

**MEDICAL BOTANY**  
OR  
**HERBAL GUIDE TO HEALTH,**  
EXPLAINING THE  
**NATURAL PATHOLOGY OF DISEASE,**  
WITH  
**HUNDREDS OF HERBAL RECIPES,**  
THUS MAKING  
**EVERY MAN HIS OWN PHYSICIAN.**

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THEMATICAL TABLES FOR ASTRO PHILOSO-  
PHERS; THE SELF TEACHING GRAMMAR, THE  
MANUAL OF ASTRONOMY, ETC. ETC.**

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## PREFACE.

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This little Work has no pretensions to *entire originality* on Medical Botany, for Dr. Culpepper, an astrological and herbal physician, produced a work which has found its way into almost every rural cottage in Britain, and which has not been surpassed by any other Herbal practitioner, especially for domestic purposes. But with the improvements made in the scientific world it appears necessary to improve the phraseology and general nomenclature, as well as curtail the verbiage and clear the ambiguity of olden writers.

The Author has consulted Salmon, Thompson, Dioscorides, Galen, Culpepper, Hill, Woodville, Gerard, and even Hippocrates, the Father of Herbal Medicine, and many others. He has not only collected in one point of view, all the discoveries with which modern Chemistry has enriched the field of Medical Botany; but has also introduced the results of twelve years'

experience, and what he has simultaneously and practically observed is here faithfully and unreservedly recorded. He has distinguished facts from fanatic conjectures, and truth from misrepresentation. He has endeavoured to trace the nature and phenomena of morbid action, and to ascertain the actual and uniform influence exerted by remedial agents in affecting its removal—only setting down the results in their native places and not detailing their operations.

To effect cures it is not indispensably necessary for the domestic practitioner to understand Natural History, Chemistry, Anatomy, Physiology, and Scientific Botany, as the following pages render that mistake evident, and consequently, effect its correction. Every mother, will by the directions in this treatise be enabled to prescribe for the common diseases affecting any member of her domestic charge; and that, too in a Natural way, and by the same helps which were designed by the Bevevolent Deity at the creation of the Herbal World. Moses in the thirty third chapter and fourteenth verse of Deutronomy corroborates the fact of the utility of the Botanical application, where he says “they” the Herbs “are precious, and Joseph is blessed for *the precious fruits brought forth by the Sun, and for the precious things put forth by the Moon.*” Who dare contradict Moses and say that the

Botanic creation is not ruled, governed, or influenced by *the Sun, the Moon, and the planets.*

The Author has not in any way attempted to teach the *Science of Botany*, although he has sometimes described the plant fully as to the place of growth, as well as occasionally given a glimpse of the special Phytography, but this is founded only in the plants not generally known by the casual Botanist, in order that they may be obtained for Medical purposes; thus serving as an auxiliary to the fulfilment of that prophesy "when a knowledge of every remedy for every accident and disease shall be made a part of every man's education; and every father shall become the physician of his own family."

The reader will also perceive that the author has made no pretensions to *Systematic Botany*; but merely given an Alphabetical order of Herbs for practical application, and Medical Botany. This is what the working man and nursing mother need. A remedy for every disease is to be found among the *Herbs* of our own clime, without the Mineral, Mercury, and Mummery of the legalized Pharmacy; for a popular physician declares that "it must be confessed, that, although mineral medicines meet the indication of disease, they are not to be relied upon as specifics with the same entire confidence as the vegetable medicines." In

the *Herbal Guide to Health* are given the authorized *Porology* or *Doses* of Medicine—after the approved Pharmacopeas and *Materia Medica*—a desideratum omitted in all other Works of a similar character.

In the *Medical Guide to Health* are simplified the laws of Physic agreeably to the laws of nature, the Symptoms, Causes, and Treatment of Diseases are met in their various forms, which are lucidly and succinctly laid down and may be familiarly understood by the child of Nature. That it may prove a boon to society and an helpmate to the poor sufferer is the prayer of

### THE AUTHOR.

ST. GEORGE'S SQUARE,  
*Sheffield.*

## TO THE PURCHASERS OF THE AUTHOR'S FORMER WORKS.

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The Author feels more than common gratification in submitting the present Work to the patronage of his friends, and entertains an humble confidence that it will meet with their entire approbation, and fully answer their anticipation in being an honest and confidential Handmaid to the sufferer, and a valuable Family Health Book on the sanitary Principles of the Botanic Practice of Physic.

The Author also takes this opportunity of tending his gratitude to his friends who have confidently placed themselves under his Botanic Treatment, which he has successfully practiced for the last *nine years*; and wishes to inform them and the Public that he still continues to Compound Herbs, for the cure of all Diseases—and to forward to all parts of the Kingdom his far-famed

### JUPITER PILL,

of which more than 9,000 Boxes at One Shilling each, have been sold during the period of his private practice.

No longer than he can be of utility to his fellow men, and found worthy of their protection and support, does he wish to retain the power of subscribing himself

Their humble Servant

THE AUTHOR.

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**BOTANIC PRACTICE OF PHYSIC.**

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# MEDICAL BOTANY, OR HERBAL GUIDE TO HEALTH.

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## BOOK 1.

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### 1. ADDERS TONGUE.

Adders Tongue (*Ophiglossum Vulgatum*) is a little plant, but being very difficult to find, and only useful under diseases of the Moon in Cancer, and as there are a many more herbs equally as efficacious we will direct you to Nos. 2, 9 & 10 for the same Botanical virtues.

What parts of the body are under each planet and sign, Also what diseases may be found in my "*Astrological Practice of Physic*," Price 5s. This is not necessary only to those who wish to practice.

### 2. AGRIMONY.

Agrimony or *Agrimonia*, a common English plant. It flowers in the midst of summer, it grows a foot or a little more in height, the leaves are hairy, flowers yellow, stalk single. The plant is common about hedges and is extensively known by all country people.

It is an herb under Jupiter in Cancer and strengthens the liver and heart and relieves diseases governed by Saturn, Mars, or Mercury if they happen to be in Sagitary, or Pisces.

It possesses binding properties, is good for canker, enlargement of liver, measles, chicken pox, scarlet fever, and for looseness in the bowels. The juice mixed with hog's lard is good for old sores, cancers, and splinters. (8 or 14).

### 3. ALDER, common.

Common Alder, *Betula Alnus*, a tree well known. It is under the planet Venus in Pisces, consequently is good for lameness and inflammation in the feet by anointing them with warm decoction. Rheumatism is relieved by the hot leaves in a bag being applied to the affected parts.

### 4. ALEHOOF, or Ground Ivy.

Alehoof, *Glechoma Hederacea* is a low creeping plant, the root is small, fibrous, and stringy, the leaves are round, crumpled, and the edges dented; the flowers bluish purple, with small white spots on the lips that hang down. The whole plant has a peculiar and strong smell, should be gathered when in flower.

It is under Venus, and therefore cures the diseases she causes by sympathy and those of Mars by antipathy.

The juice when snuffed up will cure the headache when other remedies will fail. An excellent herb when made into tea for disorders of the breast, lungs, spleen, belly, and the jaundice. The juice boiled with a little honey and verdigris cleanses fistulas, sores, ulcers, itch, scabs, and other breakings out. Gather it and dry and keep it by you. It cleanses thick ale.

### 5. ALKANET.

Alkanet or *Anchusa* may be obtained from the Druggist; is under Venus, the small roots are the best—its best preparations is in ointment and helps green wounds, ulcers, inflammations, and St. Anthony's fire. A Decoction eases the backache. (8)

### 6. ANISEEDS.

Aniseed, *Anisi Semina*, to be purchased from the Druggist; odour aromatic; taste sweetish, warm, and greatful. Its effects Carminative. Used in dyspepsia, and the tormina of infants—Dose is from 15 grains to 1 scruple, bruised. It is governed by Jupiter, therefore superior to Dalby's carminative, or Godfrey's cordial for children who are subject to flatulent cholice, with pain in the bowels.

Take ten drops of the essential oil, and drop it on two drams of loaf Sugar, powder this in a Mortar gradually adding while the rubbing to powder is going on, two drams of calcined magnesia. This powder to be well corked up, and as much as can lay on a sixpence, given to the child when it cries or complains of pain in the bowels. Twice this quantity may be given when the child is costive.

Here you have a most valuable powder which you may call *Sugar of Anise*.

## 7. ANGELICA.

Angelica, is well known to all who keep a garden may be procured from the druggist, for the best is imported from Spain. It is under the dominion of Sol in Leo; and is good against all diseases denoted by Saturn; it should be gathered while the sun is in Leo which is from July 22nd to August 22nd in any year.

Every part of it is fragrant when bruised, and every part of it is used in Medicine. The distilled water from the root eases all pains coming from cold and wind—of this take three table spoonfuls at a time. Relieves plurisy, cholic, opens stopings of the liver and spleen; coughs and shortness of breath. A strong decoction cures the ague or remittant fevers. The seeds are the most powerful; the decoction is an ingredient in many compositions.

## 8. ARCHANGEL or *Dead Nettle*.

Archangel, or *Dead Nettle* is a plant which need not be described; there are two colours the *red* flower and the *yellow* flower. It grows about our hedges, is a foot high, leaves shaped like those of nettles, but they do not sting. Is an herb of Venus and its chief use is for women. The flowers are the only parts used, which should be gathered in May and made into conserves. The white flowers are excellent for the whites, and the red flowers for the reds in women. A decoction animates the spirit; stops the bleeding of the nose and mouth. The herb bruised and made into an ointment with salt, vinegar and hog's lard dissolves tumors or swellings, and heals the Kings evil, it draws splinters, and is good for green wounds, old ulcers, sores, bruises, and burnings. (2)

## 9. ARRACH

*Arrach*, called more botanically ORACHE or *Atriplex Patula*,

under Venus in Scorpio consequently useful in all diseases affecting the abdomen. A small wild plant grows about farm yards, and in waste grounds, the stalks a foot long but weak, of a pale green. The whole plant is covered with a sort of moist-dust in large particles, and smells like bad fish. Make a syrup of a pint of its juice and two pounds of sugar; or the leaves may be made into conserve with three times their weight of sugar it will keep two years. Used in either form in all hysteric complaints; it cures fits, and promotes the menses and the necessary evacuations after delivery.

There is a garden Arrach but its virtues are not of so much worth in the medical way.

## 10. ARUM.

*Arum*, or *Cuckoo Pint* called also *Ladysmock*, and by children *Lord and Lady*. The root is the size and shape of a wallnut, brown on the outside and white within, the root lies deep and the plant grows under our hedges, is of a sharp acid taste—but remember it is a *poisonous plant*. Under the Moon the same as water cresses. The root is the part used and may be dug up in autumn and buried in sand in the cellar to preserve.

### Preparation of Arum

Take of the roots of Arum, crushed...  $\frac{1}{2}$  a pound.

Well refined Sugar .....  $\frac{1}{2}$  do.

Beat them together in a mortar till all are well mixed. Dose—one dram for gout, rheumatism, bad digestion, scurvy, loss of appetite, palsy, stone, obstruction in urarinal vessels. To be taken every morning.

## 11. AVENS, or *Herb Bennet*.

*Avens*, or *Geum Urbanum* is an indigeneous plant and grows under our hedges, and rises fifteen inches high, the stalk is firm and slender and is divided into several branches. The leaves are large, rough, and hairy; those growing from the root are winged. They consist of three pairs, the largest of the three grows at the end and is snipped round the hedges. The flowers are small and yellow, which are succeeded by rough heads as big as a bean, flower in May and June. It is ruled by Jupiter and therefore no wonder that it is good for the blood, side and liver. A decoction may be made of it; but the root is the part used most in Medicine. The root is longish

and large, firm, redish, odour not unlike that of cloves, taste bitterish austere; virtues yield to water and alcohol. A small quantity of this root put in ale gives it a fine flavour. Used as a febrifuge, and sudorific in continued fever in the dose of ten grains of the powder four times a day; or a wine glassful of the infusion made by pouring a pint of boiling water, on half an ounce of the dried root sliced to be strained while hot. It is also astringent, antiseptic and tonic, therefore good for the stomach and bowels in the form of decoction, boil one ounce of the root in three gills of water down to a pint and mix to this one third of syrup of ginger. Dose—one wine glassful four times a day.

#### TINCTURE OF AVENS.

Take Avens root sliced . . . 1½ ounce.  
 Angelica and Tormentile . . 1 ounce of each.  
 Raisins stoned . . . . . 2 ounces.  
 Proof spirit . . . . . 2 pints.

Macerate for fourteen days; then filter as in other tinctures.

Dose—Three or four drams three or four times a day for flatulent cholic, bowel complaints, dysentary, cholera morbus, relaxed bowels, chronic diarrhoea, and general debility.

#### 12 BALM.

Balm, under Jupiter in Cancer, its medical name, is *Melissa officinalis*. A common plant in our gardens, flowers in July at which time it should be gathered for use. It is an excellent stomachic, it braces the nerves, helps faintings, swoonings, and digestion. Causes perspiration and therefore good in colds, headache, and when made into tea is used as a diluent in febrile diseases. Dose of the Powder 10 grains to 2 scruples.

#### COMPOUND SPIRIT OF BALM.

Take of the fresh leaves of Balm . . . . . 8 ounces  
 Lemon peel bruised . . . . . 4 do.  
 Nutmegs, and Caraway seeds of each . . . . . 2 do.  
 Cloves, Cinnamon, Angelica root, of each . . . . . 1 do.

Distil all together with a quart of Brandy, it must be well preserved in Bottles with glass stoppers.

The herb bruised and boiled in a little linseed oil, and laid warm on a bile will ripen and break it.

#### 13. BARLEY.

Barley, called *Hordei Semina* or PEARL BARLEY, is a plant

under Saturn and consequently has cooling qualities as all Saturnine plants have. It is good as a deluent in fever affections, recent gonorrhoea, hot urine, and strangury.

*Barley Water or Decoction of Barley.*

Pearl Barley..... 2 ounces.  
Water..... 4½ pints.

First wash away any adhering extraneous substance with cold water. Next, after pouring upon the barley half a pint of water, boil for a few minutes; let this water be thrown away, and add the remainder of the water, boil them down one half and strain. The dose as much as you like.

When converted into Malt, the infusion or decoction, is an excellent atiscorbutic, and for scrofulous ulcers and sores.

