiled silk. If this treatment be persevered with, it will assuredly prove highly beneficial, and seldom fail to effect a cure.

NEURITIS.

This complaint is due to inflammation of the nerves, and may be either local or general, and should not be confused with rheumatism. The following medicine should be taken :—

Scullycap herb	1	ounce.
English Valerian root	1	do.
Wood betony	1	do.
Calumba root	1	do.

These should be boiled in four pints of water, and simmer for half an hour. Pour off the clear liquid, and take a wineglassful four times a day, adding five drops of Antispasmodic Tincture to each dose. In severe cases, in addition to this medicine take two Nervine Pills at bedtime. The liniment under the heading of Rheumatism may be used by saturating a piece of flannel and applying to the affected part. This treatment should be followed up with a course of the Strengthening Cordial on page 225.

SCIATICA.

The complaint is a rheumatic affection in the hip; it is most painful and distressing, and attacks the muscles, tendons, and great sciatic nerve. In addition to the medicines recommended for rheumatism, the following fomentation should be applied :—

Southernwood	2 ounces.
Wormwood	2 do.
Mugwort	1 ounce.
Ragwort	1 do.

Boil them in six pints of water for ten minutes, and then foment the hips an hour every day with flannels steeped in the preparation. The flannels should be wrung out moderately dry, and applied to the hips as hot as the patient can bear them. This treatment will prove beneficial in the most painful cases, and will effect a speedy cure.

INFLAMMATION OF THE WOMB—Hysteritis.

This disease is characterised by fever, a feeling of cold, and severe pains across the small of the back and the region of the womb. It is brought on by a variety of causes, such as a fall or bruise, severe cold, or adhesion of the placenta to the womb. This form of disease requires very active treatment and considerable care, on account of the extremely sensitive nature of the part affected.

TREATMENT.—Give a steam bath every other day for twenty minutes each time. To sit over a decoction of two ounces each of camomile and poppy heads as warm as convenient, or to apply hot flannels steeped in the same to the lower part of the abdomen, once a day, will tend to ease the pain. At times it is requisite to give an injection, prepared in the following manner :—Pour two pints of water on two ounces of raspberry leaves, and boil them ten minutes, and (when about milk warm) clear; then mix half an ounce of powdered gum myrrh. Use half of it for one injection; the injection must be administered warm every two days. The following medicine should also be taken :—

Pellitory of the wall	1 ounce.
Stinking arach	1 do.
Comfrey root	1 do.
Buchu leaves	1 do.
White poplar bark	1 do.

Boil these ingredients in two quarts of water for twenty minutes, and pour the liquid upon one ounce of gum arabic, keeping it hot until the gum is dissolved. Then take half a teacupful of the tea with half a teaspoonful of anti-spasmodic tincture three times a day, or six times a day if required, until the pain is relieved.

INFLAMMATION OF THE LUNGS—Pneumonia.

SYMPTOMS.—Inflammation of the lungs is generally ushered in by cold chills, a hot and dry skin, hurried and laborious breathing, tightness of the chest, distressing cough, scanty and high-coloured urine, and dull pain in some part of the chest, which is increased by coughing or taking a long breath. The tongue is often dry and is of a dark colour; sometimes there is expectoration, at other times it is hard and dry and is often streaked with blood. In violent attacks the countenance becomes livid and the lips blue or purple, and the patient suffers from a harassing cough and sense of suffocation, delirium and stupor. Inflammation of the lungs appears to be a bugbear to the medical profession, and their success in its treatment is certainly not flattering. It is lamentable to read the statistics of those who have died under this disease, many of whom might have been saved under proper treatment.

TREATMENT.—There is no disease that is so much under the control of the botanic practice as inflammation of the lungs. It is here that cayenne works wonders. We have seen cayenne and raspberry leaves alone cure this disease, but our general plan is as follows :—

Slippery elm bark, sliced small	..	1	ounce.
Thyme, garden or wild	..	1	do.
Hyssop	1	do.
Marsh mallow root	1	do.

Put them in five pints of water, boil down to three pints, and strain; then add one quarter teaspoonful of cayenne, and take a wineglassful every half-hour.

In all cases of Inflammation of the Lungs, the treatment should consist mainly in Emetics, Diaphoretics (or Sweating Medicines), Expectorants, with external means for aiding perspiration and the equal distribution of the blood; and in case the tongue becomes coated dark brown or yellow, Cathartics that act on the liver. The following is a proper course to be pursued, which can be varied according to circumstances : first, you may commence by letting the patient sit for half an hour with his feet and legs in warm water, and drink some warm sweating teas as the composition powder, with a little fever powder added or Pennyroyal or Sage tea. In the meantime, boil, in a large pot or kettle, a quantity of bitter herbs, as Horehound, Tansy, Hops, Boneset, Wormwood,

Mugwort, and Ragwort, one ounce of each. Then take the vessel from the fire, strip the patient, and seat him over it, with a blanket thrown round his shoulders, let it fall to the floor around him, and outside of the chair, so that the steam arising from the herbs and hot water in the vessel be confined, and at the same time allow the steam to come in contact with his body as high up as his neck. Continue this for half an hour, occasionally putting into the vessel a hot brick, to raise the steam; wet the face and head with cold water; if the patient feels faint, give him a little composition tea to drink. Next dry him off quick and put him to bed, and give immediately an emetic, composed of equal parts of Powdered Lobelia herb, and fever powder mixed. Take a tablespoonful of the powder, and pour on it a pint of boiling water, stir, and let stand fifteen minutes, and then commence giving it in half-teacupful doses every ten minutes, until the patient has vomited thoroughly three or four times. During the intervals between vomiting let him drink freely of Composition tea. If the bowels are confined, give an injection. The treatment for children is to put them in a warm bath up to the hips, and give Lobelia Cough Syrup freely.

APPENDICITIS.

SYMPTOMS.—Constant or periodical abdominal pain, occasional vomiting, distended abdomen and tenderness in the region of appendix; sometimes the symptoms develop very quickly, which is made worse by every movement of the body or by the slightest pressure. Fever soon develops, pulse accelerated and hard, respiration is superficial. Features express pain, thirst incessant, hiccough, and constipation is the rule, urine scanty and high coloured, examination shows abdomen distended and hard, great tenderness in right iliac fossa.

TREATMENT.—In reviewing the most recent medical journals we find many articles on Appendicitis, but nearly all of them are devoted to discussions on the indications for surgical interference or treating of the disease considered from the standpoint of the Surgeon. Whilst we would not undervalue the help thus afforded by, or underrate the successful results attained by, the skilful surgeon, we are confident that too little attention has been given to this dangerous disease, and are certain that by prompt and energetic treatment the number of cases demanding surgical work would be few and the mortality reduced. Many eminent authorities advise almost immediate operation. In rare cases where there are known to be purulent conditions likely to be present, as from

former attacks where the recovery has been imperfect, an immediate operation at the onset of the acute attack might be the wisest treatment. Opening the abdominal cavity is still a severe operation, notwithstanding all the recent advancement in antiseptic surgery, even in the absence of any unfavourable condition; and where there is active inflammation already present, as it is in even a mild attack of appendicitis, the danger of general peritonitis and other grave complications would certainly be much greater. The records show that a very high percentage of cases operated on at this time, even in the hands of the most skilful surgeon, result fatally. Our method of treatment would be to apply hot fomentations, as hot as the patient can comfortably bear, without intermission, together with the local use of sedative and relaxing remedies. Veratrum, Jaborandi or Gelsemium, either alone or in combination, or to relieve the pain and threatened peritonitis take Dioscorea Villosa, in doses of 10 to 20 drops every hour or so until somewhat relieved. Take large doses of Olive Oil, use freely with the enema injections of soap and water. Cold water should be avoided, but hot drinks of diaphoretic herbs can be taken often by the patient. Nothing in the way of food should be allowed for the first day or two, until the inflammation has somewhat subsided. Afterwards hot milk, &c., can be taken. These are the best preventive measures to be taken in the early stage.

INFLAMMATION OF THE PERITONEUM— Peritonitis.

This membrane, which envelops and surrounds all the different organs which are contained in the abdomen or cavity of the belly, defends them from injury by any motion or concussion, and their whole mass is prevented, through its means, from being misplaced by their own weight. This disease is ushered in sometimes by a severe chill, and at others commences with an uneasy sensation in the bowels, followed by a fixed and burning pain, which is increased by pressure on the abdomen. There is more or less thirst, accompanied by a hot and dry skin, short and laborious breathing, sometimes nausea and vomiting, the tongue red along the edges, with a brown coat in the centre. The patient lies still on the back, every motion being attended by pain, and the weight of the clothes is almost too heavy a pressure on the bowels. In most cases obstinate costiveness is the cause. The pain shoots round the navel in a twisting manner, the vomiting is generally bilious, or dark and foetid, the urine is high coloured, and the pulse quick, hard, and contracted.

The patient generally belches up wind, and in seven or eight days, if the disease is not checked, mortification takes place, which is announced by a sudden remission of pain, sinking of the pulse, cadaverous expression of countenance, and cold, clammy sweats.

TREATMENT.—This is a case in which it will not do to give emetics. Everything calculated to irritate the stomach, whether food or drink must be avoided. Our chief dependence for a cure in this disease is by injections which must be made up in the usual manner, only adding hot dandelion tea instead of water, and give an injection every two hours; and a medicine to be made up in the following manner:—

Marsh mallow root	1 ounce.
Slippery elm bark	1 do.
Sweet flag root	1 do.
Dandelion root	1 do.

Add five pints of water, and boil down to three pints. Take one ounce of gum myrrh, mix it in two tablespoon-fuls of warm water, then pour the three pints of hot herb tea upon it, add a teaspoonful of ginger, and give a wine-glassful every half-hour. Foment the bowels with cayenne tea for half an hour at once; then wring a cloth out in the liquor, apply it all over the bowels, and repeat as often as necessary. If vomiting is a predominant symptom, an emetic powder can be given, and the patient kept in a gentle perspiration. Children must be treated in a similar manner, with the exception that the dose is smaller.

INFLAMMATION OF THE EYE—Ophthalmitis.

The symptoms of ophthalmitis are a sensation of heat and itching in the part, succeeded by pain, and the feeling as if some foreign body, such as dust or sand, was lodged in the eye. The pain gradually increases. The conjunctive covering of the eye-ball is covered with numerous vessels, which carry red blood, and generally become suffused and of a red appearance. There is often a violent headache, and not unfrequently a considerable degree of fever. There is a feeling of throbbing and burning heat felt in the part, and intolerance of light. There is often increased secretions of tears, but in some cases a preternatural dryness of the surface of the eye, producing great pain. The causes that produce disease are various. External injuries, as blows, contusions, wounds of the eyes, extraneous bodies of an irritating nature introduced under the eyelid, exposure to bleak winds and cold, too free use of spirituous liquors, suppression of accustomed evacuations, long exposure to strong

lights, and scurvy.

TREATMENT.—If inflammation arises from the lodgment of any foreign substance, that must be carefully removed. There are several ways that may be resorted to. If the speck be on the top part of the eye, bring the upper part of the lid over the other, and gently rub with the corner of a handkerchief. If on the lower lid, use the opposite means or turn the eyelids upwards or downwards, and with any smooth instrument take it off. Some of these means will invariably get the particle out of the eye. If iron or steel be in, and will not move, then get a magnet, as that is of great service; but when it arises from cold, a vapour bath will be necessary to restore the equilibrium. If it arises from scurvy, the compound decoction of sarsaparilla must be persevered with. If it be caused by a generally relaxed state of the body, the following will be found serviceable :—

Eyebright	1 ounce.
Ground ivy	1 do.
Clivers	1 do.
Bogbean	1 do.

Add four pints of water and boil down to two pints. Take a wineglassful four times a day. For an adult, half a teaspoonful of cayenne may be added. The bowels to be kept moderately open.

OUTWARD APPLICATION.—Take one ounce each of raspberry leaves and oak bark, boil them in two pints of water down to a pint; strain, and add one ounce of spirit tincture of gum myrrh, and bathe the eyes for half an hour with the decoction, warm, three times a day; and if they are much swollen and inflamed, mix a teaspoonful of powdered slippery elm bark with warm milk and water, and apply three poultices a day; put the poultice between pieces of thin muslin, taking care to wash the eyes with the decoction above named each time the poultice is renewed.

INFLAMMATION OF THE BLADDER—Cystitis.

SYMPTOMS.—In this disease there is burning pain in the region of the bladder, the abdomen is more or less swollen, a frequent desire to pass water, and a difficulty in voiding it, or a total stoppage; the skin hot and dry and the bowels inactive, accompanied not unfrequently with vomiting, and sometimes delirium. A sudden cessation of pain, coldness of the extremities, a clammy sweat, and great prostration, are unfavourable symptoms, and indicate the state of mortification. This

disease is produced by an improper use of acrid medicines, such as tincture of cantharides, introduction of instruments in the bladder, obstructed perspiration, lodgment of a stone, or a diseased state of the prostate gland.

TREATMENT.—If the complaint should be severe, put the patient into a hip bath; if that cannot be done, put a hot brick to the feet, and one on each side; foment the part with camomiles, wormwood, and hops, renewing the hot flannels every few minutes, and give a tea made of the following herbs :—

Juniper berries	2 ounces.
Parsley piert	1 ounce.
Uva ursi	1 do.
Broom	1 do.
Buchu leaves	1 do.
Gum Arabic	1 do.

Boil in five pints of water down to two pints; clear the liquor and then add half a teaspoonful of cayenne and one teaspoonful of the oil of cubebs, when cold. Give a wine-glassful of this every two hours, and if the bowels are confined, an injection, given as mentioned under the head of apoplexy, will be advantageous in this disease.

INFLAMMATION OF THE STOMACH—Gastritis.

SYMPTOMS.—Constant burning pain in the stomach, accompanied by fever, restlessness, depression of spirits, a confined state of the bowels, and frequent retching after eating or drinking; the tongue is mostly red and inflamed. The pain is sometimes increased by pressure on the region of the stomach. If the disease is not subdued other symptoms arise, such as difficulty of swallowing, hurried and oppressed breathing, hiccough, great prostration of strength, cold clammy sweats, and delirium. Sometimes fainting fits will ensue.

TREATMENT.—As the welfare of the whole vital economy depends in a great measure upon the healthy condition of the stomach, it will be our duty, in the first place, to cleanse the vitiated secretion from the stomach by an emetic of lobelia if the vomiting continues; it will show that it is the effort of nature to remove an accumulation of morbid matter. We have tried every other means to stay the nausea, but without effect until the administration of an emetic. A fomentation made of cayenne, camomiles, and prickly ash bark— half an ounce of each, with five pints of boiling water poured on them—must be applied

over the stomach, with flannels wrung out of the liquor, as hot as can be borne. The tea recommended in inflammation of the peritoneum must be taken. If the bowels are confined take half a teaspoonful of rhubarb in mint tea or distilled peppermint water. If this does not pass the stomach, give an injection as recommended for inflammation of the lungs. It will be necessary to be cautious as regards diet. Animal food must not be taken on any account. The food must be light and nourishing. Slippery elm food, Hygienic Malted Food, custard, sago, or arrowroot; these themselves will have a great tendency to reduce the inflammation and prevent irritability of the stomach. This should be given in small quantities, as too much may cause the stomach to reject it. Wines and all intoxicating drinks must be avoided. It will be requisite to place a hot brick, wrapped in a vinegar cloth, to the feet, and change it as often as required.

INFLAMMATION OF THE KIDNEYS—Nephritis.

SYMPTOMS.—This affection commences with chills, a shooting or dull pain in the small of the back, and a benumbed sensation in the thigh of the side affected. There is a desire to make water, with great difficulty in passing it, and the urine is oftentimes red. If both the kidneys are affected, the urine is entirely stopped, and the perspiration acquires a urinous smell. Fever and vomiting are not unusual. This disease may arise from injuries, strains of the back, lifting heavy weights, and the pressure of gravel; wearing or sleeping in damp linen also frequently causes this complaint.

TREATMENT.—A vapour bath should be given immediately, and cloths wrung out of a decoction of equal parts of cayenne and prickly ash bark and wrapped round the loins, and then a broader piece of linen on the top of the flannel bandage; this, if put on at night, must be kept on till morning. Apply a hot brick, wrapped in vinegar cloths, to the feet, and one on each side of the kidneys; if the symptoms do not disappear, the same course must be pursued in the morning. The patient taking the following tea :—

Tansy	1 ounce.
Dandelion roots		1 do.
Uva ursi	1 do.
Wild carrot	1 do.
Marsh mallow roots	1 do.
Pellitory of the wall	1 do.

Add five pints of water, boil down to two pints; strain, and add a

teaspoonful of cayenne Give a wineglassful every hour. Sponge the patient down with tepid water, vinegar, and cayenne, followed by friction. The food must be light, as recommended for gastritis, drinking linseed tea as a common drink. The bowels to be opened by a little bilious powder, senna, or mountain flax.

INFLAMMATION OF THE LIVER—Hepatitis.

SYMPTOMS.—By this disease we understand an inflammation either in the membrane or substance of the liver, It is characterised by febrile excitement, severe pains in the right side like that of pleurisy, but more frequently the pain is dull; a pain at the top of the shoulder blade, difficulty of breathing, dry cough, thirst, yellowness of the eyes and skin, clay-coloured stools, and generally nausea and vomiting; difficulty in lying on the right side; the urine is scanty and of a dark or yellow colour; the tongue is sometimes smooth and glossy, but in general it is covered with a white or yellow coat. Inflammation of the liver is caused by injuries about the right side, exposure to wet and cold, errors in diet, drinking cold water when the body is heated, drinking intoxicating drinks, sedentary habits, or the use of mercury, which acts upon the liver as a powerful poison. Chronic inflammation of the liver is accompanied by a morbid complexion, loss of appetite and flesh, costiveness, indigestion, flatulency, and pains in the stomach.

TREATMENT.—The principles of treatment must be the same in this disease as inflammation of any other internal part. We must endeavour to restore an equilibrium to the circulation, and when this is accomplished the affected organ will be relieved. It will be necessary to give a vapour bath, with hot bricks to the feet and sides. If the pain be violent, a plaster may be applied, made in the following manner : Four tablespoonfuls of slippery elm powder, one of mustard, and half a teaspoonful of cayenne, mixed with equal parts of vinegar and water, and this to be applied to the part affected for a quarter of an hour, or as long and often as required, and a decoction of the following herbs to be taken:—

Juniper berries	2 ounces.
Agrimony	1 ounce.
Clivers	1 do.
Yarrow	1 do.
Centaury	1 do.
Dandelion root	1 do.

Boil five pints of water down to two pints, strain, and add a teaspoonful

of cayenne. Take a wineglassful every hour, and two liver pills twice a day. If the bowels are confined, an injection may be given, unless the bowels are kept open by the liver pills. If this treatment has not the desired effect in six hours, give a lobelia emetic, and follow with the same medicines.

INFLAMMATION OF THE SPLEEN—Splenitis.

This disease very much resembles inflammation of the liver, but the pain is on the left side, it must be treated in the same manner. Should suppuration appear, a poultice of slippery elm may be applied to promote it. Should the spleen become soft and pulpy, and partially destroyed, as is sometimes the case, a plaster may be applied to the side, and gentle purgatives administered occasionally.

GALL STONES.

The Gall Bladder is a membranous receptacle, large enough to contain two or more ounces of fluid. It serves as a kind of reservoir to receive the surplus bile from the liver, during the course of digestion. The bile is secreted in the liver, and is then conveyed by tubes to the hepatic duct, through which it passes on its way to the Duodenum. From the gall bladder proceeds the cystic duct, which unites with the hepatic duct between the liver and the duodenum, forming the common duct, which enters the duodenum four or five inches from the pyloric orifice. It is in the gall bladder that gall stones are found, and occasionally in the larger biliary passages. These formations vary in size, from a pin head to a pea, and often form in clusters. Among the predispositions to their formation may be named sedentary occupations, close confinement, acid deposits in the urine, a surplus of gall fat or cholesterin, inflammation of the gall ducts, &c.

SYMPTOMS.—Violent pain in the abdomen, nausea and vomiting, cold perspiration, cramps in the feet and hands, also jaundice caused by obstruction.

TREATMENT.—Hot fomentations of Hops, Poppy-heads, Ragwort, and Wormwood, will often relieve the severe pain, the vapour bath, small doses of anti-bilious powder, or injections of warm water should be resorted to. And drink the following :—Take some lemon juice in the mouth first, then drink a wineglassful of Olive Oil, and follow with a

little more lemon juice. The patient should lie upon the right side, with the hips elevated; in this position the oil will come in contact with the mouth of the gall duct, and so lubricate the passage that the gall stones are expelled in quantities.

INFLAMMATION OF THE BRAIN— Phrenitis.

SYMPTOMS.—The membranes which cover the brain may be the seat of the inflammation, or it may attack the substance of the brain itself. It generally commences with a sensation of fulness in the head and flushing in the face, severe headache, throbbing in the temples, redness and sparkling in the eyes, heat and dryness of the skin, extreme thirst, intolerance of light and sound, watchfulness, and violent delirium. The pain is dull or shooting, according to whether the brain substance or its membranes are affected; in some cases the pain occupies the whole of the head. The stomach or bowels are more or less disordered, and the liver often in a torpid state, as indicated by the whitish colour of the stools. As the disease advances, the delirium increases in violence, and the patient talks in a wild, incoherent strain. The breathing is slow and often laborious, the hearing is acute, followed by deafness, imperfect vision, difficulty of swallowing and convulsions. When the head is shaved, blistered, leeches, cupped, bled, and dosed with poisons, the disease often proves fatal in five or six days. The disease may be produced by external injuries to the head, suppression of the menses, changes from heat to cold, checked perspiration, disordered stomach, drunkenness, intemperance in eating, and protracted study. The unfavourable symptoms are weak pulse, cold and clammy skin, grinding of the teeth, bleeding from the bowels, red, yellow, or dark-coloured urine.

The treatment of this disease must be prompt and energetic. There is no time to lose, for unless we recall the blood from the head, or, in other words, restore the equilibrium to the circulation, the inflammation may go on increasing until it is impossible for medicine to have any effect. The feet must be bathed in hot water and mustard twice a day, hot bricks applied to the feet, and injections given every three hours, as directed for inflammation of the lungs. A towel dipped in cold water must be applied to the head, and the following herb tea must be administered :—

Catnep	1 ounce.
Rosemary	1 do.
Red sage	1 do.
Marjoram	1 do.
Wood betony	1 do.
Pennyroyal	1 do.

Add five pints of water, boil down to two pints; strain, pour boiling hot upon one ounce of scullcap and a tea-spoonful of cayenne; let it clear, and give a wineglassful every hour. Children must be treated according to age in a similar manner, only omitting the cayenne. You cannot give too much, as the medicines are harmless, and act in accordance with the laws of nature.

INFLAMMATION OF THE BRONCHIAL TUBES —Bronchitis.

SYMPTOMS.—This is an inflammation of the mucous membrane of the bronchial tubes : it is either chronic or acute. The acute stage very much resembles inflammation of the lungs. The causes are the same as inflammation of the lungs. This distressing disease generally commences like a common cold or catarrh, with lassitude, chills, slight cough, oppression, and tightness of the chest, with some fever. The respiration is laborious, being clogged with a viscid fluid, and attended with a wheezing or rattling sound, as if the air was being forced through a narrow aperture. It is attended with hoarseness. At first the cough is dry, and afterwards there is a copious secretion of viscid transparent mucous. The skin is dry.

TREATMENT.—A vapour bath and an emetic must be promptly given, hot fomentation of camomiles applied to the part affected, and a decoction of the following herbs taken internally:—

Boneset	1 ounce.
Horehound	1 do.
Hyssop	1 do.
Wild cherry bark	1 do.
Slippery elm bark	1 do.

To these put five pints of water, boil down to two pints; add a teaspoonful of cayenne. Take a wineglassful four times a day, with a dessertspoonful of No. 2 cough syrup added to each wineglassful. If the first bath and emetic are not sufficient to remove it they must be repeated. Children may be treated according to age, leaving out the

cayenne.

BRONCHITIS OR CATARRHUS.

Both the above names are given to the same disease, which affects the region of the bronchus or windpipe. It attacks alike children and people of mature and even old natural consequence, take away the pressure from the affected part; and cayenne pepper, being a pure stimulant, keeps up that equal circulation, and the disease is removed..

TREATMENT.—If the pain be violent, a vapour bath must be given, and a hot brick applied to the feet, wrapped in a vinegar cloth, and a hot fomentation of cayenne tea applied to the part affected for half an hour at a time, and then a cloth wrung out of the liquor, and a dry one bound on the top. The fomentation to be repeated, and also the bandages, if required, and a medicine made in the following manner :—

Vervain	1 ounce.
Horehound	1 do.
Hyssop	1 do.
Slippery elm	1 do.

Boil in five pints of water down to two pints; strain, and pour the liquor upon one ounce of powdered pleurisy root and a teaspoonful of cayenne. Take a wineglassful every two hours, or as the case may indicate. If the bowels are confined, an injection would be serviceable, as given for inflammation of the lungs, or the bowels may be regulated by the liver pills.

INFLAMMATION OF THE HEART AND PERICARDIUM—Pericarditis.

The symptoms of this disease are :—Pains in the region of the heart, difficulty of breathing, a sense of suffocation, and great anxiety. For its treatment make the following preparation :—

Marigold flowers	1 ounce.
Hartstongue	1 do.
Tansy	1 do.
Vervain	1 do.
Valerian root	1 do.

Boil these in five pints of water for twenty minutes, and pour it boiling hot on one ounce of American valerian powder. Take a wineglassful every two hours, and twenty drops of anti-spasmodic tincture, in a

tablespoon-ful of warm water, sweetened, four times a day. Foment the affected part with camomiles and wormwood, renewing the hot flannels every ten minutes until the symptoms abate.

INFLAMMATION OF THE LEGS, GATHERINGS, RUNNING SORES, or SWELLINGS.

For painful swellings, inflammation, and scurrilous sores, the following is a good external remedial agent:— When you boil your potatoes for dinner, save the water from them, and in three pints of it boil one ounce of ragwort herb for ten minutes, then bathe the parts affected with the lotion warm for half an hour twice a day, and keep the cloth wet on all such wounds night and day until cured.

INFLAMMATION OF THE EAR—Otitis.

This distressing form of disease is occasioned by cold, or sometimes by an abscess formed in the ear. Delirium and convulsive disorders have been brought on by the extreme pain in the ear.

TREATMENT.—Take equal parts of tincture of gum myrrh and olive oil, drop ten drops into the ears, and then take one ounce of hops, scald with boiling vinegar, put them in a flannel bag, and apply hot as convenient over the ears. This is to be repeated as often as required. Bathe the feet in warm water and mustard, and take the following:—

Composition powder	$\frac{1}{2}$	ounce.
Sculleap powder	$\frac{1}{2}$	do.
Anti-spasmodic powder	$\frac{1}{2}$	do.

Pour three pints of boiling water on the powder; sweeten. Take a wineglassful every two hours, and if the bowels are confined, a dose of bilious powder may be taken. The ears must be syringed out with warm soap and water night and morning.

COMMON SORE THROAT—Cynanche.

This is a common attendant upon colds. The throat feels dry, and pain is experienced in attempting to swallow, and sometimes it is attended with tickling cough and an inclination to vomit.

TREATMENT.—Put the feet in war'n water and mustard for ten

minutes, wipe dry, put to the feet a hot brick wrapped in a vinegar cloth. Make a pint of strong yarrow tea, sweetened with treacle, and add a teaspoon-ful of cayenne; drink this off at four times within the hour, and apply the quinsy embrocation around the neck. This is sufficient to throw off the first attack, and it must be remembered that if small complaints be removed large ones will never come.

QUINSY, or INFLAMMATION OF THE THROAT —Cynanche Tonsillaris.

SYMPTOMS.—This disease is very common in the spring and autumn, when the weather is changeable. It commences with a chilliness, which is succeeded by fever and pain in swallowing. As the disease advances the swallowing becomes exceedingly difficult, if not impracticable. The throat and tongue are often so much swollen as to destroy the voice and render the breathing laborious. The pain in the throat is severe and darting, and frequently extends to the ears. The mouth is dry, and the tongue covered with a white or dark coating, and if the inflammation be not speedily checked little ulcers form in the throat, which increase the sufferings of the patient.

TREATMENT.—A vapour bath must be given, and the following tea taken :—

Sumach berries..	1 ounce.
Agrimony	1 do.
Raspberry leaves	1 do.
Red sage	1 do.
Cudweed	1 do.
Slippery elm bark	1 do.

Add five pints of water, boil down to three pints; mix half an ounce of gum myrrh, a teaspoonful of rhubarb, and a teaspoonful of cayenne; then mix them with a little of the clear warm tea, and pour the clear hot liquor upon them; mix the whole well together, and when clear take a wineglassful four times a day, and use the following gargle :—

Common salt	1 ounce.
Cayenne pepper	1 drachm.
Camphor	$\frac{1}{2}$ do.

Pour a cupful of boiling water on them; strain; add the same quantity of malt vinegar, gargle with one tablespoonful every two hours, and employ the quinsy embrocation round the throat thus : take a flannel "doubled several folds, and wet one side with the embrocation; make it

warm, and apply it to the throat every hour. Careful persistence in this treatment will cure the worst cases.

PUTRID SORE THROAT-Cynanche Maligna.

SYMPTOMS.—It generally commences with feverishness, and is often attended with nausea and vomiting, soreness and inflammation of the throat; the breath is very offensive; ash-coloured spots appear upon the inflamed parts, which produce deep ulcerations. Great prostration of strength attends this disorder. The inflammation often extends to the ears, producing deafness; and sometimes penetrates to the brain, causing delirium; sometimes the stomach and bowels become affected with the putrefaction of the throat. The causes which produce this disease are cold, unwholesome food, impure air, and mercury.

TREATMENT.—Take a vapour or Turkish bath once a week, and use the following medicine :—

Raspberry leaves	1 ounce.
Cudweed	1 do.
Golden seal (pulverised)	$\frac{1}{2}$ do.
Prickly ash	$\frac{1}{2}$ do.
Gum myrrh	$\frac{1}{2}$ do.
Rhubarb	$\frac{1}{4}$ do.
Cayenne..	1 drachm.
Iodide of potass.	1 do.

Pour half a cupful of warm water on the gum myrrh and rhubarb; mix these together; add four pints of water, and boil all the ingredients for half an hour; take a wineglassful every three hours. Then take the following ingredients:—

Sumach berries..	$\frac{1}{2}$ ounce.
Cranesbill root	$\frac{1}{2}$ do.
Cayenne..	1 drachm.

Boil them in a pint of water for ten minutes, strain, and when new-milk-warm add half an ounce of tincture of gum myrrh. Gargle with a tablespoonful every hour. If the bowels are not sufficiently open, give a dose of bilious powder occasionally, and a lobelia emetic once a week for three weeks.

DIPHTHERIA.