14. BETONY.

BETONY, or *Betonia Officinalis* is a native plant common in our woods and moors, flowers in July, at which time or in June the herb should be gathered. It is under Jupiter in Aries, which rules diseases in the head, and this herb made into snuff after the following manner,

Take a handful of Betony.  
A Handful of Margoram.  
Small portion of the Root of Florentine,  
And a small portion of Eyebright,

made into a very fine powder and snuffed will remove the most inveterate headache. A strong decoction of this herb kills worms, opens obstructions in the liver, removes pains in the back and stiches in the side, its juice heals cuts, old sores, and ulcers.

15. BILLBERRY.

BILLBERRY, or *Vacuum Myrtillus* sometimes called *wortle* berry. This is a small shrubby plant, frequently found in woods, moors, and heaths. The berries are as large as peas, they flower in April and are ripe about the time of our currant berries; ruled by Jupiter, therefore cooling for the liver; it is a pleasant and gentle medicine for women whose menses are too redundant, taken for a week before the time; the preserved berries are a useful domestic sweetmeat, and a wine made of the fruit a little before it is ripe, bears a resemblance to port.

16. BIRCH TREE.

BIRCH, or *Betula Alba*, is well known; it is under the domi-

nion of Venus and of course is a diuretic, the juice of the young leaves, or the distilled water of them, or the sap procured by boring a hole, is good against scurvy, dropsy, and in all cutaneous disorders outwardly applied; a strong decoction of the leaves is good to wash sore mouths, and to break the stone and remove gravel in the Kidneys. (23)

### 17. BRAMBLE.

Bramble called *Rubus Fruticosus* more commonly known by the name of Blackberry bush, is under Venus in Aries. The red berries are astringent and should be preserved as other fruits are: the powder of the leaves stay running ulcers. A little of the preserved fruit is good in purges.

### 18. BROOKLIME.

Brooklime, sometimes called Water Pimpernel or *Becabunga* grows in standing water, and usually near water cresses, a creeping root, green sappy stalks, round, deep green branches, thick leaves in couples, small blue flowers, which consist of fine small pointed leaves. Flowers in June and July; is a hot bitterish taste, slightly styptic under the planet Mars.

It is antiscorbutic, mixed with water cresses is a good diet drink, purging the blood—the dose of the juice is from 2 to 4 tablespoonfuls daily. The decoction procures women's courses and provokes urine. (14)

### 19. BUCKBEAN.

Buckbean, or Marsh Trefoil, *Menyanthes* an indigenous perennial plant, governed by the Moon, grows in boggy grounds, flowers in May and June; its stalks grow three or four inches long and resemble the leaves of beans, the flowers are on the top of a whitish purple, the seed is small and brown, and the root long and jointed.

*Virtues*—It is inodorous; taste intensely bitter, which water extracts, along with the medical properties which it possesses it is diuretic, purgative, and tonic, but in large doses, emetic. It is a great antiscorbutic, good for intermittant fevers when taken in decoction, a spoonful every three hours: The dried leaves powdered, one scruple for chronic rheumatic affections, dropsy, itch, and other cutaneous diseases. An excellent gargle for the rottenness of the gums and to fasten the teeth: infusion must not be made too strong.

## 20. BUCKTHORNE.

Buckthorn or the *Rhamnus Catharticus* is a Bush well known to most people that know a hedge; under Saturn. its fruit is called *Sloes*. The juice of the berries preserved, makes a good purge; but it is apt to gripe; therefore should recommend other remedies; as flaxweed.

## 21. BURDOCK.

Burdock or the *Arctium Lappa* or *Lappa Minor*, is well known, grows a yard high, and has vast leaves. The flowers are red which grow among the hooked prickles of those heads which we call *burs*, and which stick to our clothes. It is under Venus.

The root is chiefly used, and is of very great medical virtue, it is to be boiled or infused in water, and is diuretic, diaphoretic, aperient, and sudorific. It is good in fevers. It alone has cured dropsies for it works powerfully by urine. Is used in rheumatism, gout, apthæ; in decoction made with 2 ounces of the root in 3 gills of water. The whole to be taken during twenty-four hours.

## 22. BUTTER BUR OR COLTSFOOT.

BUTTER BUR OR COLTSFOOT medicinally called *Tussilago* is a well known plant growing in clayish ground. rising and decaying in February and March. The flowers appear before the leaves, the flowers are of a pale redish colour, the plant does not rise above eight inches in height. It is under the dominion of the sun, therefore is a strengthener of the heart, and revives low-ness of spirits.

The root is excellent in epidemic fevers; it is demulcent, expectorant: is use in coughs, pulmonary, and cutaneous diseases. Dose—1 scruple in milk. It is more generally given in decoction, made with a handful of the leaves boiled to two pints of water to one pint; strained and sweetened with syrup—a tea cupful occasionally.

23. BROOM or the *Spartrum Scapanum*.

BROOM or the *Spartrum Scapanum* under the planet Mars, and is good against the diseases of Mars in Scorpio. The tops of this well known shrub have a nauseous bitter taste. Both tops and seeds possess powerful diuretic and alterative properties; excellent in dropsies; of the powder take 1 dram, the continuance

of which cures the jaundice. The decoction is made by boiling an ounce of the dried root and tops in a quart of water to a pint. Dose, a wine glassful two or three times a day for gravel, pain in the side or kidneys; or for dropsy.

## 24. CAMOMILE or *Anthemis Nobilis*.

CAMOMILE or *Anthemis Nobilis* is under the dominion of the Sun and of course is good for the stomach, grateful; taste bitter, warm: these properties lie in the flower. Tonic, it strengthens the stomach when drank in the morning, it is externally discutient, emollient when used to callosities, shrunk sinews, gout, enlarged joints, white swellings; the warm tea promotes the operation of emetics; intermittants, dyspepsia, hysteria, flatulent colic: as fomentations in gripings; and to ripen suppurating tumours. Dose in powder one dram twice a day. When applied in any case, the bowels should be regulated and got into a proper state.

There is an extract which may be purchased at the best druggists called *Extractum Anthemidis*, but you must be careful they do not impose upon you by selling extract of gentian for extract of camomiles—it is almost inodorous; taste a pure grateful bitter; colour dark brown. For bad appetite, bad digestion, and general debility, take pills containing 15 grs. twice or three times a day.

OIL of CAMOMILES called *Oleum Anthemidis*, 6 drops in sugar is good for spasms, colic, and cramps of the stomach.

## 25. CARRAWAY.

Called *Carum Carri* ought to be grown in every garden. The seed is the principle part used, although the root is better food than parsnip: flowers in June and July and is ripe soon after. Is governed by Mercury and is good for all his diseases when located in Gemini and Virgo as flatulency, flatulent colic, gouty pains in the head; is carminative, and gives warmth to purgatives. The seed powdered and mixed in poultice takes the blackness from bruises.

## 26. CELADINE GREAT.

*Chelidonium Magus* grows by old walls, hedges and untilled places; large leaves, yellow flowers: flowers all summer: an herb of the Sun in Leo; and should be gathered when the Sun is

in Leo and the Moon in Aries applying to a trine of Sol. The juice takes off warts, and being dropped in the eye heals sore eyes, helps ring worms, scorbutic eruptions, mercurial sores, and bad legs.

## 27. CELADINE LITTLE.

Celadine Little, more generally known as pilewort, fogwort; and medicinally called *Chelidonium Minus*. Is a low plant, broad deep green leaves, and glossy yellow flowers. Grows in moist grassy places under hedges. Flowers in March or April and is over in May. Under the planet Mars and is good against his diseases. The root resembles a pile, the juice taken inwardly, the whole plant root and all made into ointment cures the piles or hæmorrhides and the evil.

## 28. CENTAURY.

*Erythræa Centaurium* under the Sun. Is a pretty wild plant, found in dry places, flowers in autumn, about nine inches high, leaves oblong, blunt at the point, stalks stiff, firm, erect, flowers long, slender, stand in clusters, and of a fine pale red.

An excellent stomachic, taste bitter; a strong decoction emetic; strong tea diaphoretic, light infusion tonic, for loss of appetite 6 drams of the tops in one pint of cold water, for the jaundice 15 grains in powder; or of the infusion 4 table spoonfuls every 3 hours.

The following are the various preparations from this valuable herb.

### *Compound Infusion of Centaury.*

|                                                 |                             |
|-------------------------------------------------|-----------------------------|
| Take of tops common Centaury, dried, one ounce; |                             |
| Avens root                                      | } of each..... two drachms. |
| Angelica root.                                  |                             |
| Boiling water, .....                            | one quart.                  |

Pound the ingredients in a mortar, then pour on the hot water, strain off the liquor; then add

Compound tincture of Cardamons, two ounces.

A wine glassful of this infusion may be taken two or three times a day, according to circumstances.

*Infusion of Centaury.*

Take of tops of common Centaury, dried, six drachms ;

Boiling water, . . . . . half a pint.

After sufficient boiling, strain. An ounce and a half or two ounces may be given three times a day.

It has been found very serviceable in cases of obstructed menstruation, and aloetic purge being administered occasionally.

*Tincture of Common Centaury.*

Take of tops of common Centaury, dried, two ounces ;

Rectified spirit, . . . . . one pint.

After sufficient extraction, strain off the liquor, and pour it on.

Tops of common Centaury two ounces.

Then digest, express, and filter.

This tincture is a reputed stomachic and anthelmintic, and is also used in intermittent fevers. A drachm or more may be used at a time.

## 29. CINQUEFOIL.

Cinquefoil or *Potentilla Reptans* under Jupiter, generally known by *Five leaved grass*. The stalks are round and smooth, and usually of a redish colour ; they lie upon the ground, and take root at the joints ; the leaves stand on long foot stalks, five on each stalk ; they are above an inch long, narrow, of a deep dusky green, and indented at the edges, the flowers also stand on long foot stalks, they are yellow and of the breadth of a shilling, very bright and beautiful. The root is large and long, and is covered with a brown rind.

The root is the part used ; it should be dug up in April, and the outer bark taken off and dried, the rest is useless ; this bark is to be given in powder for all sorts of fluxes ; it stops purgings, spitting of blood, bleeding at the nose, and is also useful in coughs, jaundice, and ulcers in the kidneys. The best part of this plant for medicinal purposes is the bark of the root, which should be dried, when it will keep all winter, and may be taken in powder from a scruple to a drachm, at a dose. An excellent decoction is made by boiling one ounce of the bark of the root, in three gills of water down to a pint, a quarter of which may be drunk two or three times a day for all the above disorders.

This decoction will also be found serviceable to bathe inflamed sore eyes.

### 30. COMFREY.

Comfrey, or *Symphytum Officinale* is an herb of Saturn, cold, dry, and earthly in quality. The root is the part used and it the best fresh. It is a remedy for the whites, spitting of blood, bloody flux, purgings, inward bruises, and rheum from the head upon the lungs.

#### SYRUP OF COMFREY.

Take of Comfrey Root..... 6 ounces.  
Plantain leaves..... 3 ounces.

Bruise together in a marble mortar to express the juice; strain the liquid and add an equal quantity of loaf sugar. This is an excellent remedy for spitting of blood, to be taken in doses of 2 table spoonfuls; this is also good for *Coughs* by adding an ounce or two of liquorice root. The beaten root laid on leather and applied to parts affected with gout, rheumatism, and other pains in the joints.

*Cosmary* or *Alecost*; Cudweed, or Cotton have the same effects.

### 31. CRESS, Water.

Water Cress, or *Sisymbrium*, *Nasturtium* is under the Moon. This herb may be eaten as a common salad, which effects are antiscorbutic, works by urine—serves all the purposes of Brooklime; so if the latter cannot be obtained, this herb generally is easily come at. The juice mixed with a little alum, vinegar, and salt in a very small portion, heals all scorbutic runnings and ulcerated sores.

### 32. DAISY.

Daisy or *Bellis Minor*, known by the common name of Dog Daisies is under Venus in Cancer, and is good in all diseases caused by that planet and sign, which are indigestion, surfeit, for which take a strong tea of roots and flowers a cupful every morning. Its composition enters into remedies for the scurvy, Bilious complaints, and pains in the chest. Excellent ointment is made of it.

## 33. DANDELION.

Dandelion or *Taraxicum* under Jupiter, and therefore will be good for the blood acting as aperient, resolvent, and diuretic or acting on the urine. Used in chronic inflammation, liver complaints, dropsy, jaundice, chronic derangements of the stomach, pulmonary tubercles, and incipient scirrhus of the liver.

DECOCTION---Take four ounces of the fresh herb and root to two pints of water, boil gently down to a pint, then strain while hot.

DOSE---Three table spoonfuls six times a day.

An extract may be got of the druggist under the name *Extractum Taraxaci*. Of this take fifteen grains united with sulphate of potass.

## 34. DOCKS.

Docks, all Docks are under Jupiter---of Burdoch we have spoken already, we shall notice

## WATER DOCK.

Water dock or *Rumex Aquaticus* is an indigenous perennial plant, found in ditches and on the banks of streams. The root contains a large portion of free sulphur. The decoction is bitterish slightly acidulous and full doses *purge*; but in small doses it operates as an astringent. It is an excellent remedy in cutaneous diseases and particularly in fish skin eruption, for which take 12 grains of the powdered root. For increasing the tone of the stomach 10 grains is sufficient. The root powdered is good to wash the mouth with and to cleanse the teeth. Also the powder is good for old sores and ulcers and causes them to heal. A tea cupful of the decoction is recommended in the Rickets of children.

DECOCTION--Water,Dock root 2 ounces.

Water 3 pints.

DOSE---A wine glassful three times a day.

## 35. ELDER TREE.

Elder tree or *Sambucus Nigra* under Venus, the leaves and

young buds are ingredients in many of the teas made for scurvy. The flowers are the chief parts used which are diaphoretic, or sweating powers, discutient, and a fomentation made is good for inflammation: berries are aperient, the juice of which take two table spoonfuls in fever, rheumatism, arthritic cases, and the exanthemata; of the powdered bark take five grains three times a day for the piles. The distilled flowers make a good cooling wash, an excellent mouth water in the morning.

Elder Ointment is made by boiling the young leaves of elder in mutton suet, till they are crisp, and the suet is of a deep green colour.

This is good for softening calosities, old sores, ulcers, wens, tumours, &c.

### 36. ELM TREE.

Elm Tree or *Ulmus Campes* is under Saturn, consequently is a strong diuretic: inodorous; taste bitter, austere, and mucilaginous. The inner bark *Ulmi Cortex*, is the part most generally used, and is valuable for lepra, and herpetic, scurf, and itchy legs.

DECOCTION---Take 4 ounces of fresh inner bark.

Water 4 pints boil down to 2 pints.

Take of this a gill twice or three times, its operation is alterative. All the effects produced by the elm will be found in the *English Sarsaperilla* to which the reader may now turn to the chapter on *Decoctions*

### 37. ELECAMPANE.

Elecampane or *Heleinum* is a plant of Mercury and an excellent domestic medicine. It has many large leaves, grows 4 or 5 feet high and is found in many cottage gardens. It contains an essential oil, on which its virtue depends.

The root is the part used medicinally, which is stimulant, expectorant, diuretic, and emmenagogue.

*Use*—In chronic cough or rheumatism of the aged, half a dram in a wine glass of warm ginger tea will maintain a mild perspiration and relieve the symptoms. The powder is the best form in which it can be used. For humoural asthma in jelly or honey take with eight or ten grains of *Dover's Powders*—which powders you will find under the

chapter of Powders. Those who choose to use it in eleccutary, may mix one ounce of the powder with five ounces of honey, and take a tea spoonful twice a day.

### 38. FENNEL, *Sweet*.

Fennel or *Anethum Feniculum* is under Mercury in Virgo and cures diseases antipathetically governed by Pisces. The seeds are the chief parts of this herb used medicinally and are called by the Apothecary *anethi feneculi semina* and are aromatic, sweetish warm taste, are carminative and dispel wind and flatulency from the stomach and bowels, stays the hiccup; for which take in powder 2 scruples. The roots possess diuretic and pectoral properties but the seeds are better. Used also in the tormina of infants; but I should sooner recommend the *Sugar of Anise*. (6)

### 39. FERN. *Male*.

Fern or *Aspidium Filix-mas*. (Nephrodium Filix-mas) is under Mercury. The root is good against worms and is considered Anthelmintics (which see). For a child give 2 drams of the powdered root; and in 2 or three hours administer a purge.

### 40. FEVER-FEW or *Featherfew*.

Fever-few or *Pyrethrum Purthenium* is governed by Venus, and therefore will be good in female complaints. Fever-few is perhaps one of the finest female medicines we have! a handful of the dried herb to a pint of boiling water in infusion, is an excellent remedy for irregular menstruation: it will also assist powerfully in difficult child-birth, if to the decoction of this herb you add wormwood, St. John's wort, and camomile flowers, you will have one of the best fomentations for cases of severe after pains, windy colic, and the like. Reader if you have a garden, take care to keep a corner for fever-few: you will not regret it.

### 41. FLAG *Sweet*.

Flag sometimes called yellow or water flag or flower deluce: botanically known by *Acorus Calamus* is under the Moon. It grows about three feet high but consists of leaves without a stalk, which are of a long, narrow, and pale green. It is a stomachic, take 1 scruple to 1 dram for vertigo, loss of appetite, flatulency. An infusion of 2 or 3 drams of the root in a pint of water, or white wine, for the stomach, a cupful for a dose.

42. FLAX *Common*

Common flax is well known, being a cultivated article is called *Linum Ussitatissimum* under Saturn. The seeds furnish linseed oil. The seed is a valuable emolient and demulcent, and is much employed in medicines for poultices, fomentations, a kind of tea and so on.

A tea of it is used in *catarrh* or coughs and disorders of the chest and lungs; *strangury* or painful affection of the bladder, arising from irritation or that organ in the kidneys; and after operations on the urethra or the bladder.

Dose—a tea cupful at any time. A poultice of the bruised seed is a remedy against phlegmous, and parts affected with pain and inflammation; and to gout or rheumatism.

43. FLAX *Purging.*

Purging flax or *Linum Catharticum* is under Saturn, an excellent purgative especially if mixed with tea of poplar bark; made into beer with horseradish and hop, is a good drink for rheumatism and pains in the limbs, many persons know this herb by the name of *mountain flax*.

## 44. FLOWER-DE-LUCE.

Flower-de-luce or *Iris Pseudacorus* is under the Moon; is cultivated in gardens; a decoction is good in dropsy but as this is a *poisonous* herb I recommend Dandelion.

## 45. FOX GLOVE.

Fox glove or *Digitalis Purpuria* governed by Venus and will cure all diseases ruled by her. It is an acro-narcotic *vegetable poison*, therefore not a medicine to be tampered with, yet it is a truly valuable medicine. Its effects are to diminish the frequency of the pulse, remove the irritability of the system, increase the action of the absorbents and act as a powerful diuretic. In over doses it occasions vomiting, purging, dimness of sight, vertigo, delirium, hiccough, convulsions, and death. These symptoms of poisoning are obviated by cordials, opium, and blisters.

*Digitalis* is recommended internally in inflammatory diseases, from its very remarkable power of diminishing the velocity in

active hæmorrhages, in pulmonary consumption, in spasmodic asthma, palpitation, in dropsical swellings, in scrofulous tumours.

Its use must be followed by good diet, and tonics; and during its employment, diluents are necessary. Dose—from 1 to 3 grains of the powder in pill, united with ammoniacum, soap, calomel or opium every 6 or 8 hours till it acts on the kidneys then desist; but it may be again given after an interval.

The safest way of administering this medicine is in the form of a tincture procured from the druggist. The doses must begin with 3 or 4 drops cautiously increased to twenty till the effect be produced.

#### 46. FUMITORY.

Fumitory or *Fumaria Officinalis* is a herb of Saturn and presents to the world a cure for his own diseases and strengthener of the parts of the body he rules.

It is a wild plant, with bluish divided leaves, and spikes of little purple flowers, common in our corn-fields in June and July.

It grows ten inches high. The stalk is round, striated, of a pale green, thick enough, but not very firm or perfectly erect. The leaves are large, but are divided into a vast number of little parts, which are blunt and rounded at the ends; their colour is a faint green.

The flowers are small and purple; they have a heel behind and a number of them stand together in a kind of spike. The whole plant has little taste.

The juice expressed from this plant, is excellent against the scurvy. It opens obstructions of the viscera, and is good against the jaundice, and all other diseases arising from obstructions.

#### 47. GARLIC.

Garlic or *Allium Sativum* is a herb of Mars. The bulbs are small, and congregated in a common membrane. The separate bulbs are named *Cloves*: they contain albumen, saccharine matter, fecula, and an acid volatile oil on which their rubefacient property depends. Odour strong, offensive, and penetrating; taste sweetish, biting, and costic; these are dissipated by coction. It is used for humoral asthma, hysteria, dropsy, intermittents, worms, scurvy. Dose—one to six cloves, swallowed without chewing twice or three times a day.

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It is injurious in hot bilious constitutions, for it frequently produces flatulence, headache, thirst, heat, and other inflammatory and unpleasant effects.

A syrup may be made which will answer the above purposes, express the juice of one pound of garlic roots add one pint of water while you are expressing. A pint of milk or wine vinegar may then be added to the pressed roots, and allowed to macerate for an hour when it may be pressed out as the other : then add three pounds of refined sugar. If any impurities rise on the top you must skim them off. Dose—one table-spoonful.

#### 48. GENTIAN.

Gentian or *Gentiana* is under Mars, and is a powerful bitter. Its virtues yield to water, or spirits of wine.

Its operation is tonic, stomachic, in large doses aperient, antiseptic. *Used* in dispepsia, hysteria, jaundice, gout, and dropsy.

##### *Infusion of Gentian Root.*

|                                        |          |
|----------------------------------------|----------|
| Take of the root cut in slices . . . . | 2 drams. |
| Dried orange peel . . . . .            | 2 do.    |
| Dried lemon peel . . . . .             | 4 do.    |
| Boiling water . . . . .                | 1 pint.  |

Macerate for four hours, and if two ounces of the tincture be added it will keep three or four days. Dose—four table-spoonfuls three times a day, for bad appetite, dropsy, &c.

##### COMPOUND TINCTURE OF GENTIA.

|                                      |                    |
|--------------------------------------|--------------------|
| Take Gentian root sliced . . . . .   | 1 ounce            |
| Dried orange peel . . . . .          | $\frac{1}{2}$ do.  |
| Lesser cardamon seed bruised 2 dram. |                    |
| Proof spirit . . . . .               | $\frac{1}{2}$ pint |

This may be had of the druggist by the name of *Tintura Gentianæ Composita*. Dose—Two teaspoonfuls in a little water : serves for the forementioned purposes.

#### 49. GINGER.

Ginger or *Zingiberis Radix* is under Mars. The root is the part used. It is considered as an aromatic, and less pungent and heating to the system than might be expected from its

effects upon the organ of taste. It is used as an antispasmodic, stomachic, and carminative.

The cases in which it is more immediately serviceable, are flatulent colics, debility and laxity of the stomach and intestines, and torpid and phlegmatic constitutions, to excite brisker vascular action.

#### SYRUP OF GINGER.

Best ginger root sliced and bruised, one ounce.  
Boiling water, half a pint.

Macerate the ginger in the water in a warm place for twenty-four hours and strain; to the strained liquor add one pound of sugar refined, dissolve the sugar in a water or steam bath, as directed for the preparation of the simple oxymel, or vinegar and honey, (See *Honey*,) and after the sugar is completely dissolved, set it aside for twenty-four hours, and if any scum arise to the top, take it off, and then bottle the clear syrup.

The *Tincture* is made by macerating or infusing one ounce of the root sliced and bruised, in a pint of proof spirit for seven days, frequently shaking the bottle; it may then be strained or filtered.

This is tonic, stimulant, and carminative, and is used as a corrective of griping purgatives, and in a tonic gout when it attacks the stomach; it is frequently used in tea in doses of one tea spoonful, or even two in each cup of tea, by those whose digestion has been impaired by vinous or spiritous intemperance. In wet or damp weather travellers will find this plan of considerable service along with a hearty breakfast before setting out for the road. A tea spoonful is an excellent addition to a tumbler of cold or aerated water in warm weather, especially if a little syrup or sugar is added.

#### 50. GOLDEN ROD.

Golden Rod or *Solidago Virgo* is a plant under Venus. The common golden rod is a perennial plant, found wild on heaths, and in woods but frequently cultivated in gardens not only for its medical virtues, but for its pleasant appearance. The leaves and flowers have been recommended as aperients and corroborants and have a moderately astringent bitter taste. In the form of decoction or infusion, they have been used in weakness and laxness of the bowels, especially in cases where

the bladder has lost its muscular energy, and are reputed as peculiarly efficacious in stopping internal hæmorrhages; from one scruple to a dram of the powder of the flowers and dried leaves are given in honey three times a day, or a wine glassful of the infusion or decoction of one ounce of the plant in a pint of boiling water. It is a great favourite with many of the Irish herbalists.

### 51. GROUNDSEL.

Grondsel or *Senecio Vulgaris* is a herb of Venus. The juice of this herb is a gentle and very good emetic. It causes vomiting without any painful irritations, good against the jaundice, falling sickness, colic in the bowels, gravel; and it is also good for cutaneous foulness applied outwardly.

### 52. HEDGE HYSOP.

Hedge Hysop or *Gratiolo Officinalis* is under Mars, and purges cholera and phlegm. It flowers in June and July at which time it should be gathered for medical purposes being then in its best condition. It grows in moist gardens and reaches a foot high; the stalks are square, slender, and not very robust; the leaves are long, narrow, and sharp pointed: they stand two at every joint. The flowers are long, moderately large and yellow; they grow from the bosom of the leaves and are hollow, and only a little divided at the ends: they are somewhat like fox-glove flowers.

A decoction of the fresh plant is an excellent purge, but it works roughly; it is good against dropsies, mania, ascarides, lubrici, and rheumatism; the jaundice has often been cured by it singly. When given in the form of powder, the dose is fifteen grains, and in that of the infusion, made with two drams with a gill of boiling water.—dose one table spoonful.

### 53. HELLEBORE, BLACK.

Black Hellebore, or *Helleborus Niger*, or CHRISTMAS ROSE, is a herb of Saturn, and therefore no marvel if it has some sulen conditions with it; will be safer to procure it from the druggist. The taste of the roots is bitter, acrid, leaving an impression of burning upon the tongue. It is *poisonous*.

*Use*—In mania and melancholia, dropsy, and suspension of the menses in plethoric habits. For a purge ten grains of the root. Two or three drachms of the powdered root are sufficient

to poison a person, except those of very strong constitutions, but in skilful hands is a very valuable medicine. The powdered root has been mixed with other ingredients, for the making of a powerful but dangerous snuff, but in the hands of a judicious practitioner it has undoubtedly been of considerable service to sore and weak eyes.

Fifteen or twenty grains of the powdered root is an excellent purge, to persons of strong constitutions, and at the same time, it wonderfully clears the system of all tough viscid humours.

#### TINCTURE OF BLACK HELLEBORE.

Take of black Hellebore root bruised, . . 2 ounces.  
Proof Spirit ..... 1 pint.

Better be procured from the druggist by the name of *Tincturi Hellebori Nigri*. DOSE—Two fluid scruples for the gout.

#### *Extract of Hellebore*

Extract of Hellebore, called by the apothecary *extractum radices Hellebori Nigri*, is excellent as a purgative in mania, melancholy, dropsy, and worms. DOSE—Ten grains to one scruple. As a diuretic from three to ten grains. Better obtain it from the Herbal Apothecary.

### 54. HEMLOCK.

Hemlock or *Conium Muculatum* is a plant of Uranus. This well known plant grows plentifully in the neighbourhood of moist shady places about the sides of fields and under hedges. It is very poisonous, more particularly in spring and autumn. When taken in an over dose it produces giddiness, dimness of sight, tremours, palsy, and the other symptoms which usually follow narcotic vegetable poisons, and the treatment to be adopted is the same as that recommended when speaking of poisoning with belladonna. As a medicine it may be used safely in small doses as an anodyne narcotic. It is a good palliative in cases of pulmonary irritation. It is used principally as an external application in the form of a poultice in cancer, and irritable ulcers. When given internally, the dose is from one to five grains of the extract in the form of a pill. The poultices are made with the powdered leaves.

## 55. HENBANE.

Henbane, or *Hyocianus* is an annual plant under Uranius, it has a peculiar narcotic odour, not unlike tobacco when burned, and an insipid mucilaginous taste, both which qualities the leaves lose by drying. Although the leaves and seeds are the parts of the plant ordered by the colleges, the root possesses the same qualities, and even in a superior degree. Its effects are anodyne, narcotic, antispasmodic, and slightly stimulant; when taken in large doses, it acts as a narcotic vegetable poison. It is however a very valuable medicine, procuring ease and sleep, and that too in some cases in which opium fails. It is ordered in the forms of extract and tincture, Smoking the leaves as tobacco eases the toothache and tic.