This disease, which has devastated so many families— proving fatal in numerous instances- -is one of the most alarming of those arising from

cold. In its treatment we avoid the use of caustic or the knife— -the pet resources of the medical fraternity—and we depend entirely upon the efficacy of botanic remedies. We commence by placing the feet of the patient in hot water and mustard, bathing up to the knees for half an hour, once a day; giving the medicine recommended for putrid sore throats; rubbing the throat as directed with the diphtheria liniment; and poulticing the throat with an ounce each of cudweed, wormwood, and ragwort leaves and flowers, prepared as follows:—Boil the ingredients for half an hour in three pints of water, keeping the pan covered; then take the flowers and leaves and apply them to the throat as warm as the patient can bear. Heat the poultice in the same liquor every two hours for half a day; then prepare a fresh poultice in the same way, and continue to apply them as often as required. The throat should be steamed in the following manner :—Take an ounce each of wormwood, ragwort, and cudweed leaves and flowers; boil them in four pints of water, and pour them boiling hot into a vessel, over the top of which place an inverted funnel; the patient must inhale the steam through the funnel as warm as convenient, for half an hour, three times a day. This can also be used with advantage once a day in cases of putrid sore throat. The effect in each disease is to cause the ulcerated matter in both mouth and throat to shell off, and the parts to heal. Notwithstanding the dangerous character of this malignant disease, perseverance in the above treatment, followed, if required, by opening medicines and a lobelia emetic, will seldom fail to cure the most desperate cases.

CROUP—Cynanche Trachealis.

SYMPTOMS.—This is by far the most formidable and fatal of all the diseases to which infancy and childhood are liable, and is purely an inflammatory affection, attacking that portion of the mucous membrane lining the windpipe and bronchial tubes, and from the effects of which a false or loose membrane is formed along the windpipe, resembling in appearance the finger of a glove suspended in the passage, and consequently terminating the life of the patient by suffocation; for, as the lower end of the false membrane grows together and becomes closed, no air can enter the lungs, and the child dies choked. Croup is often sudden in its attacks, usually coming on in the night, but is generally ushered in by a harsh dry cough. impeding respiration. When the disease assumes an ordinary violence, the cough is loud and ringing, the breathing much oppressed, accompanied with a wheezing sound.

There is considerable danger attending this disease, as a great quantity of lymph is poured out into the windpipe, causing an obstruction to the passage of air to and from the lungs. Parents must, therefore, be on their guard who have children predisposed to this disease, and immediately resort to the means hereafter advised.

TREATMENT.—Put the feet in warm water and mustard, apply to the throat hot flannels wrung out of cayenne tea, and rub the chest and down the spine twice a day with the whooping cough liniment, giving at the same time from a teaspoonful to a dessertspoonful of the croup syrup every fifteen minutes till the violence of the symptoms abates; after which give the same quantity four times a day till cured.

WHOOPING COUGH—Pertussis.

SYMPTOMS.—This is a disease peculiar to children, though occasionally it attacks adults. It frequently prevails as an epidemic, and is most common in spring and autumn, commencing with the symptoms of a common cold. The cough is moderate at first, but in the course of a week or a fortnight increases in violence, and acquires a peculiar shrill or whooping sound. It makes its attacks in fits or paroxysms, which continue for a longer or shorter period, and terminate in the expectoration of phlegm or mucous; in some instances vomiting occurs during the exertion of coughing. The eyes become prominent, and the countenance red and livid. The bowels are mostly disordered, sometimes accompanied with loss of appetite, fever, headache, and a coated tongue; oftentimes the patient does not experience any particular indisposition. If this disease is not seasonably arrested, it may terminate in some dangerous malady.

TREATMENT.—Put the feet in warm water and mustard every night, and a hot brick or bottle of hot water to the feet; during the day take care to keep the feet warm and dry. Take :—

Wild thyme	1 ounce.
Sweet marjoram	1 do.
Mouse ear	1 do.
Liquorice root	1 do.

Add three pints of water, boil down to a pint; clear it, then add four ounces of the raspberry tincture of lobelia. Give from a dessertspoonful to a tablespoonful every two hours, or when the fits come on. The diet must be light and nourishing. A change of air frequently assists the

cure. The following is good, and pleasant to take, for whooping cough:—

Ground loaf sugar	2	ounces.
Black cohosh	1	drachm.
Carbonate of potass.	$\frac{1}{2}$	do.
Powdered cochineal	$\frac{1}{4}$	do.

Pour half a pint of hot water on the whole, and give as follows :—To an infant, a teaspoonful four times a day; two years old, half a teaspoonful; from four years, a tablespoonful four times a day. This is very good for croup and whooping cough, but if not found sufficiently active, give the No. 1 cough syrup, and rub with the whooping cough liniment. A teaspoonful four times a day is an average quantity of the cough syrup for a child one to five years, though double that quantity may be taken if thought proper.

ASTHMA—Asthma.

SYMPTOMS.—Asthma is a spasmodic affection of the lungs, which comes on by piroxysms, generally at night. It often seizes the patient after the first sleep. It is attended with difficulty of breathing, tightness across the chest, and a peculiar wheezing, the sufferer being frequently threatened with immediate suffocation in attempting to lie down; towards morning the symptoms abate, and the patient feels much easier; at other times the symptoms are so mild as to subject the patient to little inconvenience.

TREATMENT.—Take the following ingredients :—

Horehound	1 ounce.
Hyssop	1 do.
Vervain	1 do.
Agrimony	1 do.
Bogbean	1 do.
Liquorice root	1 do.

Boil in four pints of water down to two, and when clear and cold add two ounces of acid tincture of lobelia and two ounces of milk of bitter almonds. (See Compounds.) Take a wineglassful three times a day, with a teaspoonful of cough powder mixed in warm water, sweetened with honey, three times a day. When the case is violent immerse the feet in warm water and mustard, put a hot brick to the feet, inhale the steam, as recommended in diphtheria, and avoid smoking tobacco, its poisonous properties being injurious; but stramonium, with a few aniseeds, may be smoked with benefit; and in some cases a cure has been effected by smoking these herbs without any other treatment. The patient must pay

particular attention to diet, and not expose himself to sudden changes of heat and cold.

ST. ANTHONY'S FIRE—Erysipelas.

SYMPTOMS.—This disease consists of an inflammation of the skin, which appears in a blotch of deep red or copper colour attended with more or less swelling, and a stinging burning pain. It may attack any part of the body, but is most common on the face and extremities. The inflammation is at first confined to a small spot, but it gradually spreads to a greater or less extent. When the face is the seat of the malady, the symptoms are most violent. The features are much disfigured, and the swelling is so great as to close the eyelids. Drowsiness and a tendency to delirium and insensibility for two or three days does not unfrequently arise. On the fourth or fifth day blisters make their appearance on the inflamed surface; in twenty-four or forty-eight hours the blisters break, when the redness or swelling begins to subside, and the cuticle peels off in the form of scales. In unfavourable cases the inflamed surface assumes a livid colour, and the blisters are followed by obstinate ulcers. This disease is produced by intemperance, living in damp places, sudden changes from heat to cold, and the application of irritating substances to the skin, it is sometimes the immediate effect of indigestible food.

TREATMENT.—If the symptoms are severe give a vapour bath, and let the head also be subjected to it as long as can be borne, in order to steam the parts affected. Apply a hot brick to the feet, and bathe the parts in elder flower water, very warm; two ounces of elder flowers will make two pints. Renew the cloths every ten minutes for half an hour, or if the blisters ulcerate apply a poultice of slippery elm. Take the following tea at the same time:—

Elder flowers	2 ounces.
Yarrow	1 ounce.
White poplar bark	1 do.
Holy thistle	1 do.

Add five pints of water, boil down to three pints; clear, and then take a wineglassful every hour, or as the case may require. In severe cases it may be necessary to give fever powder, an emetic, and also injections. A gentle purgative should be taken every other day. If these instructions are attended to, it will scarcely ever fail in effecting a cure.

GOUT—Podagra.

SYMPTOMS.—This disease proceeds from an impure condition of the blood, and is produced by excessive feeding and drinking in general, without sufficient exercise. The consequence is that there is such a deficiency of the secretion of perspiration and urine as to corrupt the blood with those elements which should have been thrown out of the body, and they accumulate to such an extent as to be thrown upon some weak or debilitated part of the body; or it becomes obstructed in the covering of some of the joints, causing the inflammation, pain, and other symptoms of gout. There is morbid matter in those troubled with gout, but of what kind we are utterly ignorant; and all gouty persons make stone. The inflammation of the joints in gout does not terminate in suppuration, but by an effusion of chalky liquid, which is deposited at the joints, and causes that stiffening of them which happens after frequent attacks. Gout comes on sometimes very suddenly, but mostly it is preceded by an unusual coldness of the feet and legs, diminished appetite, indigestion, and a degree of languor is felt over the whole body. The bowels are often costive. It frequently attacks the great toe or heel, or the whole foot is affected with a severe pain, which increases until the swelling and inflammation are fully established, the duration of which will be according to the age and condition of the body. Shakespeare says of it: "A plague of this gout, or a gout of this plague, for the one or the other plays the rogue with my great toe." The inflammation may attack other parts of the body, as the knee, hand, wrist, elbow, or shoulders. It ceases sometimes suddenly, and translates itself into some internal organ. When it falls on the stomach, it produces pain, with sickness and vomiting; on the heart, palpitations and faintings; on the lungs, an affection resembling asthma; when it occupies the head it is apt to give rise to apoplexy or palsy.

TREATMENT.—Our first object must be to remove the obstructions by restoring the deficient secretions, and to cleanse the stomach and bowels with half a teaspoonful of bilious powder once or twice a day. Give a Turkish or vapour bath two or three times a week. This most important power of heat to cure this and other diseases has been entirely overlooked by medical writers. Do not neglect, for this will throw off a large amount of waste matter; after which, give the following :—

Sarsaparilla	2 ounces.
Burdock root	2 do.
Burdock seeds	2 do.
Sassafras bark	1 ounce.
Gum guaiacum chips	1 do.
Mezerion root	1 do.

Add six pints of water, boil down to two pints; strain clear, and add a teaspoonful of cayenne. Take a wine-glassful four times a day. The bowels must be kept moderately open; rub the rheumatic liniment gently on the part, afterwards apply a hot bran poultice. This treatment must be persevered with until the inflammation subsides, and also continue some time after. Fat meat, wines, and all strong drinks must be avoided, and the body sponged over every morning with cold water, vinegar and salt, and rubbed well with a rough towel. This will act as a preventative measure. When the gout is bad and the patient weak, great care must be exercised in the treatment; yet the remedies should be perseveringly applied, as the pains may not abate or the swelling subside in some obstinate cases for a month or six weeks. If this does not allay the pain, take one-sixth of a tea-spoonful of Turkey rhubarb and ten drops of colchicum wine three times a day. The quantity of colchicum wine to be increased two drops ever}7 day till the dose amounts to thirty drops. The medicine must not be discontinued whilst taking the colchicum mixture. We recommend the external application of cold water to the swollen joints, as it allays the pain. Dr. Good states in his work that he tried the effect of cold water on his own person for several years, and is anxious that others should participate in the benefit which he himself has derived. In the paroxysms of pain he plunged his foot into cold water, and found the application refreshing, while the fiery heat, pain, and inflammatory symptoms diminished instantly. He repeated the cold bathing every two hours during the whole of the day. The most perfect cures we have witnessed have been effected by a total abstinence from spirits, wine, and flesh food, which has restored the patients from a miserable and helpless state to active and comfortable life. Where there are feverish symptoms, give the fever powder two or three times a day. The following fomentation has been found very efficacious by the Author :—

Marsh mallow	2 ounces.
Southernwood	2 do.
Wormwood	2 do.
Stramonium	2 do.
Saltpetre	$\frac{1}{4}$ ounce.

Boil twenty minutes in six pints of vinegar, and foment the parts

affected every two hours during the day, and apply the following liniment to the swollen and painful parts:—

Oil of pinus Canadensis	$\frac{1}{2}$	ounce.
Oil of origanum	$\frac{1}{2}$	do.
Spirits of turpentine	$\frac{1}{2}$	do.
Gum camphor	$\frac{1}{2}$	do.
Spirits of wine	$\frac{1}{2}$	do.
Tincture of cayenne	$\frac{1}{2}$	do.

Saturate a little linen with the liniment, and lay it over the painful parts, several times each day. When the bowels are not relaxed, give a level teaspoonful in a tablespoonful of treacle every night of the following mixture, all in powder :—

Gum guaiacum	$\frac{1}{4}$	ounce.
Jalap	$\frac{1}{4}$	do.
Flowers of sulphur	$\frac{1}{4}$	do.
Turkey rhubarb	$\frac{1}{4}$	do.

The following medicines may also be taken, and we have often found them of value in curing this painful disorder, viz. :—Fluid Extract of Bryonia, when the pain appears like an inflammation. Fluid Extract of Apocynum is the remedy when there is puffiness of the tissues, either of the part affected, or of the hands or feet. Fluid Extract of Phytolacca, when there is enlargement of the lymphatic glands, and the urine is whitish and opaque. Fluid Extract of Rhus Toxicodendron is the remedy when the pain is burning.

FEVERS.

GENERAL REMARKS.

Fever constitutes the largest proportion or class of diseases that assail the human family, and it seems to be regarded by the medical profession as a profound and impenetrable mystery. Dr. Jackson says that "The treatises that have been written on fevers have been works of imagination, composed in the style of romances —fancy sketches, or profound metaphysical abstractions, filled with subtleties and hypothetical reasonings." Dr. Good says that "no complaint is so common, and none so difficult to be defined in reality." No writer seems to be fully satisfied with his own definition, and it is not extraordinary, therefore, that he should have given little satisfaction to others. Dr. Eberle says, from a retrospective glance over the history of our science, we are forced to acknowledge that there is perhaps no subject which is

more eminently calculated to humble the pride of human reason than fever in relation to itself. Pathology has been in a continued state of revolution and instability. The human mind has been engaged with it for near three thousand years. Theories have risen and fallen in a continued and rapid succession— " Each has had its hour to strut upon the stage," and its votaries to yield it faith. But the stream of time has hitherto overturned all these unsubstantial, though often elaborate, fabrics. If we except those who perish by a violent death, and such as are extinguished by old age (and who are few indeed), almost all the rest die of fever or diseases accompanied with fever; and notwithstanding the numerous inquiries, experiments, and theories on the subject by medical men from time immemorial, the nature, cause, and treatment remain the same; and there is at this day no uniformity either in opinion or practice." They all go blindly to work to cure it, like the physician mentioned by Dr. Aembert. He compared him to a blind man armed with a club, who comes to interfere between nature and disease; if he strikes the disease he kills the disease; if he strikes nature he kills nature or the patient. Dr. Dixon says: " This is the disease which to break, to baffle, to conquer, or subdue, the learned college of physicians have tried all their efforts and spent all their skill in vain. It must run its course, is the common sentiment; if one mode of treatment fails we must try another and another, till the exhausted imagination, the worn-out resources of the materia medica, and the dying patient arrest the hand of the experimenter (and we might have said tormentor), or nature triumphs over medicine and disease." The practice of medicine is perhaps the only instance in which man profits by his blunders and mistakes. The very medicines which aggravate and protect the malady bind a laurel on the professor's brow; when at last the sick is saved by the living power of nature struggling against death and the physician, he receives all the credit of a miraculous cure. He is lauded to the skies for delivering the sick from a detail of the most deadly symptoms of misery, when he himself had caused them, out of which they never would have arisen but by the restorative efforts of that living power which at once triumphed over poison, disease, and death. With these acknowledgments of the medical profession that they are totally ignorant of the nature of fever, how are they to prescribe for it with safety or success ? Need it excite our surprise that the learned Dr. Bostock should have pronounced it the opprobrium of the medical faculty ? Or need we be astonished at the exclamation of the late Dr. Hosack that fever and febrile diseases constitute the great outlets of human life, and continue to be almost as fatal as in the time of Sydenham, who calculated that eight out of every nine of all the deaths

occurring in the human family were caused by febrile complaints ? Is it any wonder that fever should be the scourge of the human race ? It has been said of the celebrated John Hunter that if he once formed an opinion he would obstinately adhere to it under all circumstances; and Dr. Rush has characterized him as one who would never give up anything he asserted till he gave up the ghost. This is lamentably true of the great body of the medical faculty, especially with regard to their doctrines concerning fever, for although they consider the disease beyond the powers of their comprehension, they continue to adhere to their dogmas respecting it, and denounce all who have the hardihood to differ from them in opinion. Dr. Donaldson says: "No physician whose work I have read, no professor of medicine whom I have heard speak on the nature of diseases, has ever discovered, or even hinted at, the nature and cure of fevers. All have delivered theories which amount to open acknowledgment of their ignorance of it, or have candidly professed the universal ignorance of all physicians in the world of the former and present times respecting the nature of these diseases. But I have observed the plan of cure followed by the East Indians in fevers. I saw the practitioners cure the most vehement cases of intermittent fevers in the space of a single day, with such mathematical precision and certainty as I never beheld in any region of the earth— by purging, sweating, and vomiting." Do not these admissions go to show the inability of the faculty to cure ? Have we not more startling proofs than the authority quoted ? Yes, by seeing our friends on the right hand and on the left cut down in the full vigour of life. What is fever ? In nearly all cases it is a last effort of nature to restore the body to health. The fevered body is in a state of fermentation—incipient putrefaction. By fermentation you deprive barley of its vitality, and it would then soon become rotten. By the action of heat, however, you arrest the putrefaction, and with certain chemical combinations you produce beer. When you have a joint of meat in danger of becoming tainted, you put it in the oven, and thus, by subjecting it to a greater heat than the fermenting fever heat, which is destroying its vitality, you preserve sweet for a time. You have, therefore, to do the same with fever. The heat of the blood is 98 degrees; fever heat is 110 degrees. All you have to do, then, to kill the fever is to subject the sufferers to a greater heat than 110 degrees. Steel refiners, furnace men, sugar bakers, and others who are subjected to great heat, and who drink large quantities of meal and water, or milk and water, instead of beer, are not subject to fever; it cannot fasten on them; they are strong, healthy, and vigorous. On careful inquiry, you will find this to be correct.

A writer upon this disease in forcible language says: " In tracing the progress of fever in its direful and disastrous course, we are compelled to regard a remedy at once safe and powerful to still its raging, as one of the most signal benefits which the Deity has conferred upon man. When we cast our eye over the map of human misery, and mark the monuments of the Destroyer—the scenes of battle and devastation spread out over all the nations of the world where he has marched with death and fever inscribed on his bloody banners, and behold the same defence to resist his power and to baffle his malignity, we may exclaim with the poet—

For though ten thousand thousand years
Have seen the gush of human tears
Which shall no longer flow.

What heart has not bled over a beloved friend, over the wife or husband of their youth; and how many have seen all their earthly comforts wither under the sweeping sirocco of this prevalent and desolating storm ? Yes, from the first thrill of the agitating nerve, the stinging pain, the hot and heaving breast, to the pestilence that walketh in darkness, and the destruction that wasteth openly at noonday; the human race smitten in all its members, consumed in every limb, has sunk into the house of silence in multitudes innumerable, under the single pressure of this destructive power. Look at the east and west, the silent cities, the untrodden street, the dismal dark array of travellers on the path of death— and ask, Who hath done all this? What enemy has been here? Echo from her thousand cares would ring out her response—Fever ! fever ! fever !

The causes which have conspired to cover with uncertainty the treatment of fever, and arm the faculties against each other, are numerous and important; and though they have swelled the materia medica beyond all comprehension, to use the language of Lord Bacon, "They have gone in a circular direction, made no progress, but have alighted in the same place." It has fallen to the lot of a working man—a man who studied not the medical school books but the book of Nature—Samuel Thompson, of America, to discover the cause of fever, and to indicate the course to be pursued as a remedy in each form of the disease. The honour is due to him of having discovered that there is only one cause of disease, and that is an obstruction in the circulation, or, in other words, the loss of the equilibrium.

Fevers are caused by cold. The influence that cold possesses in the production of disease must be evident to every person of the least discernment. It is necessary that there should be a certain temperature of the body to maintain a healthy state of the system. Persons, however, will bear a great degree of heat or cold if applied to the system gradually; but, on the contrary, if suddenly applied, the most serious effects follow. Great heat however, can be better borne than a great degree of cold, and it is on this account that cold plays a most important part in the production of morbid excitement. Some parts of the system are more susceptible to cold than others. The minute blood vessels of the surface, coming in contact with the atmosphere, are more susceptible to its impressions than the internal organs. Cold long and suddenly applied brings a torpid or inactive state of the capillary vessels, by which the pores are closed, morbid matter retained, and a deviation from health follows. The blood becomes obstructed in these vessels of the skin, consequently it is withdrawn from the general circulation, and the balance of it is lost, impaired, and rendered unequal. When we reflect upon the vast quantity of blood contained in the small vessels of the skin, we must be sensible of the effect it must produce upon the system when so much is stagnated or obstructed, or driven back or forced upon the vital organs.

The intimate connection between the skin, the stomach, the heart and arteries, intestines, and other organs, readily accounts for the effects of cold suddenly or long applied to the surface. Sometimes even very slight impressions thus applied cause the great quantities of blood in the minute vessels of the skin to recede, and to be thrown internally upon some portions of the organs; reaction takes place, the heart propels with redoubled energy back again to the extremities or the surface, by which the organ affected is relieved of its oppression. It will be quite evident that when this takes place the balance of the circulation is destroyed. When the blood becomes unequal, or is driven from one part of the body to another, from the influence of cold or any other cause, morbid excitement or a deviation from a healthy action is the consequence; and that heat or flushing of the skin is the exertion of nature to throw off or produce an equilibrium of the circulation. This clearly proves that there is but one cause of disease, though produced by various means. If, then, the cause of disease is so simple, it may be asked—How is it that medical men so often fail? We will let Dr. Robinson answer that question :—

1st.—The symptoms of fever are mistaken, and one disease, or stage, or class, is treated for another; and the physicians declare the symptoms

are so often blended and complex that it is impossible to comprehend them. This is one uncertainty in practice.

" 2nd.—Nosology, or the mournful list of the names of thirteen hundred and eighty-seven diseases, besides the new diseases so difficult to be understood, to be remembered, or distinguished, is another source of uncertainty in practice.

" 3rd.—Theories constructed on false principles mislead the physician, and direct him to the use of wrong medicines; for false theories will make false practice. These are the causes of the uncertainty of practice.

" 4th.—Errors in judgment, from misapprehending the remote, the exciting, and the proximate cause of disease, destroy certainty of practice and bring death to the patient.

" 5th.—Medicines used in the cure of fever of the most dangerous nature—poisons of the rankest dye and most fatal tendency—are often the cause of sudden death, and destroy, or ought to destroy, all confidence in the established practice."

It is, in truth, like running the gauntlet amongst armed Indians or red-hot ploughshares, to escape from the poisons of the medical profession. From all these causes, and many more that might be assigned, such as the recipes being written in a dead language, the mistakes in compounding them, one substance being mistaken for another, attendance of boys and unskilled persons in the apothecaries' shops, where the rankest poisons are distributed as medicines—all these causes have filled the whole history of medical practice with dismay, uncertainty and death. Our mode of curing disease should not be by weakening the powers of life, but by assisting nature to fulfil her offices. Chomel, the highest authority on fevers, declares that the first aim of a medical man should be—not to injure the patient. Our practice will not injure; the means used are salutary, but efficacious in their results. In the first place, by their power of removing obstructions; second, in expelling virus from the blood; third, in throwing off morbid matter from the surface of the body, so that the perspiration has stained a clean towel with its taint; fourth, in restoring and renovating all the vital actions of the body, so as to give tone to the stomach and digestive organs; fifth, and lastly, in removing pain, promoting calm sleep, in rousing the animal spirits, spreading hilarity and cheerfulness over the mind, without leaving a taint in the constitution or the sting of slow

disease behind. How is it that we cannot cure fever with as much mathematical precision as the North Americans? It is because we have depended too much on the skill of others. But truth is simple upon all subjects, and especially upon those essential to the general happiness of mankind. There is no man so simple but he can be taught to cultivate grain, and there is no woman who cannot be taught to make it into bread; and shall the means of preserving our health by the culture and preparation of aliment be so intelligible, and yet the means of restoring it when lost so abstruse, that we must take years to discover, to study, and apply them? To suppose this is to call in question the goodness of the Deity, and to believe that He acts without system and unity in all His works. In our mode of cure there is no time spent in looking after names, symptoms, theories, causes, and indications. The name is out, the cause is out, the indications are out, and the remedy is out; and in a few hours the patient is relieved, restored, requires food, recovers strength, sleeps, rises, and returns to the business of life. Lord Bacon declares that the only cause of death which is natural to man is that from old age; and he complains of the imperfection of physic in not being able to guard the principle of life until the whole of the oil which feeds it is consumed. In concluding these remarks, we would ask our friends to persevere in the mode of treatment laid down, to follow it out to the very letter, and the result will be a speedy recovery of health, and the fever will disappear as if by magic.

INTERMITTENT FEVER—Febris Intermittens.

SYMPTOMS.—This disease may be divided into three stages, viz. :—First, the cold stage; second, the hot stage; third, the sweating stage. An intermittent fever generally begins with a pain in the head and loins, weariness of the limbs, coldness in the extremities, stretching, yawning, sometimes great sickness and vomiting, which is succeeded by shivering and shaking, respiration short and anxious. The cold stage disappears, and is succeeded by transient flushes and dry and burning heat of the skin, which before was pale, but now becomes red and swollen; acute pain attacks the head, and flying pains are felt over the various parts of the body. When the sweating stage comes, a moisture breaks out upon the face and neck, which soon becomes universal. The same successional evolutions generally occur once in twenty-four hours.

The causes which produce this disease are various. It will arise from marsh miasma, or the effluvia arising from stagnant water on marshy

ground, and also from great drought and heat in the latter end of summer. It may be occasionally induced by a watery diet, damp houses, lying upon the damp ground, removing from a high part of the country to a low one; in a word, whatever relaxes the solids, diminishes the perspiration, or obstructs the circulation in the capillary vessels, disposes the body to this disease.

TREATMENT.—It is necessary in the treatment of intermittent fever, first to cleanse the stomach and bowels by a lobelia emetic, as the liver and stomach are in a very morbid condition, viscid phlegm and bile being discharged by vomiting. Emetics not only cleanse the stomach, but increase the perspiration and all other secretions, which render them of such importance that they often cure without any other medicines. After the emetic has operated, make up the following :—

Virginia snake root	$\frac{1}{2}$	ounce.
Pennyroyal	$\frac{1}{2}$	do.
Camomiles	$\frac{1}{2}$	do.
Peruvian bark	$\frac{1}{2}$	do.
Vervain	$\frac{1}{2}$	do.
Fever powder	$\frac{1}{2}$	do.

Pour on them three pints of boiling water, and continue the boiling for ten minutes. Take a wineglassful every two hours. Keep hot bricks to the feet, wrapped in vinegar cloths, also let the feet be fomented with water and vinegar, and rubbed well with a coarse towel night and morning. The food should be light and nourishing. The bowels kept gently open with a little senna and rhubarb. Children, fever powder alone generally cures without any other medicine.

BILIOUS AND REMITTENT FEVER— Febris Remittens.

SYMPTOMS.—This disease is most prevalent in hot weather, and in low marshy grounds. It commences with languor, drowsiness, bitter taste in the mouth, pain in the head, back, and extremities, followed by chills and heats, fever, thirst, nausea, and oftentimes a vomiting of bilious matter. The eyes, skin, and urine, from the wide diffusion of bile through the system, becomes of a yellow colour. The bowels are generally costive, the tongue is dry and covered with a white or brown coat. The breathing is oppressed, and a sense of weight and fulness is experienced in the right side and in the region of the stomach; delirium sometimes occurs; the bowels become distended with wind and sore or

tender on pressure. The stools are sometimes watery and reddish, and at others black and offensive, resembling tar. There is a remission of febrile symptoms in the morning or afternoon of each day, which lasts for an hour or two, when the fever returns with its previous violence; and hence the term remittent fever. Bilious fever is caused by intemperance in eating and drinking, irritating substances to the bowels, the use of butter and animal fats, as they are not digested without causing a flow of bile into the stomach. It will also attack those of relaxed habit, who breathe an impure air, and makes use of a poor, unwholesome diet.

TREATMENT.—Give a vapour bath and an emetic; then take the following herbs :—

Centaury	$\frac{1}{2}$	ounce.
Agrimony	$\frac{1}{2}$	do.
Clivers	$\frac{1}{2}$	do.
Yarrow	$\frac{1}{2}$	do.
Raspberry leaves	$\frac{1}{2}$	do.
Fever powder	$\frac{1}{2}$	do.

Pour on them three pints of boiling water, and continue the boiling for ten minutes, "then take a wineglassful every two hours, if the bowels are confined, give an injection or a dose of bilious powder. The emetic and vapour bath must be repeated, if necessary, and the body sponged down in the usual manner, to keep the skin clean and the pores open. All fatty substances must be avoided, as well as intoxicating drinks.

SCARLET FEVER—Scarlatina.

SYMPTOMS.—Scarlet fever commences with a chill and shivering, like other fevers, with nausea and often vomiting, succeeded by thirst and headache. Sometimes the symptoms are mild, at other times violent. The eyes are red and much swollen; an eruption appears in the form of a stain or blotch of a fiery redness. As the disease advances, the whole neck swells and assumes a dark red colour; the tonsils become ulcerated, and the throat and mouth are often much inflamed. The breath is often very offensive. Rattling and oppressed breathing great prostration of strength, copious discharge from the bowels, deafness, and stupor prevail almost from the commencement of the attack. Children are more subject to this disease than adults.

TREATMENT.—It is very evident that this fever is produced by some morbid matter, which is taken into the circulation through the medium of the lungs, and that the increased action in the system is a healthy

effort of nature to throw off such humours or morbid matter. It is therefore our duty to aid nature in its salutary efforts, and this can be accomplished in the following manner :— If there is soreness of the throat and an accumulation of mucous, impeding respiration, an emetic will have a most beneficial effect. If the patient be an adult, a vapour bath will be very necessary. If a child, bathe the feet and legs with as warm water as convenient for ten minutes, or for longer if required, and wipe them with a hot towel before the fire till dry. Then put on dry linen, and give the following medicine :—

Fever powder	$\frac{1}{2}$ ounce.
Sumach berries.. .. .	$\frac{1}{2}$ do.
Vervain	$\frac{1}{2}$ do.
Pennyroyal	$\frac{1}{2}$ do.
Ground ivy	$\frac{1}{2}$ do.
Centaury	$\frac{1}{2}$ do.

Boil the whole in three pints of water for twenty minutes; the patient must then take half a teacupful every two hours. Hot camomile poultices, scalded with vinegar, must be applied to the throat, and renewed when cold. The bowels must be kept moderately open. If the first emetic and bath make no impression, they must be repeated, for a steady perseverance will have the desired effect. Children, less in quantity according to age.

TYPHUS, NERVOUS, OR BRAIN FEVER.