*Tincture of Henbane.*

Tincture of Henbane or *Tintura Hyociani* is good for nervous irritation, rheumatic and gouty pains, chordees, or heat of urine without producing costiveness, or affecting the head as opium does. The dose is from sixteen to twenty drops in tea or peppermint water.

Take of the dried leaves ..... 2 ounces.

Proof Spirits..... 1 pint.

Macerate for seven days then filter. Better obtain it from the Herbal Apothecary. It enters into many compositions for the stomach. The *extract* answers the same end made into pills, from three to sixteen grains. It should not be prescribed in combination with alkalies, nor with lime water, as these destroy its narcotic power.

## 56. HOP.

Hop, or *Humulus Lupulus* is under Mars, a well known plant, employed by brewers for the preservation of ales and beer. *Properties*—Odour fragrant, sub-narcotic; taste, bitter aromatic; depending on a peculiar principle named *lupuline*. *Operation*—Narcotic, anodyne, and diuretic. *Use*—In gout, rheumatism, or destroying worms; a bread poultice mixed up with a strong infusion is good for old ulcers. A pillow stuffed with hops, is an old and successful mode of procuring sleep in the watchfulness of delirious fever.

## 57. HOREHOUND.

Horehound, or *Marubium Vulgaare* is a herb of Mercury.

This well known and favourite herb is an indigenous plant, but cultivated in gardens, and on a great scale by some herbalists. It has an aromatic, but not very agreeable odour, with a bitterish taste, penetrating, diffusive, and durable in the mouth; the smell, however, is evidently improved by drying. Horehound possesses stimulant, tonic, and in large doses, laxative properties, although they would appear to be present some astringent matter, from the fact that a cold watery infusion produces an olive green colour by the admixture of ferruginous salts. Its bitter depends on the presence of extractive, and its aromatic on a volatile oil.

It is employed in infusion, in the strength of from half an ounce to an ounce, or even two or three ounces to the pint of boiling water, and this infusion is made into syrup by afterwards dissolving a pound of sugar in the pint of infusion, and for this purpose candy sugar is preferred. This is used as a cough medicine, a spoonful or two being taken occasionally. A strong decoction or infusion is likewise formed into a confection called horehound candy, much used as a pectoral medicine in coughs; much, however, that is sold under this name never touches horehound or its infusion.

The powder is a very agreeable stomachic and tonic, and may be taken in doses of half a dram or a dram made into an electuary with the syrup.

## 58. HORSE RADISH.

Horseradish or *Cochlearia Armorica* is governed by Mars. The root of this perennial plant, which is the part used, has a biting acrid sweetish taste, and a pungent odour; but these qualities are lost by drying, becoming sweetish and almost insipid. It is good for scurvy, rheumatism, dropsy, and locally as a gargle in hoarseness.

The juice of horseradish root operates very powerfully by urine, and is good against the dropsy and jaundice. The root whole, or cut to pieces, is put into diet drink, to sweeten the blood; and the eating frequently and in quantities at table, is good against the rheumatism; as an external application in rheumatic affections, there are few remedies to compare with the juice of horseradish, it will also relieve palsy.

### SYRUP OF HORSE RADISH.

Take of Horseradish roots . . . . . one drachm.

Boiling water..... four ounces.

Infuse in a covered vessel for two hours then add double its weight of sugar.

A useful syrup in small doses for relieving hoarseness.

#### COMPOUND INFUSION OF HORSERADISH.

Take of Horseradish root, sliced..... one ounce.

Mustard seed, bruised..... one ounce.

Boiling water ..... one pint.

Macerate for two hours in a loosely covered vessel, and strain ; then add one ounce of Compound Spirit of Horseradish. Dose— from one to three ounces three or four times a day.

#### COMPOUND SPIRIT OF HORSERADISH.

Take of Horseradish root, sliced .. twenty ounces;

Orange peel, dried ..... twenty ounces;

Nutmeg, bruised ..... five drachms ;

Proof spirit ..... one gallon;

Water ..... two pints,

Mix ; and distil a gallon with a slow fire. Dose—from one to four drachms, three times a day.

### 59. HOUSELEEK.

Houseleek, or *Sempervivum Tectorum* is under Jupiter, and flowers in July. The leaves are the part used; they are applied externally in inflammations, and are very useful, when cooling things may be employed. The juice is also cooling and astringent taken inwardly, but it is rarely used. Some praise it greatly for the inflammations of the eyes.

There is another kind of houseleek, very unlike this in form, but of the same virtues, this is called the lesser houseleek; the stalks are round, small, and redish, and grow six inches high; the leaves are long and rounded, not flat as the other leaves; and the flowers are white, and stand in kind of tufts, like umbels at the tops of the stalks. This grows on old walls, and the tops of the houses like the other.

The following preparation of Houseleek will answer every purpose.

Take of the expressed juice of Houseleek .. one ounce.

White sugar..... sixteen ounces.

Boil for a few minutes and strain ; dose from one to two ounces.

## 60. HYSSOP.

Hyssop or *Hyssopus Officinalis*. The herb is Jupiter's in the sign Cancer. It strengthens all the parts ruled by Jupiter in Cancer which may be seen at the end of this treatise. It is to be gathered when just beginning to flower, and dried: it is stimulant, expectorant, the infusion made in the manner of tea, is not unpleasant, and is the best way of taking it: it is excellent against hoarseness asthma, chronic catarrh, and obstructions in the breast. A strong infusion made into a syrup with honey, is excellent for the same purposes, mixed with an equal quantity of oil of almonds.

A handful of dried hyssop tied in a linen cloth, and dipped in boiling water, is the best application to a black or blood shot eye, put on as warm as possible. Hyssop tea is good to give children troubled with worms. Dose one table spoonful twice or three times a day.

## 61. ICELAND MOSS-LIVERWORT.

Iceland Moss or *Lichen Islandicus* is under Saturn, grows on stones on the earth in Iceland. If the English Liverwort cannot be got this will serve the same purpose and may be had at a respectable druggist's. *Properties*—Inodorous; taste bitter, mucilaginous, tonic, demulcent, and nutrient.

*Decoction of Iceland Moss.*

Take Iceland Moss .....  $\frac{1}{2}$  ounce.  
Boiling water ..... 1 pint.

First steep in water with some carbonate of potass, then boil the root in milk, chocolate, or cocoa. Dose—a cupful three or four times a day for coughs, pulmonary consumption, spitting of blood, hooping cough, measles, and as a general restorative after a continued use of Mercury.

## 62. IVY.

Ivy or *Hedera Helix* under Saturn, too well known to need describing.

The leaves and berries are both used but neither much. A decoction of the leaves destroys vermin in children's heads, and heals the soreness that attends them. The berries are purging; an infusion of them will often work by vomit, but there is no harm in this: they are an excellent remedy in rheumatisms, and pains of all kinds, and it is said, have cured dropsies; but this is perhaps going too far.

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## 63. JUNIPER.

Juniper or *Juniperus Communis* is ruled by the Sun. The tops in infusion or decoction are used as stimulant, diuretic, and the berries yield an essential oil which is separated from them by distillation. The berries are now chiefly used; they have a strong but not unpleasant odour, and a pungent warm taste, followed by a sweetish one, and afterwards a bitter one. Their constituent are an essential oil, a sweetish mucilage, and a portion of bitter extract. Their active properties are elicited both by water and spirit.

## COMPOUND SPIRIT OF JUNIPER.

Juniper berries bruised, one pound.  
 Carraway seeds  
 Sweet fennel seeds, each two ounces.  
 Proof spirit, one gallon.

Macerate for two days, then add half a gallon of water, and distill with a gentle heat one gallon. Dose from two to six drops on sugar.

## 64. LAVENDER.

Lavender or *Lavendula Spica* is under Mercury, flowers in June or July is well known being an inhabitant in almost all gardens. It is used for falling sickness, obstruction of the menses, cramps, convulsions, dropsy, and pains in the head. Oil of lavender is a stimulant. Eight drops on loaf sugar is used in hysteria, languor faintings, and nervous headaches. To be obtained from the author—got by distillation.

## COMPOUND SPIRIT OF LAVENDER.

Simple spirit of lavender, ..... 12 ounces.  
 Spirit of rosemary, ..... 4 ounces.  
 Cinnamon bark and nutmeg, each .. 1 dram.  
 Red saunder's wood, sliced ..... 2 drams.

Macerate for fourteen days, and strain—a great stimulant.

## 65. LETTUCE.

Lettuce common or *Lactuca*, is under the Moon, and that is the reason it cools and moistens, because Mars has his fall in Cancer and it cools because the Moon rules it. The juice of lettuce, is a good medicine to procure sleep, or the thick stalk eaten will serve the same purpose. It is a good method to put

those into, who require a gentle opiate, and will not take the medicines. It is narcotic and diaphoretic or productive of sweat. It contains resin, opium, extractive mucilage, and probably morphia.

## 66. LIQUORICE.

Liquorice or *Glycyrrhiza Glabra* governed by Mercury. The root is the part used, and it is of a mild saccharine and mucilaginous substance. The extract of the root has all the virtues of the plant, known by the name Spanish, or Italian Juice.

### *Liquorice Lozenges.*

|                                       |           |
|---------------------------------------|-----------|
| Spanish juice . . . . .               | 2 ounces. |
| Extract of liquorice, . . . .         | 1 do.     |
| Gum arabic, . . . . .                 | 1 do.     |
| Refined sugar, . . . . .              | 2 do.     |
| Boiling water, a sufficient quantity. |           |

Dissolve and strain, then evaporate the solution over a gentle fire till it be of a proper consistence to be formed into lozenges.

### FOR COUGHS AND DISEASES OF THE LUNGS.

|                             |            |
|-----------------------------|------------|
| Take of opium . . . . .     | 4 drams.   |
| Tincture of Tolu . . . .    | 4 do.      |
| Simple Syrup . . . . .      | 1 pound.   |
| Extract of Liquorice, . . . | 10 ounces. |
| Powdered Gum-arabic . . .   | 10 do.     |

Mix the opium with *Tincture of Tolu* then add the extract of Liquorice, the syrup and gum soften with hot water; let the whole mass evaporate on a very slow fire until it becomes of the consistence of *toffy* and you will have a very good cough medicine.

## 67. LOBELIA INFLATA. *India Tobacco.*

*Lobelia Inflata* is ruled by Mars, may be obtained from the druggist, it may be called the *Emetic weed*, but I should call it *Asthma weed*, it is a safe emetic. It affords considerable relief in spasmodic asthma, croup, St. Vitus's dance and hooping cough; but six or eight grains will prove emetic. In small doses expectorant. *Dose*—From five grains to one scruple of the powdered leaves for an emetic.

*Tincture of Lobelia.*

Take Lobelia. . . . . 2 ounce.

Proof spirit - . . . . . 1 pint

Digest for ten days and filter. *Dose*—From one to two scruples as an emetic for an adult. For asthma &c., take ten grains. This is a composition that enters into many prescriptions for complaints in the stomach and nervous diseases.

## 68. MADDER.

Madder, or *Rubia Tictorium* under the dominion of Mars, its root has a bitterish austere taste; a red colour, which it imparts to water, alcohol, and essential oil, and is almost inodorous. It is perennial and cultivated in great quantities in England for the use of the dyers. It was formerly more celebrated than at present, but from our own experience, we think it a good emmenagogue astringent, and safe domestic medicine. When it is used as medicine, however, it should be procured from an Herbalist else it must be procured from an Apothecary. The following powder is of service in difficult and scanty menstruation, gravel and jaundice, taken three times a day, in a glass of pennyroyal or peppermint tea, or where there is no objections to smell or taste, in rue tea.

Powder of Madder, . . . . . 1 dram.

Savin tops, . . . . . 1 scruple.

Sulphate of potash . . . . . 4 scruples.

Mix intimately, by rubbing these ingredients together in a wedgewood mortar, and divide into four equal doses, to be used as above directed.

The same powder, omitting the savin, may be given to weak rickety children, with laxness and wasting, as much as can be lifted on a sixpence, or half the quantity to be given the child, according to its age, in currant jelly or the thin part of scotch marmalade, twice a day. It may likewise be given in decoction, one ounce boiled in three gills of water, and strained while hot; two drams of bruised cinnamon may be added to the decoction fifteen minutes before it is removed from the fire. Of the strained decoction, in which may be dissolved four ounces of refined sugar, (while it is hot,) two tea spoonfuls three times a day.

69. MARJORUM, *Wild.*

Majorum or *Origanum Vulgare* is an herb of Mercury. The

fresh tops of the herb are to be used. They are best taken in infusion: they strengthen the stomach, and are good against habitual colics: they are also good in headaches, and in all nervous complaints; and they open obstructions; and are good in the jaundice. Chymists sell what they call oil of origanum, but it is commonly an oil made from garden thyme, it is very acid: a drop of it put upon lint, and laid to an aching tooth, often gives ease.

#### 70. MARJORUM, *Garden.*

Garden Marjorum or sweet Marjorum or *Origanum Marjorana* is an herb of Mercury in Aries, and therefore an excellent remedy for the brain, and other parts of the body and mind under the dominion of the same planet. Flowers in the summer.

*Use.*—The whole plant is to be used fresh; and is best, taken by way of infusion. It is good against the headache, and dizziness, and all the inferior order of nervous complaints. It promotes the menses, and opens all obstructions. The dried herb may be given for the same purpose in powder but it does not succeed so well.

A portion of the dried herb put into a bag, and dipped in hot water, is a capital fomentation for old tumours and swellings. A strong infusion for a foot bath, will often relieve violent pains, when less simple remedies have failed. A volatile oil is extracted from marjorum, stimulant, narcotic which is the principle compound of the various “rubbing bottles” sold for outward application. This oil dropped upon cotton, or lint, applied to a decayed tooth will ease the pain. The powder of the dried leaf makes a good and pleasant snuff, for pains in the head.

#### 71. MARSH MALLOW.

Marsh Mallow or *Althæa Officinalis* governed by Venus. This is found on the banks of rivers, grows four feet high, stalks upright, thick, and hairy, the leaves large and indented about the edges, flowers large and white. The root is most used and contains gum or mucus; sugar; fat oil; starch; malic acid; albumen; several salts; and lignine. When the roots are steeped in cold water, the mucus alone is extracted; but when they are boiled, the mucus is mixed with *fecula* or substance that falls to the bottom. The root boiled in water, and the decoction made strong, is excellent to promote urine, and bring away gravel and small stones; it also cures stranguries, and is good in coughs.

The root of this plant is also of great use as an outward application in poultices, fomentations for allaying the pains arising from inflammatory tumours, burns, tetters, and all other local affections; its virtues as a cough medicine, are much increased by the addition of liquorice, coltsfoot, horehound, and other pectoral plants.

#### SYRUP OF MARSH-MALLOWS.

Take of Marsh-Mallow root, bruised 8 ounces;  
 Refined Sugar - - - 2 pounds;  
 Water - - - 4 pints.

Boil down the water with the root to one half, and press out the liquor when cold, set it by for twenty-four hours that the dregs may subside, then pour off the liquor, and having added the sugar, boil down to a proper consistence.—Very susceptible of decomposition when kept.

#### DECOCTION OF MARSH-MELLOWS.

Take of Marsh-Mallow root, dried and bruised 4 ounces,  
 Raisins stoned - - - 2 ounces,  
 Water - - - 7 pints.

Mix them and boil down to five pints: strain the liquor and set it aside that the fæces may subside, and then decant,

This is a useful demulcent and emollient in the dose of a cupful frequently taken for inflammation of the bladder and as a fomentation in abrasions, &c.

#### MARSH-MALLOW LOZENGES,

Take of Marsh-Mallow root, powdered one and half ounce  
 White sugar - - - four and half ounces,  
 Mucilage of Tragacanth - - a sufficient quantity,

Make into lozenges. Iris root or orange flower water may be used to give them a pleasant aroma.

These lozenges are very useful in hoarseness, coughs, &c.

#### 72. MARIGOLD.

Marigold or *Oleandula Officinalis* an herb of the Sun and under Leo, and therefore strengthens the heart, very expulsi-vely and effectively in bringing out small pox and measles.

Use—A tea made of the fresh flowers gathered of the marigold, picked from the cups, is good in fevers: it gently pro-

motes perspiration, and throws out anything that ought to appear on the skin. Hence it has long enjoyed a high reputation amongst the wives of England, as a remedy for bringing out the measles in children, and it deserves it.

### 73. MEADOW SAFFRON.

Meadow Saffron, or *Colchicum Autumnal* is an herb of the Sun, to be gathered in July and August when the seeds appear. It is poisonous to dogs, rabbits, flies, cats, frogs snails, and horses. The juice is acrid and benumbs the tongue. In powder from one to five grains of the recent bulb in pills for dropsy, gout and rheumatism.

#### SYRUP OF COLCHICUM.

Take of fresh *Colchicum* bulb sliced 1 ounce,  
Distilled vinegar..... $1\frac{1}{4}$  pounds,  
Refined sugar .....3 pounds.

Macerate the bulb in the vinegar for two days, shaking the vessel occasionally; then express gently, strain the liquor and add the sugar: lastly boil a little, so as to form a syrup. The bulb should be taken up in July.

A similar preparation to the oxymel, and used for the same disorders. Is diuretic and used as an adjunct to diuretic infusions in dropsy, gout, and humour asthma. *Dose*—from half a dram gradually increased to four or six, or eight drams.

#### TINCTURE OF COLCHICUM.

Take of seeds of *Colchicum*, two ounces.  
Proof spirit ..... one pint.

Macerate for fourteen days, and strain.

The tincture is the most active preparation of *Colchicum*; stimulates the most, and often irritates the stomach and bowels in a remarkable degree. The dose is from ten drops gradually increased to two drams. *Use*—the same as the powdered bulb.

#### WINE OF COLCHICUM.

Take of fresh *Colchicum* bulbs, bruised, one pound,  
Proof spirit.....four ounces,  
Distilled water .....eight ounces.

Macerate for fourteen days, and filter.

This preparation is next in strength to the tincture, for the gout, rheumatism, and all inflammatory affections: it requires to be administered with care, for it is liable to affect the stomach with sickness, and the mucous membrane of the bowels with great irritation. The dose is from thirty drops to a dram and a half, given in conjunction with magnesia in the effervescing draught, or with some bitter infusion. The petals of the flowers and the seeds possess the same properties as the bulb; hence many practitioners prefer a wine prepared from the unbruised seed.

#### WINE OF COLCHICUM SEED.

Take of seeds of Colchicum, . . . . 2 ounces.

Sherry wine, . . . . . 2 pints.

Macerate for eight days, and filter.

As an external application, a few bulbs, sliced, bruised, and mixed with bread poultice, may be applied to the gouty parts. This should be repeated two or three times in twenty-four hours.

#### 74. MEZEREUM.

Mezereum under Mars, and grows in many gardens, having beautiful small red flowers. The bark is called *Mezerei Cortex*; but it is a violent medicine, and must be given with caution, in small doses, and only to those who have strong constitutions. It will cause vomiting and bloody stools to people that are tender, or to any in large doses; but to robust people, it only acts as a brisk purge. It is excellent in dropsies, glandular swellings, and other stubborn disorders; as chronic rheumatism, and secondary syphilis; and the best way of giving it is in a light infusion. *Dose*—Four or five table spoonfuls twice a day of the powder of the inner bark, *Mezerei Cortex*, one or two grains increasing to ten grains. It enters into many of the decoctions.

#### 75 MINT.

Spearmint, or *Mentha Viridis* is governed by Venus and grows in almost all gardens, flowers in August. It is aromatic, stomachic, carminative. The whole plant is used, fresh or dried, and is excellent against disorders of the stomach. It will stop vomiting, and create an appetite; it is best given in the simple distilled water, well made, or else in the form

of tea. The fresh herb bruised, and applied outwardly to the stomach will stop vomitings.

OIL is obtained by distillation from the dried plant *oleum mentha viridis* to be got from the Herbal Apothecary, this is also stimulant and carminative; used in flatulance and anorexia, or loss of appetite from two to four drops on loaf sugar.

The spirit of Spearmint has the same properties.

## 76. PEPPERMINT.

Peppermint or *Mentha Piperita* is under Venus; and cultivated in gardens. Odour strong, agreeable; taste pungent, aromatic, and produces a sensation of coldness in the mouth, depending on an essential oil and camphor. Stomachic and carminative.

The whole plant is used, fresh or dried; but the best way is to give the distilled water. It cures the colic, often almost instantaneously, and is good against the gravel

### PEPPERMINT WATER.

|                                      |               |
|--------------------------------------|---------------|
| Take of Peppermint, dried, . . . . . | two pounds;   |
| Proof spirit . . . . .               | seven ounces; |
| Water . . . . .                      | two gallons;  |
| Distil one, gallon.                  |               |

All the advantages to be derived from the the use of peppermint can be had from this preparation. An essential oil is also prepared, and its principle use is, to give to those who cannot take the peppermint water in large quantities, as a few drops of the oil on sugar will be found equal to a wine glassful of the water. The above are the best remedies known for cramp in the stomach, or other windy complaints.

## 77. MULBERRY.

Mulberry or *Morus Nigra* is governed by Mercury, is a well known tree. The bark of the root, of the mulberry tree has an, acid bitter taste, and possesses cathartic and cooling powers. It destroys worms, particularly the tape worm. The dose is half a drachm of the powder.

Take of mulberry juice two pints;

As soon as the fæces have subsided, put it into a matrass

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immersed in boiling water, for about quarter of an hour ; when cold, strain it, and make it into a syrup.

This is a very pleasant cooling syrup ; and is occasionally used in draughts and juleps, for quenching thirst, abating heat, &c., in bilious or inflammatory distempers ; and gargles for inflammations of the mouth and tonsils.

## 78. NETTLES.

Nettles or *Urtica Dioica* is under Mars, and that planet is hot and dry, and you know as well that winter is cold and moist, then you know why nettles are eaten in spring to warm the juices that winter has cooled down.

Nettles have been employed as a rubifacient, a practice which was termed *Urtication*, of advantage in restoring excitement in paralytic limbs, or in torpid and lethargic affection. The juice of the plant itself, and of Dock, are immediate remedies for the sting. The plant is astringent. A leaf put upon the tongue and pressed against the roof of the mouth, stops bleeding at the nose.

Paralytic limbs have been restored to their usual functions by stinging them with nettles ; and the young shoots or tops are gathered early in the spring to boil in broth or gruel. The young leaves, eaten in the spring are substitutes for spinach : they remove obstructions ; and the roots operate by urine. The juice of the leaves taken alone, or boiled into a syrup, is an excellent medicine for the spitting of blood, and other hæmorrhages. A conserve made of the flowers and seed is good for the stone in the kidneys ; and a decoction of the root is good in the jaundice and makes a useful gargle for the throat.

## 79. OAK.

Oak or *Quercus Robur* is under Jupiter. The bark is tonic, and astringent. *Use*—in intermittents, combined with galls, bitters, and aromatic. Dose of the powder twelve grains twice or three times a day. The decoction is good in dysentry, spitting of blood, fluor albus, gonorrhæ ; a fomentation in local ulcers, and for washing ruptures.

### *Decoction of Oak Bark.*

Take of Oak bark, bruised . . half a pound.

Water . . . . . two quarts.

Boil down to one quart, and strain.

## COMPOUND DECOCTION OF OAK BARK.

Take of Oak-bark ..... two ounces.  
 Quassia wood ..... two ounces.  
 Cas-carrilla bark .... one ounce.  
 Water ..... two quarts.

Boil down to one half, for all the uses which the medicine is used internally, this is the best form of exhibiton.

## 80. PARSLEY.

Common garden Parsley or *Apium Petroselinum* is under Mercury and strengthens the stomach, is diuretic or provokes urine, menses, wind in the bowels; aperient. *Dose*, a cupful of the decoction made of the root and top two ounces in one pint of water boiled to a gill. The juice dropped into the ear eases the ear ache. For falling sickness, jaundice, dropsy, stone, pain in the kidneys,

Take Parsley, fennel, annise, and carraway seeds 1 ounce  
 Roots of Parsley, burnet, saxifrage, and carraways  $\frac{1}{2}$  do.

Boil in two pints of water down to one then strain and take a cupful two or three times a day.

## 81. PEACH TREE.

Peach Tree or *Amygdalus Persica* is under Venus, and opposes the ill effects of Mars. The leaves are sedative, taste bitter and aromatic; odour agreeable. *Use*—in inflammatory and spasmodic affections. The flowers are made into syrup, a pint of water is to be poured boiling hot on a pound of peach blossoms; when this has stood twenty hours it is to be poured off, through a sieve without squeezing, in which dissolve two pounds of loaf sugar over the fire: this makes an excellent syrup for children. It purges gently, and sometimes will make them puke a little. They have so frequent occasion for this, that people who have children, have continually use for it.

## 82. PELLETERY, of the Wall.

Pelletory of the Wall is under Mercury *Parientaria Officinalis* a wild plant frequent on old walls, with weak branches, and pale green leaves: grows a foot high, but seldom altogether erect. The stalks are round, tender, a little hairy, jointed, and often rather purple; on which the leaves stand irregularly and smaller at each end. The flowers stand close upon the stalks

and are small and inconsiderable, of a whitish green colour when open but reddish in the bud.

The whole plant is used, and is best fresh. An infusion of it works well by urine. It is very serviceable in the jaundice, and is often a present remedy in fits of the gravel, the infusion being taken largely.

### 83. PLANTAIN.

Plantain or *Plantago Media* is under Venus, and cures the head by antipathy to Mars and the privates by sympathy to Venus.

This species has the leaves small and less blunt than in the last, they are hoary, commonly five nerved, lying close to the ground, on very short stalks, the root is very large, with many stout long fibres by which the plants support themselves, and look fresh and green in the hottest season.

Plantain is of a cooling astringent, and healing nature. A decoction of the whole plant is good in disorders of the kidneys jaundice, piles, and urinary passages. The root in powder is very serviceable in fluxes of the bowels, attended with bloody stools. The expressed juice is good against spitting of blood, immoderate fluxes, and the piles. The leaves, bruised and applied to fresh wounds soon heal them, and are good to cleanse and heal old ulcers. The following preparation of plantain will be found excellent in cases of *Spitting of Blood*

Take the leaves when free from moisture, bruise them in a mortar, wrap them in a cloth put in hot water for a time, and extract the juice: keep it bottled, and to a wine glassful add one fourth of wine, itself for a dose.

The seeds in the dose of a dram, boiled in milk, or both, are reputed laxative, and demulcent. The infusion and decoction of the root and leaves in the proportion of one or two ounces to a pint of water may be taken three or four times a day. An electuary, made of fresh comfrey roots, juice of plantain and sugar, is effectual in spitting of blood. The powdered root in the dose of four or five drams or a strong infusion of the plant may be given in agues at the commencement of the fit. Plantain juice either alone, or mixed with lemon juice, is an excellent diuretic.

### 84. PENNYROYAL.

Pennyroyal or *Mentha Pulegium* is under Venus, flowers about August The medical properties of Pennyroyal and

Peppermint are so similar, that it scarcely means which is made use of, the former is generally considered best, for female complaints. For asthma, cough, hooping cough take from ten grains to a scruple. There is an oil to be purchased of the druggist called *oleum pulegii* is stimulant, antispasmodic; used in hysteria. Dose from one to five drops on a lump of sugar. (108)

### 85. POPPY RED.

Red Poppy or *Papaver Rhæas* is under the dominion of the Moon. A common wild plant in corn fields, distinguished by its great scarlet flowers: a foot high, the stalk round, slender hairy, of a pale green, and branched.

The leaves are long and narrow of a dusky green, hairy, deeply, but regularly indented. The flowers are very large, and of extremely bright and fine scarlet colour, a little blackish towards the bottom. The head is small, not larger than a horse bean, the seeds are small, and of a dark colour. The whole plant is full of a yellowish juice, which runs out when it is broken, and has something of the smell of opium.

#### INFUSION OF RED POPPY.

Take of fresh Red Poppy petals . . . . . one ounce.

Boiling water . . . . . one pint.

Infuse for a quarter of an hour, and strain. Dose from one to four ounces.

#### SYRUP OF RED POPPY.

Take of Red Poppy petals . . . . . one pound.

Boiling water . . . . . one pint.

Refined sugar . . . . . 2½ pounds.

To children and persons of weak constitutions, to whom *opiates* are dangerous either of the above preparations may be administered, as they are not so strong.

### 86. POPPY WHITE.

White Poppy or *Papaver Somniferum* is under Uranus. When any part of the plant is broken, there flows out a thick milky juice, of a strong, bitter, and hot taste, very like that of opium, and as disagreeable: it is relaxant and anodyne.

Of the heads boiled in water, is made the syrup of diacodium. The heads are dried for this purpose, and the decoction made as strong as possible, and then boiled up with sugar.

The seeds are beaten up into emulsions with barley water, and are good against stranguries, and heat of urine: they have nothing of the sleeping virtues of the syrups, nor of the other parts or preparations of the poppy. Syrup of diacodium, puts people to sleep; but gently, and is safer than opium or laudanum.