SYMPTOMS.—The word typhus is derived from a Greek word which signifies stupor, this being the characteristic symptom of the disease; and it is also called Putrid Fever. The slow or nervous is distinguished from other kinds of fever by its effects on the nervous system by a torpid state of the brain, prostration of muscular power, and more or less delirium. Typhus fever commences with great debility in all its symptoms. It is preceded by a slight indisposition for several days, succeeded by chills, debility, sighing, and oppression in breathing with nausea, loss of appetite, and an uneasy sensation at the pit of the stomach. In the course of a few days, as the disease progresses, the countenance becomes pale and dejected, the eyes dull and heavy; there is a sense of weariness, both mental or corporeal; pain in the head, giddiness, confusion of intellect, and great depression of nervous energy; throbbing of the temples; the tongue is dry, and deprived of its natural protective mucous; the bowels are hard and tender on pressure, and, if struck, emit a hollow sound, indicative of an accumulation of gas; the stools are very offensive, sometimes black or of a yellowish colour;

the brain participates in the disorder; the patient seems remarkably dull and stupid, when spoken to returning no answer; he is restless, and what sleep he gets is obtained in snatches. At first the mind of the patient wanders only at night, and the delirium generally manifests itself on awaking from a disturbed sleep. Sometimes he wishes to get out of bed, and can only be prevented by force from executing his design; he declaims in a loud, angry, incoherent manner; at other times tranquil, busying his fingers by picking the bedclothes, muttering to himself; he is deaf; the eye is dull, and in many instances insensible to light. Black specks frequently appear to dance before the patient's eyes— they annoy him, and he attempts to seize them in the air or pick them from the bedclothes. Diarrhoea is a prominent symptom, and the motions are frequently tinged with blood; a quantity of pure blood is sometimes passed from the bowels. The disease arises from impoverishment of the blood by certain passions, intense study, the use of poor diet, or unripe fruit. It may be produced by bleeding, the use of mercury or other minerals, or by impure air. It proves most fatal in small filthy houses, and narrow and dirty streets. It is occasioned sometimes by sudden transition from heat to cold, getting the feet wet, and lying in damp bedclothes.

TREATMENT.—The patient should be placed in a large bedroom, in which there should be a small fire, unless the weather be very hot, because the fire acts as a ventilator by determining a current of air towards the chimney. Bed curtains should be removed, and the sheets and blankets should be changed every other day, and put into water immediately and washed. All discharges from the patient should be immediately removed. As the young are most liable to take this disease from infection, it will be advisable to keep them from intercourse with the patient. The nurse should be an aged person. No one should enter the apartment fasting. Disinfectants may be sprinkled on the floor. Let a current of air flow through the room, so as not to come direct upon the patient. He must have a vapour bath and an emetic, and then take the following medicine :—

Rosemary	$\frac{1}{2}$	ounce.
Marjoram	$\frac{1}{2}$	do.
Vervain	$\frac{1}{2}$	do.
Peruvian bark	$\frac{1}{2}$	do.
Wood betony	$\frac{1}{2}$	do.
Raspberry leaves	$\frac{1}{2}$	do.

Boil the herbs in five pints of water down to three pints, and add half a teaspoonful of cayenne pepper to it when cold. Dose, a wineglassful

three times a day, also take a teaspoonful of fever powder in a cupful of hot water, sweetened, three times a day. Give an injection every day. Let the patient drink hearty draughts of cold water whenever he is thirsty; if his tongue be covered with black or brown crust, add some lemon juice or a little vinegar and cayenne. If this treatment be persevered with, we have no hesitation in saying that nine out of every ten will be saved.

YEAST AND PUTRID FEVER.

The following statement of some remarkable facts is taken from the Memoirs of Dr. Cartwright, the inventor of the power-loom, who, in addition to his mechanical skill, was well-known as an intelligent clergyman and a benevolent friend to the poor. The truth of the account here given, in his own words, of the success which attended a series of very disinterested experiments, cannot be questioned; and it is worth asking how far the discovery to which those experiments led has been followed up in similar cases :—

"During my residence at Brampton, near Chesterfield" writes Dr. Cartwright, "a putrid fever broke out amongst us. Finding by far the greater number of my parishioners too poor to afford themselves medical assistance, I undertook, by the help of such books on the subject of medicine as were in my possession, to prescribe for them. I attended a boy about fourteen years of age, who was attacked by the fever. He had not been ill many days before the symptoms were unequivocally putrid. I then administered bark, wine, and such other medicines as my books directed. My exertions were, however, of no avail; his disorder grew every day more and more untractable and malignant, so that I was in hourly expectation of his dissolution. Being under the necessity of taking a journey, before I set off I went to see him, as I thought for the last time; and I prepared his parents for the event of his death, which I considered as inevitable, and reconciled them in the best manner I could to a loss which I knew they would feel severely. While I was in conversation on this distressing subject with his mother, I observed, in the corner of a room, a small tub of yeast working. The sight brought to my recollection an experiment I had somewhere met with, of a piece of putrid meat being made sweet by being suspended over a tub of yeast in the act of fermentation. The idea flashed into my mind that the yeast might correct the putrid nature of the disease, and I instantly gave him two large spoonful. I then told the mother, if she found her son better,

to repeat the dose every two hours. I then set out on my journey. Upon my return, after a few days, I anxiously enquired after the boy, and was informed that he had recovered. I could not repress my curiosity, and though greatly fatigued with my journey, and night was come on, I went directly to his residence, which was three miles off in a wild part of the moors, and to my great surprise the boy himself opened the door looking well, and he told me he had felt better from the time he took the yeast.

"After I left Brampton, I lived in Leicestershire. My parishioners there being few and opulent, I dropped the medical character entirely, and would not prescribe even for my own family. One of my domestics falling ill, the apothecary was sent for. Having great reliance on the apothecary's skill and judgment, the man was left entirely to his management. His disorder, however, kept gaining ground, and the apothecary finding himself baffled in every attempt to be of service to him, told me he considered it to be a lost case, and in his opinion the man could not live twenty-four hours. On this I determined to try the effect of yeast. I gave him two large spoonsful, and in fifteen minutes from taking the yeast, his pulse, though still feeble, began to get composed and to fall. In thirty-two minutes from his taking it he was able to get up from his bed. The expression that he made use of to describe the effect of his own feelings was that he felt 'quite lightsome.' At the expiration of the second hour I gave him sago, ginger, &c.; and in another hour repeated the yeast. An hour afterwards I gave cinchona bark as before; at the next hour he had food; an hour after that, another dose of yeast. He continued to recover, and was soon able to go about his work as usual.

"About a year after this, as I was riding past a detached farmhouse at the outskirts of the village, observed the farmer's daughter standing at the door, apparently in great affliction. On inquiring into the cause of her distress, she told me her father was dying. I went into the house and found him in the last stage of putrid fever. His tongue was black, his pulse was scarcely perceptible, and he lay stretched out like a corpse, in a state of drowsy insensibility. I immediately procured some yeast which I diluted with water and poured down his throat. I then left him with little hope of his recovery. I returned to him in about two hours, and found him sensible and able to converse. I then gave him a dose of cinchona bark. He afterwards took at proper intervals some refreshment. I stayed with him till he repeated the yeast, and then left him with directions how to proceed. I called upon him the next morning

at nine o'clock, and found him apparently recovered. He was an old man, upwards of seventy."

There is no quackery in this simple remedy. It seems to have been a happy—shall we say providential ?— discovery; there is no doubt of that, and we would recommend the use of it in all fevers.

SMALL POX—Variola.

SYMPTOMS.—There are two species of this disease—the distinct and confluent. The distinct, when the pustules appear singly on the body; confluent when they run into each other. The disease is ushered in by a cold stage, with a considerable degree of drowsiness, loss of appetite, cold hands and feet, thirst and nausea, redness of the eyes, soreness of the throat, and pain in the head, back, and loins. In children convulsions sometimes take place previous to the eruptions, which generally show themselves about the third or fourth day, though sometimes it is longer before they appear. They come on at first in little red spots similar to flea-bites, on the neck, breast, and face, and continue to increase in number and size; the face swells considerably; there is also a hoarseness in the voice, a difficulty in swallowing, and a discharge of viscid saliva from the mouth. As the disease advances the matter in the pustules becomes changed in colour; at first it becomes opaque or cloudy, then white, and at length it assumes a yellowish colour; about the sixth or eighth day suppuration takes place. (Fever generally returns during this stage of the disease, constituting the secondary fever.) About the eleventh or twelfth day the face and neck generally subside, after which the pustules discharge their contents, and then, becoming dry, they fall off in crusts, leaving the skin of a darkish brown hue. The more exactly this disease retains the form of the pox, the safer it is, and the more completely it takes the form of the confluent kind the more dangerous it becomes. When the distinct kinds show a great number of pustules on the face or otherwise, by fever or putrescence, approaching the confluent, it is attended with danger.

The causes that may produce this disease are breathing air which is impregnated with animal effluvia arising from the bodies of those who labour under the disease, or from a high state of canker in the system. Thus nature works out of the blood the poison of the small pox, for by the reaction it is thrown to the skin, and by suppuration and other processes is entirely rejected and banished from the system.

TREATMENT.—Let the patient be bathed in warm water, and have a hot brick to his feet, wrapped in a vinegar cloth. If the throat be painful, swollen or inflamed, use as an external application the quinsy embrocation in the following manner :—

Wood sage	1 ounce.
Sarracenia purpurea (pitcher plant)	.				1 do.
Vervain	1 do.
Marigold flowers	1 do.
True saffron	1 drachm.

Saturate a thick flannel cloth with the liquid, warm, and apply it to the throat often; this will afford instant relief. Let him also drink the following, to keep up a gentle determination to the surface :—

Add five pints of water, boil down to three pints; pour this, boiling, upon one ounce of bayberry powder. Give a wineglassful every hour; keep the bowels open once a day, but do not purge till after the disease has passed the height (the eighth day). Keep the body clean by a sponge down twice a day with warm water and Marsh Mallow soap; let the linen be changed often, and let a current of air pass through the room without coming direct on the patient, who must be kept warm, both night and day, with a fire in the room. When the pustules are full, apply vaseline on the hands and face, often, and this will prevent disfigurement in pitting; then mix equal parts of borax water and olive oil. This is excellent when the pox is shelling off the body. If they should fester and bleed in any part of the body, use fuller's earth and warm water, and cover the parts over with it often; it will take away all inflammation, ease the pain, and heal the wounds, as it softens and prevents the pox from making deep and lasting scars—in a few months all traces of the disease will generally be effaced. When thirsty, let the patient drink freely of slippery elm tea and lemon water, sweetened. The diet must be light and nourishing.

A SPECIFIC AGAINST SMALL POX.

A good remedy to be used when the pustules are out, and also as a preventative :—An infusion of the root of sarracenia purpurea, one ounce simmered in the oven for one hour in three gills of water. Dose according to age. A wineglassful every four hours for those over two years. In a few days all the morbid phenomena disappear, but the patient is nevertheless to take care and keep warm until the ninth day be past. We have sold the sarracenia to families afflicted, and used it for

over sixty years, and it always answers well.

" Some time ago, in 1868, I sent a letter," says Mr. Ironside, " to the Sanitary Inspector, giving some valuable official facts as to what was done at the barracks here after the Town Council had reported to the Secretary of War the outbreak of small pox and the filthy condition of the barracks. Every room was whitewashed, and upwards of 200 lbs. of brimstone was burnt. The effect was wonderful! And these were vaccinated soldiers, and the excrements from the barracks ran down the river through Sheffield, and it was believed spread that terrible disease among the inhabitants of Sheffield."

COW POX—Vaccinia.

Dr. Jenner introduced the practice of vaccinating with virus taken from the cow about the year 1801. His theory was that cow pox being a milder disease than the small pox, to vaccinate with that matter would be a less painful process, modify the violence of its character, and prevent the small pox, rendering the person inoculated perfectly secure against the small pox.

If small pox is not a blessing,
Pray let me learn another lesson ;
For if the blood is not impure,
Farewell, small pox—there's naught to cure.

TREATMENT.—This disease, when it attacks the patient must not be trifled with; it is by no means of so mild a nature as to warrant neglect or carelessness. Take the same remedies as those recommended for small pox, and avoid the use of mercury or any other mineral, under whatever guise it may be presented. Use vaseline and oil also after the manner set forth under the preceding head. We have used these remedies in cases of small pox for many years, administering them to married and single, young and old; and in the whole of our practice have lost few of our patients, and these were so far stricken when we were called in that we at once declared they were past cure.

CHICKEN POX—Swine Pox.

May, in strict propriety, be classed as a mild variety of small pox, presenting all the mitigated symptoms of that formidable disease, and as

we profess only giving facts, the result of our own practical experience, we shall treat this affection of chicken pox, as we have found it, as a distinct disease from the cow pox, and very soon cured.

SYMPTOMS.—The eruption makes its appearance, in many instances without any previous illness; in others by a slight degree of chilliness, loss of appetite, and febrile symptoms presented by small pox, with this difference, that in the case of chicken pox each symptom is particularly slight, and the principal symptoms are difficulty of breathing, headache, loss of appetite, and febrile symptoms for three or four days; an eruption makes its appearance over the face, neck, and body in its first two stages, closely resembling small pox, with this particular difference, that whereas the pustules in small pox have flat and depressed centres—an infallible characteristic of small pox, the pustules in chicken pox remain globular, while the fluid in them changes from a transparent white to a straw-coloured liquid, which begins to disappear about the eighth or ninth day, and by the twelfth day peels off entirely, and no mark is left behind. Chicken pox, like small pox, is contagious, and under certain states of the atmosphere becomes endemic. Parents should therefore avoid exposing children to the danger of infection by taking them where it is known to exist, for all children ought to be kept separate at all times from those who have the chicken or small pox.

TREATMENT.—Keep the patient warm, yet at all times admit a little air in the room, as it is very beneficial, and give the following tea. A cure will soon be effected :—

Sarracenia purpurea (pitcher plant) . .	1 ounce.
Marigold flowers	1 do.
Pennyroyal	1 do.
Senna, Alexandria	$\frac{1}{2}$ do.

Steep in three pints of boiling water, and let the patient drink freely of this. If the bowels are confined give a dose of bilious powder once a day. This will be sufficient to effect a cure.

MEASLES—Rubeola.

SYMPTOMS.—Measles are known by the appearance of small eruptions about the fourth day, somewhat resembling flea bites, over the face and body, but particularly about the neck and breast; many of these spots soon run into each other and form red streaks, which gives to the skin

an inflammatory appearance and produces a little swelling of the face. This disease commences by a heaviness and soreness of the throat, sickness and vomiting, redness of the eyes, and an acute sensation as if the patient could not bear the light without pain; there is also a discharge from the nostrils, a dry cough, and great oppression and stuffing of the chest. About the sixth or seventh day from the time of sickness, the measles on the face begin to turn pale, and afterwards those on the body, so that by the ninth or eleventh, the skin assumes its natural appearance; but if great care be not taken the symptoms will return with redoubled violence. When the eruptions suddenly fall in, and the patient is seized with delirium, or the measles too soon turn pale, or the patient becomes restless, extremely weak, and experiences great difficulty in swallowing, the symptoms are unfavourable; and a tea made from marigold and tormentil root should be given freely, applying the quinsy embrocation as directed in that complaint, and the feet bathed as in quinsy. When purple or black spots appear among the measles, the case is serious; and we have observed that when the disease arrives at this stage the patient seldom recovers. Those who die of the measles generally expire on the ninth day, but often this disease is followed by pneumonia or inflammation of the lungs; in which case treat the patient as directed under that head in this work. The most favourable symptoms are moderate looseness, a moist skin, vomiting, and a plentiful discharge of urine. Adults are subject to this disease, but children are more liable to it, and that in the winter season. Measles are highly infectious, and often prevail epidemically; members of the family and neighbours will therefore do well to take a wineglassful of vervain tea three times a day as a preventive. If this disease be not properly treated, other symptoms make their appearance, such as dropsy and asthma. When the disease shows itself, bathe the patient in warm water and mustard, place a hot brick to the feet when they are in bed, and keep a fire in the room night and day, and then take the following :—

Pleurisy root	1 ounce.
Vervain	1 do.
Marigold flowers	1 do.
Pennyroyal	1 do.
Ginger, bruised	1 do.

Simmer these ingredients in five pints of water down to three pints, strain, and sweeten with treacle. Dose for an adult: half a teacupful every two hours; children according to age. If the bowels are not acting regularly give a dose of bilious powder or Alexandria senna tea as often as required. Cowslip flowers or the wine from them are often very

valuable to take in measles. A tablespoonful of the cowslip wine to children over twelve months old three times a day; or pour a pint of boiling water on one ounce of the j lowers, simmer twenty minutes, children to take a wineglassful three or four times a day sweetened; and if troubled with a cough or difficulty of breathing, give the I/obelia Cough Syrup.

MEASLES AND WEAKNESS.—Sweet liquor from a brewery is a very good beverage for weak and debilitated children and adults in most of the diseases mentioned in this book, but especially for those in measles. Any brewer, however, will give or sell what you want for sickness. If you cannot get it, make it thus :—Pour upon one pound of malt eight pints of boiling water, simmer it in the oven for one hour, strain off the liquor, and pour it upon one ounce of hops, simmer it again in the oven for twenty minutes it will then be ready for use. Drink freely of it.

SCROFULA, KING'S EVIL, or SCURVY.

The word *scrofula* means in plain English swine evil, swine swellings, or morbid tumours, to which swine are subject. Scrofula is a disease very difficult to define. It is also called king's evil. This absurd title arose from Edward the Confessor, who it was once stated cured this complaint; and the power of curing the disease by the royal touch was also attributed to the succeeding kings of England and France. Although this disease had been known to exist for nearly twenty centuries, yet with all the chartered wisdom of the medical college they have not as yet found out the cure, nor yet the cause. Hear what some of the learned profession say concerning it. Dr. Macintosh, in his "Practice of Physics," says, " We are told by almost every author to correct the bad habit of the body and improve the state of the constitution; but as far as I am concerned, I am not aware that we have ever yet been told a proper method to bring about this desirable object, or indeed in what the bad habit consists." Dr. Cullen says, " We have not yet learned any practice which is certain or generally successful in its cure." Professor Hayward, of Harvard University, after observing to his class that the excessive use of mercury is supposed to develop scrofula, remarked : "Almost every article of the materia medica has been tried and abandoned, and sometimes the patients recover their health under any mode of treatment, providing it is not severe or violent." Dr. Buchanan, says : " This disease, which so completely baffles the regular practitioners, often yields to the remedies of old women and quacks." And what we would ask, is the reason of this

signal failure of the legitimate practitioners, and the vexatious success of quacks ? The reason is obvious : the latter use those means which are rational, and which act in harmony with the laws of nature and the animal economy—the health-giving herbs. These aid the powers of nature, assimilate with and purify the fluids, stimulate the absorbents, and expel morbid matter.

The causes that produce this disease are various. It is often left after measles, fever, vaccination, and whooping cough, under the old practice; but it may arise from living in damp, confined situations, and breathing a foul atmosphere; living too much on slops; debauchery; or it may be inherited by children born of parents who have suffered from venereal disease, and the treatment which has hidden from the face of day the sins they have committed, thus fulfilling the Scriptures, that the sins of the father shall be handed down to the third and fourth generation.

SYMPTOMS.—The symptoms that first appear are small lumps under the chin, in the neck, and behind the ears. These generally increase in size and number until they form one or more hard tumours, which continue a long time without breaking, and when they do break they discharge a thin watery humour, matter, and blood. Other parts of the body are liable to its attacks, as the armpits, groin, feet, hands, or legs.

TREATMENT.—Although this disease is slow and sluggish, requiring much patience and perseverance, yet it can be cured by the botanical treatment. Let the patient have pure air (the seaside if possible), and abstain from all greasy substances and intoxicating drinks. It will be necessary to have recourse to a vapour or Turkish bath once or twice a week, and an emetic of lobelia once a fortnight. If there be a discharge, apply the slippery elm poultice (see form) three times a day. If it be scurvy, apply marsh mallow ointment (page 241) or fluellin ointment (page 242), morning and evening; or take two ounces of ragwort herb, boil them in three pints of water for twenty minutes, and bathe with this twice a day. These are all excellent, and will seldom fail. Ragwort is good for wounds, and is always useful for fomentation. Then take the following mixture :—

Burdock root	2 ounces.
Fumitory	2 do.
Bitter sweet root (American)				..	1 ounce.
Wood sanicle	1 do.
Clivers	1 do.

Simmer these ingredients in five pints of water down to three, strain; then take a separate ounce of the scurvy powder, pour one pint of boiling water upon it, stir well, and allow it to clear. Mix the clear from this last pint with the three pints of the former. Dose :—Take a wineglassful four times a day. Apply the marsh mallow ointment to the parts affected twice a day. Let this treatment be persevered with, and a sure cure will be effected.

SCALD HEAD, TETTERS, and NETTLE RASH—Tineais Capitis.

Scald head is a disease called chronic inflammation of the skin of the head, in which a peculiar matter is secreted. At first the eruption is confined to a small portion of the head, but by degrees its acrimony is spread over the whole scalp. It is accompanied by a troublesome itching and the discharge of a thick offensive matter, which glues or mats the hair together, and forms into a green or yellowish scale. It extends to the neck, ears, and eyes.

TREATMENT.—To accomplish a cure take two ounces of raspberry leaves and boil them in three pints of water for twenty minutes; then pour this boiling liquor upon half an ounce of lobelia, and bathe the head with it night and morning, but not twice with the same liquor, after which apply the white ointment. Keep the head covered during the day with a cap. As this disease results from a disordered state of the body, means must be taken to purify the blood and strengthen the system. Take one table-spoonful of the compound decoction of sarsaparilla four times a day. If the disease commences in the spring, give a dessertspoonful of the expressed juice of clivers or nettles three times a day. Tetter may be treated in a similar manner, as the disease proceeds from the same cause—an eruption of the skin. If the patient be an adult the vapour bath may be given with advantage once a week. Patients can make up a medicine to suit their own case, so that when the disease does not yield to their satisfaction they can apply others of the same class; but this I have seldom seen to fail.

NETTLE RASH or HIVES.

This is an eruption resembling the rash produced by stinging the skin with nettles. The skin is raised and there is more or less inflammation,

attended with painful tingling or itching. It disappears and reappears suddenly sometimes in one part and sometimes in another. This disease proceeds from an impure condition of the blood, and is usually connected with a disordered state of the stomach and bowels. Obtain, if you can, the juice of nettles, and give a teaspoonful three times a day, and lay a little on the part as well; if, however, the bowels are relaxed too much, diminish the dose, and it will soon cure. Sponge the body down night and morning with water and marsh mallow soap. Should the bowels be confined it will be necessary to administer an occasional aperient. Drink freely of the anti-scorbutic medicines if the above cannot be got.

SHINGLES—Herpes Zoster.

This consists of a number of very small vesicular blisters close together, and forming a circle. The eruption is attended with itching and a tingling sensation.

TREATMENT.—Take, for adults, a level teaspoonful of golden seal powder twice a day, in half a teacupful of warm water; for children, one or two teaspoonfuls of the Syrup of Golden Seal, three times a day after meals. Externally, paint over the parts affected freely with Acid Tincture of blood root.

RINGWORM—Tinea Tonsurans.

Ringworm of the scalp, common in the heads of children, is a contagious and parasitic affection of the epidermis due to a fungus growth.

TREATMENT.—Paint the ringworm twice each day with equal parts of Tincture of Iodine and Liquid Ammonia, and give internally one or two teaspoonfuls Syrup of Golden Seal, three times a day after food.

CANCER—Carcinoma.

Cancers are ulcers of the very worst kind, and proceed from a poison or virus in the blood, forming morbid matter which is sent among the gliinds and other vascular portions of the system. This accumulates by degrees, though it remains nearly unchanged, till by its obstruction to the circulation and the nervous action in the part, it gives power to the inorganic agencies to produce lesions, which are fatal when the system

cannot remove the offensive matter. "Various applications are recommended and used for cancers by medical men; but the knife is employed as the principal remedy, yet I have never seen a solitary instance cured by it." Dr. Munro states "that out of nearly sixty cases of extirpation of cancer at which he was present, only four patients remained free of the disease at the end of two years." Dr. Jackson, of Boston, America, in his lectures on Morbid Anatomy, stated that after a cancer has been operated upon with the knife it returns in a short time with great malignity, and attacks other organs and parts of the body.

SYMPTOMS.—The breast is often the seat of this complaint, but other parts are liable to become affected. When the female breast is affected, there is a movable hard tumour about the size of a marble. When in this stage it progresses slowly, attended with an uneasiness in the part affected, but without inflammation; it gradually increases in size, and becomes hard and knotty to the touch. As it progresses further there is a darting and burning pain felt in the tumour, and it becomes attached to the skin above and to the parts beneath, converting the whole into one common mass. Before it has attained any great size, there is a discharge of dark-coloured and offensive matter. The discharge is so acrid as to inflame the parts it comes in contact with. The ulcer now spreads rapidly, and unless it be checked it corrupts the whole stream of life, and the patient is so reduced that it frequently terminates fatally.

TREATMENT.—Means must be adopted to improve the general health of the sufferer. Give the following decoction :—

Quassia chips	1 ounce.
Yellow dock root	1 do.
Bitter sweet (American)	1 do.
Cinquefoil	1 do.
Agrimony	1 do.

Add five pints of water, and boil down to three pints, then add a teaspoonful of cayenne, and, when cold, two ounces of the decoction of red Jamaica sarsaparilla. Take a wineglassful three times a day. Then poultice the cancer with the green herb called spotted hemlock, bruised with a hammer very fine, spread on a cloth, and apply to the part affected several times a day; if a bleeding cancer, use freely of powdered Peruvian bark and gum myrrh before applying the poultice. Care must be taken with the hemlock, as it is poisonous. When the cancer is foetid and emits an offensive smell, a charcoal poultice can be applied with great advantage. Simmer half a pint of yeast in the oven, and while it

remains hot mix the charcoal with the yeast until it is of a proper consistency. Poultice the cancer as often as required; place a thin gauze or muslin upon the cancer before applying the poultice. This process will stimulate the absorbents to take up the foreign deposit; but if the tumour has advanced too far, poultice it with slippery elm, lobelia, and blood root (all in powder) in equal parts, at the same time washing the breast with oak bark tea. If this be persevered with, it will never, or seldom, fail to cure. The following is a very good cancer liniment of great power:—

Tincture of blue flag	2 ounces.
Tincture of blood root	1 ounce.
Tincture of red clover	1 do.

Mix them all together, then saturate a cloth in the solution and apply it twice a day. Sometimes use the spotted hemlock and at others use the poultice. They will all work together well. Cancers in the early stages have been cured by simply washing the ulcer with a strong decoction of the root of the yellow dock, applied as warm as the patient could bear it. Wash and scrape the roots of fresh docks fine, to lay on the cancer as a poultice; keep them moist, and change them five or six times a day.

ULCERS—Ulcus Eris.

These are continuous sores, attended with more or less pain and inflammation. This disease is caused by the impoverishment of the circulating fluids, arising from the imperfect process of digestion. The first object must be to correct the stomach and liver, and keep up a gentle determination to the surface. Take the following ingredients :

Bitter sweet (American)	1 ounce.
Ground ivy	1 do.
Wood sanicle	1 do.
Agrimony	1 do.
Bogbean	1 do.
Raspberry leaves	1 do.

Add five pints of water, boil down to three pints. Take a wineglassful four times a day, and a teaspoonful of scorbutic powder night and morning. The bowels to be kept open by taking a little of the antibilious powder or the antibilious pills, and poultice with slippery elm, lobelia, and blood root, mixed with a strong decoction of oak bark, three times a day. A vapour bath and an emetic once a week will assist the cure. Use on the wound the healing salve as directed.

SUMMER COMPLAINTS or LOOSENESS— Diarrhoea.

SYMPTOMS.—This disease is characterized by frequent discharges from the bowels and is attended with griping pains in a greater or less degree. The causes that produce it are various, but probably the most common of all is eating unripe fruit, or the stoppage of perspiration, and vitiated humours, which, not being expelled by the skin, are thrown upon the liver, and cause a vitiated and unhealthy secretion of bile and mucous. As the disease advances it affects the stomach with sickness and vomiting, the countenance becomes very pale, and the skin is dry and rigid. If it be allowed to continue, there is great prostration of strength, and it soon becomes dangerous.

TREATMENT.—In slight attacks a few doses of composition or cholera powder will be sufficient, but in severe cases take the following :—

Oak bark	1 ounce.
Tormentil root	1 do.
Raspberry leaves	1 do.
Agrimony	1 do.
Bayberry bark	1 do.

Bruise the tormentil root. Add five pints of water, boil down to three pints; pour this, boiling, upon one ounce of confection aromatica, and sweeten with loaf sugar. Give a wineglassful every half hour, or as the violence of the symptoms may require. If there is much pain, apply hot camomile poultices, and renew them as often as they cool. If these should not have the desired effect, give an injection of half an ounce of powdered gum myrrh in half a pint of warm milk once or twice a day. Attention to diet is highly necessary. Sago, rice milk, and Dr. Fox's Dandelion Coffee will be suitable food for patients. After the diarrhoea has ceased, give the stomach bitters powder to correct the appetite and strengthen the stomach and bowels.

DYSENTERY—Dysenteria.

This disease is an acute inflammation of the mucous membrane of the colon and rectum known as flux. As the disease advances, sickness, nausea, and vomiting occasionally prevail, and are succeeded by griping stools, which consist of muscous streaked with blood; and often pure blood is discharged. The patient has a constant desire to go to stool, and is harassed with an inclination to strain, which affords no relief. The

liver is torpid or inactive, the stomach acid, and the bowels frequently distended with wind. Shreds or patches of false membrane are sometimes passed in the alvine discharges.

CAUSES.—Perspiration suddenly checked by cold, sleeping in a damp room or bed, wet clothes, unwholesome diet, unripe fruit, and the effects of sudden changes in the weather; neglected or falsely treated indigestion, acids retained and thrown upon the intestines, causing irritation, inflammation, &c.

TREATMENT.—In ordinary cases the patient is soon restored to convalescence by the use of composition and cholera drops and powders, but when it prevails epidemically it sometimes proves fatal. At this time it requires the most practical application, and the preparation below may be depended upon. Having had much practice in obstinate cases, we have no recollection that it has ever failed in our practice. Make the following decoction :—

Gum catechu	1 ounce.
Cranesbill	1 do.
Slippery elm	1 do.
Bistort root	1 do.
Tormentil root	1 do.

Boil in five pints of water down to three pints, strain, add half a teaspoonful of cayenne, and take a wineglass-ful 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 catechu, half a teaspoonful of each, in half a pint of warm water. Good nursing in this, as well as in other diseases, is very important. The excrement should at all times be immediately removed. Change the clothes often, and let them be well aired. Admit pure air into the room. Great attention must be paid to diet. Fox/s Mailed Slippery Elm Food is specially suitable, and is very strengthening. 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-cupful 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.

CHOLERA—Cholera Morbus.

SYMPTOMS.—Cholera morbus comes on generally very suddenly. It usually commences with nausea and pain in the stomach, followed by

severe griping and distress in the bowels. These symptoms are immediately succeeded by vomiting and purging, which generally continue in paroxysms until great prostration follows. The stools are at first thin and watery, and generally tinged with bile. The peculiar feature of this complaint is a spasmodic affection of the abdominal muscles and extremities. The person is drawn up on every attack, or on every paroxysm, often causing him to scream aloud in dreadful agony. The thirst is usually very great, but almost every liquid taken into the stomach is immediately rejected. As the disease advances the pulse becomes small, feeble, and intermittent. There is a coldness of the extremities; countenance is pallid and expressive of great distress. Cold sweats break out, and great prostration follows.

TREATMENT.—Bathe the extremities in hot water and mustard; apply a hot brick, wrapped in vinegar cloths, to each side and to the feet. Foment the bowels with wormwood, tansy, and cayenne tea, as hot as possible, and do not desist until the pain has ceased. Keep a good fire in the room, and at the same time give from 20 to 30 drops of the anti-cholera drops, in a tablespoonful of water, sweetened, every hour or two, as the violence of the case may need, and one teaspoonful of anti-cholera powder every half-hour till the symptoms abate. If these fail, which very rarely occurs, give the following mixture to neutralize the acids and stay the vomiting :—

Prepared chalk	2 drachms.
Rhubarb	1 drachm.
Cinnamon	1 do.
Cayenne pepper	$\frac{1}{2}$ do.

Mix these in half a pint of hot water, well sweetened with loaf sugar; then add half a pint of peppermint water. Give two tablespoonfuls every half-hour until the sickness is stayed. Then give the following mixture:—

Oak bark	1 ounce.
Poplar bark	1 do.
Raspberry leaves	1 do.
Meadow sweet	1 do.

Boil in five pints of water down to three pints, strain, pour hot upon one ounce of gum myrrh and half a tea-spoonful of cayenne. Let the patient take a wineglassful of this every hour, or as often as the urgency of the symptoms requires, and give an injection every two hours of gum myrrh, rhubarb, and composition, each half a tea-spoonful and a lobelia emetic if required. Diet must be carefully attended to; all greasy substances avoided. Mint, raspberry leaves, or pennyroyal tea may be

drunk when thirsty.

ASIATIC CHOLERA—Cholera Asiatica.

It first broke out in its most malignant and destructive form in August, 1817, at Jessore, in Hindostan, a flat pestilential, marshy swamp, at the meeting of two large rivers. At this spot in a few weeks 10,000 persons were swept off by its fury. In 1818, Calcutta was visited, and from January to May 1,800 more were sent to the silent tomb. From thence the pestilence spread to Bengal, destroying a great number of the people in the towns and villages, passing all along the river Jumna, leaving but a few of the inhabitants out of 60,000. There was stationed at Bunderland an English army, and in one week 9,000 of them were sent to the grave by this silent visitor. It reached Russia, in 1829, and England the same year. This country was afflicted by the ravages of cholera again in 1849, and lost, it was computed, 101,600 of its population. The last time we were visited by the cholera three self-sacrificing scientific men travelled through various parts of England to discover its true cause. In their examinations of the rivers they found the waters impure, and a microscopic examination revealed millions of animalculae; insects so small that millions only cover one cubic inch of water. Chemical analysis proved the presence of an infectious deadly poison; and these animalculae, being inhaled into the lungs, contaminated and poisoned the blood in the living organism, deranging the vital principle in the body, and producing the disease named cholera. They examined the evacuations that passed from the alimentary canal and the contents of the stomach, and by the like chemical experiments discovered in every instance the same class of minute insects. The heat of the sun acting upon putrid vegetable and animal matter causes an exhalation from the rivers as well as the putrid decayed matters of the earth, and brings into existence these animalculae, inducing this deadly pestilence. The animalculae float in the air, especially in valleys by myriads, and thus by the mere act of breathing, this epidemic is inhaled into the lungs, poisoning the vital fluid—the blood.

There is no disease incident to the human family that has spread so much terror and desolation as the Asiatic cholera. It attacks people in good health, without giving any notice of its approach. It appears to be only an aggravation of the common cholera, or a more malignant type of the same. It is characterised by frequent discharges from the stomach

and bowels of a watery fluid resembling rice or barley water. The patient is seized by a spasmodic pain of the bowels, cold and clammy sweats over the body, great coldness of the surface. The countenance soon becomes so altered that all the features of the face contract and sink; the lips are blue. The heat and pain at the stomach are extreme. The spasms of the patient are dreadful, beginning like cramp in the feet; sudden attacks of pain run up the legs and arms, as though they were breaking, to the trunk. At the approach of death these spasms leave the system. The action of heart, pulse, and organs of respiration rapidly diminish; the system loses all power to retain its heat; the blood thickens, the courses of the large veins are black and marked; even the tongue is cold. The eyes become closed; there is a complete suppression of bile and urine, yet the patient often continues sensible until life is quite extinguished.

TREATMENT.—There is no disease that so strongly exhibits or so clearly proves the theory of the botanic practice—"Heat is life; the absence of heat death." Patients suffering under this become so void of the vital principle, heat, that a galvanic battery produces no effect. So void are they of oxygen, that life-giving principle, that there is not sufficient stimulus or heat; therefore the blood recedes from the surface, and is thrown upon the vital organs, which have not the power to throw off the extra amount of work. Our great aim is to restore the circulation and check the diarrhoea; and to accomplish this the following means must be used :—Place the patient in hot water and mustard up to the knees, rub well, at the same time giving a teaspoonful of cholera powder in water, strained and sweetened, every quarter of an hour, and thirty drops of anti-cholera drops every two hours. If they are rejected repeat them again, as it is not well to lock up in the system the virus or poison. After the patient has been in the bath ten minutes, put a hot brick to his feet, and one to each side of his legs, wrapped in vinegar cloths, to be replaced by fresh hot bricks as often as they become cool. The cholera drops and powder being the nearest at hand, can be given while the following is preparing :—

Oak bark	1 ounce.
Meadow sweet	1 do.
Tormentil root	1 do.
Raspberry leaves	1 do.
Cranesbill	1 do.

Boil in five pints of water down to three pints, strain, pour hot upon half an ounce each of bayberry, gum catechu, and cayenne; sweeten with loaf sugar. Give a wine-glassful every half hour, and an injection of the

same liquor every two hours with the addition of a tablespoon-ful of tincture of gum myrrh. Let half a pint of this be injected up the bowels of the heat of new milk. Let this treatment be persevered in, and we do not fear the result, as we had ample proofs of its efficacy in 1849. After the pain and purging have subsided, give bitters combined with gum arable, comfrey or slippery elm bark; these soothe the stomach and bowels and remove the irritation. In some cases we have been obliged to resort to an emetic and vapour bath before we could produce perspiration and stop the sickness. If the sickness and discharges are not much improved in four or five hours a lobelia emetic must be given. We have seen when the limbs have been drawn up with violent cramp and great pains, the skin turned a dark purple colour, and death evidently fast approaching, administration of the emetic has, by the providence of God, been successful in effecting a thorough cure. Great attention must be paid to diet. Arrowroot, sago, dandelion coffee, and mailed slippery elm food may be taken.

Dr. Worcester, of Coventry, America, cured no fewer than eight hundred persons afflicted with the cholera, a great number of them having been given up as incurable by the faculty. Dr. Worcester published his remedy for the good of mankind, which is the following :—

Tormentil root, powder	1	ounce.
Bayberry bark, powder	1	do.
Cayenne pepper	$\frac{1}{4}$	do.
Carbonate of soda	$\frac{1}{4}$	do.

Simmer one hour in four pints of water, covered up; when cool, clear, and then put to it two ounces of tincture of gum myrrh. Place the patient's feet in hot water, and give a wineglassful of the mixture every fifteen minutes until perspiration flows freely. The unparalleled success which has attended the administration of this mixture stamps it as a safe and specific remedy in all cases of diarrhoea, dysentery, or cholera.

CHOLERA INFANTUM—Cholera Infantum.

Cholera of infants or diarrhoea is a complaint having the appearance of adult diarrhoea, and arises from similar causes. Though in many instances it is rapid in its course in infants it is more contracted and often becomes chronic. The belly is then much swollen and hot, while the limbs are wasted, cool, and weak. The discharges from the bowels are green and acrid. The child dozes with its eyes wide open, and rolls its head when awake. The face is shrunken and pallid, and the lips are blue.

TREATMENT.—The same as cholera, omitting the cayenne, and giving less in quantity to children and infants.

ACIDITY OF THE STOMACH— Stomachus Aciditas.

This is generally caused by improper diet, rich pastry, or fatty matter taken in a weak and debilitated state of the stomach, when the system has been impaired by excesses, mercurial treatment, the too common use of alkalis, such as bi-carbonate of potass or carbonate of soda; and for this disorder they are commonly used. If we may judge from the frequency with which we witness professional men prescribe carbonate of soda, we must regard it as a valuable remedy. This I formerly thought, but closer observation and greater experience of the operation of medicines fully convince me that this is a great mistake, and there are few medicines so frequently employed that are more debilitating to the stomach, and through it to the whole system.

TREATMENT.—An acidity of the stomach proceeds from weak digestion, the treatment must be the same as for indigestion. The following may be taken in addition, with great benefit :—Take two ounces of fresh-burnt lime, pour upon it two pints of cold water; stir it well up, and let it stand to clear. Then take two tablespoonfuls, with the same quantity of milk, night and morning. This is a good anti-acid.

VOMITING—Emesis.

Sometimes persons are taken with vomiting without any apparent cause, or not proceeding from any other disease.

TREATMENT.—The stomach at times rejects all food and the medicines that are necessary to effect a cure. In a variety of diseases this will at times be very distressing, and means must be used to stay the sickness. We have often found the following to answer :—Take two ounces of mountain mint, or spearmint, pour upon it three pints of water and simmer down to a pint; clear it; then add two tablespoonfuls of loaf sugar. Take two tablespoonfuls every half-hour. If not effectual, take the following :— one ounce of spearmint, one drachm each of cloves, cinnamon, and rhubarb, and pour on these one pint of boiling water. Take a wineglassful every half-hour, sweetened with loaf sugar. If these

fail which is scarcely probable, let the patient bathe his feet in warm water and mustard, and apply to the feet a hot brick wrapped in a vinegar cloth. Give a lobelia emetic, after which a teaspoonful of the stomach bitters powder three times a day.

COLIC—Colica.

SYMPTOMS.—Colic is characterized by great pain in the bowels and stomach, accompanied with nausea, retching, and vomiting; and often a spasmodic contraction of the muscles of the abdomen, attended with griping and twisting sensations, for which pressure on the bowels affords some relief, and this distinguishes it from the inflammation of the bowels. Colic is divided into several kinds. Flatulent Colic—when there is costiveness, griping pains in the bowels, a rumbling noise, distention of the stomach, with an inclination to vomit. Hysterical Colic—nausea and sickness at the stomach, spasms, costiveness, lowness of spirits, &c. Bilious Colic—when there is a bitter taste in the mouth, thirst, fever, vomiting of bilious matter, and costiveness. Painters' Colic—occasioned by the absorption of lead, to which painters, potters, and miners are most subject.

The causes that produce this disease are various, as indigestible food and redundancy of acrid bile, long-continued costiveness, hardened faeces, inhalation of metallic substances as mercury, lead, and pernicious mineral medicines. In all cases there is evidently an irritating matter in the alimentary canal, which produces spasmodic contraction of the intestines, and sometimes violent inflammation, which is not always confined to one particular spot.

TREATMENT.—Flatulent Colic—Take the following :—

Dandelion root	1 ounce.
Buchu leaves	1 do.
Fennel seeds	1 do.
Sweet flag root	1 do.
Marsh mallow root	1 do.

Boil these in four pints of water for half an hour; then pour the clear upon one ounce of sweet flag root in powder and half an ounce of ginger. Take a wineglassful warm every half-hour till relieved; place a hot camomile poultice over the stomach every half-hour, and take half a teaspoonful of anti-spasmodic powder in half a cupful of hot water, sweetened, three times a day.

Hysteria Colic—Take :—

Scullecap	1 ounce.
English Valerian root	1 do.
American valerian	1 do.

Boil these in three pints of water, pour hot upon half a teaspoonful of cayenne. Take a wineglassful three times a day.

Bilious Colic—Take :—

Agrimony	1 ounce.
Dandelion	1 do.
Juniper berries	1 do.
Centauray	1 do.
Parsley roots	1 do.

Put in five pints of water, boil down to two pints; strain, add half a teaspoonful of cayenne pepper; take a wine-glassful six times a day.

Painters' Colic—Use the same remedies as recommended for flatulent colic.

In all symptoms of colic where the bowels are costive injections are indispensable; the same to be used as recommended under the head of inflammation of the bowels. Cloths wrung out of vinegar, water, and cayenne, as hot as can be borne, must be applied to the part, and the injections given as often as circumstances may require. The food must be light, and all greasy substances avoided. We have had at times to resort to vapour baths and emetics. The bowels can be opened by way of the purgative medicines.

FLATULENT OR WINDY STOMACH.

This affection is termed indigestion and flatulency. It shows a weak debilitated state of the digestive organs. Certain articles of food will produce this disease, such as bacon, fat meat of all kinds, unripe fruit, cheese, pickles, new bread, fat cakes, plum cakes, mushrooms, ketchup, broth, eggs (if cooked), sausages, and all similar kinds of food. These are injurious more especially for invalids. Regulate the bowels as much as possible with diet. Take medicine as directed for indigestion.

COSTIVENESS—Constipation.

Costiveness may be either constitutional or symptomatic, but is generally the latter. There is a retention of the excrements, with

hardness and dryness of the evacuations, which are often difficult and sometimes painful. Persons of sedentary habits are liable to the complaint, especially those of nervous or choleric temperament, or who are subject to disease of the liver or spleen. There is generally nausea, flatulence, and pains in the head, with a degree of fever. There is no disease so common, and perhaps no other complaint for which people so uncommonly take the liberty of prescribing for themselves, as costiveness, and none which they more frequently fail to remedy, or more often increase and establish by the very means taken to cure.

TREATMENT.—The cure is not to be effected by taking purgatives constantly, but by assisting nature by diet and gentle friction over the bowels. The golden rule for constipation is a proper attention to diet; let the food be moistening and laxative; such as roasted apples, pears, gruels, soups, Broths, etc. The bread should be made of unbolted wheat flour, or rye and Indian meal. Rise early, use the shower bath, and exercise freely, making a practice at a certain time to produce evacuation. By this process many have been enabled to overcome the complaint, entirely; but where this fails, give an injection every morning with warm water. This is far better than having resort to purgative medicines. If purgative medicines are taken, take a few doses of anti-bilious powder (page 234).

JAUNDICE—Icterus.

The digestive power's are always more or less weakened, and general coldness and an inactive state of the system prevail before the symptoms of jaundice appear, which is the cause of the obstruction of the natural passage of the bile, occasioning a yellow tinge in the skin and whites of the eyes. When people have what is called jaundice, it is the prevailing opinion that they have too much bile; this is a mistaken notion, for there is no such thing as there being too much gall. The difficulty is caused by the stomach being cold and disordered, so that the food is not properly digested, and the bile, not being appropriated to its natural use, is dispersed through the pores of the skin, and deposits on the surface the yellow colour termed jaundice.

SYMPTOMS.—Jaundice comes on in a gradual manner, with symptoms of indigestion, a general feeling of languor, and sometimes with severe pain and distress at the pit of the stomach, attended with frequent vomiting and no relish for food. The duration of the attack depends

upon the application; if you give emetics, vapour baths, and injections, it arrests its progress at once; if otherwise, it will sometimes be cured with tonics and bitters in a few days; or it may continue for months and assume the chronic form, in consequence of permanent derangement of the digestive functions and disease of the liver.

TREATMENT.—If jaundice arises from previous disease, it is to be overcome or removed by correcting the derangement of the liver.

Take:—

Dandelion root	2 ounces.
Circuma	1 ounce.
Barberry bark	1 do.
Agrimony	1 do.
Poplar bark	1 do.

Boil thirty minutes in five pints of water, cool and clear, then add half a teaspoonful of cayenne pepper. Take a large wineglassful four times a day. If the bowels are costive, take two liver pills night and morning. Should there be sickness, take a lobelia emetic or if the skin feels harsh and dry, a vapour bath is essential. The following remedy we have used with good effect, and it is preferable to the other for weak patients, as it agrees with the most delicate constitution :—Take a large lemon, cut off one end and press into the lemon three pennyworth of true saffron : put the lemon into a cup, and place it to simmer a few minutes in the oven, until the lemon is hot through; then cut it in thin slices, and pour on it half a pint of foreign tent or mountain grape wine; let it stand two hours, press out the liquor through muslin, and it is ready for use. Take a wineglassful fasting every morning.

WHITE SWELLING—Rydarthrus.

This is one of the most painful inflammations that afflict mankind. Its most common seats are the knee and hip joints. As the name implies the skin remains white, and the seat of the inflammation is in the periosteum, the membrane that shields the bone. In most cases both become enlarged and diseased, and it often occurs in a feeble scrofulous constitution.

TREATMENT.—The part affected must be steamed and fomented well with a strong decoction of wormwood, mallows, tansy, and southernwood, for an hour at once, three times a day, and rubbed well with the following liniment :—

Spirit of wine	8 ounces.
Oil of pinus canadensis		$\frac{1}{4}$	ounce.
Oil of sassafras	$\frac{1}{4}$	do.
Oil of cedar	$\frac{1}{4}$	do.
Camphor in the gum	$\frac{1}{4}$	do.

Mix them all together, and they will be ready for use. Rub the parts affected well before and after every steaming for half an hour, and keep the parts constantly wet with the liniment. This is a good remedy, and we highly recommend it. Take the medicine prescribed under the head Scrofula.

FELON AND WHITLOW.

A felon is an inflammation of a covering of the bones of the joints, most commonly occurring in the fingers, toes or side of the nails. A whitlow is similar to a felon, but it is not so deeply seated; it is often located at the root of the nail.

TREATMENT.—Apply the poultice recommended in cancer, spotted hemlock; it will give immediate relief, and never fail to effect a speedy cure. Take a dose of composition powder in warm water, sweetened, three times a day.

SCALDS AND BURNS—Ambustio onis.

Wrap or lay upon the scalds or burns cloths wet with cold water. However violent it may be it will give instant relief without the slightest danger, so long as they are applied wet and cold, changing the cloths every minute or two. It will prevent the return of the inflammation and smarting pain so long as the cold wet cloths are kept on the parts, and when the smarting has subsided apply linseed oil and lime water in equal parts ;

or use the following, take one pint of raw linseed oil, dip a quantity of rags in it, then take it into the yard, set fire to the bottom of the rags, and catch the ointment in a dish as you burn the whole away. Apply it to the burn or scald spread on a cloth. We have seen it cure children that were nearly scalded to death. In a moment it takes away all pain, and so long as the ointment cloths are repeated it never returns. It is one of the best applications that can be used.

SORE FEET.

Take a teaspoonful of stomach bitters, three times a day, in hot water; bathe in two ounces of white mustard and water twice a day, and a vapour bath every third day; if the third bath does not effect a cure, take an emetic of lobelia, and follow it up with bitters. Dust a little boric acid or salt-petre into the socks.

SOOTHING DROPS.

Take:—

Scullcap	$\frac{1}{2}$ ounce.
Valerian..	$\frac{1}{2}$ do.

Infuse these in a pint of boiling water for twenty minutes, then clear and add the following :—One table-spoonful each of honey and loaf sugar, and three table-spoonsful of tincture of lobelia. A teaspoonful of this mixture will generally put a restless infant to sleep, without the slightest danger. The dose may be repeated if desirable. The same is useful in a severe harsh dry cough.

COMMON COLD.

Cold, or, in other words, the closing of the pores, is the forerunner of other diseases. A cold is too often neglected from the idea that it will wear off gradually; this leads many astray, and has caused the death of thousands, when the cold might have been thrown off at the cost of a little trouble. It should always be borne in mind that if small complaints are removed, larger ones never make their appearance.

TREATMENT.—When a person feels chilled, tired, and feeble, with pains in his limbs, let him place his feet in warm water and muscard, then have a brick, wrapped in a vinegar cloth, applied to his feet. Make a pint of yarrow tea, sweetened with treacle, add a little cayenne or composition powder, and let this be drunk; it will throw the patient into a profuse perspiration, and the cold will vanish. Sponge the body down in cold water, and rub well with a coarse cloth. Half a teaspoonful each of stomach bitters and composition powder may be taken with advantage in half a cupful of boiling water sweetened, when cool, three times a day for a few days.

COMMON COUGH—Tussis.

Coughs proceed from colds, and if not removed, become settled or chronic; in many instances they end in asthma and consumption. The following will generally remove a cough :—

Horehound	1 ounce.
Hyssop	1 do.
Vervain	1 do.
Coltsfoot leaves	1 do.
Spanish juice	$\frac{1}{2}$ do.

Pour upon the herbs four pints of water, boil down to two; and add half a teaspoonful of cayenne pepper. Take a wineglassful three times a day.

INFLUENZA or CATARRH—Tussis Epidemicus.

This is an epidemic disease which occasionally prevails. It is an increased secretion of mucous from the membranes of the nose and bronchia, with fever, and attended with sneezing, cough, thirst, lassitude, loss of appetite, rheumatic pains, hoarseness, sore throat, and difficulty of breathing.

TREATMENT.—Give a Turkish or vapour bath every other day, and take the following :—

Yarrow	1 ounce.
Vervain	1 do.
Horehound	1 do.
Boneset	1 do.
Red sage	1 do.

Add four pints of water, boil down to two, and clear, then add half a teaspoonful of cayenne. Take a wine-glassful three times a day. Keep the bowels open once or twice a day, and let the diet be light; and if the throat be sore, use the gargle for sore throats, and take two lobelia pills every night.

BLEEDING FROM THE NOSE AND MOUTH— Haemorrhagiae.

A vapour bath, by equalising the circulation, will generally stop bleeding from the nose, especially if it be only the rupture of a small blood vessel. But in desperate and dangerous bleeding, the following will seldom or never fail to cure :—Bistort, cranesbill, and avens, one

ounce each, boiled in three pints of water for half an hour. Half a teacupful of the decoction, and one-sixth of a teaspoonful of cayenne with it, every ten minutes, for an adult, until cured, Apply cold water bandages to the nape of the neck as speedily as possible, and this will cure in every violent case.

PILES—Hemorrhoids.

Piles are produced by great fulness of what is called the hemorrhoidal veins, forming small tumours either in the anus or protruding beyond it. In some cases they are attended with a discharge of blood on going to stool, and are then called bleeding piles. When they are in the state of chronic tumours, with painful swelling, without bleeding, they are called blind piles. In severe cases, a portion of the intestines fall down as soon as the feces are passed, and require to be pressed up by the aid of a sponge first warmed in water.

The causes that produce this disease are generally costiveness and weakness of the bowels. There are few diseases that require more attention to diet, or on which it has a more beneficial effect. Piles are often brought on by an improper diet, and may frequently be removed by the opposite course of plain food.

TREATMENT.—Brown or rye bread must be used; and wines, in fact all alcoholic drinks, must be avoided. Long-established cases are found difficult to cure, and perseverance is necessary in their treatment. Take:—

Yarrow	1 ounce.
Pilewort..	1 do.
Cranesbill	1 do.
Mullein	1 do.

Add four pints of water, boil down to two pints, then pour boiling hot on an ounce of pile powder. Take half a teacupful three times a day. The bowels must be regulated, but not by purging; use the means recommended in costiveness. Dip a piece of cotton wool into essence of spearmint or anti-cholera drops, and apply it to the part; this will cause a smarting for a few minutes, but after that has subsided the patient will be entirely relieved. Where there is great swelling, steam the part with marsh mallow, elder flowers, and yarrow; and apply a poultice of slippery elm mixed with warm milk and water. Where the piles are large, we have found the following treatment very effectual:—Make a

double noose with silk, and draw it tight round the pile; this, by stopping the circulation, will destroy the nervous sensibility, and by drawing a little tighter as it looses, will cause the piles to come off. This will be found far better than having recourse to the surgeon's knife. The pile ointment applied night and morning will be found to give relief.

PALSY—Paralysis.

Palsy is a disease affecting the nervous system, characterized by a loss or diminution of motion or feeling, or of both, in one or more parts of the body. When one entire side of the body, from the head downwards, is affected, it is distinguished by medical men by the name of hemiplegia; if one half of the body is taken transversely by the seat of the disease, it is named paraplegia; and when confined to a particular limb or set of muscles, it is called paralysis.

CAUSES.—It may arise in consequence of an attack of apoplexy; it may also arise by anything that prevents the flow of nervous power from the brain into the organs of motion; it also may be occasioned by translation of morbid matter to the head, a suppression of usual evacuations. Those whose occupations subject them to the constant handling of white lead, and those who are much exposed to the poisonous fumes of metals or minerals, are liable to be attacked with it; whatever tends to relax and enervate the system may prove an occasional cause of this disease.

SYMPTOMS.—Palsy generally comes on with sudden and immediate loss of the motion and sensibility of the parts; sometimes there is numbness, coldness and paleness, and at other times slight convulsive twitchings. When the head is much affected the eye and mouth are drawn on one side, the memory and judgment are much impaired, and the speech is indistinct and incoherent. If the disease affects the extremities, there is a loss of motion and sensibility, and a wasting away of the muscles of the part. affected.

TREATMENT.—In the early stages of palsy a vigorous course of treatment must be resorted to in order to restore the lost functions of the part affected. Whatever may have been the cause, it is quite evident that there is a loss of the circulation. Vapour or Turkish baths must be given three times a week, and the parts affected well rubbed with the tincture of cayenne and prickly ash berries night and morning, and a decoction of the following herbs drank :—

Prickly ash berries	1 ounce.
Wild cherry bark	1 do.
Poplar bark	1 do.
Scullcap	1 do.
English valerian root	1 do.
American valerian root	1 do.

Add five pints of water, boil down to three pints, clear, and add half a teaspoonful of cayenne. Take a wine-glassful four times a day, and give half a teaspoonful of anti-spasmodic drops in a wineglassful of the medicine twice a day, and two nervine pills three times a day. Keep the bowels open by injections. Let the food be nourishing, and avoid alcoholic drinks.

EPILEPSY, or FALLING SICKNESS—Epilepsia.

Epilepsy, called also Falling Sickness, is a sudden deprivation of sense, accompanied by unusual emotions and violent convulsions of the whole system. The eyes become fixed, the teeth gnash against each other, and there is foaming at the mouth. It occurs in paroxysms, which, after a period, leave the patient nearly in his former state; but they are generally succeeded by languor, debility, stupor, and drowsiness. It takes place more frequently among young children than adults. It occurs also periodically, and oftener in the night than in the day. It will often attack others in the same family. Various causes will produce this disease, such as blows, wounds, fractures, and other injuries done to the head by external violence, together with plethora or fulness of the vessels of the head, water in the brain, disease of the nerves and spine. It will arise from the presence of worms, or disease of the stomach and bowels.

TREATMENT.—As soon as there are any of these symptoms, means must be used to restore the equilibrium of the circulation. Bathe the feet in hot water and mustard; take a hot brick, wrapped in a vinegar cloth, and apply it to the feet. Take half a teaspoonful each of scullcap, cayenne, and lobelia powder, on which pour half -a-pint of boiling water, let it settle, sweeten. Give two tablespoonfuls every half hour until the perspiration is produced; after which give the following decoction :—

Catnep	1 ounce.
Valerian root	1 do.
Horehound	1 do.
Peony root	1 do.
Pellitory of the wall	1 do.
Wood betony	1 do.

Macerate in five pints of water in the oven, covered up, for one hour; pour boiling hot upon one ounce of scull-cap. Give two tablespoonfuls six times a day, with ten drops of the anti-spasmodic tincture added to each dose.

ST. VITUS' DANCE—Chorea Sancti Viti.

The prominent symptoms of this most distressing disease consist of twitchings and jerkings of the face and limbs. By degrees these increase until, in many instances, every muscle of the body is affected with spasmodic contractions; these are almost exclusively confined to one side. The patient is often unable to stand, or even direct his hand to his mouth. This disorder generally arises from the derangement of the digestive organs; sometimes fright, exposure to cold, repelled eruptions, and suppression of the menses. The disease may continue for a few days, or for years. Girls afflicted with it seldom get cured until menstruation is fully established.

TREATMENT.—Observe the general advice given under the head of paralysis, but the following will be found highly efficient :—

Mistletoe	2 ounces
Scullcap	1 ounce.
Valerian.	1 do.
St. John's wort	1 do.

Add five pints of water, boil down to two pints. Take a wineglassful three times a day. Make up a pill of equal parts of lobelia, cayenne, and asaKetida. Take two of these night and morning. Mistletoe, given in doses according to age, will often cure alone. Persons above ten years old may take half a teacup ful of a strong decoction, sweetened, four times a day. St. John's wort is used in the Isle of Man to cure St. Vitus' dance. I^et the diet be light and nourishing. If it arises from a stoppage of the menses, treat the case according to page 194.

TIC DOLOUREUX—Neuralgia.

Tic douloureux consists of a severe and darting pain along the course of the nerve in various parts of the body, but chiefly in the face. The sensation is felt in the forehead, temples, cheeks, mouth, lips, tongue, and the eyes, according to the particular nerve which is affected. The same kind of pain is felt in the upper and lower extremities. It occurs in paroxysms of long or short duration, and sometimes makes its attack with the suddenness of an electric shock. Neuralgia is frequently caused through a decayed tooth, and in that case the tooth should be extracted.

TREATMENT.—Take scullcap, lady's slipper, valerian, and composition powders of each half an ounce; mix well, and take a teaspoonful in a cupful of boiling water, let it stand till cold enough to drink, then pour off the clear tea, and add ten drops of anti-spasmodic tincture. This dose to be repeated three or four times a day. For external application use also thi.; toothache liniment No. 2 (page 251).

GIDDINESS—Vertigo.

SYMPTOMS.—Vertigo or dizziness is generally symptomatic of some other disease, such as indigestion, hypo-chondria, or it may be a premonitory symptom of apoplexy, or a determination of blood to the head. The patient is seized with a sudden sense of swimming in the head, everything appears to turn round, he staggers, and is in danger of falling down. This disease is not dangerous when it arises from a nervous disorder, but there is danger when it proceeds from plethora, or an unnatural quantity of blood in the head; there is then danger of apoplexy. It often proceeds from difficult or obstructed menstruation. Bathe the feet in warm water and mustard at night, and take the medicine recommended under the head of apoplexy (page 111). Patients must be careful as to diet; brown bread must be eaten instead of white; butter and all fat, cheese, and pastry should be avoided. The shower bath may be used with advantage.

LOCKED JAW—Tetanus Trismus.

This may be caused by sleeping in the open air or the use of narcotic poisons, but it more frequently occurs from wounds in the hands and soles of the feet, injury to the toes, or by the application of leeches to the throat for quinsies or sore throat. Where a nerve has been partly divided or lacerated, without being completely severed, the muscle of the

lower jaw-bone becomes contracted and hard, and at length the patient cannot open his mouth at all. " There is no disease," says a medical writer, " that is treated with such a variety of medicines as lock-jaw. There are as many applications as there are physicians, none of which seem to have much effect."

TREATMENT,—The botanic practice never or seldom fails to effect a cure. We were called in to see a patient with lock-jaw brought on by the application of ten leeches. The patient was a married woman, who had a quinsy, and leeches were ordered to be applied on the neck. Lock-jaw ensued, and Doctor was sent for. He tried for some time to open the mouth; and finding that the jaws were set and firm, and resisted all his efforts, he declared that nothing could be done for the patient, as the quinsy would burst in a few hours and would cause suffocation. The family were naturally much alarmed, and we were called in. We informed them that there was very little danger, for the lock-jaw and quinsy would both yield with certainty to the treatment we should prescribe; but the patient was hopeless, being impressed with the doctor's opinion and feeling that she was sinking she thought it was useless to try any other remedies. Her relatives however prevailed with her and the following medicine was given :—Half a teaspoonful of anti-spasmodic tincture and one teaspoon-ful of acid tincture of lobelia. This was poured between the teeth several times and in less than twenty minutes the nerves and muscles of the face relaxed, the quinsy burst, she vomited freely, and three days after she was attending to her usual household duties, and she lived twenty years after this, dying at the age of 70 years. In another case of lock-jaw—a male—the following treatment was successful:—We administered an injection of lobelia, gum myrrh, cayenne, rhubarb and valerian; half a teaspoonful of each in a pint of raspberry leaf tea new-milk warm; we then gave the vapour bath; we also gave clear cayenne and lobelia tea which we managed to get between the teeth; and by applying heat outside, in the shape of hot bricks, and heat inside, the muscles relaxed in the space of two hours, and the patient was able to speak. We kept him warm for a few days, and gave him tonics and nervines as medicines; and in the course of a week or ten days he was as well as ever. If the lock-jaw arise from a wound, apply the tincture of gum myrrh, and poultice it with equal parts of slippery elm, lobelia, and cayenne, mixed with yeast. Apply this three times a day.