Opium is nothing more than the milky juice of this plant concreted; it is obtained from the heads: they are cut while upon the plant in the warmer countries, and the juice which flows out of the wound, hardens and becomes opium; an inferior kind is made by bruising and squeezing the heads. Laudanum is a tincture of this opium made in wine. Either one or the other produces sleep, and abates sense of pain; they act as cordials and promote sweat; stop violent purgings and vomitings.

### 87. PURPLE LOOSESTRIFF.

Purple Loosestrife or *Lythrum Salicaria* is under the Moon; sometimes called willow herb, a wild plant that decorates the sides of ditches and rivers. It grows to three feet high, and very regular the stalk is square, hairy, and generally of a reddish colour. The leaves stand two at each joint, and are long and narrow; of a dusky green, and a little rough.

The flowers stand in long spikes at the tops of the stalks, large, and of a strong purple colour. The spikes are often a foot or more in length. The seed is very little and brown.

It is an astringent, tonic, and as such is useful in diarrhoea dysenteries, &c. A decoction of the expressed juice is given in doses of from one to three ounces. Boil one ounce of the herb in one pint of water down to a gill, four tablespoonfuls three times a day.

### 88. RADISH.

Radish, or *Paphanus Sativus* is under Mars; a well known esculent root is cultivated in almost every kitchen garden: it has an acid pungent taste, and is generally esteemed as a pleasant stimulating condiment; but it is an article of diet and ought to be entirely avoided by persons of bad digestion. The juice of the roots fresh pressed, with a little white wine is an excellent remedy against the gravel, it works powerfully by urine and brings away little stones.

### 89. RATANHY.

Ratanhy or *Krameria* is under Mars, the root is the principle

part used which resembles the root of Madder and has aromatic, bitter, astringent taste; it is powerfully tonic and is prescribed in debility of the digestive organs, in chronic rheumatism, ague, fluor-albus, and ulcerations of the gums. *Dose*—From one scruple to one dram of the powdered root. It may be given in the same doses as Peruvian bark, and it may be prepared in the same proportions in the form of infusion, tincture, extract, decoction and so on. The tincture with the same portion of tincture of Myrrh is an excellent gargle for the mouth in cases of loose teeth and spongy gums and even superior to the tincture of bark used for the same purpose.

#### 90. RASPBERRY.

Red Raspberry or *Rubus Idæus* under Venus in Aries, and no doubt will relieve diseases of that planet in that sign. It is a shrub well known being cultivated in most gardens. It is astringent and is excellent, when made into tea for removing scurf, or canker from the tongue; good to wash old sores; and for inflamed eyes when mixed with the powder of gum Myrrh. In cases of weak bowels and looseness the tea should be used as the regular tea or coffee. It assists the tone of the stomach and helps digestion; and is a safe remedy in female complaints.

#### 91. RHUBARB.

Rhubarb or *Rheum Palmatum* under Mars. The best comes through Russia in round perforated pieces. The root is the part used called by the shops *Rhei Radix* and is one of our best purgatives; it is taken in any form. Is accompanied with gripings, although it rarely produces excitement. In moderate doses, in powder, the influence of the tannin which it contains counteracts its purgative properties and render it astringent: thence in a weak state of the digestive organs, it increases the appetite and affords tone to the stomach. The infusion should be given in doses of three table spoonfuls; made with three drams of the bruised root in a gill of hot water; this purges freely, causing bilious evacuations from its action on the orifices of the gall duct passing through the duodenum. Of the powder take a teaspoonful in warm water, this is a strong purge. To act as a stomachic take from six to ten grains. It enters into many compositions elsewhere prescribed.

#### 92. ROSEMARY.

Rosemary or *Rosemarinus Officinalis* governed by the Sun in

the celestial sign Aries and therefore is good for nervous headaches, tremblings, female complaints; being slightly stimulating, tonic, and resolvent: generally used as an adjunct to other sternutatory powders &c. *Dose*—of the powdered leaves ten grains with as much ginger or five grains of capsicum.

The oil of Rosemary *Oleum Rosemarini* is obtained by distillation from the tops of the dried plant, is a stimulant. *Use*—for the above diseases. *Dose*—From two to six drops on sugar powdered.

### 93. RUE.

Rue or *Ruta Graveolens* under the Sun in Leo, therefore will be good for affections of the heart as hysteria, flatulant colic, and convulsions in children. The leaves or the herb is most used in medicine. It is a native of the south of Europe, although it is generally cultivated in this country as a garden shrub. Rue loses much of its activity by drying. *Rue tea* is a tonic, stimulant, antispasmodic, and emmenagogue. *Oil of Rue* obtained by distillation is good for hysteria, and the convulsions of infants attendant on dentition. *Dose*—two to five drops on sugar. This herb blisters the skin of those who cut it for use.

### 94. ROSES.

Roses of which there are two kinds the petals or flowers of which have found a place in our pharmacopeias viz.

#### ROSA CANINA

Or *Dog Rose* ruled by Venus in Aries, consequently will be cooling, astringent, and tonic: taste sweet, acidulous, depending on the presence of uncombined *citric acid* and sugar. It is the pulp or *hip* of this rose which is employed. The ripe hips are carefully freed from their seeds, and beaten to a pulp in a wooden mortar, during which add three times their weight of refined sugar mixed well together till they are properly incorporated. *Use*—principally as the basis for more powerful medicines.

### 95. RED ROSES

Called *Rosa Gallica* governed by Jupiter, and has astringent and tonic properties. The infusion shews the presence of a free acid, which is tannin, gallic, a colouring matter, a volatile oil, a fat matter, albumen, soluble salts with bases of potass, lime, silix, and oxide of iron. As a gentle topical astringent refrigerant

in discharges of blood from the womb.

*Compound Infusion of Red Roses.*

Take of dried petals of Red Roses.....  $\frac{1}{2}$  ounce.  
 Boiling water .....  $2\frac{1}{2}$  pints  
 Diluted sulphuric Acid..... 3 drams.  
 Refined sugar .....  $1\frac{1}{2}$  ounce.

After pouring the water on the petals, in a glass vessel, add the acid, and macerate for half an hour; then strain and add the sugar. *Dose*—A tea cupful every three or four hours in fever, and consumption. It is also a good gargle in cynanche tonsillaris.

CONFECTION OF ROSES.

Take the petals of Red Roses..... 1 pound.  
 Refined sugar ..... 3 do.

Beat the petals in a Mortar, then add the sugar, and beat the whole into a uniform mass. *Use*—In diarrhœa. Rubbed up with milk, it is useful in early convalescence from acute diseases. A good vehicle. *Dose*—From one dram to one ounce.

96. SAGE.

Sage or *Salvia* is governed by Jupiter, and of course will be good for the liver and blood. A well known herb in our gardens; it is a powerful stimulant, is also an astringent, a tonic, a carminative. *Used* in debilities of the stomach and intestines; good in all mental derangements and diseases of the nerves, promotes perspiration for which purpose we must be careful, for it opens the pores much. Its infusion is a useful gargle in relaxation of the *uvula* or "pap of the throat". Weak infusions are used as diluents in febrile diseases. *Dose*—One scruple in powder; or take three table spoonfuls of the infusion, made with one ounce of the dried leaves to one pint of boiling water, three or four times a day.

97. SARSAPARILLA.

Or *Smilax Sarsaparilla* governed by Jupiter, consequently is good for the blood. It is a native of the West Indies, and some quarters of America. The root is the part used in medicine, and the best is imported from Spain. It is inodorous; taste bitterish, fibrous, of a blackish colour externally and white within. It is diuretic, slightly tonic, and demulcent. *Use*—in cutaneous affections, scrofula, chronic rheumatism; in the

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sequel of syphilis after a mercurial course, nocturnal pains, and enlargements of the joints. For the foregoing I should rather recommend the following excellent composition. Take burdock root, soap wort, elm bark, and dandelion roots of each one ounce and make a decoction, boiling them in two quarts of water down to one pint, in which dissolve one ounce of spanish juice then add a tea spoonful of ground ginger. *Dose*—two or three cupfuls in the day, for the forementioned complaints.

### 98. SUMMER SAVORY.

Savory or *Salvia Hortensis* is a plant of “Mercury” says Culpepper, “neither is there a better remedy against illiac passion than this herb”. The whole plant is used, expels wind in the stomach, is gently stimulating; the oil cures the toothache, and relieves the hooping cough. It answers all the purposes of *Thyme* or pennyroyal. (84)

### 99. SENNA.

Senna is under Saturn, and is a purgative but when taken alone is apt to gripe, but this unpleasantness is removed by being infused in cold water instead of hot. The best senna is the *Tinivelly* or *East Indian Senna*, it is only lately introduced into England. When senna is boiled, the volatile principles are dissipated, the extractive is oxidized which causes griping. The infusion should not be kept ready made, the older the more griping, the best form is infusion as follows. Senna leaves 1½ ounces, bruised ginger root one dram, boiling water one pint, and one dram of cinnamon. Macerate for an hour in a covered vessel and strain, then sweeten with a table spoonful of refined sugar. *Dose*—Three or four table spoonfuls four times a day when a purgative is necessary. The syrup and powder of senna are a bad forms to keep it. A Tincture may be made of

|                              |           |
|------------------------------|-----------|
| Senna leaves .....           | 1½ ounce. |
| Carraway seeds bruised ..... | 3 drams.  |
| Cardamon seeds bruised ..... | 1 dram.   |
| Proof spirit .....           | 1 pint.   |

Macerate for fourteen days then filter. *Operation* stomachic, caminative, and cathartic. *Used* in flatulant colic, and to open the bowels of those who labour under atonic gout and whose bowels have been weakened by hard drinking. *Dose*—One table spoonful. It is a useful adjunct to the infusion of senna.

### 100. SNAKE ROOT.

Snake Root to be got at the shops called *Aristolochia Serpen-*

*taria* under Uranus, is stimulant, which property it owes to volatile oil in combination with gum resin : tonic, antiscorbutic, diaphoretic, and diuretic. Its active part extracted in part by water, but altogether by proof spirit.

When the skin is hot and dry, and requires the employment of sudorific, and yet the relaxing diaphoretics cannot be employed, *Serpentaria*, or *Virginia Snake root*, is one of the best stimulant Sudorifics. *Use*—in fever and diseases of debility ; to assist bark in the cure of intermittents ; in the destruction of worms, and bad digestion. *Dose*—of the powder ten or twelve grains which act powerfully on the secretive glands of the stomach. *Infusion* is prepared by mixing six drams of the bruised root in a pint of boiling water for three hours, then strain. Take a wine glassful three times a day. Externally this may be used as a gargle in putrid sore throats.

#### TINCTURA SERPENTARIÆ.

Take Snake root bruised, one ounce and half

Proof spirit (Whiskey or Brandy), one pint.

Macerate for twelve days and filter. *Dose*—a tea spoonful as a tonic, stimulant, or sudorific. Or unite with the infusion of peruvian bark in typhus and putrid fevers ; in atonic gout, in chronic rheumatism ; and in periodic headache.

### 101. SORREL.

Sorrel or *Acetosa Folia*, ruled by Venus, grows in gardens as well as fields well known by country folk. The leaves of common sorrel are refrigerant and diuretic ; they have an acid taste and contain bin-oxalate of potassa and tartaric acid. The juice is excellent against the scurvy. The seeds are astringent and may be given in powder for flux. The root powdered is also good against purgings, the overflowing of the menses, and bleedings.

*Use*—In gravel, itch, jaundice, in bilious and putrid fevers, and inflammatory complaints. *Dose*—an infusion of a handful in a quart of water, or boiled in milk in the same proportion to form a whey ; as much as you like.

### 102. SOUTHERNWOOD.

Southernwood or *Artemisia Santonica*, governed by the planet Uranus ; common in our gardens, called "Lads-love ;" smell, strong, taste, bitter : is tonic and stimulant ; good

against all nervous diseases, and hysteric complaints; removes worms in children. *Dose*—twelve grains of the powder, or made into a lectuary twice a day.

### 103. STRAWBERRY.

Strawberry plant or *Fragaria Vesca* is under Venus, therefore will be good for women, and is diuretic as all plants are ruled by that planet. It is well known both in our woods and gardens. The fresh leaves made into tea is a good wash for sore mouths and throats, it works by urine and is a remedy against the jaundice. The ripe fruit cleanses the teeth, and is a safe *dentrifice*. *Use*—In all strangury pains in the kidneys, gravel, and liver complaints: make a strong infusion of the leaves with a little ginger. *Dose*—two or three wine glassfuls three times a day.

### 104. TAMARIND TREE.

Tamarind or *Tamarindus Indica*, governed by Saturn, therefore its virtues will be refrigerative, its fruit acidulous, A native of the Indies. Properties—inodorous, taste, acid, sweet; juicy when fresh and good; and the blade of a knife thrust into the pulp should not become coated with copper. *Use*—In dysentery and fevers, particularly those attended with an increased secretion of bile and putrid symptoms, make a simple infusion with warm water.

### 105. TANSY.

Tansy or *Tanacetum Vulgare*; dame Venus claims the herb and presents the female with a specific for her own diseases. The plant is common in our gardens; it has a peculiar odour, strong; taste warm, bitter, and therefore good for the stomach; opens obstructions, promotes the menses; works by urine and rather stimulating. The flowers dried, powdered, and mixed with treacle, kill worms in children. The leaves crushed relieve sprains, ulcers, swellings and fresh wounds. A strong tea is a remedy for strangury, pains in the kidneys, back, and gouty affections. *Dose*—in powder half a dram. Infusion, half a cupful two or three times a day.

### 106. TOBACCO.

Tobacco or *Nicotiana Tabacum*, under Mars, and is a *narcotic vegetable poison*—destroys the digestive organs—steals

the *fops* senses—makes the breath fetid and loathsome—kills hours that ought to be employed in more useful exercises—robs the poor man's family, burns his hard earned pittance that might keep him in his latter days out of the bastille. It is baneful in its operations on the whole system, gorges the lungs frequently with blood; brings on vertigo, nervousness, cholic, pain in the chest, and frequently death. In a moral point of view there is *no difference between a hard smoker and a great drunkard!* *Snuff takers* do not fall far short of these two characters. It may be asked, is tobacco of no use in a medical way? I answer none whatever. Be astonished ye lovers of the pipe, "also ye young *swells* of the pave" while ye annoy in the streets as ye pass along, listen to the composition of tobacco, that *Idol* of the evening. The tobacco weed yields an oil of such *poisonous properties* that small animals are instantly killed when wounded even by a needle when dipped into it. The expressed juice is manifestly acid, and contains a great quantity of albuminous matter, supermalate of lime, acetic acid, nitrate and muriate of potass, muriate of ammonia, a red matter soluble in alcohol and in water a particular acrid, volatile, colourless substance, *Nicotin*, on which its peculiar properties depend.