DOG AND SNAKE BITES—Hydrophobia.

This terrible, and always to be dreaded, affliction exists in both the human and animal species; it is produced by a specific virus, and is taken up by the absorbents, and carried through the medium of the saliva into the circulation, when, after a certain period, the wound becomes red and inflamed, accompanied with pain and spasms. They have always a dread of liquids, particularly of water, even the sight of it causing spasms. There is a frothy saliva ejected, and often a desire for biting any one near them is manifested, and if not speedily attended to alarming convulsions are experienced. Most people know that hydrophobia is madness caused by the bite of a mad dog, or other rabid animal, while labouring under the disease.

M. Buisson read an interesting paper on the subject before the French Academy of Arts and Sciences, as a discovery and remedy for hydrophobia, in which he gives the particulars of his own case. He was called to attend a woman who was suffering from hydrophobia, and some of the poisonous saliva coming in contact with an ulcerated sore on one of his fingers, he contracted the disease himself. He says :—" The ninth day after the accident I suddenly felt a pain in my throat and a still greater pain in my eyes. My body seemed to have become so light that I fancied I could leap an immense height; and the skin of my ulcerated hand became so acute in feeling that I thought I could have counted every hair on my head with it, without seeing. The saliva was constantly rising in my mouth, and not only the sight of shining objects but the very contact of the atmosphere became painful to me. I felt a desire to run about and bite every animate and inanimate object but my fellow-creatures. In time I experienced a great difficulty of breathing, and the sight of water was more distressing to me than the pain in my throat. The effects returned at intervals of five minutes after each other, and it appeared to me that it originated in the diseased finger, and extended as high as the shoulder blade." M. Buisson's account is thus concluded in a London medical journal :—" Concluding from these various symptoms that he was suffering with hydrophobia, he resolved to make an end of himself by suffocating himself in a vapour bath. With this view he raised the heat to 140 degrees Fahrenheit, but was delighted, no less than surprised, to find that all his pains disappeared. He went out of the bath completely cured, eat a hearty dinner, and drank more freely than was usual with him." He adds, " That he has treated more than four score persons who have been bitten by mad dogs in a similar manner, and they all recovered, with the exception of a child seven years old, who died in the vapour bath he was

administering." Dr. Buisson mentions several other curious facts :—" An American had been bitten by a snake away from home. Wishing to die with his family, he ran all the way home, and going to bed perspired profusely, and the wound healed as a simple cut." Mr. Hubbard, of Illinois, in a letter, says :—" Eighteen years ago, my brother and myself were bitten by a mad dog; a sheep was also bitten at the same time; we were then ten or twelve years old. A friend suggested the following, which he said would cure the bite of a rattlesnake :—Take the bark from the root of the common ash, and boil it to a strong decoction, and of this drink freely. Whilst my father was preparing the above, the sheep spoken of began to be afflicted with hydrophobia; when it had become so fatigued from its distracted state as to be no longer able to stand, my father drenched it with a quantity of the ash bark tea, hoping to ascertain whether he could depend upon it as a cure for his sons; four hours after the drenching had been given, to the astonishment of all, the animal got up and went quietly with the flock to graze. My brother and myself continued to take the medicine for eight or ten days, a teacupful three times a day. No effects of the dread poison were ever discovered on either of us. It has been used very successfully in snake bites." To our knowledge the author has used the seeds or keys of the ash for more than twenty years, and they are an old English remedy, but we have no hesitation in saying that the bark of the roots are much better. A Saxon forester named Gastell, at the age of 82, unwilling to take to the grave with him a secret of so much importance, has made public in the Leipsic journal the means which he used for fifty years, and he affirms he has rescued many human beings and cattle from the fearful death of hydrophobia. Wash the wound immediately with warm water and vinegar; let it dry, and then pour upon the wound a few drops of hydrochloric acid, and that will neutralize and destroy the poison of the saliva.

TREATMENT.—These are remedies we also recommend; the vapour or hot-water bath is an invaluable auxiliary in the treatment of hydrophobia. And give the following to all above ten years of age :—Half a teaspoonful of tincture of lobelia, with a teaspoonful of anti-spasmodic drops, while in a vapour bath, and repeat this every twenty minutes, till it operates. Then give an injection of lobelia, cayenne, scullcap, and rhubarb, half a teaspoonful of each in half a pint of warm water, with a tablespoonful of tincture of gum myrrh added if the symptoms are violent. Repeat this every six hours. Wash the wound with the acid tincture of lobelia, oil tincture, or tincture of gum myrrh; keep the part constantly wet with it. At night apply a poultice of blood

root and lobelia powder, equal parts, mixed with yeast.

PALPITATION OF THE HEART—Neurosis.

This, though a distressing affection is only a symptom of other diseases, such as disordered stomach, nervous debility, hysterical affections, great anxiety, and mental exertion without sufficient bodily exercise.

TREATMENT.—All exciting causes must be carefully avoided; attention to diet will be necessary, and intoxicating drinks must not be taken. When there is organic disease, all that can be done is to mitigate the severity of the symptoms; but where there is no organic disease, this will cure :—

Marigold flowers	1 ounce.
Tansy	1 do.
Hart's tongue	1 do.
Dandelion	1 do.

Add five pints of water, boil down to three pints; pour boiling hot upon half an ounce of valerian and half an ounce of scullcap powder. Take half a teacupful three times a day. Keep the bowels gently open by diet.

HYSTERICIS—Hysteria.

SYMPTOMS.—Hysterics are characterized by a rumbling noise in the bowels, followed by a peculiar feeling as if a ball were ascending the throat, attended with a sense of suffocation, stupor, insensibility, convulsions, laughing and crying without any visible cause; the sleep is interrupted by sighing and groaning, attended with flatulency. However alarming hysteric fits may appear, still they are seldom attended with danger, and the disease rarely terminates fatally, unless it changes into epilepsy or mania, or the patient is in a very weak and reduced state.

The causes that produce this disease are irregularities of the menstrual discharges, indolence, irregular living, sudden emotions of the mind, costiveness, worms, indigestion, and suppressed perspiration.

TREATMENT.—During a fit, loosen the dress and bathe the feet in warm water and mustard. Give a teaspoonful of the anti-spasmodic

tincture every twenty minutes until perspiration takes place, also give freely of mugwort tea. If the fits are of long duration, give an injection; if they arise from the irregularity of the menses, worms, or indigestion, see the remedies prescribed under that head, and take those medicines accordingly, and the anti-spasmodic tincture, fifteen drops, with those medicines. Attention must be paid to diet, exercise in the open air, and the spirits enlivened by cheerful company.

OBSTRUCTION OF THE MENSES— Amenorrhoea.

A partial or total obstruction of the menses in women, from other causes than pregnancy or old -age. When they are obstructed, nature makes an effort to obtain for them some other outlet, and the consequence of a failure may be an attack of chlorosis.

RETENTION OF THE MENSES; GREEN SICKNESS—Chlorosis.

SYMPTOMS.—When the monthly evacuation does not appear at the proper period of life, the constitution becomes very much disordered. The symptoms which characterize this malady are debility and disordered state of the stomach and bowels; digestion is imperfectly performed; every organ of the body is in a torpid state; there is sallowness of the countenance, and in some instances it is of a greenish tinge, which has given to the disease the name of green sickness. There is often pain in the back and loins, swellings of the ankles at night, palpitation of the heart, hurried or laborious breathing, derangement of the nervous system, and sometimes a distressing cough. Attention must be paid to the general constitution, as all local disorders are then more likely to give way. But emmenagogues, or forcing medicines must not be given, unless there be a struggle or effort of nature to effect it, which may be known by the periodical pains pressing down upon the hips and loins.

TREATMENT.—The treatment recommended for painful menstruation will be found to have the desired effect.

PAINFUL AND IMPERFECT MENSTRUATION —Dysmenorrhoea.

This complaint is generally caused by cold, and a weak action of the vessels of the uterus. It is a common disease, but extremely harassing. Severe pains are felt in the loins, back, and lower parts of the abdomen, for six or eight hours previous to the appearance of the menses, and sometimes the menses become suddenly arrested. At the same time violent pains are felt in the hips, sides, loins, back, and thighs, with a distressing sensation of bearing down or forcing.

TREATMENT.—A vapour bath will alleviate the pain, or sitting over the steam of a strong decoction of mug-wort, tansy and wormwood, also fomenting the abdomen with the same. Then take the following :—

Ground pine	1 ounce.
Southernwood	1 do.
Tansy	1 do.
Catmint	1 do.
Germander	1 do.

Boil in five pints of water down to three pints, and pour the boiling liquor upon one ounce of black cohosh and half a teaspoonful of cayenne. Take a wineglassful four times a day.

PROFUSE MENSTRUATION—Menorrhagia.

This disease generally occurs from the fulness of habit, general debility, relaxation, with a determination of blood to the womb. The discharge may be profuse and of short duration, or it may continue more moderately for ten or twelve days, exhausting the patient, or it may return every two or three weeks.

TREATMENT.—Take :-

Cudweed	1 ounce.
Cranesbill	1 do.
Bistort root	1 do.
Tormentil root	1 do.

Add five pints of water, boil down to three pints, and pour boiling hot upon half an ounce each of beth and unicorn roots powdered. Take half a teacupful three times a day, or oftener if required. Keep the bowels regular with liver pills.

FLUOR ALBUS, or WHITES—Leucorrhoea.

This complaint is always attended with general debility, loss of appetite, depression of spirits, costiveness, pain in the back and loins, with a discharge from the vagina of a white or milky colour. As the disease advances the discharge assumes a yellow or brownish colour, and there is a scalding sensation when passing urine.

TREATMENT.—Pour one pint of boiling water upon half an ounce each of Beth Root, and Cranesbill powders, stir well, and when clear inject into the vagina, with a female syringe, night and morning.

Take as follows :—

White pond lily	1 ounce.
Comfrey root	1 do.
Tansy	1 do.
Stinking arrach	1 do.

Add four pints of water, boil down to two pints, and pour boiling hot upon half an ounce of grated nutmegs, half a teaspoonful of cayenne, and half a pound of loaf sugar. Take a wineglassful four times a day. The patient can regulate the bowels as required. Nourishing diet and exercise in the open air are indispensable.

BEFORE AND AT CONFINEMENT.

Drink half a pint per day of strong red raspberry tea, and eat two sweet oranges every day. It will assist very materially at the time of birth, and when the hour of parturition has arrived, take a teaspoonful of lobelia inflata. This will sometimes make the patient vomit, but be that as it may, it will act well, and is the best relaxant that can be given at that time. See "Raspberry leaves."

EXCESSIVE DISCHARGE OF URINE— Diabetes.

This disease appears to arise from a general derangement of the system, in which the digestive and assimilative processes are but imperfectly performed, and the lungs are more or less disordered, which causes a peculiar condition of the blood, and a perverted action of the kidneys. In the latter stages of this disease there is coldness to the feet, vertigo, headache, and a difficulty of breathing. It is treated by medical men under two heads, according to the condition of the urine.

Diabetes Mellitus.—In this form of diabetes the urine is voided in unusually large quantities, far exceeding all the fluids which the patients take.

Diabetes Insipidus.—This disease is similar to the other, excepting that the chemical nature of the urine is different. Under this head are included all excessive discharges of urine not characterized by the presence of sugar in the water voided.

To determine whether it is diabetes insipidus or mellitus, an examination of the urine must be made. The urine will usually be found of high specific gravity, 1.030 to sometimes 1.040, though occasionally it may not exceed 1.020, and may sink to 1.010. Fehling's test is the one most frequently resorted to to determine the presence of sugar :—" Place in a test-tube about two drachms of the suspected urine, and add one drachm of No. 1 and No. 2 Solutions. Heat the whole over a spirit lamp, and allow active boiling to continue for a minute or two; the previously pale urine will become of an orange brown, or even bistre tint, according to the proportion of sugar present. If sugar be found in great quantities the case is more dangerous, and should have immediate attention."

TREATMENT.—As perspiration is almost suppressed, it is of the utmost importance that a reaction should be produced; therefore give a vapour bath once a week, and, after the bath, rub the body well every morning with cayenne, vinegar, and salt, as recommended in the gargle for sore throats, and take the following :—

Prickly ash berries	1 ounce.
Agrimony	1 do.
Meadow fern berries	1 do.
Bistort root	1 do.

Bruise the bistort; boil in four pints of water down to two pints and strain; then add half a teaspoonful of cayenne. Take a wineglassful four times a day; regulate the bowels with bilious powder. Great attention must be paid to diet; no article containing sugar in any form must be allowed. The patient must be restricted to animal diet as much as possible, with very little to drink.

Under the restriction of farinaceous food the patient soon becomes tired. Hence the following substitute for household bread will be found of great value :—Take the solid portion of sixteen pounds of potatoes, washed free from starch; three-quarters of a pound of mutton suet, half

a pound of fresh butter, twelve eggs, half an ounce of carbonate of soda, and two ounces of dilute hydrochloric acid. Divide into eight cakes, and bake brown in an oven.

GRAVEL AND STONE—Lithiasis Calculi.

This disease is formed from the impurities or sediment of urine, which, like the blood and all other fluids of the body, becomes unhealthy in consequence of a disordered state of the general system. Gravel consists of small, sand-like particles which are formed in the kidneys; they are usually full of sharp angles, which cut and fret the inner surface of the urinary canal in their passage from the kidneys to the bladder, causing great pain in the loins, and often drawing blood, which is the cause of blood being voided in the urine. There is pain and numbness of the thighs, drawing up of the testicles, and a difficulty of passing urine. The passage of the gravel into the bladder sometimes produces such acute pain as to cause fainting and convulsive fits. The symptoms often resemble inflammation of the kidneys, but the presence of gravelly powder in the urine points out the difference.

TREATMENT.—Let the patient sit over the steam of hot bitter herbs three times a day, and take the following :—

Parsley piert	1 ounce.
Wild carrot	1 do.
Pellitory of the wall	1 do.
Parsley roots	1 do.
Woodruff	1 do.

Boil these in four pints of water for twenty minutes, cool and clear, and take half a teacupful three times a day, with half a teaspoonful of the following in the above tea, sweetening with sugar to taste :—Mix one ounce of sweet nitre, half an ounce of oil of juniper, quarter of an ounce of dogwood. Add this as directed above, and relief will soon be experienced.

STRANGURY—Stranguria.

The peculiarity of this disease is a difficulty and pain in voiding urine. The water is voided with great difficulty and in small quantities, attended with a severe and burning pain, and a constant desire to urinate. Children are subject to this complaint. Take :—

Dropwort	1 ounce.
Poplar bark	1 do.
Clivers	1 do.
Buchu leaves	1 do.
Tansy	1 do.

Boil these twenty minutes in five pints of water, cover up; strain, then dissolve two ounces of gum arable in the liquor. Take a wineglassful three times a day, with ten drops of oil of cubebs in each dose. Let the patient have a hot fomentation over bladder or the back, where the pain is most severe, with two ounces each of camomile, poppy, and tansy. Boil them in two quarts of water, and apply the fomentation as hot as required; repeat frequently until relieved.

SUPPRESSION OF URINE—Ischuria.

This disease arises from the kidneys having lost their secreting power, so that little or no urine is conveyed to the bladder. It generally occurs from inflammation or weakness, or from some mechanical obstruction. Suppression must be distinguished from retention. In suppression the kidneys cease to secrete the urine from the blood, consequently none is formed; whereas in retention the urine is formed, but its passage from the bladder is obstructed. The symptoms are feverishness, a taste in the mouth similar to that of urine, and a smell of urine in the perspiration; sometimes drowsiness, stupor, delirium, and convulsions.

TREATMENT.—The treatment of this disease must be prompt and energetic. A vapour bath must be administered. The application of bandages recommended under the head of inflammation of the kidneys must be applied, and the patient kept in a perspiration by the application of hot bricks, wrapped in vinegar cloths, to the sides and feet. The following must be given :—

Broom	1 ounce.
Dandelion root	1 do.
Tansy	1 do.
Pellitory of the wall	1 do.

Add four pints of water, boil down to two, and pour boiling hot upon half an ounce of diuretic powder and half an ounce of valerian powder. Take a wineglassful every two hours till the violence of the symptoms abates. The bowels must be kept moderately open, and the diet light and nourishing.

RETENTION OF URINE—Dysuria.

This is an inability to discharge the urine, owing to weakness or paralysis of the bladder, whereby it loses its expulsive powers; or it may arise from inflammation, or constriction, or a mechanical obstruction in the neck of the bladder, or in the urethra. There is generally a frequent desire to pass water, accompanied with the most excruciating pains; the lower part of the abdomen is tender upon pressure; the skin is hot and dry, and nausea and headache are accompanying symptoms.

TREATMENT.—Foment the region of the bladder with tansy, camomiles, and wormwood frequently. In obstinate cases use a vapour bath, and apply hot bricks wrapped in vinegar cloths, to the feet and sides. Take the following :—

Slippery elm bark	2 ounces.
Marsh mallow roots	2 do.
Tansy	2 do.
Juniper berries	1 do.

Boil in six pints of water down to two pints, strain, then add two ounces of gum arable to the hot liquor, and stir it until it is dissolved. Take a wineglassful four times a day; when thirsty drink a little water impregnated with the juice of lemons and attend to the bowels and diet.

INVOLUNTARY FLOW OF URINE—Enuresis.

When this affection is not a symptom dependent on another disorder, or debility in the system, such as gout, stone in the bladder, and palsy, it can easily be cured. Take the following :—

Sugar candy	2 ounces.
Bistort root	1 ounce.
White pond lily root	1 do.
Sumach berries	1 do.
White poplar bark	1 do.

Put into four pints of water, and boil down to one. Pour this upon one ounce of bethroot powder. A wine-glassful of this to be taken three times a day, and the patient to be rubbed across the loins every morning with salt and water.

It is generally known that some children, and occasionally adults, are subject to an involuntary discharge of urine, particularly at night. It arises from a debility of the urinary organs, and the following facts may be of service. An incontinence of urine never takes place but when the patient is asleep, and the cure is a very simple one. He is to accustom

himself to sleep upon his face or side; the urine is not passed, nor is he excited to the desire of making urine while he sleeps in this posture. When a person lies upon his belly the urine graduates towards the anus, but when he lies upon his back it presses upon the sensible membrane and distends that part of the bladder which is towards the rectum.

DROPSY—Hydrops.

Dropsy is an accumulation of watery fluid in the cellular tissue, or in any of the cavities of the body, as the chest or abdomen. It arises from an obstruction of the flow of venous blood, causing a weakness of the absorbent vessels, which consequently are unable to take up the effused fluid so as to discharge it through the natural channels of the skin and kidneys.

DROPSY OF THE ABDOMEN—Ascites.

Swelling of the abdomen, the distention varying according to the posture of the body. As the collection of water increases, the breathing becomes short and difficult, the skin dry and parched, accompanied with immoderate thirst. The urine is very scanty, thick, high-coloured, and deposits a sediment. In the latter stages of the disease the patient is troubled with a short, dry cough, and swelling of the feet and legs.

DROPSY OF THE CHEST—Hydrothorax.

A sense of uneasiness or tightness of the chest, with a difficulty of breathing, which is increased by exercise. The patient is troubled with a hacking cough and great thirst. There is also a considerable swelling of the legs and feet, and a diminished flow of urine. The difficulty of breathing increases, and the patient is obliged to be propped up in bed. His sleep is frequently interrupted by alarming dreams and sudden starts, accompanied with a sense of impending suffocation.

DROPSY OF THE CELLULAR TISSUES— Anasarca.

This form of dropsy consists in a morbid collection of watery fluid in the subcutaneous cellular tissue. It may 'be diffused through the whole body, or confined to a limited part of it. It commences with a swelling of the feet and ankles towards evening, which for a time disappears again towards morning. The swelling is soft and inelastic, and when pressed upon by the fingers retains the mark for some time. By degrees the swelling ascends, and occupies the trunk of the body; the breathing becomes difficult; the urine is small in quantity, high-coloured, and deposits a red sediment; the bowels are costive, perspiration much obstructed, countenance yellow and bloated, and thirst considerable. The local debility may be produced by whatever impedes the free return of the blood by the veins.

TREATMENT.—Give a vapour bath three times a week, and apply hot bricks, wrapped in vinegar cloths, to the sides and feet, and an emetic once a week. While in the bath drink freely of composition tea; after the bath let the body be well rubbed with a coarse towel. Take the following:—

Agrimony	1 ounce.
Clivers	1 do.
Burnet saxifrage	1 do.
Pellitory of the wall	1 do.
Dandelion roots	1 do.

Add five pints of water, boil down to two pints, strain; add a teaspoonful of cayenne. Take a wineglassful every two hours, and two cayenne pills after each meal. The following may be taken instead, if preferred :—

Pellitory of the wall	2 ounces.
Broom	1 ounce.
Parsley piert	1 do.
Wild carrot	1 do.
Juniper berries	1 do.
Mountain flax	$\frac{1}{2}$ do.

Put the whole in a vessel and add six pints of water: simmer for thirty minutes. When cool, clear, and add sweet nitre one ounce; dose (for those over twenty years) two tablespoonfuls three times a day; children according to age. We have for some few years used this in our practice with great success, and in the worst cases, have very seldom failed to cure. Sometimes disagreeable sensations were induced, such as sickness and vomiting. The dropsical fluid generally began to disappear the next day or the day following, and a large flow of urine soon gave relief. Sometimes it has caused a relax in the bowels, but never as yet with any dangerous result. The diet must be nourishing and stimulating.

WATER IN THE HEAD—Hydrocephalus.

This disease is almost peculiar to children, and very rarely occurs after the age of twelve or fourteen. It most frequently attacks those of a scrofulous habit, and it generally occurs during the period of teething.

The symptoms that accompany the disease are feverishness, restlessness, tossing the hands to the head, and occasionally shrieking or screaming without any apparent cause. There is torpidity of the bowels, and in the last stages of the disease stupor, squinting, and paralysis.

TREATMENT.—As this disease is nearly connected with and mostly results from inflammation of the brain, it will require the same treatment that was recommended under that head.

LUMBAGO—Myositis Lumbago.

This disease is a species of rheumatism, more particularly concentrated in the small part of the back or the lower part of the spine. It causes great weakness or pain, with difficulty of stooping, and often of walking.

TREATMENT.—Rub the back with tincture of cayenne and prickly ash berries, and take the following :—

Pinus Canadensis	1 ounce.
Uva Ursi	1 do.
Tansy	1 do.
Juniper berries	1 do.

Add four pints of water, boil down to two, strain, add a teaspoonful of cayenne, and take a wineglassful four times a day; or this, if preferred:—

Sal volatile	1 ounce.
Tincture of gum guaiacum	$\frac{1}{2}$	do.
Spirit of camphor	$\frac{1}{2}$	do.
Oil of origanum	$\frac{1}{2}$	drachm.

Put the whole in a bottle, and shake them several times. Dose, 25 drops in a tablespoonful of cold water twice a day. Take two golden pills every night. This will seldom fail to cure. A vapour bath may be given with advantage,

LOSS OF VISION—Amaurosis.

Amaurosis is a partial or total loss of vision arising from paralysis of the optic nerves or retina, and this is produced by a congestion of the vessels of the part or minute alteration of its structure. The eyes look almost natural; the pupil is generally dilated and motionless. There is frequently the sensation as if a cloud was before the eyes. This disease, like cataract, is extremely difficult to cure.

TREATMENT.—Means must be used to excite healthy action in the system. Take :—

Gum myrrh	$\frac{1}{4}$ ounce.
Blood root	$\frac{1}{4}$ do.

Mix these in a gill of raspberry leaf tea; when cold, drop ten drops in the eye three times a day, or bathe the eye well with the same; and take the medicine recommended under the head of inflammation of the eye.

CATARACT—Cataracta.

Cataract is the term applied to a species of blindness arising from an opacity, by which the rays of light are obstructed in their passage to the retina.

TREATMENT.—Make the following lotion :—

Violets (the flowers)	$\frac{1}{2}$ ounce.
White mandrake	$\frac{1}{2}$ do.
Wake robin	$\frac{1}{2}$ do.

Boil in two pints of water for half an hour; clear, and add one ounce of the tincture of celandine to it, then saturate a cloth and put it over the eye several times a day, and take the medicine recommended for inflammation of the eye.

SPERMATORRHOEA.

This subject is not generally treated by medical writers, yet there is no subject that is of more importance to the general health than this, as it involves consequences of the most serious kind. The semen is the most subtle, vital, and ethereal part of the body. It contributes to the support of the nerves, as well as to the reproduction of the human species. The emission of this fluid enfeebles the whole constitution more than twenty times the quantity of blood, producing a debilitating effect on the whole

nervous system, on both body and mind. Physiologists say that the greater part of this refined fluid is reabsorbed and mixed with the blood, and imparts to the body sprightliness, vivacity, and vigour,, which, if wasted by emissions imprudently, it fails to do—and there is lassitude, relaxation, and nervous depression. It should never be wasted, except in a state of superfluity, and then never unnaturally. Spermatorrhoea prevails among both sexes to an alarming extent. We could disclose cases that have come under our notice that would harrow up the feelings of every parent. It produces consumption, and it has been shown by reports of lunatic asylums that it often causes insanity in both sexes. Dr. S. W. Woodward, superintendent of the Hospital for the Insane, has the following remarks on this practice :—" For the last four years it has fallen to my lot to witness, examine, and mark the progress of 10 to 25 cases daily who have been the victims of tins debasing habit; and I aver that no cause whatever which operates on the human system prostrates all its energies—mental, moral, and physical— to an equal extent. I have seen more cases of idiocy from this cause alone than from all the other causes of insanity. It is opposed to moral purity and vigour; it keeps up the influence of unhallowed desires; it gives the passions an ascendancy in the character; fills the mind with lewd and corrupt images; and transforms its victims to a filthy and disgusting reptile." The evil is common, but its danger little known. Let the young take warning, and those that are in danger flee from it. We should advise the young to read Graham's " Lectures on Chastity," as well as other works.

SYMPTOMS.—Fever, mania, or mental derangement; dyspepsia or indigestion; hectic fever, weak and painful eyes, weak stomach, nervous headache, and general debility. It matters not whether it is discharged naturally or artificially, it has the same effect. And we advise parents to throw off all mock delicacy, and warn their children, if they suspect danger.

TREATMENT.—Abandon the practice immediately, and bathe the parts in cold water night and morning. Rub the back and loins with tincture of cayenne. The diet must be entirely vegetable, but nutritious. Take exercise in the open air. Intoxicating drinks must be avoided. Let the body be sponged down with cold water and salt every morning. Then take the following :—

Bistort root	1 ounce.
Pareira brava	1 do.
Bayberry bark	1 do.
White poplar bark	1 do.
Gum catechu	1 do.

Boil in five pints' of water for half an hour; when cool, clear, and add four ounces of the decoction of sarsaparilla. Dose : a wineglassful four times a day.

FALLING OF THE BOWELS—Prolapsus Ani.

In this complaint a portion of the bowels protrudes from the anus. It is generally caused by a relaxed state of the body, or debility of the part, piles, drastic purgatives, or violent straining at stool. Children are most subject to this complaint.

TREATMENT.—The first thing to be attended to is to return the protruded bowel, by placing the patient, if a child, on its belly, put one hand near the navel and press towards it, and with the other hand press up the bowel, with a sponge first soaked in warm water. If the parts are become swollen or inflamed, so that the intestine cannot be replaced, use a wash of oak bark, and sprinkle a little bayberry powder on it. If this fail, apply a slippery elm poultice until the protrusion can be returned. After it is returned, the patient should wear a bandage. Attention must be paid to diet, &c. Take :—

Marsh mallow herb	2 ounces.
White poplar bark	1 ounce.
Tormentil root	1 do.
Spanish juice	1 do.

Add five pints of water, and boil down to two pints. Dose : for an adult, a wineglassful three times a day; a child, half the quantity.

CRAMP IN THE LEGS AND FEET—Spasmus.

Persons subject to cramp should first rub the parts well with a stimulating liniment; if that does not cure in half an hour batlie the legs in mustard and water, applying a hot brick, wrapped in vinegar cloths, to the feet. Woollen stockings should be worn during the day, and the feet kept warm and dry as the circulation is sluggish. Take half a teaspoonful each of composition, prickly ash, and cramp bark, all powdered, in warm water, sweetened, three times a day. As this

complaint arises from a costive state of the bowels, they must be attended to. Take two liver pills at night until relieved.

BRUISES AND SPRAINS—Contusions.

The dark or purple colour which the parts assume is owing to the escape of blood from the minute capillary vessels into the surrounding tissue.

TREATMENT.—Boil two ounces each of marsh mallow and camomile in six pints of water; bathe the parts with the liquor as hot as the patient can bear it for one hour twice a day, and after each fomentation put on the part with a feather a moderate quantity of dogwood, and then a large hot bran poultice, and repeat this until the cure is perfected, which it will speedily perform in all cases.

WOUNDS—Vulnerarius. In treating a simple wound, the first thing to be done is to arrest the bleeding. If an artery be wounded, the blood is of a florid red colour; if a vein, it is of a darker hue. To check the flow of blood from an artery, a pressure must be applied to that side of the wound which is nearest the heart, because in the arteries the blood has an outward direction, while in the veins it flows towards the heart. To arrest the bleeding of small wounds apply blood root powder, and when the bleeding is stopped wash the part clean, and apply tincture of gum myrrh, then bring the edges of the wound together, and secure them with strips of adhesive plaster. If the wound is hot and painful apply a poultice of slippery elm three times a day. As the healing process depends entirely upon good health this must be attended to.

BLEEDING FROM THE STOMACH- Haematemesis.

This proceeds generally from the escape of blood through the membrane of the stomach. It commences with chilliness, nausea, and a sense of weight and pain in the region of the stomach. The breath is often offensive, and the hands and feet cold. The blood discharged is thick and of a dark colour, and if it is not vomited it passes off by stool, which is black and offensive. The quantity of blood vomited or discharged is seldom sufficient to cause death suddenly.

TREATMENT.—Place the feet in warm water and mustard, and give an injection; after which apply hot bricks, wrapped in vinegar cloths, to the

feet, and take the following :—

Sugar candy	2 ounces.
Tormentil root	1 ounce.
Bistort root	1 do.
Comfrey root	1 do.

Add four pints of water, boil down to two pints; strain, then add half a teaspoonful of cayenne. Give a wine-glassful every hour, and an injection every day. Care must be taken as to diet, and the patient must avoid cold and damp. If bleeding be caused by a suppression of the menses, adopt the treatment recommended under that head.

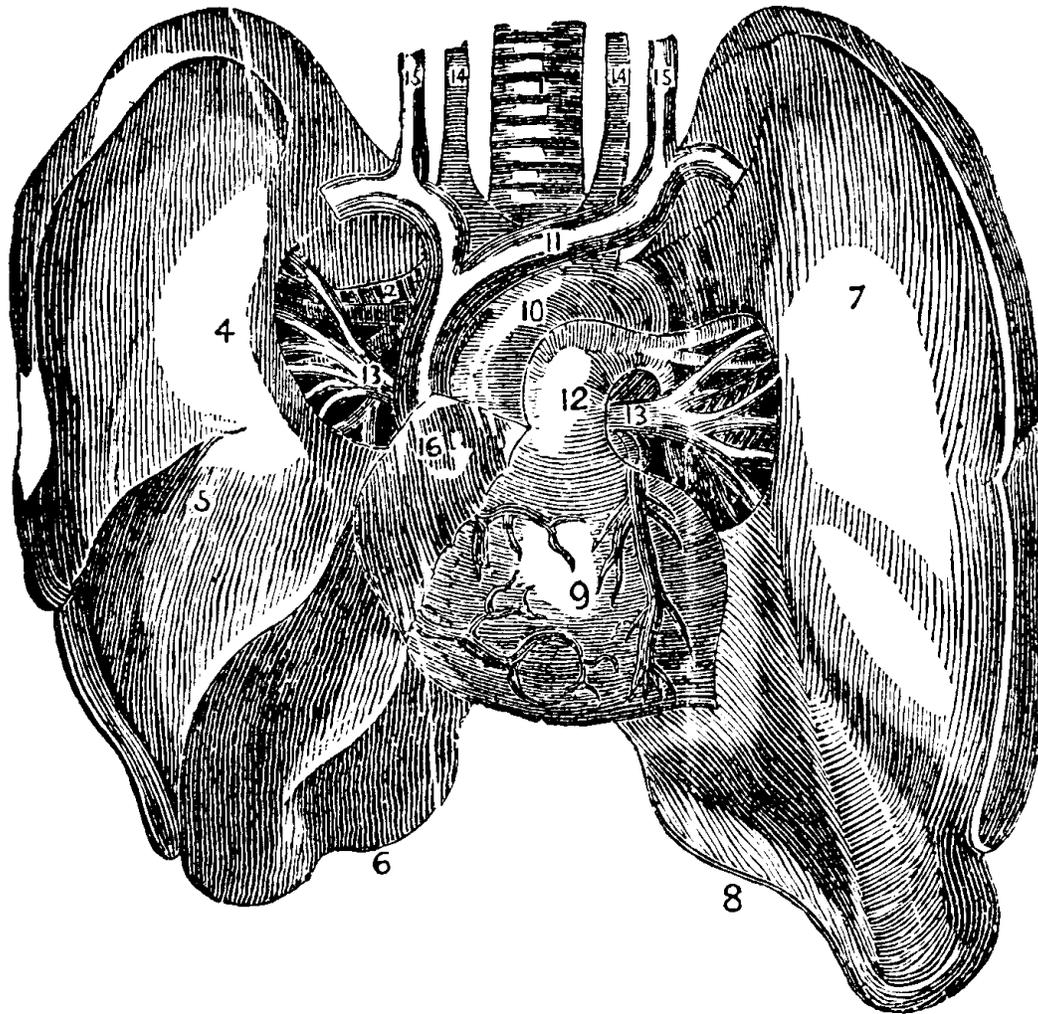
BLEEDING OR SPITTING OF BLOOD FROM THE LUNGS— Hemoptysis.

This arises from a debilitated state of the lungs. It may occur from injuries done to the lungs, or may be symptomatic of some other disease. It may be distinguished from bleeding from the stomach by observing that it is caused by coughing, and the blood is of a florid colour and frothy; whereas in bleeding from the stomach the blood is vomited in large quantities, and is of a dark colour. Bleeding from the lungs is usually attended with heat, pain, and tightness of the chest, and a short, tickling cough, with inflammation in the throat, and saltish taste in the mouth.

TREATMENT.—Bathe the feet in warm water and mustard, apply a hot brick to the feet, and produce a perspiration as soon as possible. Take the following :—

Bistort root	1 ounce.
Tormentil root	1 do.
Oak bark	1 do.
Comfrey root	1 do.

Add four pints of water, boil down to two pints, strain, then add half a teaspoonful of cayenne. Give a wine-glassful every half hour, or as the case may require. Give the patient a dose of aperient medicine to open the bowels. Great attention must be paid to the diet, light and easy digestion, the patient avoiding great exertion as well as cold and damp air.



THE HEART AND LUNGS.

- | | | | |
|------|------------------------------|--------|-----------------------------|
| 1 | Windpipe. | 10 | The aorta. |
| 2, 3 | Bronchial tubes. | 11 | The vena cava and branches. |
| 4 | Superior lobe of right lung. | 12 | Pulmonary artery. |
| 5 | Middle lobe of do. | 13, 13 | Pulmonary veins. |
| 6 | Inferior lobe of do. | 14, 14 | Carotid arteries. |
| 7 | Superior lobe of left lung. | 15, 15 | Jugular veins. |
| 8 | Inferior lobe of do. | 16 | Right auricle of heart. |
| 9 | The heart. | | |

CONSUMPTION—Phthisis Pulmonalis.

This disease has baffled the most scientific men, and is still a scourge. It is a disease which attacks the young and blooming, and the most lovely of our species; enters into our dwellings unseen and unlooked for, pursuing the noiseless tenor of its way, and, like a vampire, drinks the vital stream, and then fans with his wings the never-dying hopes that perpetually flutter in the hectic breast. Majendie, who stands high as an authority in physiology, uses the following expression in one of his lectures : "Look at consumption. There is an infection which you see day after day cutting off individuals of every age, sex, and rank; yet none has been more carefully studied upon the old plan, nor has proved a more fruitful source of dogma and disquisition. 'Eminent observers have described all its phenomena, even to the minutest details; but what is all this description but so much natural history ? Will it throw any light on the treatment of this affection ? Not a particle." Hooper, in his Medical Dictionary, says that " Tubercular phthisis (consumption with ulcers) is an incurable disease. There is no instance on record of extensive tuberculous affections of the lungs from which the patient has recovered." Dr. Hooper's assertion only bears reference to the old-school treatment, or rather to the infinite varieties of treatment pursued by practitioners. " Who shall decide when doctors disagree ? " is an old adage. Dr. Dickson, in his " Fallacies of the Faculty," says : " I do not know a single disease where two of the medical authorities agree : take pulmonary consumption for example :—

The celebrated Dr. Stohl attributes the frequency of consumption to the introduction of Peruvian bark.

Dr. Rush ascribes the frequency of the disease to the use of mercury.

Dr. Reed says that consumption is an inflammatory disease, and should be treated by bleeding, blistering, cooling medicines, and starvation.

The equally celebrated Dr. Morion considers the bark an effectual cure.

Dr. Brillonet asserts that it is only curable by mercury.

Salvadori says it is a disease of debility, and should be treated by tonics, stimulating remedies, and a generous diet.

Galen recommended vinegar as the best preventive to consumption.

Dr. Beddows recommended foxglove as a specific for consumption.

Dessault and others assert that consumption is often brought on by a common practice of young people taking vinegar to prevent their getting fat.

Dr. Parr, with equal confidence, found foxglove more injurious in his practice than beneficial."

Is it not heartrending to reflect that, with all our boasted knowledge and all the faculties we possess, the improvement of science and the colleges where men are trained exclusively to the healing art, more than 60,000 of our fellow mortals die annually from this disease alone? We confess it is a disease difficult to cure, owing to the inability to gain access to the lungs except through the circulation. It will be evident to every unbiassed mind that we stand a better chance of success, seeing that we use those remedies only which act in accordance with the laws of nature; and we can refer our readers to numbers of cases where we have been successful. We will refer our readers to our remarks on the circulation of the blood, and also the article on digestion. It will there be seen how the food is made into blood, and passes into the lungs to receive oxygen air, in order that both the food and the venous blood may be changed into red and arterial blood, giving, as it passes along its various channels, its life-giving properties.

The weight of the circulating blood is about 28 lbs.; the heart beats 75 times per minute, circulating nearly 10lbs. of blood through the veins between every beat and makes four beats while we breathe once. 1,000 ounces of blood pass through the kidneys in an hour; it is computed that there are 174,000,000 of holes or cells in the lungs, which would cover a surface 30 times greater than that of the human body; a man breathes about 20 times a minute, or 1,200 times an hour. This will give our readers some idea what work the lungs have to perform, and how requisite it is that there should be room for expansion of the chest. The causes that produce this malady are malformation of the chest, prominent and narrow chests, various employments, such as grinders, stone cutters, millers, or those exposed to the fumes of metals or minerals, living in damp or unwholesome air, close application to study without taking proper exercise, excessive flow of menstrual flux, continuing to suckle too long under the debilitated state, more

frequently cooling too suddenly, or coming from crowded assemblies into the cold when the body is overheated. The symptoms it begins with are a short dry cough, that at length becomes habitual; nothing is expectorated for some time, except a frothy mucous; the breathing is somewhat impeded; upon the least bodily exertion, oppression at the chest is experienced; the body becomes gradually leaner; and great languor, dejection of spirits, and loss of appetite prevail. As the disease advances the cough is more troublesome towards night, and being neglected forms small tubercles, which increase in size until they are as large as, and the shape of, a small bird's egg; they often exist in clusters, and they run into each other and form hard, yellow masses; these at length soften and become of a cream colour, inflame and break ;. and they then open into the bronchial tubes, and are discharged by expectoration; they form open ulcers, from which issue great quantities of matter, and sometimes blood; a pain is felt under the sternum bone, which prevents the patient lying only on one side without a fit of coughing; the face flushes, particularly after eating, the palms of the hands and feet are affected with a burning heat, and the respiration is difficult. In the evening there is an increase of symptoms, and by degrees the fever assumes the hectic form, evidently of the remittent kind, and is increased twice a day, first about noon and second about five o'clock, when it increases till about midnight. The urine is now of a brownish red colour, the mouth is usually moist, and the thirst is considerable; the tongue appears clean, but having a rather red appearance; the bowels are generally costive till towards the latter end and then much relaxed; night sweats break out, and induce great debility. In the last stage of this disease the emaciation is so great that he has the appearance of a walking skeleton, his countenance is altered, his cheek bones are prominent, his eyes look hollow and languid, his hair falls off, his nails are of a livid colour and much incurvated, and his feet are afflicted with dropsical swellings. To the end of the disease the mind retains its vigour. There is a peculiarity attending this disease—the patient is full of hope, flattering himself with the idea of recovery, nor is he aware of the danger till the very last.

TREATMENT.—Our object must be to support the strength and promote the healing of the ulcers in the lungs. The body must be sponged down every morning in cold water and a little vinegar, with a handful of salt and a teaspoonful of cayenne, and then rubbed briskly with a rough towel. The object of this is to stimulate the skin and remove the night sweats; this will be very refreshing. An emetic of lobelia must be taken once a week, or as often as the strength of the patient can bear, and the

following medicine taken :—

Liquorice root	2 ounces.
Wild cherry bark	2 do.
Horehound	2 do.
Vervain	2 do.
Centaury	1 ounce.
Boneset	1 do.

Add six pints of water, boil down to three pints; strain, then add half a teaspoonful of cayenne, and two ounces of raspberry tincture of lobelia. Take a wine-glassful four times a day, also take four cough pills, one with each dose of medicine, also make a drink of slippery elm bark, sweeten it, and drink freely. Take this medicine for about ten days or a fortnight, and then change to the following :—

Wild cherry bark	2 ounces.
Comfrey root	2 do.
Mouse ear	2 do.
Columba root	1 ounce.
Ground ivy	1 do.
Peruvian bark	1 do.

Boil these in the same manner, and add the cayenne and raspberry tincture. Take also the cough pills mentioned above; and a poultice about one inch in thickness, composed of barley meal mixed with warm vinegar, and applied to the chest several times during the day, using a thick, warm flannel during the night. This treatment must be persevered in to the very letter; for the patient may depend upon it no half measures will effect a cure; and the reason that many fail is because they expect to be cured by magic. They take one or two doses, and it is either nauseous or some kind friend tells them it will kill them. Then they abandon the treatment, and the botanic system is blamed for not having cured cases where the failure is altogether attributable to the patient.

The emetics are of the utmost importance, as they cleanse the whole system, removing the tough and ropy phlegm and breaking up the ulcers; the medicines are healing, and while they correct the circulating fluids they also improve the general health. The diet must be light and nourishing—beef tea, mutton chops, sago, tapioca, marmalade instead of butter (see Diet), and exercise in the open air; but damp atmosphere must be avoided, Removing southwards in winter would be advantageous. Intoxicating drinks must not be taken, as they inflame the lungs and aggravate the symptoms. When the patient feels languid, a dose of composition, strained and sweetened, would have a

good effect.

To show the success that has attended our efforts it will not be out of place to append a letter received by the author from a person who was successfully treated by him some years ago. He was at that time given up as incurable by several medical men in Sheffield. The man was literally at death's door; his lungs were said to be nearly gone—which was probably true; he had expectorated large quantities of pussy matter for months, and had wasted away nearly to a skeleton. As is not infrequently the case, the botanic system was brought into requisition when every other means had failed, and the patient himself had come to the conclusion that his end was at hand—a conclusion which is seldom reached by consumptive patients until within a few days of death. We have no doubt, the medical men correctly stated the extent of the ravages made by the disease in this patient's system when they said that his lungs were nearly gone, and that the electrical-nervous forces, when put in play again, reconstructed and wove anew, as it were, the lungs and bronchial tubes as sound as they were before consumption set in. If the botanic practice can rescue patients from the very jaws of death—if the medical herbs which we use are rendered, by the blessing of God, instrumental in restoring to health and vigour patients so deeply afflicted as this one—if the remedies used are not mere temporary investigators, but stand the test of 37 years, as in this case' (for he was for that time in good health), surely we have reason to exult in the wonderful success of our efforts. The treatment by which happily, I was instrumental in raising this patient from the sick-bed is precisely that laid down in the preceding pages. Before giving the letter in which the patient himself describes his case, we must enforce the necessity of a strict and liberal adherence to the treatment prescribed, as many patients are irretrievably lost in consequence of a deviation therefrom, or from occasional and not regular and persevering application of the remedies. We here subjoin the letter :—

To MR. Fox, MEDICAL BOTANIST.

Sir,—This is to certify that I, Charles Billiard, scissor grinder, was taken ill of consumption in the year 1850, in April or May, and was confined to my bed for about fourteen weeks. I had a very kind surgeon attending me all the time I lay in bed, until the skin was off in different parts of my body, and I had to have plasters put on to prevent the bones from coming through. My surgeon was very kind to me and did all that he could to cure me. Besides his medicine I took quarts of cod liver oil,

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but it was to me of no good. My doctor brought other medical men to see me, but they all said it was a hopeless case. My doctor still continued to attend on me very attentively, but I got worse every week, until I could not sit up in bed. My pain was so violent that I had great difficulty to breathe, and could not eat some days at all. My wife had to sit up night after night, for the greater part of six weeks together. I had to take some kind of ether or gases out of a teapot spout, and continued to be worse every day. In September our doctor informed my wife and her mother that I could not live more than that or the next day; that they might let my father and mother know, for it was impossible for me to live many days; and I felt very ill, and expectorated from my lungs many quarts, breathing with difficulty, and having much pain at my chest, legs, and feet. My friends thought I should not rally, and made up their minds to resign me into the hands of God, and I took my farewell of them, expecting that I should die. I had a brother-in-law who was favourable to medical botany, and many times wanted me to have Mr. Fox; but I thought the doctors ought to know better how to cure all curable diseases. I now consented to have you sent for, and you prescribed for me, and ordered me to take a lobelia emetic; but I had little or no hope, but looked forward to the grave. To leave my wife and children was a grief at that time not easily to be forgotten. I took about ten emetics of lobelia, and by your kind and skilful care you cured me in about eight weeks. I am sure that people diseased ought to try your botanic practice, and not delay, as I did, to the last extremity, until I was given up to die. *I have continued to work at my trade as grinder ever since, and am well at the present time.*

P.S.—I am also thankful to you at the same time for curing one of my children of water in the head. She was like a walking skeleton, and her head went like a clock pendulum— backwards and forwards—day after day. You made a speedy cure of that child, and also of one that was ill of a fever, and given up to die by the doctor.

I remain, yours, &c., CHARLES BULLARD. No. 16, Franklin Street, Lansdowne Road, Sheffield, January 26th, 1861.

PARALYSIS AND DISEASE OF THE KIDNEYS.

We subjoin a letter received from a miner, who suffered severely from the above complication of diseases, and who was successfully treated by the author :—

To MR. W. Fox, SHEFFIELD. DEAR SIR,—It is with no small feeling of gratitude to you, and for the good of humanity in general, that I write to you, and you are at liberty to make such use of this testimony as you may think proper. My occupation is that of a coal miner, and, working in the wet, I caught a severe cold. I was under the treatment of several doctors round about where I was living. I had homoeopaths, water casters, and several of the faculty, but to no use. I then had an eminent physician from Rotherham, and I believe he used his best skill to cure me. I was under his treatment for eight weeks, and blistered, leeches, and my feet put in hot water and salt. I could not pass urine without the greatest punishment, and it was very much like in appearance to rotten eggs, and I had not the slightest feeling in my feet or legs, right up to my body, and then I was told by the doctor that he could do nothing more for me, and that I should never again be able to walk. I felt this to be a very poor consolation, and, though young, I had a wife, and felt a great desire to recover. We had a doctor's advice from Sheffield, and I was under his treatment four weeks; was no better, but weaker, and if anything worse than before. He wished me to go into the Sheffield General Infirmary, but, having no desire for it, a friend of ours said that if there was any cure for me it was in medical botany, and recommended me to you. You know the situation I was left in, but you did not go by on the other side, but acted the part of the good Samaritan, for which I thank God, and in two weeks after taking your medicine, I could move my toes, my strength of body gradually returned, my water was much better, and in three weeks I could move about a little with crutches, to the no small astonishment of my neighbours, for none, I believe, ever thought to see me walk any more; and our doctor, when he heard of it, stated that he would not believe it. Every day I kept improving, and at length the crutches were no more needed; and now, sir, through the blessing of God, under your treatment, I have for some time followed my occupation as a coal miner. I enjoy a better state of health than I had done for a long time before; and for your kind treatment to me may heaven smile upon you and yours.

I remain, yours ever thankfully,

JOHN STANIFORTH. Bradgate, near Rotherham, October 23rd, 1860.

As this work professes to describe the nature and symptoms of disease, and points out the remedies suited to each complaint, we here insert the mode of treatment pursued in the above case. Indeed the letter would be

valueless to the reader without the remedy, however gratifying it may be to the author and all believers in medical botany as an evidence of the soundness of the principles on which the science of medical botany is based. Take :—

Red Jamaica sarsaparilla	2 ounces.
Gum guaiacum chips	1 ounce.
Slippery elm bark	1 do.
English mandrake	1 do.
Marsh mallow root	1 do.
Mezereon root	$\frac{1}{4}$ do.

Boil these in six pints of water until the whole is reduced to three pints; clear, then add two ounces of the decoction of sarsaparilla and one drachm of iodide of potassium, and half a teaspoonful of cayenne. Take a wineglassful four times a day. The patient also used the following fomentation :—

Southernwood	2 ounces.
Wormwood	2 do.
Marsh mallow, herb	1 ounce.

Boil in six pints of water down to two pints; dip a flannel in the hot liquor and apply it on the hips, changing the flannel as often as it becomes cool, for one hour morning and evening.

With these remedies, which are scouted by many on account of their simplicity, I was enabled, with God's help to effect a cure which was regarded with wonder both by my patient and by his friends and neighbours, who had considered his case past mortal help.

TAPE WORM—Taenia.

This species is a flat worm, about half an inch in breadth and full of joints, and often comes away in short lengths. As the joints break with their age, they by that means increase and propagate their young. When the tape worm is expelled by a single dose of medicine, those afflicted with it soon discover they are as bad as ever. This surprises them. But the fact is there are several growths of the worm in the intestine at the same time, and it is necessary to take several doses of medicine to thoroughly destroy them. They are very destructive to health, and often these symptoms follow : Griping pains in the bowels, dry cough, loss of appetite, nervousness, weakness, debility, and sickness. It is requisite for those troubled with them to have a knowledge of how they may be expelled from the system, or they will bring ruin to the constitution, and even death, if neglected.

TREATMENT.—There are many preparations recommended that are not all to be depended on, such as spirits of turpentine, pomegranate peel, and cowhage, which are used for this class, and at times effect a cure; there are others, however, much more effectual. The best remedy is the cusso brayera, oil of male fern, and kamala, which should always be given first thing in the morning when fasting, and medicines are not so certain to expel them.

First Morning.—Take one teaspoonful of bilious powder, one tablespoonful of lemon juice, one teaspoonful of loaf sugar, pour on them half a cupful of hot water, and take the whole half an hour before breakfast.

Second Morning.—Take half an ounce of cusso, two tablespoonfuls of lemon juice, one tablespoonful of loaf sugar, and pour half a pint of boiling water on 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. We have scarcely ever seen the second fail.

WORMS—Vermes.

There are several kinds of worms at times found in the human body, but the following three kinds are most frequent, viz., tsenia, or tape worm; the teres, or round worm; and the ascarides, or seat worms. The symptoms are paleness of countenance, the grinding of the teeth in sleep, the appetite bad, but oftentimes greedy. The bowels of children suffering with worms are generally hard and swollen; there is also a pain in the side, accompanied with a dry cough. Worms will occasion convulsions, and often epileptic fits. It must be borne in mind that worms cannot exist in a healthy state of the body; that they only exist when the stomach is deranged. It is easy to bring away the worms, but this is not removing the disease.

TREATMENT.—The treatment we have found successful is the following :—

Tansy flowers	1 ounce.
Wormwood	1 do.
Bogbean	$\frac{1}{2}$ do.
Poplar bark	$\frac{1}{2}$ do.

Add five pints of water, boil down to three pints; pour this, boiling hot, upon one ounce of worm powder ;

sweeten with treacle. Give two tablespoonfuls four times a day, and a dose of bilious powder every other morning. The patient must avoid taking animal food or suppers for a time. If the bowels are in a relaxed state, the purgative physic must be omitted, and oak bark used in its place.

FITS—Convulsions.

Take one ounce each of pellitory of the wall and mistletoe, and boil them in three gills of water down to a pint; sweeten with loaf sugar; take a wineglassful three times a day. Add eight drops of the tincture of life and eight drops of the anti-spasmodic tincture to each dose.

ABSCESS—Apostema.

Drink half a cupful of herb swine's grass tea, or wood sanicle, twice a day; and apply the oil tincture, or slippery elm poultice, three times a day.

WEAK EYES.

Take distilled water two ounces, and one ounce of distilled extract of Hamamelis Virginica (Witch Hazel) mix together, and bathe the eyes frequently, using a fresh supply of the lotion, and a clean bit of linen, each time it is used.

Distilled water four ounces, rose water four ounces, boric acid half an ounce. Mix and bathe the eyes well with it three times a day.

SMOKING HERBS.

Thorn apple	1 ounce.
Yarrow flowers	1 do.
Rose leaves	1 do.
Coltsfoot leaves	1 do.

Cut them fine, scent with essence of musk, and mix; these herbs are good for asthma, and much better than smoking the narcotic tobacco.

CHOLERA DROPS.

Tincture of cayenne	1 ounce.
Tincture of rhubarb	1 do.
Essence of peppermint	1 do.
Tincture of wild yam	1 do.
Spirits of camphor	1 do.
Oil of pennyroyal	2 drachms.

These all mixed together make a very valuable medicine for cholera and dysentery, or a relaxed state of the bowels, and will often stay both purging and sickness in a few hours. Dose from twenty to thirty drops in half a teacupful of warm water sweetened with loaf sugar. Take it every half hour until convalescent.

HOARSENESS—Raucedo.

Take one ounce of fresh scraped horseradish root, infuse it in half a pint of cold water for two hours; then add three ounces of acid tincture of lobelia, and a quarter of a pound of honey; boil them altogether for ten minutes; clear, and take a teaspoonful four times a day, and apply the quinsy embrocation as directed. See page 255.

COUGHS—Tussis.

Lemon juice	1 ounce.
Salad oil	1 do.
Best fine sugar	1 do.

Mix well together, put into a teacup, cover, and place in the oven for a few minutes, so as to dissolve the sugar. Dose : a teaspoonful often, till relieved. This is a good remedy for coughs and colds especially for children.

SORE MOUTH.

Take a teaspoonful of the tincture of gum myrrh, diluted with a little cold water, and rinse the mouth with it several times each day.

BLEEDING PILES and BLOODY FLUX.

Boil two ounces of wild tansy silverweed in two pints of water. Take half a teacupful three times a day. Or make up tormentil root the same way. Both are good.

PALSY—Paralysis.

Take the following : Tincture of lobelia and anti-spasmodic tincture of each, half an ounce, mix, and give a teaspoonful every half hour, until the spasms subside. The back and spine should be well rubbed with stimulating liniment (see Epilepsy, page 185.)

CHANGE OF LIFE.

Peruvian bark powder	1 ounce.
Turkey rhubarb do.	1 do.
Jalap root do.	$\frac{1}{4}$ do.
Ipecacuanha do.	$\frac{1}{4}$ do.

Pour on them one pint of boiling water, and take a tablespoonful four times a day.

ASTHMA AND SHORTNESS OF BREATH— Bronchitis.

Boil half an ounce of Spanish juice with two pints of water until the juice is dissolved; cool and clear, then add half an ounce of ipecacuanha wine, and a quarter of an ounce of carbonate of ammonia. Dose : Two table-spoonfuls three times ii day. Or this; both are good :—

Milk of gum ammoniac	6 ounces.
Syrup of squills	4 do.
Acid tincture of lobelia	2 do.

Dose : A tablespoonful four times a day.

THE " WHITWORTH " BOTTLE.

Spirits of wine	8 ounces.
Spirits of red lavender	$\frac{1}{2}$ ounce.
Oil of origanum	1 drachm.
Saltpetre	1 do.
Gum camphor	$\frac{1}{4}$ scruple.

This is good for pains, cramp, and inflammation of the stomach. Dose : A teaspoonful in a tablespoonful of water every twenty minutes as long as required. For horses with the belly-ache, so called, give one ounce in a pint of oatmeal gruel.

PYROSIA—Hystaris Pyrosis.

This disease, called in Scotland water-brash, and in England black-water, is known by a burning pain at the stomach, with faintness, accompanied at times with sickness and general weakness. Take :—

Gum benzoin	$\frac{1}{2}$	ounce.
Gum storax	$\frac{1}{2}$	do.
Gum guaiacum	$\frac{1}{2}$	do.
Gum myrrh	$\frac{1}{2}$	do.
Gum balsam of tolu	$\frac{1}{4}$	do.

Let all be coarsely bruised and put in a bottle; then add—

Spirits of wine	24	ounces.
Oil of wintergreen	$\frac{1}{2}$	ounce.
Oil of pinus canadensis	$\frac{1}{2}$	do.

Shake them once every day for a fortnight; but, if required, it may be used after standing a few hours. Use as follows :—One dessertspoonful to be taken in two tablespoonfuls of water sweetened with sugar, four times a day. In severe cases the dose may be doubled for adults.

SICK HEADACHE—Cephalagia.

This generally proceeds from a disordered state of the stomach. An emetic and the decoction recommended under that head will remove it at once; but where the emetic cannot be taken, give the following :—

Wood betony	1	ounce.
Sage	1	do.
Marjoram	1	do.
Mountain mint	1	do.
Rosemary	1	do.

Boil them in four pints of water for thirty minutes; cool and clear; take a teacupful three times a day; also take two of the headache pills at night.

PAINS AFTER LABOUR.

These pains frequently come shortly after delivery. Place a hot brick to the feet of the patient, and a hot bran poultice over where the pain is, and give half a tea-spoonful each of scullcap and composition powder, in half a teacupful of hot water, sweetened, every half hour, and the pains will abate in a few hours.

MORTIFICATION.

SYMPTOMS.—The parts affected have a constant pain, and the patient suffers great anxiety. The parts soon become a livid colour, and afterwards black, with a very foetid smell. If the disease proves favourable the mortified portion is completely surrounded by a white line, and the dead part loosens and separates from the ulcer. If, on the contrary, the termination has a tendency to be fatal, the mortification rapidly extends, and unless speedily arrested death soon ensues.

TREATMENT.—Inflammation, properly treated, will seldom or never terminate in mortification; but when called to treat, our object should be to arrest and prevent any further extension of it by means both local and constitutional, and the strength of the patient must be supported by stimulants, tonics, and nutritious diet, drink a wineglassful of yeast three or four times a day. Local applications :—Take yeast a sufficient quantity, stir in slippery elm powder to form a poultice of the proper consistence; apply warm, and often renew. This will correct the tetor of the parts, and assist the powers of nature to separate the mortified from the living flesh. We have not known this remedy to fail. Several years ago we were desired to see a young man of the name of White, who was afflicted with mortification. One half of the limb, from the thigh down to the toes, was so putrid that the air in the room was very offensive, notwithstanding all the ventilation that could be introduced. One half of the limb was perfectly black. The other leg and part of the back were affected in the like manner, but not so bad. Pounds of the diseased flesh were taken from the bones. To present only a bird's eye view of this case would occupy many more pages than we can spare, but this may suffice to give confidence in the safety of the articles recommended above, as they cured the mortification, although two of our medical men, after treating the patient for many weeks, had given him up to die.

TESTICLE, SWOLLEN OR BLACK.

Poultice with one ounce of slippery elm and one ounce of the fine inside of black briony root, scraped; cayenne, a teaspoonful; mix, and add as much hot water as required, and wear a bandage on the parts outside the poultice for one hour each time three times a day. Take as a medicine that recommended for scrofula, page 161.

STRENGTHENING CORDIAL.

Take the following :—

Pure glycerine	3½ ounces.
Fluid extract of cinchona	1 ounce.
Dilute phosphoric acid	1 do.

Dose : one teaspoonful in a wineglassful of cold water, after meals. The above is a superior alterative and strengthening tonic in chronic diseases. It is a good remedy in cases of sexual debility, whether due to abuse or old age; also useful in general debility, especially at the change of life, valuable in most forms of dyspepsia, torpid inactive liver, jaundice, hoemorrhage, anaemia, etc.

NEUTRALIZING CORDIAL.

Turkey rhubarb powder	1 ounce.
Bicarbonate of potass.	1 do.
Aromatic confection	½ do.

To a large teaspoonful add half a pint of boiling water, when cool, clear, sweeten with loaf sugar, and add one teaspoonful of anti-cholera drops. Dose :—One or two tablespoonfuls every half hour or hour, according to symptoms. This is a valuable preparation for cholera morbus, cholera infantum, or summer complaints of children, diarrhoea, dysentery, &c.

WARTS—Verruca.

The excrescences on the skin, called warts, occur most frequently on the hands. Take acetic acid, and touch the crown of the wart with it twice a day. It will soon destroy them. Or if there are a great number of them, wash them with tincture of myrrh.

GOUT—Arthritis.

Gout is a peculiar disease, somewhat resembling rheumatism, is both painful and often lingering, and very difficult to cure, and the pain very acute; it attacks the feet, and particularly the great toe; the pain returns by paroxysms, and sometimes what is called a fit of gout. It is supposed to be owing to an excess of uric acid in the blood, consequent upon high living and the free use of fermented liquors, and a sedentary habit of living. Those who are employed in constant bodily labour, or who live upon much vegetable food, as likewise those who make no use of wine or other fermented liquors, are seldom afflicted with gout. Dr. Wallaston discovered that the chalky appearance is not carbonate or phosphate of lime, but a compound of the uric or lithic acid and soda.

TREATMENT.—In the treatment of gout the diet is of great importance; it should be very light, chiefly farinaceous, and all alcoholic stimulants carefully avoided.