#### 107. TORMENTIL OR SEPTFOIL.

Tormentil or *Tormintilla Officinalis* governed by the Sun as most other strong astringents are. A very common plant of our land; the root is the part used, which is large, thick, and crooked, brown on the outside, and reddish within, slightly aromatic, austere taste, and styptic; its active principle is tannin. It contains myricine, cerine, resin, tannin, red colouring matter, a calcarious salt, and a volatile oil. *Use*—In the same case as in other astringents, but as it does not increase the heat of the body it is preferable in diarrhoea of consumptive constitutions, bleedings of the piles, bloody stools; in powder from ten grains to one scruple; this powder is good when spread on old sores.

The best form is the infusion of one ounce of the root to a pint of boiling water, of which take a wine glassful three or four times a day.

#### 108. VALERIAN.

Valerian or *Valeriana Officinalis* is under the dominion of Uranus, and is good for fits as all his plants are; and will exert

its influence on the nervous system, first as a stimulant, and then a sedative ; but it is not a narcotic. There are two kinds of Valerian, the garden Valerian and the wild Valerian ; the wild is the best, the *root* is the part used in medicine. Flowers in June and July, they are of a pale red, stalk pale green, four feet high, seed large and soft. The root perennial, consist of long slender fibres issuing from tubers ; have a strong fetid odour ; taste bitterish, subacid, warm ; are antispasmodic, diuretic, tonic, diaphoretic, and emmanagogue. (84)

*Use*—In hysterical affections, trembling headache, spasms, epilepsy, dullness of sight, and chlorosis. *It should never be given in DECOCTION* for the boiling dissipates an essential oil on which its virtues depend. *Dose*—of the powder, a tea spoonful in hot water, clove, mace, or ginger tea. If the stomach cannot take it in powder, I recommend the

#### *Tincture of Valerian.*

Two ounces of Valerian root, cut small and bruised,

Proof spirit, (Whisky, or Brandy,) one pint.

Macerate for seven days, then filter or strain.

This is also stimulant, antispasmodic, and tonic. *Dose*—a tea spoonful or even two in ginger tea, sweetened.

### 109. VERVAIN.

Vervain or *Verbena Officinalis* is under Venus, and will strengthen the womb ; grows wild in many places by the way side ; flowers in July and they are white tinged with light purple ; leaves somewhat like nettles, dusky green and notched at the edges. The fresh gathered tops are used, the powder of which is one of the best emetics we can apply, for which give a table spoonful in pennyroyal tea, being careful not to take cold.

#### INFUSION OF VERVAIN.

Three ounces of the fresh tops of Vervain, one ounce of raspberry leaves, and one ounce of pennyroyal to one quart of water ; a little ginger and sugar may be added. *Dose*—A wine glassful three times a day.

*Use*—Obstructions of liver and spleen, nervousness, small pox, wheezing, scurvy, worms, gravel, and stopage of urine.

### 110. VIOLETS.

Violets or *Viola Odorata Flores*, under Venus, are cooling and moistening : slightly laxative. The root powdered from half

a dram to a dram, is an emetic and purgative. When an emetic is necessary the *pulverized roots of violets are superior to all other emetics* especially for bilious and costive persons. The flowers taken in substance in doses of one or two drams, act as laxatives and the seeds possess similar properties. Violets are not only the most modest and pretty flowers but one of the most useful, taking the herb altogether, "root, stock, and branch."

#### SYRUP OF VIOLETS.

Take of fresh petals of violets . . . 1 pound.

Boiling water . . . 3 pints.

Macerate for a day in a covered glass vessel, pour of the fluid, then strain without expression through linen, and with twice the weight of refined sugar make a syrup without boiling.

*Dose*—from one to two teaspoonfuls, with a little almond oil is a useful laxative for children.

#### *For the Ladies.*

Digest violet flowers in olive oil and you will have a superior *huile de violette* at a very cheap rate, and better than the Macassar and other advertised hair oils.

### 111. WILLOW.

Willow or *Salax* governed by the Moon ; there are several kinds of willow but their virtues are similar ; the white willow or *salax alba* is the most common in marsh grounds, flowers in April and May ; and the bark should be obtained at that time. It is a valuable medicine for intermittent and remittent fevers, debilities of the intestinal canal, bad scorbutic humours, dysentery for it is an astringent bitter, and for consumption ; it is also an excellent tonic ; used in convalescency, and for which it is better than Peruvian bark, and Quassia.

#### DECOCTION OF WILLOW BARK.

Pour one pint of hot water on one ounce of Willow Bark, and infuse for one hour, then gently simmer for fifteen or twenty minutes, adding towards the end of the boiling, two drams of bruised cinnamon or cassia buds, then strain while hot. DOSE---a wine glassful three times a day.

The willow tree, called Crack Willow or *Salix Fragillis* is common, and the most powerful properties are found in its bark.

## 112. WORMWOOD.

Wormwood or *Absinthium* governed by Mars, and is one of his most powerful bitters. This is a common plant of a strong and unpleasant odour; a nauseous bitter taste: extracted by water and alcohol.

Its virtues are worm destroying, for which take the tops and flowers powdered. The infusion assists the digestive organs and creates an appetite, it is tonic—about half an ounce of the leaves and flowers to half a pint of boiling water, add a few grains of capsicum; of which take two or three wine glassfuls a day, *Use*—Indigestion, intermittents, gout, obstructions of the liver, dropsy, jaundice, ague, scurvy, hypocondriasis, and removal of any matter lodged in the urinary passage and gall bladder. *Dose*—in powder one or two scruples.

## 113. YARROW.

Yarrow or *Achillea Millefolium*, sometimes called *nose bleed*, and *thousand leaves*, ruled by Venus. It has many long leaves spread upon the ground, finely cut, its flowers are white and which towards autumn become somewhat purple: it grows a foot high sometimes more, common on our waysides and frequent in most pastures. A valuable herb for cuts, bruises, burns when applied in a green state or an ointment made of a handful of tops and flowers as you may see in the *Domestic Pharmacopæ*. It is mildly tonic as well as diuretic, cleansing the kidneys and producing an easy flow of urine. It strenghtens the stomach when infused in hot water with a little camomile and rue. Hot yarrow tea is good for cold, to be taken when going to bed will cause sweat. A strong decoction frequently drank relieves the colic, rheumatism, cramp, pain in the bowel, scurvy, scald head, and stays the shedding of the hair being bathed with it; relieves those who are troubled with nightly emissions, as also fluor-albus of women. There is not a better herb for those who have taken a recent cold than yarrow mixed with half the quantity of pennyroyal, and spearmint, taken in hot decoction at going to bed, keeping the feet hot with a bottle of hot water or hot brick wrapped in vinegar cloths. This remedy I have tried for ten years with uniform success and recommended it to others. Country doctresses use it so.

The foregoing list of herbs are simple and their effects *sure* and *safe* when applied as directed. We shall here succinctly enumerate some of the remedies applied by the faculty or the Schools of Medicine.

## 114. VEGETABLE POISONS.

These are divided into three classes, each class being named according to the peculiar manner in which the deleterious plants composing it act on the system when taken. The classes of vegetable poisons are: 1st, Acrid poisons. 2nd, Narcotic poisons. 3rd, Acro-narcotic poisons. Our readers will perceive that this is the division under which we class poisons generally; but although we adopt this, as it is the ordinary arrangement, yet we conceive that it would perhaps be better to divide vegetable poisons simply into narcotic, and acro-narcotic, poisons, for very few vegetable substances prove deleterious simply as acrid poisons; for although, in a great number, violent symptoms of irritation and inflammation of the stomach and intestines are produced by vegetable poisons, similar to those induced by mineralacrid poisons, yet, in most cases, these are accompanied by a peculiar effect on the nervous system which does not, in general, accompany the action of simple acrid poisons.

I. *Acrid poisons.* The principle acrid poisons are the following—

|                       |                                    |
|-----------------------|------------------------------------|
| Aconitum Napellus,    | Monkshood.                         |
| Artum Maculatum,      | Cuckoo Pint Wake Robin.            |
| Bryonia Alba,         | White Bryony.                      |
| Chelidonium Majus,    | Greater, or Common Celandine.      |
| Colchicum Autumnal,   | Meadow Saffron.                    |
| Euphorbia,            |                                    |
| Helleborus Niger,     | Black Hellebore, or Christmas Rose |
| Juniperus Sabina,     | Savine.                            |
| Momordica Elaterium,  | Elaterium.                         |
| Ranunculus Alpestris, | Alpine White Crow Foot.            |
| Scilla Maritima,      | Squill.                            |
| Veratum Album,        | White Hellebore.                   |

N.B ---All the plants of the natural family of Ranunculi are acrid poisons although the R. Alpestris is here given as being the most violent.

The effects of all this class of acrid vegetable poisons are nearly the same, viz., a bitter pungent taste in the mouth, excessive heat, dryness of the throat, and a sense of constriction about the fauces, violent and continued vomiting and purging, excruciating burning pain of epigastrium and bowels, strong

G

quick pulse, laborious respiration, symptoms of drunkenness, sometimes dilatation of the pupils, accompanied with coma, and frequently ending in death. The symptoms of drunkenness, and dilated pupils, and coma, evidently bear out what we said at the commencement of this article, that those vegetable poisons classed as acrid, would come better under the class of acro-narcotic poisons.

II. *Narcotic vegetable poisons.* The principle poisons of this class are :—

|                        |                                   |
|------------------------|-----------------------------------|
| Athusa Cynapium, or    | Fools Parsley.                    |
| Atropa Belladonna,     | Belladonna, or Deadly Nightshade. |
| Conium Maculatum,      | Common Hemlock.                   |
| Datura Stramonium,     | Stramonium, or Thorn Apple.       |
| Digitalis Purpurea,    | Purple Foxglove.                  |
| Hycosiamus Niger,      | Black Henbane.                    |
| Lactuca Virosa,        | Poisonous Lettuce.                |
| Prunus Laurus Cerasus, | Cherry Laurel.                    |
| Nictorana Tabacum,     | Tobacco.                          |
| Solanum Dulcamara.     | Bitter Sweet.                     |
| Strychnos Nux Vomica,  | Nux Vomica.                       |

Vegetable narcotic poisons, when swallowed, or even when applied to ulcerated parts, or introduced into wounds, produce the following effects :—stupor, drowsiness, heavy pain in the head, with frequent desire to vomit ; a state resembling drunkenness, considerable dilation of the pupil, delirium, sometimes pain or convulsions, paralysis of the limbs ; the pulse, at first strong and full, soon becomes variable, and gradually becomes slow and weak ; there is sometimes purging and almost always difficult breathing, which is generally the precursor of death, if active measures are not used.

III. *Acro-narcotic vegetable poisons.* In this class we include nearly all, the acrid vegetable poisons ; but the poisonous vegetables generally referred to this class, are only the various fungi agarics, or poisonous mushrooms. Of these the agaricus muscarius, or fly-blown mushroom, is by far the most dangerous and violent poison.

The effects of the acro-narcotic poisons on the system being, as the name implies, a conjunction of the effects of the two classes already described, we shall be very brief in our description. Shortly after being taken, there arise nausea, heat and pain in the stomach and bowels, then vomiting and purging, thirst, convulsions, small and quick pulse, delirium, and coma, terminating in death if the action of the poison be not arrested.

**Treatment**—In cases of poisoning by acrid vegetable poisons, if the poison has provoked vomiting, and the effects still continue, we may render these less painful by administering bland oleaginous or mucilaginous drinks, such as linseed tea &c.; but if the symptoms of insensibility come on without being preceded by vomiting, then excite it by powerful emetics, or apply the stomach pumps to evacuate the poisonous matter, and administer demulcents, and oily purgatives. We should then administer plenty of strong coffee, or diluted vinegar. If the pain, thirst, and general fever, indicate inflammatory action, then depletion, by means of venesection, or cupping over the epigastrium, should be used, and a large mustard blister applied over the abdomen. When symptoms of coma, and weakness of the pulse, with general sinking, intervene, then we must employ stimulants, and the best in such cases are capsicum or ginger in frequently repeated doses.

In cases of poisoning by pure narcotics, the stomach should at once be evacuated by the stomach-pump, or some powerful emetics, such as the powdered lobelia, and these should be followed by a brisk purgative; then strong coffee should be given freely, and occasional doses of camphor mixture, and if these means fail in obviating sleepiness, strong mustard blisters, and the shower bath, must be had recourse to.

Vegetable acids should not be given, as they render most narcotics more active, and the patient should be kept constantly moving about. When respiration becomes irregular or deficient, then artificial respiration should be used, for some cases, patients have been resuscitated by such means.

In cases of poisoning by acro-narcotic vegetables, the stomach and bowels should be freely evacuated, as recommended in cases of irritant or acrid poisons, and antiphlogistic remedies used if inflammatory symptoms supervene; afterwards the treatment is the same as that recommended in cases of narcotic poisons.

## 115. CHEMICAL COMPOSITION OF VEGETABLES.

There are altogether *fifteen* simple bodies entering into the composition of vegetables :—

|          |   |                                                                                                         |
|----------|---|---------------------------------------------------------------------------------------------------------|
| OXYGEN   | } | These three elements, with a small admixture of the following ingredients, make up the vegetable frame. |
| HYDROGEN |   |                                                                                                         |
| CARBON   |   |                                                                                                         |

NITROGEN.

**SULPHUR** usually in combination with oxygen forming *Sulphuric Acid*.

**PHOSPHORUS** in combination with oxygen in the form of *Phosphoric Acid*.

**CHLORINE** forming, with hydrogen, *Muriatic Acid*, or with chlorine, forming chloride of sodium or common salt.

**IODINE**, forming, with hydrogen, *Hydriodic Acid*.

**POTASSIUM** in union with oxygen, in the state of *Potassa*.

**SODIUM** in union with oxygen, forming *Soda*.

**CALCIUM** with oxygen, forming *Lime*,

**MAGNESIUM** with oxygen, forming *Magnesia*.

**SILICUM** with oxygen, forming *Silica*.

**ALUMINUM** with oxygen, forming *Alumina*.

**IRON** with oxygen, forming *Oxide of Iron*.

**MANGANESE** with oxygen, forming *Oxide of Manganese*.

The last *eight* are metals, existing in vegetables in the state of oxides, mostly in union with some acid, and in very small quantities.