Take-

Distilled water	2 ounces.
Wine of colchicum	1 ounce.
Spirit of nitrous ether	1 do.
Sulph. of quinine	20 grains.

Dose : one teaspoonful in a wineglassful of camomile tea, three times a day. And use the following lotion :—

Concentrated tincture veratrum viride	2 drachms.
Distilled water	8 ounces.

Bathe the parts affected, and apply a piece of soft linen, saturated with the lotion, and covered with oiled silk, three times a day.

ROSEMARY HAIR WASH.

A wash that pleasingly and effectually cleanses the skin of the head, overcoming the cankerous disease which causes the hair to fall off, removing and preventing scurvy, dandruff, and all impurities, and again inducing a fine growth of hair, should be prepared as follows :—

Rosemary	1 ounce.
Southernwood	1 do.

Boil in three gills of water for ten minutes, then clear. When cold, add the following, and mix them well together:—

Olive oil	6 ounces.
Rose water	3 do.
Spirits of ammonia (aromat.)	2 do.
Tincture of cantharides	1 ounce.
Otto of roses	10 drops.

DIRECTIONS FOR USE.—Shake the bottle well, and apply the wash night and morning to the roots of the hair, the brush being freely used before and after each application.

THRUSH IN CHILDREN.

Boil half an ounce of agrimony in half a pint of water for ten minutes, sweeten with sugar or honey, and give freely of it. Rub the tongue with equal parts of ground borax and loaf sugar. If any be swallowed it will do no injury. The canker will be cleared from the tongue through the bowels.

CONVULSIONS IN CHILDREN.

Children are subject to convulsions from teething and other causes. The feet must be put as soon as possible in warm water; then administer the following, or any suitable stimulant you may have at command, or it may soon be too late for recovery. Take—

Sugar	4 ounces.
Rue	2 do.
Valerian, English	1 ounce.
Scullcap herb	1 do.

Simmer the whole, covered, in two pints of water for twenty minutes; cool and clear, then add half an ounce of anti-spasmodic tincture. Give to children half a tea-spoonful every minute or two while the fit continues. Those who have young children should keep this medicine by them.

CORNS.

Cut the corn carefully, then apply, with a camel hair brush, the tincture of iodine, three times a week; or acetic acid may be used in the same manner. These remedies will cure either hard or soft corns.

MILK OF BITTER ALMONDS.

Take two ounces of bitter almonds, or any quantity that may be required, pour boiling water upon them; when sufficiently soft, take the skins off, put the almonds in a mortar, pound them well, and pour half a pint of boiling water on them, and strain through a cloth; put them in the mortar again, add more boiling water, pound them, strain as before. This medicine is good for weak stomachs; it removes the acids and soothes the irritation. Dose : one tablespoonful four times a day. It is also beneficial in coughs, asthma, and shortness of breath, and useful to mix equal quantity with any liver or lung medicine. It must at all times be made only as you want it for use.

DRYING AND PRESERVING ROOTS AND HERBS.

Herbs should be gathered only when the weather is fine and dry, the flowers in full bloom, or the seeds getting ripe. Roots should be dug up in the spring, when the sap is rising; for extracts; or in autumn, when they have ceased to vegetate. To dry for winter use they should be sliced and dried, and put into bags; the herbs should be tied in small bundles, shielded from the air and kept dry.

DR. FOX'S TONIC AND NERVINE ESSENCE

will repair the most broken-down systems. It will renew the most shattered constitutions. Will restore the most ill-conditioned healths. Cleanses and puts the Stomach in order. Clears and strengthens the Brain. Increases and enriches the Blood. Clears and quickens the Kidneys and Liver. Sharpens and brightens the Spirits. —Sold in bottles at 1/3 and 2/6 each. Post free, 1/9 and 3/-.

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A safe and speedy cure for Influenza, Sore Throats, Windy Spasms, Gripping Pains, etc.; and a preventive of Diphtheria, Scarlet Fever, Typhus or LOW Fever, Yellow Fever, etc. A reliable Cooling Mixture for the Blood. Price 1/- and 2/- per bottle. Post Free, 1/6 and 2/6.

Scores of new remedies for Coughs, Croup, Asthma, Whooping Cough, and Bronchitis have been introduced during the last few years, but after all the good old-fashioned remedy, used by our fathers and grandfathers 90 years ago, FOX'S COUGH SYRUP, still holds its own, and as a matter of fact is far and away more effectual than all the others put together.—Sold in bottles at 1/3 and 2/6 each. Post free, 1/9 and 3/-.

COMPOUNDS.

Medicines are compounded in order to increase their strength, to render them more palatable, and more applicable and certain in their effects upon the patient.

POWDERS.

COMPOSITION POWDER.

Bayberry	(powder)	2 ounces.
Ginger	do.	1 do.
Pinus Canadensis	do.	$\frac{1}{2}$ do.
Cloves	do.	1 drachm.
Cayenne pepper	do.	1 do.

All finely pulverized, and well mixed through a fine sieve. This is, for the first stages and less violent attacks of disease, a valuable medicine, and may safely be employed in all cases. It is good in looseness, pain in the stomach and bowels, and to remove all obstructions caused by cold. It is a safe and gentle stimulant, equalising the circulation, strengthening the digestive organs, obviating costiveness, producing a moist condition of the skin, and, in a word, enabling the different organs of the body to perform their functions in a natural and healthy manner. It is particularly useful as a convenient family medicine in sudden colds, febrile attacks, hoarseness, sore throat, coughs, influenza, cold hands and feet, colic, giddiness, headache, &c., &c. It is an excellent assistant too, and should always be employed when taking a lobelia emetic. The ordinary dose is a teaspoonful in a cupful of hot water, sweetened; children half quantity. " If there be a panacea in the world it is this preparation."

SPICED BITTERS.

White poplar bark (powder)	4	ounces.
Ground loaf sugar	do.	..	4	do.
Unicorn root	do.	..	1	ounce.
Golden seal	do.	..	1	do.
Cloves	do.	..	1	do.
Ginger	do.	..	1	do.
Balmony	do.	..	1	do.
Prickly ash	do.	..	1	do.
Wild cherry bark	do.	..	1	do.
Cinnamon	do.	..	$\frac{1}{2}$	do.
Cayenne	do.	..	$\frac{1}{2}$	do.

All finely pulverized, well mixed, and passed through a fine sieve. The same quantity to be taken for a dose as composition. This is one of the best medicines in use for restoring the tone of the digestive organs and creating an appetite. It is an excellent remedy for jaundice, dyspepsia, flatulency, heartburn, and the whole train of chronic diseases. It is a refreshing drink for weak patients, and is grateful also to those in health, either in winter or summer. If food occasions distress, a dose of this medicine will generally afford relief.

STOMACH BITTERS.

Balmony	(powder)	2	ounces.
Bayberry	do.	2	do.
White poplar bark	do.	1	ounce.
Jamaica ginger	do.	1	do.
Cayenne	do.	$\frac{1}{4}$	do.
Cloves	do.	$\frac{1}{4}$	do.

Mix and pass through a sieve. Dose same as above. This is designed to correct the bile and create an appetite; it is an excellent tonic, and will be found highly useful when the patient has been much enfeebled by disease or age.

FEMALE POWDER.

Gum myrrh (powder)	1 ounce.
Unicorn root	do.	1 do.
Tansy flowers	do.	1 do.
Black cohosh	do.	1 do.
Mandrake	do.	$\frac{1}{2}$ do.
Cayenne	do.	$\frac{1}{4}$ do.

All finely pulverized and well mixed. This compound is an excellent medicine, and is particularly adapted for the complaints of females, for obstructed or suppressed menstruation. Dose: a teaspoonful of the powder in half a teacupful of hot water, sweetened, twice a day.

FEMALE RESTORATIVE POWDER.

Ground loaf sugar (powder)	8 ounces.
White poplar bark	do.	2 do.
Beth root	do.	1 ounce.
Bistort root	do.	1 do.
Cranesbill	do.	1 do.
Unicorn root	do.	1 do.
Golden seal	do.	1 do.
Cinnamon	do.	$\frac{1}{2}$ do.
Cloves	do.	$\frac{1}{2}$ do.
Cayenne	do.	$\frac{1}{4}$ do.

This compound is good for the complaints of weak females, such as fluor albus, bearing down or profuse menstruation. Dose : a teaspoonful in half a cupful of hot water, three times a day. (See Fluor Albus, or Whites.)

COLIC POWDER.

Sweet flag root (powder)	2 ounces.
Marsh mallow root	do.	1 ounce.

This is one of the best preparations ever used for those afflicted with pain and inflammation of the stomach and bowels. It relieves in a few doses, and cures in a short time. Take a teaspoonful in half a teacupful of hot water, sweetened. It can be given to children with the greatest safety, less in quantity.

COUGH POWDER.

Polypody root (powder)	2	ounces.
Skunk cabbage do.	1	ounce.
Pleurisy root do.	1	do.
Black cohosh do.	1	do.
Elecampane root do.	1	do.
Beth root do.	1	do.
Liquorice do.	1	do.
Ginger do.	1	do.
Black pepper do.	1	do.
Lobelia herb do.	$\frac{1}{4}$	do.
Cloves do.	$\frac{1}{4}$	do.

All finely pulverized, well mixed, and passed through a fine sieve. This gives speedy relief in asthma, hoarse-ness, shortness of breath, difficulty in breathing, pleurisy, and all diseases of the lungs of long standing. Take one ounce of the powder, pour on it a pint of boiling water, and sweeten it with honey or sugar. Dose : half a cupful four times a day, or any time when the cough is troublesome. (See Index.)

SCURVY POWDER.

Sassafras bark (powder)	1	ounce.
Sarsaparilla do.	1	do.
Gum guaiacum do.	1	do.
Queen's delight do.	1	do.
Polypody root do.	1	do.
Cayenne do.	1	drachm.

All finely pulverized, well mixed, and passed through a fine sieve. Dose : a teaspoonful in half a teacupful of hot water, sweetened, three times a day. Good in all scorbutic diseases, and for removing blotches, pimples, and all cutaneous complaints. (See Index.)

DIURETIC POWDER.

Prince's pine (powder)	1	ounce.
Queen of the meadow do.	1	do.
White poplar bark do.	1	do.
Uva ursi do.	1	do.
Tansy do.	1	do.
Circuma do.	1	do.
Pinus Canadensis do.	$\frac{1}{2}$	do.
Fennel seeds do.	$\frac{1}{2}$	do.
Ginger do.	$\frac{1}{2}$	do.
Cayenne do.	$\frac{1}{2}$	do.

Mix and pass through a sieve, and take same as composition. This mixture is very good in gravel, difficulty of passing urine, flatulency, and pain in the back and kidneys.

ANTI-CHOLERA POWDER.

Gum catechu (powder)	2	ounces.
Oak bark do.	1	ounce.
Ginger do.	1	do.
Tormentil root do.	1	do.
Spiced bitters do.	1	do.
Cinnamon do.	$\frac{1}{2}$	do.
Bistort root do.	$\frac{1}{2}$	do.
Bayberry do.	$\frac{1}{4}$	do.
Cloves do.	$\frac{1}{4}$	do.
Cayenne do.	$\frac{1}{4}$	do.

Mix well through a fine sieve. This is a safe and specific remedy in all cases of dysentery, diarrhoea, colic, flux, English cholera, cholera morbus, and Asiatic cholera. All those who value their health and the health of their families will supply themselves with this powder, which, if taken as directed, will not fail to cure those distressing maladies in all their stages. Take a teaspoonful of the powder in half a teacupful of hot water, sweetened with loaf sugar, every hour or two, as may be required. (See Index.)

ANTI-SPASMODIC POWDER.

Skunk cabbage (powder)	1	ounce.
Valerian do.	1	do.
Scullcap do.	1	do.
Black cohosh do.	$\frac{1}{4}$	do.
Lobelia herb do.	$\frac{1}{4}$	do.
Cayenne do.	$\frac{1}{4}$	do.

Mix well through a fine sieve. Dose : half a teaspoonful every two hours, in half a teacupful of hot water, sweetened; children, half quantity. This is an excellent remedy for hysterical affections, fits, and convulsions. (See Anti-spasmodic Tincture.)

FEVER POWDER.

Pleurisy root (powder)	1 ounce.
Skunk cabbage do.	1 do.
Lobelia herb do.	1 do.
Crawley root do.	$\frac{1}{2}$ do.

Mix through a fine sieve the same as the others. This compound we have employed with gratifying success in a great number of fevers, and other practitioners have also used it with equal advantage. We have long felt the necessity of some simple compound by which fever could be controlled without the necessity of giving courses of medicines so frequently, but never met with one until we came in possession of the above powder. We have now used it extensively in almost every form of disease, and must pronounce it the best medicine we have employed since called to practice. It rarely or never fails in producing moisture of the skin; in fevers it operates mildly and gently upon the system, and will frequently produce moisture in five minutes. It allays excitement, regulates the pulse, and predisposes to sound and natural sleep. Given properly, it will control a fever with the greatest safety. The dose is from a quarter to a whole teaspoonful in a little warm water, sweetened, every hour or two for eight or twelve hours, according to the violence of the symptoms. (See Index.)

BILIOUS POWDER.

Alexandria senna (powdered)	..	2 ounces.
Jalap do.	..	1 ounce.
American mandrake do.	..	$\frac{1}{2}$ do.
Cloves do.	..	$\frac{1}{4}$ do.
Carbonate of soda do.	..	$\frac{1}{4}$ do.

All finely pulverized, well mixed, and passed through a fine sieve. Take half a teaspoonful in half a teacupful of hot water, sweetened, once a day; children according to age, and as required. This is one of the most innocent and efficient purgatives now in use, safe in all cases; and may be given to children or females in every stage for costiveness, headache, and bilious complaints. It removes all offensive accumulations, without causing costiveness after its operation.

WORM POWDER.

Areca nut	(powder)	1 ounce.
Tansy	do.	1 do.
Worm seed	do.	1 do.
Male fern root	do.	1 do.
Indian pink root	do.	$\frac{1}{2}$ do.
Bilious powder	do.	$\frac{1}{2}$ do.

All finely pulverized. An excellent combination for the destruction and expulsion of every description of worm from the system—tape worm excepted. Pour one pint of boiling water on half an ounce of the worm powder, and add one tablespoonful of sugar and a quarter of a pound of raisins. Children up to two years can take half a wineglassful twice a day; from two to seven years, take a wineglassful of the clear liquor night and morning, and eat a quantity of the raisins after every dose; those over that age may take about half a teacupful night and morning, and eat a quantity of the raisins after each dose.

CATTLE POWDER.

Mustard (powder)	2 ounces.
Fennel seeds	do.	2 do.
Ginger	do.	2 do.
Cayenne	do.	1 ounce.

Mix well. Divide into four doses. Give it night and morning in oatmeal gruel. It is good for the generality of diseases incident to cattle, and you can never do wrong by administering it. Cover them well up at the time— it causes a perspiration. If they are bound in their bowels, give them medicine for it as required.

PILE POWDER.

Ground loaf sugar (powder)	4 ounces.
Black pepper	do.	1 ounce.
White poplar bark	do.	1 do.
Elecampane	do.	1 do.
Fennel seeds	do.	$\frac{1}{2}$ do.

Mix and sieve as before. Dose : a teaspoonful in half a teacupful of hot water three times a day, and half a tea-spoonful of the confection of senna in each dose. Use the pile ointment and a little of the oil of spearmint; and particular attention must be paid to keep the bowels open once every day. (See page 183.)

EMETIC POWDER.

Take of lobelia seeds and herb powdered equal quantities. Then pour a gill of boiling water on a quarter of an ounce of the mixture and two tea-spoonfuls of sugar; also take an equal quantity of composition powder prepared the same way. Keep this warm, and take one-third of a teacupful of lobelia first, composition directly after, every half hour, till vomiting takes place. Be in bed, keep warm, and drink freely of warm gruel when vomiting has taken place.

RHEUMATIC POWDER.

Gum guaiacum (powder)	1	ounce.
Flowers of sulphur	do.	..	1	do.
Black cohosh	do.	..	1	do.
Prickly ash	do.	..	1	do.
Pleurisy root	do.	..	1	do.
Iodide of potass	do.	..	1	drachm.

All finely pulverized, and passed through a fine sieve. Take a teaspoonful in half a teacupful of hot water, sweetened, three times a day. (See Index.)

ASTRINGENT AND DIARRHOEA POWDER.

Turkey rhubarb (powder)	1	ounce.
Gum catechu	do.	..	1	do.
Tormentil root	do.	..	1	do.
Prepared chalk	do.	..	1	do.
Gum myrrh	do.	..	1	do.
Aromatic confection	do.	..	1	do.
Bayberry	do.	..	1	do.
Cinnamon	do.	..	1	do.

All finely pulverized, well mixed, and passed through a fine sieve. This is one of the most valuable preparations known for diarrhoea, dysentery, and as an astringent for all relaxation of the bowels and summer complaints, both for adults and children; it comes the nearest to a specific for these forms of disease of any medicine we have ever used. Dose : for over fifteen years of age, one teaspoonful in half a teacupful of hot water, sweetened, three times a day; and under fifteen, half quantity. (See Index,)

TOOTH POWDER.

Bayberry	(powder)	1/4	ounce.
Alum root	do.	1/4	do.
Gum myrrh	do.	1/4	do.
Cuttlefish bone	do.	1/4	do.
Prepared chalk	do.	1/4	do.
Carbonate of soda	do.	1/4	do.
Bistort root	do.	1/4	do.
Orris root	do.	1/4	do.

Scent with otto of roses or bergamot. Rub this on with a tooth-brush once a day. It is good to preserve the teeth, and will destroy the tartar without injuring the gums or the teeth.

ANTIBILIOUS PILLS.

Turkey rhubarb	(powder)	1	ounce.
Socotrine aloes	do.	1	do.
Castile soap, cut fine	do.	1	do.
Colocynth	do.	1/2	do.
Jalap root	do.	1/2	do.
Mandrake root	do.	1/2	do.
Gambouge	do.	1/2	do.
Extract of mandrake	1/2	ounce.
Extract of dandelion	1/2	do.
Extract of gentian	1/2	do.
Gum Arabic powder	1/2	do.
Oil of spearmint	30	drops.

Mix into a paste with the extracts and-form into pills. Dose : two to four at night, or as often as the nature of the case may require. These pills are designed for universal application in all cases not accompanied with looseness of the bowels, cleansing away its impurities, in liver

complaints, indigestion, loss of appetite, and headache. Persons suffering from costiveness will find them an excellent remedy.

CAYENNE PILLS.

Cayenne	(powder)	1	ounce.
Gum Arabic	do.	$\frac{1}{2}$	do.
Turkey rhubarb	do.	$\frac{1}{4}$	do.

Take as much warm water as will mix them into stout paste, then make them into pills the size of peas. These are employed to raise the animal heat, whenever the patient has an aversion to the use of cayenne in a liquid form. Dose; three, four times a day.

NERVINE PILLS.

Sculcap powder	$\frac{1}{2}$	ounce.
Extract of gentian	$\frac{1}{2}$	do.
Extract of valerian	$\frac{1}{2}$	do.
Assafoetida gum extract	$\frac{1}{2}$	do.
Lupuline powder	$\frac{1}{2}$	do.

Warm the assafoetida in the oven a few minutes in a vessel, then mix all together and form into pills. These are good for all nervous complaints, either hysterical or hypochondriacal, and to compose the nerves when sleep is required. They will be found exceedingly valuable, and if taken for some time, will prevail against the most obstinate attacks of nervous diseases. Dose: Two pills twice a day.

TIC PILLS.

Extract of valerian	$\frac{1}{2}$	ounce.
Sculcap (powder)	$\frac{1}{2}$	do.
Black cohosh do.	$\frac{1}{2}$	do.
Extract of henbane	$\frac{1}{2}$	do.
Oil of spearmint	30	drops.

Mix the whole well together, and form into the ordinary-sized pill. Take one or two every two hours until relieved. This constitutes a good pill for tic-doloreux and all nervous diseases. (See Index.)

HEADACHE PILLS.

Jamaica ginger (powder)	1/2	ounce.
Socotrine aloes do.	1/2	do.
Turkey rhubarb do.	1/4	do.
Jalap do.	1/4	do.
Gum Arabic do.	1/4	do.
Oil of rosemary do.	20	drops.

Pour about a tablespoonful of hot water on them, or sufficient to form into pills the size of a pea. Take from two to four every day, until relieved, for pain or dizziness in the head.

DIURETIC PILLS.

Extract of dandelion	1	ounce.
Mandrake powder	1	do.
Solidified copaiba	1	do.
Cubeb powder	1	do.
Venice turpentine	1/2	do.
Extract of colchicum	1/4	do.
Oil of cubeb	20	drops.

Mix the whole well together, and if they are too fluid to make into pills add as much pulverized gum arabic as required, then form them into the ordinary-sized pill. Dose : two pills three times a day; if not sufficiently active take more. They are good for all obstructions of the urine.

FEMALE CORRECTIVE PILLS.

Conserve of roses	1	ounce.
Socotrine aloes (powder)	1/2	do.
Tansy flowers do.	1/2	do.
Gum myrrh do.	1/2	do.
Bitter apple do.	1/2	do.
Unicorn root do.	1/2	do.
Oil of spearmint	20	drops.

Mix with warm water sufficient to make a paste, then make ordinary-sized pills, and take two, three times a day. These pills are to remove the obstructions to which females are subject.

INDIAN PILLS.

Extract of sarsaparilla	1 ounce.
Turkey rhubarb (powder)	1 do.
Socotrine aloes do.	1 do.
Cayenne do.	$\frac{1}{2}$ do.
Circuma do.	$\frac{1}{2}$ do.
Valerian do.	$\frac{1}{4}$ do.

Mix in sufficient gum arable to form into pills. Females will find great relief and final benefit by taking two or three a day, particularly when near confinement.

COUGH PILLS.

Guma ammoniacum (powder)	1 ounce.
Lobelia do.	$\frac{1}{2}$ do.
Ipecacuanha do.	$\frac{1}{2}$ do.
Cough powder	$\frac{1}{2}$ do.
Extract of balm of Gilead	$\frac{1}{2}$ do.
Cayenne (powder)	$\frac{1}{2}$ do.
Gum Arabic do.	$\frac{1}{2}$ do.
Oil of spearmint	20 drops.

. Bruise the gum ammoniacum, add a tablespoonful of water to it, simmer in the oven in a jar a few minutes, and when dissolved add syrup of squills, sufficient to form into pills. These are good for coughs, asthma, and affections of the lungs, as they promote a free expectoration. Dose : two to be taken three times a day. The use of these pills will in many instances occasion more or less uneasiness or pain in the bowels, until a more natural warmth or action are restored to the bowels, and then they will cease to produce pain, unless taken in large quantities.

INDIGESTION PILLS.

Extract of dandelion	1 ounce.
Gum Arabic (powder)	$\frac{1}{2}$ do.
Golden seal do.	$\frac{1}{2}$ do.
Gum myrrh do.	$\frac{1}{2}$ do.
Turkey rhubarb do.	$\frac{1}{2}$ do.
Valerian do.	$\frac{1}{2}$ do.
Cayenne do.	$\frac{1}{2}$ do.
Oil of spearmint	20 drops.

Mix the whole into a paste with the extract and gum arable, then roll them into the regular-sized pills. Dose : two after dinner and two at bed-time. These are good for weakness of the stomach, headache, depression of spirits, and nervous affections.

RHEUMATIC PILLS.

Extract of sarsaparilla	$\frac{1}{2}$	ounce.
Poke root (powder)	$\frac{1}{2}$	do.
Gum guaiacum do.	$\frac{1}{2}$	do.
Cayenne do.	$\frac{1}{4}$	do.
Macrotin	$\frac{1}{4}$	do.
Xanthoxylin	$\frac{1}{4}$	do.
Iodide of potass	$\frac{1}{4}$	do.
Extract of henbane	$\frac{1}{4}$	do.

Mix the whole in one mass, and add a little warm water, if required, and form them into ordinary-sized pills. Take two twice a day. (See Index.)

LIVER PILLS.

Mandrake (powder)	1	ounce.
Scamony do.	1	do.
Blood root do.	1	do.
Extract of dandelion	1	do.
Extract of gentian	$\frac{1}{2}$	do.
Extract of mandrake	$\frac{1}{2}$	do.
Podophyllin	$\frac{1}{2}$	drachm.
Leptandrin	$\frac{1}{4}$	do.

Mix the powders with the extracts, and add a little water if required. These pills are good for jaundice, liver, and worms, and all cases where disease of the liver is suspected. Dose : three or four every night.

GOLDEN PILLS.

Aloes socotrine (powder)	$\frac{1}{2}$	ounce.
Ginger do.	$\frac{1}{2}$	do.
Brown wax soap	$\frac{1}{2}$	do.
Colocynth (powder)	1	drachm.
Gambouge do.	1	do.
Camphor do.	1	do.

Cut and simmer the soap in the oven with a little water, and when it is cool mix them altogether, then make them into a regular-sized pill. This is a valuable family medicine for the cure of headache, violent pain in

the back, purifying the stomach, and restoring a healthy action to the bowels. Dose : Four each day.

OINTMENTS.

Ointments are a class of remedies that contain the properties of certain vegetables designed for external use; and are of themselves of great use in keeping the parts well cleansed, and shielding them from the exciting effects of the atmosphere.

MARSH MALLOW OINTMENT.

Take half a pound each of green marsh mallow leaves and elder flowers; bruise them fine, then add one pound of hog's lard; put the whole in a vessel, and simmer them in the oven till the herbs are very crisp; the virtue of the plants will then have been extracted; then strain through a coarse cloth before it is cold. If you want it very strong, pound a fresh quantity; simmer again with the same lard as before; then cut beeswax fine, and add one ounce to every pound of ointment; simmer again for ten minutes, till all the wax is dissolved; pour into a jar, and keep stirring till cool.

USES.—This forms a very cooling ointment, and is efficacious in all kinds of eruptions attended with inflammation, and for children with sores on the face and round the ears; it nullifies, digests, and cleanses putrid wounds, ulcers, &c., &c.

MEADOW FERN OINTMENT.

Fresh lard	16 ounces.
Meadow fern burrs	3 do.
Balm of Gilead do.	3 do.

Let the meadow fern and balm of Gilead be well pounded, moisten the burrs with a little water, and simmer them in the lard over a slow fire until they cease to be glutinous, which will be in three or four hours; then add two ounces of meadow fern burrs, moistened with water; continue the simmering until their strength is extracted, which may be determined by rubbing them between the fingers, as they will not emit a fragrant smell. Pass the ointment through a coarse cloth, into some convenient vessel.

USES.—We can recommend this as an excellent application in tetter, scald heads, soreness of the lips or nose, scales or scabs, and various cutaneous eruptions on the hands or arms. The parts must be washed once a day with our marsh mallow soap.

DISCUTIENT OINTMENT.

Bark of bittersweet root	1 ounce.
Thorne apple	1 do.
Hemlock, spotted	1 do.
Foxglove leaves	1 do.
Yellow dock roots	1 do.

Bruise and simmer the roots and leaves in one pound of lard, and simmer till the ingredients are crisped. This forms an exceedingly valuable ointment for scrofulous, indolent, and glandular tumours and swellings. The parts should be fomented for about half an hour before each application, and then the ointment applied, secured by a proper bandage.

NIPPLEWORT OINTMENT.

This is a very common plant, but now seldom used. Take half a pound of nipplewort, green, and bruise it well, add half a pound of lard, and simmer precisely in the same way as directed for the marsh mallow ointment. We have used it for years, and for the cure of sore nipples in any form it is unequalled. Use it several times a day, and it will both relieve severe pains and cure speedily. Or this :—Two ounces of glycerine, and two ounces of brandy; mix them together, and apply it on a little soft linen; it will heal the wound and take away the soreness.

FLUELLIN OINTMENT.

Take half a pound of fluellin, green, pound it well, then add half a pound of lard, and simmer in the same way as the marsh mallow ointment, omitting the beeswax. It is useful for all old sores, eating cancer, and putrid sores.

EYE OINTMENT.

Take two ounces of spermaceti ointment and one drachm of red precipitate, to be rubbed very fine in a mortar, then mix both together.

Rub a small quantity on the eyelid twice a day.

ITCH OINTMENT.

Take four ounces of yellow dock root and two ounces of black hellebore root, bruise the whole together, and simmer in an iron pan, with one pound of leaf fat and half a pound of soft soap. Simmer gently for four or six hours; then strain through a cloth, and mix in sixty drops of oil of lavender. Rub on every night till cured.

BLOOD ROOT OINTMENT.

Simmer one ounce of blood root powder in three ounces of lard, and strain. For films and cataracts of the eyes, put a little in the eyes twice a day; and for putrid wounds, lay a little on the sores.

PILE OINTMENT.

Take of green plant of celandine a quarter of a pound, and simmer the same as marsh mallows, in half a pound of hog's lard, then strain, and mix two ounces of the powder of *Pinus Canadensis*, sunnier again gently for two hours, then strain and clear, and while warm mix the yoke of an egg with them, and when cool it is ready for use. This is a useful ointment for piles and cutaneous eruptions.

BURN SALVE.

Burgundy pitch	1 pound.
Hogs' lard	$\frac{1}{2}$ do.
Beeswax	$\frac{1}{4}$ do.

Simmer the above over a slow fire until the whole are well mixed together, then stir it well until cold. It is also good for scrofula, or sores on the legs of every description.

SPERMACETI OINTMENT, or BROWN SALVE.

Olive oil..	5 ounces.
White wax	4 do.
Spermaceti	3 do.
Bayberry wax	1 ounce.

Mix them together over a slow fire, taking care to stir briskly until cool. This is an excellent salve for mothers when troubled with sore nipples; it

moistens the skin and keeps it soft; it is good for chapped hands or dry scurvy, and all sores which require a mild ointment, but should be assisted by internal medicines whenever required.

SALVE FOR WOUNDS.

Gum thus	2 ounces.
Beeswax	2 do.
Resin	2 do.
Raw linseed oil	2 do.
Black pitch	$\frac{1}{4}$ ounce.

Melt the whole in a vessel in a saucepan with sufficient water to simmer over a slow fire until all are well dissolved, stirring them several times until the salve is cold; it is then ready for use.

The curative properties of this salve have been fully tested for years. It has cured many of the most inveterate scrofulous sores, tumours, and old wounds. It is also good for burns and scalds, and may be used with confidence to the youngest child without any danger and with success. I erections : spread a portion on a piece of linen, and apply it three times a day.

SYRUPS.

These are a useful class of compounds; they contain the properties of different herbs, and are presented to the patient in a pleasant and palatable form.

DYSENTERY SYRUP.

Take golden seal, flag root, wild cherry, bayberry, blackberry (bark of the root) gum myrrh, prepared chalk, and catechu, one ounce each; oak bark, tormentil, and cayenne, half an ounce each. Boil them gently in four quarts of water for half an hour, carefully stirring them on a slow fire; strain through a coarse cloth, add three pounds of loaf sugar, simmer gently again, carefully taking off all the scum that rises to the top to clear it; when clear and cool, add four ounces each of tincture of catechu and tincture of gum myrrh, and a quarter ounce of oil of cassia. This syrup is an excellent remedy in dysentery, diarrhoea, and relaxed state of the bowels, and is used for summer complaints of children, pains and soreness of the stomach and bowels. Dose : a wineglass-ful every

two hours, or every hour if the case be violent; under fifteen, half quantity, reducing the dose according to age. Repeat until a cure is effected.

COUGH SYRUP, No. 1.

Take one pint of clarified molasses, three ounces of tincture of lobelia, quarter of an ounce of essence of spearmint, one drachm of essence of pennyroyal, half a drachm of essence of aniseed, four ounces of syrup of red poppy, and one gill of simple syrup; mix and shake well together. Dose: a dessertspoonful for those of twelve years of age and upwards, to be taken three times a day; a teaspoonful down to six, the same proportion younger, and to be diluted with an equal quantity of warm water for children under two years of age. We have used this mixture extensively in our practice for eighty years, and we never employed a compound that gave more general satisfaction, especially when administered to children for coughs, whooping cough, croup, and all affections of the lungs.

COUGH SYRUP, No. 2.

Take one ounce each of lobelia herb, wild cherry bark, horehound, comfrey root, beth root, elecampane root, boneset, and ginger root; simmer gently for half an hour, with one quart of water, in a covered vessel; strain through a coarse cloth; when it is clear add one pound of loaf sugar, and simmer again until the scum ceases to rise; pass it again through a cloth; when cool and fine add four ounces of tincture of tolu. This is good in all diseases of the lungs, such as coughs, consumption, &c., and may be taken as the syrup. No. 1. It is necessary to state here that all above the age of twelve years should take the cough powder with the syrup. (See page 231.)

COUGH SYRUP, No. 3.

Take two ounces each of oxymel of squills, syrup of tolu, aniseed water, white wine vinegar, and mucilage of gum arable, and a quarter of an ounce each of ipecacuanha wine and chloric ether. Mix, and take a teaspoonful four or five times a day, when the cough is troublesome.

COUGH SYRUP, No. 4.

Take half a teaspoonful of cloves, half a teaspoonful of lobelia, quarter of a pound of English honey, pour on them half a pint of boiling water, then clear; give a teaspoonful to those under nine months, and a dessertspoonful to those above that age, every two hours till the croup or cough is cured. Mothers will find this better than paregoric or anodyne cordial; it acts speedily where the breathing is difficult.

SYRUP OF SENNA.

A good syrup of senna can be made by taking one ounce of senna leaves, half an ounce of bruised fennel seeds, and one pint of boiling water; macerate the senna leaves and fennel in the water for an hour, with a gentle heat; strain the liquor, and mix it with two ounces of manna and half a pound of loaf sugar; boil a short time; take off the scum, cool, and add half an ounce of cream of tartar; take a dessertspoonful every hour till it operates. This is a useful purgative for children.

SYRUP OF TOLU.

Take of tincture of tolu, two fluid ounces; carbonate of magnesia, two drachms; sugar, one pound and a half; water, twelve fluid ounces. Rub the tincture with the magnesia and two ounces of the sugar, gradually add the water, and strain; then dissolve the remainder of the sugar by a gentle heat in the strained liquid. This makes a good balsamic syrup of tolu to allay tickling coughs and hoarseness. Dose : a teaspoonful three times a day.

BLOOD PURIFIER AND DECLINE SYRUP.

Take three ounces of red Jamaica sarsaparilla; one ounce each of mezerian root, guaiacum, yellow dock, burdock root, American bittersweet, elm bark, elder flowers, mandrake (English), fumitory, and wood. sanicle. Simmer gently for four hours in four quarts of water; cool, then pour off, and add two quarts of water a second time. Boil the same time, cool, pour off, clear, mix the two clear liquors in a vessel, add four pounds of loaf sugar, and simmer about ten minutes, taking off the scum as it rises; cool and strain; add one ounce each of tincture of

queen's delight, tincture of prickly ash berries, and essence of sassafras, two drachms of iodide of potass, and forty drops of oil of wintergreen. This syrup is very efficacious in the eradication of diseases and invigoration of the body. It purifies the blood, and in this lies the great secret of its success in rheumatism, gravel, scurvy, ulcers, itching of the skin, and corrupt humours. Dose; a wineglassful four times a day; children, half quantity.

SOOTHING SYRUP, or MOTHER'S FRIEND.

Loaf sugar	16 ounces.
Turkey rhubarb root	1 ounce.
Cinnamon bark	1 do.
Bicarbonate of potass.	$\frac{1}{2}$ do.

Boil in one pint of water twenty minutes, cool, strain, and add two pints of peppermint water and ten drops of oil of cassia or cinnamon. The necessity has long been felt of possessing a simple remedy, without having to resort to infants' preservative, anodyne cordials, royal mixture, &c., &c., the principal ingredients of which are powerful poisons acting on the nervous system. This soothing syrup contains no narcotic or poisonous drug, it removes acidity of the stomach, griping pains of the bowels, expelling wind, changing the colour of the motions from a green and slimy appearance to their natural colour. Dose : From half a tea-spoonful to a teaspoonful four times a day.

TINCTURES.

Tinctures are very active ingredients, principally used in our practice for sprains, wounds, hard swellings, pains in the back, chest, side, &c.

A TINCTURE OF MYRRH.

Take two ounces of gum myrrh, bruise, and infuse it in one pint of spirits of wine, shake them well every day for a fortnight, strain, and use the clear fluid. It may be used in a few hours after it is made, if required. This is applied to fresh wounds and offensive ulcers. Diluted with two-thirds of raspberry leaf decoction, it is good to wash sore mouths, spongy gums, to gargle for ulcerated sore throats, a wash for inflammation, weak eyes, &c.

A TINCTURE OF CAYENNE.

Take two ounces of cayenne, one ounce of gum myrrh, and one pint of spirits of wine; infuse for ten days, and strain.

USES.—This is a valuable external application for rheumatic joints and parts that have lost their sensibility. It is useful in palsy and wasting of the limbs. A flannel moistened with it, and applied to the side in pleurisy, will generally afford relief.

ANTI-SPASMODIC TINCTURE.

Black cohosh (powder)	1	ounce.
Gum myrrh do.	1	do.
Lobelia seeds do.	1	do.
Scullcap do.	1	do.
Skunk cabbage do.	1	do.
Cayenne do.	$\frac{1}{2}$	do.

Infuse them for a week or more in one pint of spirits of wine in a closely-stopped vessel, shaking it once a day. The clear only is to be used. This is an invaluable preparation, and is used in violent cases of disease, such as lockjaw, epilepsy, convulsions, delirium tremens, fainting, hysterical attacks, fits, cramp, apoplexy, and suspended animation. It traverses the system with wonderful rapidity, and rarely fails to restore the patient. Drowned persons have frequently been recovered by its use. Dr. Mattson states in his valuable work, that several gentlemen who were incredulous with regard to its effects immersed a dog in water until he was apparently dead, and then gave a strong dose of the tincture, which revived him in a very short time. I witnessed the experiment myself, and can vouch for the truth of the statement. In lockjaw, where the teeth are rigidly clenched, this may be regarded as a sovereign remedy; the liquid to be poured between the teeth with a teaspoon, without any water, as often as required; to be continued until recovery has taken place; and as soon as it comes in contact with the throat the spasm will yield and the mouth open. Doses according to age : for persons above twenty years, a teaspoonful in half a teacupful of warm water, sweetened, as often as required.

RASPBERRY SYRUP.

Take half a pound of honey and a cupful of water; let these boil, take off the scum, pour boiling hot upon half an ounce of lobelia herb and half an ounce of cloves; mix well, then strain, and add half a pint of raspberry vinegar. Take from a teaspoonful to a dessertspoonful four times a day. This is good for asthma, croup, whooping cough, inflammation of the lungs, dry and tickling coughs. It is pleasant to take.

TINCTURE OF BLOOD ROOT.

Take of blood root, pulverized, two ounces; sweet nitre, one pint; macerate for ten days; shake up once or twice a day. This is very useful for polypus, proud flesh, and all fungous swelling, &c.

RHEUMATIC LINIMENT.

Take—

Spirits of wine	40 ounces.
Oil of sassafras	$\frac{1}{2}$ ounce.
Oil of hemlock	$\frac{1}{4}$ do.
Oil of red cedar	$\frac{1}{4}$ do.
Oil of turpentine	$\frac{1}{4}$ do.
Gum camphor	$\frac{1}{4}$ do.
Cayenne.. .. .	$\frac{1}{4}$ do.

Mix, and put into a bottle; let it stand for five or six days, frequently shaking it until dissolved, then strain. This liniment is excellent for rheumatism, neuralgia, sprains, and other painful affections. The parts affected should be frequently rubbed with it. It is an exceedingly valuable preparation, seldom or never failing to relieve pain.

TINCTURE OF PRICKLY ASH.

Take prickly ash berries and bark, bruised, two ounces; spirits of wine, one pint; macerate as in tincture of blood root. Good as a liniment for the toothache, tic doloureux, and rheumatic pain.

TINCTURE OF FIR BALSAM.

Take of fir balsam two ounces; spirit of wine, one pint; shake them well together. This is good for wounds and ulcers, and is taken alternately as a remedy in coughs and soreness of the bowels. The dose is a teaspoonful in two tablespoonfuls of warm water, sweetened, four times a day.

TINCTURE OF QUEEN'S DELIGHT.

Take the powder of queen's delight two ounces; spirit of wine, one pint; shake it up for a few days, and the clear fluid is ready for use. It is given with other remedial agents in cases of disease of the kidneys, but is not of itself sufficient to cure. (See Index.)

A TINCTURE OF CATECHU.

Take of powdered catechu two ounces; cinnamon bark in powder, one ounce; spirit of wine, one pint; macerate for fourteen days and strain. This is used for diarrhoea, and as a liniment to rub a swelling.

TINCTURE OF FIGWORT ROOT.

Take six ounces of green figwort roots, bruised; add one pint of spirit of wine; macerate for fourteen days, and strain. Take twenty drops in a wineglassful of warm water, sweetened, three times a day, for all swellings under the lower jaw and about the ears, and rub well with the tincture three times a day. It will soon cure the scrofula known as king's evil. (See Index.)

TOOTHACHE LINIMENT, No. 1.

Take bistort root and pellitory of Spain root, of each one ounce; bruised gum myrrh, prickly ash berries, oil of sassafras, and oil of cloves, half an ounce of each cayenne, scullcap, cinnamon, and lobelia seeds powders, quarter of an ounce of each; spirit of wine, one and a half pint; macerate for fourteen days. Use the clear fluid with a small quantity of cotton wool; apply it to the part, and repeat till a cure is effected.

TOOTHACHE LINIMENT, No. 2.

Spirit of wine	2 ounces.
Tincture of myrrh	$\frac{1}{4}$ ounce.
Pure chloroform	$\frac{1}{2}$ do.
Ether sulph.	$\frac{1}{2}$ do.
Gum camphor	$\frac{1}{2}$ do.
Oil of cloves	1 drachm.

Cut the camphor fine, and dissolve it in the spirit, adding the other ingredients after it is dissolved. Apply a few drops to the decayed tooth on a little cotton wool; also rub the face and gums with the same.

TINCTURE OF LIFE.

Take two ounces of the best French Brandy, a quarter of an ounce of African cayenne pepper, and one drachm of gum myrrh. It is good for fits in general. Dose: Fifteen drops three times a day in half a teacupful of warm water sweetened. When any person is in a fit give half a teaspoonful in a tablespoonful of water every five or ten minutes until consciousness returns. (See " Fits.")

ACID TINCTURE OF LOBELIA.

Take of lobelia herb and seeds powder each two ounces; best vinegar, one pint; macerate in a glass bottle for one week; shake it once a day. Dose : Fifteen drops three times a day in a wineglassful of horehound tea, which may be increased gradually to thirty drops. Children, half quantity. This is good for coughs, asthma, hoarse-ness and may be taken with great advantage in most diseases of the lungs.

CARMINATIVE TINCTURE.

Take—

Angelica root	4 ounces.
Lady's slipper	2 do.
Catnep herb	2 do.
Motherwort	2 do.
Pleurisy root	2 do.
Sweet flag	1 ounce.
Aniseeds	1 do.
Dill seeds	1 do.
Fennel seeds	1 do.

Macerate the whole in four pints of brandy; let it stand for ten days, then strain and press out the liquid; let it clear and bottle for use. The preparation eases pain, creates a moderate perspiration, and produces refreshing sleep; is good for restless children, removing flatulency and wind-colic, and is useful in hysteric and nervous affections, female debility, &c. Dose: for children, from ten to sixty drops, according to age; for adults, from one to four teaspoonfuls, in a cup of warm water, sweetened, every four or six hours.

LINIMENTS.

TIC-DOLOREUX LINIMENT (NEURALGIA).

Menthol crystal, one drachm; oil of cinnamon, 20 drops; oil of cloves, 20 drops; and spirit of wine, one ounce. Directions for use : Saturate a little cotton wool with cold water, press the water out, then sprinkle over it 30 or 40 drops of the liniment, hold this to the painful part. This will be equally effectual for pains in the head, face or ear, or any violent pains due to irritation of the nerve centres. Also get one ounce each of senna, scullcap, and composition in powder, mix together, and take one teaspoonful in a cupful of hot water, sweetened, three times a day, the clear only to be taken.

VOLATILE LINIMENT.

Take of the best soap, cut into shreds, one ounce, camphor half an ounce, tincture of cayenne three ounces, spirit of wine, ten ounces; infuse in a closely-stopped bottle for a week, shaking it two or three times a day.

USES.—This liniment is good for bathing sprains, bruises, rheumatic joints, and parts that are the seat of pain. It is equally beneficial for numbness, pain in the side, pleurisy, and swellings of the bowels.

CAMPBOR LINIMENT.

Take six ounces of olive oil and half an ounce of camphor; cut the camphor fine, and dissolve it in the oil by gentle heat.

USES.—Scrofulous tumours, chapped hands, or swelling. In cases of quinsy, a flannel may be wetted with it and applied to the throat.

ULCER LINIMENT.

Take—

Cold water	10 ounces.
Borax, bruised	2 do.
Tincture of blood root		2 do.

We have been in the habit of using this wash for forty years for ulcers and inflammation of the vagina in females, &c. It relieves the parts, and soon disposes the ulcers to heal.

BREAST LINIMENT.

Take one pint of raw linseed oil and four ounces spirits of camphor, mix them together, and apply a cloth saturated in the liniment to the parts affected, taking care that the whole surface of the inflammation or sore is covered with the liniment. Oilskin should be placed over the saturated cloth to prevent the liniment from staining the bedclothes. When the breast becomes swollen or painfully inflamed this application must be carefully and often applied, to prevent gatherings; but even when the breasts have gathered, it is an excellent outward application. It allays pain and is extremely soothing. We have had severe cases of this kind which we have treated as above very successfully.

SWELLING OF THE KNEE.

Take half an ounce each of spirits of hartshorn Liniment of soap and Juice of Bryony, mix them together, and rub the knee with it twice a day.

WHOOPING COUGH LINIMENT.

Mix two ounces of oil of amber, and one ounce each of rum, hartshorn, and garlic cut fine. Rub well down the spine twice a day; take also the medicine as directed for whooping cough. (See Index). It is efficacious also for convulsions applied the same way.

DIPHTHERIA GARGLE.

Nitrate of potass	1 ounce.
Common salt	$\frac{1}{2}$ do.
Black pepper	$\frac{1}{4}$ do.
Golden seal	$\frac{1}{4}$ do.
Roche alum	$\frac{1}{4}$ do.

Pour one teacupful of boiling water on them, and add a teacupful of vinegar. Gargle well with this frequently.

DIPHTHERIA LINIMENT.

This preparation is good for all kinds of sore or putrid throat, pains in the head, lameness, or rheumatism. It is composed as follows :—Take two drachms of white soap, cut it fine, and put it into four ounces of turpentine, which must be poured into a strong bottle, about 16oz. size. Put a little water in a pan, place it over a fire, put the bottle in an upright position in the water; simmer for about half an hour, or until the soap is dissolved; then take the bottle out of the pan and pour half an ounce of strong ammonia into the bottle, shake it well for half a minute, keeping the cork loose in your hand, as a small quantity will escape when shaken; keep on shaking the bottle for about five minutes, occasionally dipping it in cold water. It will then be ready for use. The preparation thickening as it cools, it will be necessary to warm the bottle outside when it is used as heat liquifies the liniment. The parts affected must be rubbed with the liniment until the surface of the skin becomes dry, otherwise the liniment will have a tendency to harden the skin.

ANTI-SPASMODIC LINIMENT.

Take one ounce of camphor, and two ounces of olive oil, rub them well in a mortar together till the camphor is entirely dissolved, and is ready for use. This liniment is good for all affections of the nerves, obstinate rheumatism, and for pains in any part of the body; it will give speedy relief. Rub well the parts affected twice a day.

QUINSY EMBROCATION.

Potato water	1 pint.
Plumbi acetas	1 ounce.
Spirit of wine	$\frac{1}{2}$ do.
Carbonate of ammonia	$\frac{1}{4}$ do.
Camphor	1 drachm.
True saffron	$\frac{1}{2}$ ounce.

Cut the camphor very fine, and dissolve in the spirit of wine; mix all together cold, and shake them well. For the cure of quinsies, sore throats, painful swellings, as an external application this is good. It may be applied in the following manner :—A portion of the liniment to be poured into a saucer, which should be placed by the fire until it becomes warm, a flannel cloth then saturated in the liquid, and applied to the affected part, which will afford relief in a very short time. (See page 134).

DEAFNESS—TO CURE.

Olive oil..	4 drachms.
Spirit tincture of lobelia	1 drachm.
Tincture of myrrh	1 do.
Oil of hemlock	$\frac{1}{2}$ do.
Oil of sassafras	$\frac{1}{2}$ do.
Oil of wintergreen	$\frac{1}{2}$ do.

When they are well mixed: apply five or six drops in each ear on cotton wool night and morning; then syringe out with warm water and soap. We have with this liniment cured inveterate cases of deafness.

ANIMALCULE SKIN DISEASE.

This is a disease of the skin, and appears in little watery pimples about the arms, legs, back, breast and fingers, but very seldom all over the body at the same time. It will attack some particular part with intolerable itching, especially when near a fire, or when warm in bed. It is contagious, and persons using the same towel, or sleeping in a bed which has been occupied by a person affected with the disease, will be in danger of taking it.

TREATMENT.—Take—

Lime water	1 quart.
Roche alum	1 ounce.
Sulphate of zinc	$\frac{1}{4}$ do.
Tincture of red lavender	$\frac{1}{4}$ do.

Sponge the part affected well with the above night and morning; this will give no pain, nor will the slightest injury to the skin or blood ensue. The more you apply the liquid the speedier you will have the cure. Use it to children the same way.

AN AGREEABLE APERIENT MEDICINE.

Take—

Senna leaves	2 ounces.
Sassafras bark	1 ounce.
Spanish juice	$\frac{1}{2}$ do.
Cloves	$\frac{1}{2}$ do.
Ginger, bruised..	$\frac{1}{2}$ do.

Boil these ingredients together for about half an hour, with four pints of water; when cold, clear, and add one pound of Epsom salts and four ounces of spirit of wine. Let your bottle, or bottles, be laid down on their sides, and this will keep it good for a length of time, Dose : a wineglassful three times a day.

FOETID OR BAD BREATH.

TREATMENT.—Take the following ingredients :—

Horseradish root	$\frac{1}{2}$ ounce.
Angelica roots	$\frac{1}{2}$ do.
Rue	$\frac{1}{2}$ do.
Red sage	$\frac{1}{2}$ do.
Wormwood	$\frac{1}{2}$ do.

Boil in three pints of water, covered close, for twenty minutes; cool and clear. Dose : half a teacupful three times a day. Children half quantity, or according to age. Repeat until a cure is affected.

Acacia charcoal is a valuable antiseptic and good for the same; a teaspoonful may be taken night and morning with warm tea or water. It is valuable in putrid dysentery or mortification in the bowels, externally applied to foul and cancerous ulcers, tumours, and all old wounds; apply it as any other poultice, two or three times a day.

MEDICINE CHEST.

Every family should keep a small selection of known and approved botanic remedies for cases of emergency. The botanic treatment is so simple and safe in the application that even in the worst cases a person of ordinary intelligence may safely administer a dose calculated to allay the more violent symptoms until further assistance can be obtained. The following selections will generally be found sufficient :—

Composition powder	2	ounces.
Stomach bitters do.	2	do.
Lobelia herb powder	1	ounce.
African cayenne	1	do.
Gum myrrh tincture	1	do.
Anti-cholera powder	1	do.
Bilious powder	1	do.
Fever powder	1	do.
Cholera drops	1	do.
Tincture of life	1	do.

PREPARATIONS FOR THE SICK ROOM.

PEARL BARLEY.—Take smallest China rice and pearl barley, of each two ounces; isinglass and hart's horn shavings, each one ounce; boil in three pints of water until it is reduced to one pint. When cold a jelly is formed. Give a tablespoonful of this jelly dissolved in a little milk or broth; sometimes a little lemon peel is added to suit the patients' taste.

ARROWROOT JELLY.—Put into a basin a dessertspoonful of the powder, and mix it with as much cold water as will make it into a paste; then pour on it half a pint of boiling water and stir it briskly, when it will become a clear smooth jelly, to which add two teaspoonfuls of sugar.

BARLEY WATER.—Boil two ounces of pearl barley for a few minutes in a little water; strain, and to the barley add four pints of boiling water, which reduce by boiling to two pints; lemon juice or raisins may be added.

LINSEED TEA.—On one ounce of linseed and half an ounce of liquorice

root pour three pints of boiling water; close the vessel, and let it remain in a warm place for four or five hours, then strain.

ORANGE MARMALADE.—Take bitter Seville and three sweet oranges, cut them each in four quarters, and peel the rind off; then boil the peel for ten minutes in as much water as will well cover them, pour away the water from them, and with a fresh quantity of water boil again for ten minutes or more, until they can be pierced through the skin with the head of a pin; then pour off the water and spread the peels on a canvas cloth to drain for an hour, and cut them into long narrow slips. Split up the orange at every division, and scrape off all the orange throwing away all the skin and pips. Take the juice of two large lemons, and put the whole together in your pan, with the same weight of loaf sugar or sugar candy, the latter is the purest. When the sugar has been added boil the whole over a gentle fire, stirring it to keep it from burning, and taking off the scum as it rises to the top; let it simmer for about thirty minutes, or until it is very clear, then put it into small jars.

RED RASPBERRY VINEGAR.—To two pints of good malt vinegar put three pints of bruised raspberries : let them stand for two days, and after straining them put three quarters of a pound of loaf sugar to every two pints of liquor; boil it, and remove the scum as it rises. The longer it boils the thicker the syrup will be. When cool put it into small bottles, cork and seal them, and keep them in a dry place.

ORANGE JELLY.—Dissolve one ounce and a half of isinglass in just sufficient water to cover it, adding a small piece of cinnamon; rub off the yellow rind of four good oranges, with a quarter of a pound of loaf sugar, using the sugar to rasp off the skin from the oranges; then add the juice of one lemon and the whole of the orange juice, and dissolve the quarter of a pound of loaf sugar before-named. Put it on the fire until it boils, then strain; put the clear into moulds, and it is ready for use.

LEMON JELLY may be made in the same way as the preceding, but omit the cinnamon and add more sugar. Other fruits may be employed in the same manner.

LEMONADE.—Slice your lemon into a jar, with a small quantity of cream of tartar, true saffron, and sugar; pour boiling water upon them and cover up close. When cold it is ready for use.

SENNA TEA.—Upon half an ounce of Alexandria senna and a quarter of an ounce of sliced ginger, pour one pint of boiling water. If preferred, a little candied lemon may be added. Dose : for an adult, a wineglassful twice a day.

DIET FOR INVALIDS.

It is a mistaken notion that in order to obtain strength the sick should be constantly eating. Sir Francis Head says that he is surprised at the enormous quantity of provisions consumed at watering places by invalids the foundation of their dinners consisting of fowls, puddings, meat, dried fruit, and, lastly, a majestic leg of mutton, which forms the lightest superstructure. He says :— " Almost every disease, which the human frame is subjected to is either high-ways or by-ways connected with the stomach; and I never see a physician mysteriously counting the pulse of a plethoric patient, or with a silver spoon on his tongue importantly looking down his red and inflamed gullet, but I feel a desire to explain, ' Why not say to the poor gentleman at once, sir, you've eaten too much, you've drunk too much, and you've not taken exercise enough.' "

PUDDINGS, especially if made with milk and eggs instead of butter, lard, suet, &c., are usually better than pies for those affected with indigestion. Baked puddings are not so good as boiled, and those cooked under meat are objectionable, as they are injurious to the stomach. The simplest and healthiest form of constituting puddings is that of flour, eggs, and milk.

DEBILITY OF THE STOMACH.—Beat up an egg in a bowl, and then add three tablespoonfuls of hygienic food, then pour in as much boiling water as will convert the whole into a jelly, and mix it well. This may be taken either alone or with the addition of a little milk and sugar. This dish is light, easily digested, and may be taken as part of any meal; it is extremely wholesome and nourishing. A little biscuit may be taken with it, and bread as the stomach gets stronger. Slippery Elm Food may be used instead of hygienic food if desired.

CUSTARD.—Take two pints of milk, five eggs, a small teacupful of sugar, and a little salt and nutmeg; bake it at a moderate heat for three-quarters of an hour.

CRANBERRIES are sometimes steamed for about twenty minutes with a little sugar or golden syrup, and a few spoonfuls of water about three ounces of sugar to a pint of fruit. An excellent strengthening diet may be made by simmering half a pint of cranberries, black currants, blackberries, and red raspberries together for twenty minutes. It may be taken on grist bread, or in any other form, according to taste; or may be made into pies or dumplings. The above are all tonic fruits; live upon such as these and drink pure water, and a professor of medicine will seldom be required.

DANDELION COFFEE.—The roots collected at the beginning of the year are dried at a gentle heat and reduced to a powder. Use it as you would coffee, for which it makes a very good substitute, being similar in flavour and much more wholesome. Some mix a small portion of coffee with it. Sold in Is. and Is. 9d. tins; postage 4d. and 6d. extra.

ENGLISH TEA.—Take the same weight of raspberry leaves as you would of China tea, and add, if you have any, leaves of black currant or balm. Mix all together or take them separately, as you like their flavours. Pour hot water upon them, and sweeten as you would the other tea. This is much healthier and promotes digestion better than the imported tea. Make it weaker or stronger according to taste.

COCOA is pleasant to take, and is much more nutritious than tea or coffee. Prepare it as follows :— Put a portion of cocoa into a cup, and add sufficient boiling water to cover it; let it stand a minute, and then stir it into a smooth paste, adding more water; pour it into hot water, and boil for two or three minutes. Add sugar and milk to suit the taste.

BEEF TEA.—Cut a pound of beef in very small pieces, put them in a jar with one ounce of butter, two cloves, two small onions, and one ounce of salt; put it into the oven for twenty minutes, and stir well until it produces a thin gravy; then add a quart of water, and let it simmer gently for half an hour, skimming off every particle of fat; when done pass through a sieve. It is strengthening to a weak stomach and in the exhaustion attendant on bilious, scarlet, and typhus fever, may be used with great benefit.

MUTTON CHOP.—Take a mutton chop, salt it both sides, put it on a gridiron over the fire, turning it over often till about half done; then put it between two plates in the oven to finish. This is the easiest meat to digest and by this process the essence is retained and is much relished

by patients recovering from sickness, especially consumptive patients.

RICE.—This is very healthy food made in the usual way, as in puddings, with milk and water, seasoned. It is digested in the shortest possible time (one hour), and as it contains eight-tenths nutritious matter, it is a valuable food for health.

APPLES.—This fruit, if sweet and ripe, is next in order.

OATMEAL GRUEL.—Take a tablespoonful of the meal, and salt to suit the taste; stir it slowly in a pint of boiling water, continue the boiling five minutes, and skim; milk may be added, if desirable. This is highly serviceable in dyspepsia and costiveness.

SAGO GRUEL.—Stir two tablespoonfuls of pearl sago into a pint of water, and season with salt to suit the taste; boil until it is converted into thick jelly, which will be in about quarter of an hour; it may be sweetened if the patient desires. This is soothing in irritation of the bowels and stomach.

SLIPPERY ELM GRUEL.—Take one tablespoonful of Slippery Elm Food, mix into a paste with cold water, then add half a pint of hot milk stirring vigorously. Allow to come nearly to the boil. This is very useful in diarrhoea and the bowel complaints of children; it affords a nourishing diet for infants weaned from the breast, and renders them healthy and fat. If the infants are very young the milk should be diluted with one-third of water.

TAPIOCA JELLY.—Pick the tapioca clean, soak it three or four hours in water, spread it on a broad dish; pour additional water till it covers the tapioca an inch in depth; simmer over a slow fire until the jelly is formed. This contains a large amount of nutriment, and is easy of digestion; it may be made with milk, and sweetened with sugar; if milk disagrees with the stomach it can be omitted.

ARROWROOT PASTE.—This is made by mixing half a teaspoonful of arrowroot with a teacupful of boiling water; season with nutmeg and sugar; this lies lightly on the stomach, and is very good for children. Or boil the arrowroot five minutes, and half a teaspoonful of cream added to a teacupful of the paste while hot; it is very pleasant to children who have been accustomed to milk.

Fox's HYGIENIC MALTED FOOD, possesses natural restorative properties, and at the same time yields a great amount of nutriment, and may be recommended for persons advanced in age, invalids, and delicate children, and all who suffer from debility, &c. It imparts muscular strength and energy to the most enfeebled constitutions. Sold in tins at 1/6 each; post free, 2/-.

POULTICES.

BREAD POULTICE.—Soak bread in boiling water; strain, and the poultice is ready for use.

MUSTARD POULTICE.—Take equal parts of linseed meal and mustard, and sufficient boiling vinegar to make it a proper consistence.

LINSEED MEAL POULTICE.—Add boiling water to linseed meal until it is of a proper consistence.

SLIPPERY ELM POULTICE.—This is very soothing in its action, and powerful to reduce inflammation, boils, carbuncles, water cankers, blasts, and gatherings of all kinds. To be made up the same as linseed.

BRAN POULTICE.—Pour water on sufficient bran; add to it half an ounce of dogwood. The poultice to be applied as hot as can be borne. It is good for inflammation, sprains, and bruises.

BOTANIC HERB BEER.

GINGER BEER.

Lump sugar	2 lbs.
Cream of tartar	2 ounces.
Ginger root (bruised)	2 do.

Add two gallons of boiling water and one teacupful of barm; let it stand for twenty-four hours, and then bottle for use.

BOTANIC BEER.

Ground ivy	1 ounce.
Horehound	1 do.
Clivers	1 do.
Wormwood	$\frac{1}{2}$ do.

Boil in two gallons of water and strain hot upon three pounds of lump sugar. Dissolve, and add cold water up to 7t gallons. Beat the white of two eggs and add it; also add a little burnt sugar to colour. When lukewarm add half a pound of brewers' yeast; stir well; let it stand 12 or 14 hours; skim; add half an ounce of the soluble essence of ginger gradually upon a little sugar, and when dissolved; bottle.

BOTANIC PORTER.

Horehound	1 ounce.
Hops	1 do.
Wormwood	$\frac{1}{2}$ do.

Boil in two gallons of water and strain hot upon three pounds of lump sugar. Dissolve, and add cold water up to 7^ gallons. Beat the whites of two eggs, and add it, also one pint of black beer, with burnt sugar to colour it. When lukewarm, add half a pound of brewers' yeast; stir well; let it stand 24 hours; skim, and bottle for use.