Many plants contain silica. Clover yields sulphate of lime in its ashes. Nitrate of potassa is found in the sap of the sunflower; and nitrate of soda in barley. Oates and some seeds yield a little phosphate of lime. Sea-weeds and plants growing near the shore contain a considerable quantity of chloride of sodium, or common salt.

The sap is the watery fluid found in alburnum; it varies much in different trees; it always contains a large quantity of water; and generally some sugar and mucilage, some acetate of potassa, carbonate of lime, acetate of lime, or acetate of alumina, and sometimes an uncombined acid. Sometimes tannin and gallic acid are present in the sap; but sugar and mucilage are the principle vegetable ingredients.

## 116. ART OF PRESCRIBING MEDICINE.

In prescribing a medicine, the following circumstances should always be kept in view:—*Age, Sex, Temperament, Habit, Climate, State of Stomach, and Idiosyncrasy*.

**AGE.**—For an adult, suppose the dose to be *one* or *one* drachm.

|                                         |        |             |
|-----------------------------------------|--------|-------------|
| Under 1 year, will require only . . . . | 1—12th | 5 grains.   |
| 2 . . . . .                             | 1—8th  | 6 „         |
| 3 . . . . .                             | 1—6th  | 10 „        |
| 4 . . . . .                             | 1—4th  | 15 „        |
| 7 . . . . .                             | 1—3rd  | 1 scruple.  |
| 14 . . . . .                            | half   | half dram.  |
| 20 . . . . .                            | 2—3rds | 2 scruples. |
| Above 21 The full dose . . . . .        | one    | 1 drachm.   |

65 The inverse gradation of the above.

**SEX.**—Women require smaller doses than men, and the state of the uterine system must never be overlooked.

**TEMPERAMENT.**—Stimulants and purgatives more readily affect the sanguine or Jupiter persons than the phlegmatic, or Saturnine individuals, and consequently the former require smaller doses. The *constitution* must always be duly considered. Read well the chapter on *Health*.

**HABITS.**—The knowledge of these is essential ; for those in the habitual use of stimulants such as drinkers and narcotic smokers require larger doses to affect them when labouring under disease, whilst those who have habituated themselves to the use of saline purgatives are more easily affected by these remedies.

**CLIMATE.**—Medicines act differently on the same individual in summer and in winter, and in different climates.

**STATE OF STOMACH, AND IDIOSYNCRASY.**—The least active remedies operate very violently on some individuals, owing to a peculiarity of the stomach, or rather disposition of body, unconnected with temperament. This state can be discovered only by accident or time ; but when it is known, it should always be attended to by the practitioner.

In prescribing, the practitioner should always so regulate the intervals between the doses, that the next dose may be taken before the effect produced by the first is altogether effaced ; for, by not attending to this circumstance, *the cure is always commencing, but never proceeding*. It should, however, always be kept in mind, that medicines, such as the digitalis,

opium, &c., are apt to accumulate in the system ; and danger if the doses too rapidly succeed to one another, The action also of some medicine, elaterium and digitalis for example, continues long after the remedy is left off, and therefore much caution is requisite in avoiding too powerful an effect, by a repetition of them even in diminished doses. Doses must *always be measured*, never guessed. The following is the scale of weights and measures used in this work.

### 117. WEIGHTS AND MEASURES.

|                           |                |
|---------------------------|----------------|
| A Pound contains          | 12 ounces.     |
| A Pound of liquid         | 1½ gills.      |
| An Ounce                  | 8 drams.       |
| A Dram                    | 3 scruples.    |
| A Scruple                 | 20 grains.     |
| A Gallon                  | 8 pints.       |
| A Pint                    | 16 ounces.     |
| A Spoonful of fluid is    | ½ an ounce.    |
| A Teaspoonful of fluid is | 1 dram.        |
| A Fluid ounce is          | 8 fluid drams. |

### 118. OF GATHERING AND PRESERVING HERBS.

The best way of gathering and preserving herbs, roots, and bark is here briefly pointed out. All herbs should be gathered when in full flower ; and let the planet be rising and angular which governs them : let them be perfectly dry when gathered ; then dry them well in the sun and do not tie them in bundles, but keep them in paper bags in dry places, so that they may retain their smell and colour as much as possible.

### 119. OF LEAVES.

The leaves must be gathered dry and when they are full grown ; dry them well in the sun and not in the shade, keep them from the night air ; let the planet that rules them be either in the 12th, 11th or 10th houses of an heavenly scheme. Those which grow in dry places will keep the longest. When they have lost their colour, odour, or have become inert they are no longer fit for use.

## 120. OF BARKS.

Gather the barks in the spring of the year when the sap is risen and the bark peels off the easiest; although it would be as well to take the bark only as you need it.

## 121. OF ROOTS.

The root should be dug up when the plant has done growing, they should be cut into pieces after they have been well dried; and preserve them in closely covered tin canisters lined with paper.

## 122. DOMESTIC PHARMACOPIA.

A *Pharmacopia* is a book which directs the practitioner the way in which the *Materia Medica* or the different substances used as medicine are prepared and is a branch of *Therapeutics* or the true knowledge of the treatment, cure, and medicines to be applied—*Pharmacy* being the art of compounding medicines, and *Porology* determining the doses of the same.

The reason I have adopted the following plan is, because the same preparations being frequently used in different diseases, would have been required to have been described over and over again, and consequently either encroaching on more useful matter, else needlessly extending the limits of the work; whereas by adopting the present plan, the reader is merely referred to the *Pharmacopia* for the recipe for its preparations and thus the frequent repetition of the recipe is obviated.

## 123. ALTERATIVES.

Those medicines which in particular doses effect a gradual cure by connecting the general diseased habit of body without producing a very visible effect, such as purging, vomiting, or sweating are generally called alteratives; such as bitter teas, and aperient draughts. See *Tonics*.

## 124. AROMATICS.

A term applied to all medicines which have a grateful spicy scent, and an agreeable pungent taste. Their peculiar flavour appears to reside in their essential oil, and arises in distillation either with water or spirits. They are generally characterized by stimulating, tonic, and carminative qualities. The chief aromatics are, ginger, angelica, sweet flag, cinna-

mon, cloves, elecampane, nutmeg, mace, pimento, anise, caraway, peppermint, lavender, and all the peppers.

## 125. ASTRINGENTS.

Remedies which, when applied to the body, render the solids dense and firmer, by contracting the fibres, independently of their living or muscular power. They thus serve to diminish excessive discharges; and by causing greater compression of the nervous fibrillæ, may lessen morbid sensibility. Hence they may tend indirectly to restore the strength when impaired by these causes.

| HERBAL DRUG.  | DOSE.                 | PROPER VEHICLE &c.       |
|---------------|-----------------------|--------------------------|
| Agrimony      | A cupful              | In decoction.            |
| Alum powder   | 3 to 10 grains        | Honey twice a day.       |
| Ground Ivy    | A cupful              | Decoction 3 times a day. |
| Tormentil     | 10 grains to 1 dram   | Mint tea.                |
| Avens root    | A wine glass          | Decoction 3 times a day. |
| Ratanha root  | 2 scruples to 1 dram  | Mint tea.                |
| Water Dock    | 3 Tablespoonfuls      | Decoction 3 times a day. |
| Bistort root  | 5 grains to 1 scruple | In Mint tea.             |
| Lose Strife   | 1 do. do.             | Decoction.               |
| Oak Bark      | 12 grains             | 2 or 3 times a day.      |
| Red Rose      | See infusion          | Page 49.                 |
| Peruvian Bark | 20 to 60 grains       | Mint water 5 times a day |
| Willow        | See page 55           | Decoction.               |
| Sage          | 1 scruple in powder   | Sage tea.                |

Used generally in *febrile* diseases, intermittents, inflammatory complaints, hemorrhages, dysentery, and diabetes. In administering astringents some stimulants should be used in connection with them. (146)

## 126. ASTRINGENT SYRUP.

Take one ounce of rough powdered ginger root; two drams of cinnamon; two drams of rhubarb; two drams of Peruvian bark; and two drams of madder root; boil in a quart of water then strain, and add half a pound of honey. *Dose*—A table spoonful four times a day.

## 127. ASTRINGENT DECOCTION.

Burdock seeds, rose leaves, ginger root, raspberry leaves and willow bark boiled in water one pint, strain and then sweeten; take till the effect is felt. See *Oak Bark*.

## 128. ANTISPASMODICS.

Medicines which possess the power of allaying or removing inordinate motions in the system, particularly those in voluntary contractions which take place in muscles, naturally subject to the command of the will. Spasm may arise from various causes. One of the most frequent is a strong irritation, continually applied; such as teething or worms. In these cases, narcotics prove useful, by diminishing irritability and sensibility. Sometimes spasm arises from mere debility; and the obvious means of removing this is by tonics. Both narcotics and tonics, therefore, are occasionally useful as antispasmodics, such as valerian root, (108) capsicum, and vapor bath. But there are further, several other substances, which cannot with propriety be referred to either of these classes; and to these the title of antispasmodics is more exclusively appropriated. The principle are asafetida, cinnamon, oil of camomile (24), and in short all *volatile oils*.

## 129. ANTISCORBUTIC.

Medicine which relieve or cure the scurvy. The best herbs are brooklime, lemon juice, sorrel, watercresses, sarsaparilla, snake root, dock root, &c.

## 130. SCURVY.

Take dandelion roots, little daisies root and herb, clevers, horehound, ground ivy, willow bark, and mountain flax, of each an handful, ginger a tea spoonful to three quarts of water boiled to two quarts. A wine glassful five or six times a day.

## 131. SCURVY SYRUP.

Spanish juice, one ounce; lemon peel, one dram; quassia wood, one ounce; sarsaparilla, two ounces; dandelion root, one ounce; infuse in boiling water; then strain, and add one and a half pound of loaf sugar, and quarter of an ounce of capsicum. *Dose*—A small wine glassful four times a day *Use*—In scurvy, obstruction of urine, and consumption.

## 132. ANTHELMINTICS.

Medicines which procure the evacuation of worms from the stomach and intestines. The greater number of them act

H

mechanically, dislodging the worms, by the sharpness or roughness of their particles, or by their cathartic operation. Some seem to have no other qualities than those of powerful bitters, by which they either prove noxious to these animals, or remove that debility of the digestive organs, by which the food is not properly assimilated, or the secreted fluids poured into the intestines are not properly prepared: circumstances from which it has been supposed the generation of worms may arise.

| HERBAL DRUGS.                   | DOSE.                 | PROPER VEHICLE, &c   |
|---------------------------------|-----------------------|----------------------|
| Aloes, Socotrine,               | 5 to 15 grains,       | Treacle.             |
| Camomile flowers }<br>powdered, | 10 to 20 grains,      | Mint water.          |
| Tansy                           | 2 scruples to 1 dram, | In treacle.          |
| Fern, male                      | 1 to 3 drams,         | In treacle, morning. |
| Wormseed,                       | 1 scruple to 1 oz.,   | Do. do. do.          |

After administering anthelmintics, purgatives ought to be resorted to. Give the *vegetable purgative* (140).

### 133. VERMIFUGE.

A table spoonful of common salt, taken the first thing in the morning in a wine glass of water will be found a useful remedy for ascarides in children. Or dissolve a piece of quick lime the size of a nutmeg, and give a child a table spoonful three or four times a day, for three days.

### 134. WORMS IN CHILDREN.

Fine powder of tansy (105) flowers; for a child six months old half a tea spoonful, or a child twelve months old one tea spoonful in syrup or treacle, for several successive mornings.

### 135. OR TAKE.

Wormwood, bogbean, southernwood tops, tansy, ground ginger, of each an ounce, infuse in a quart of hot water, then strain and add one ounce of spanish juice, a small wine glassful three or four times a day.

### 136. CARMINATIVES.

Those substances which allay pain and dispel wind or flatulance in the stomach and bowels, they act on the muscular coat of the stomach.

137. *The Principle Carminatives are*

Anise (6), caraway seeds, cardamon, and coriander seeds, cloves, sweet fennel, dill roots, and seeds; ginger, peppermint, and their essential oils; also most of the stimulants in moderate doses, and especially the aromatic spices; as black and long pepper, nutmeg, and pimento.

## 138. CATHARTICS, OR PURGATIVE MEDICINES.

Are those medicines when taken, act upon the mucus membrane of the intestines, and increase the number of alvine evacuations. Cathartics also influence the kidneys, the secretion of which is generally diminished by their continued use as the fluids which they cause to be discharged by the bowels would have been excreted by the kidneys. Cathartics may be reduced to two divisions namely, *laxatives* and *purgatives*. The laxatives are milder and *partially digestible*, which gently stimulate the intestinal tube and moderately quicken the peristaltic action. They merely remove irritating matters from the bowels, and abate febrile action. Laxatives owe little of their purgative powers to quantity.

139. *Purgatives are indigestible substances, and are merely an increased degree of that of laxatives; but besides augmenting the peristaltic action of the intestinal canal, they stimulate their secreting surfaces, so that a larger quantity of fluids than is usual is secreted by the intestinal exhalants. Frequent purgings are weakening and very detrimental to the constitution. By diminishing arterial action, they promote absorption: it is this effect which renders their frequent use productive of wasting the body: they accelerate the pulse before they operate; they develop animal heat, cause thirst, diminish perspiration, and, after their operation, induce sleep. During their operation the patients should be kept warm. They should not be given in inflammatory states of the alimentary canal. When purgatives are really necessary take the following:—*

## 140. VEGETABLE PURGATIVE.

Buckbean, mountain flax, poplar bark, broom, ginger root, gentian root, of each half an ounce, infuse in a quart of water

then stain and add a tea spoonful of capsicum. *Dose*—Two table spoonfuls three or four times a day.

#### 141. DECOCTION.

Medicines prepared by simple boiling in water, or in any watery fluid, are called Decoctions.

Those, however, which are used in domestic medicine, are all prepared by boiling the ingredients in water, and sometimes straining the first decoction, and afterwards boiling in the strained liquor other ingredients, to increase the virtue or efficacy of the compound. When a number of ingredients are boiled together, it is generally called a compound decoction. This class of preparations should always be prepared on a clear fire, free from smoke. Although by boiling, the solvent power of the water is increased, yet the notion that long coction or boiling renders the preparation more active, is erroneous, and, in most cases, opposed to experiment and fact. The volatile and extractive principles of vegetables cannot, with strict propriety, be subjected to decoction, as the first, viz. the volatile, are dissipated by the boiling, and the second attracts oxygen with so much avidity at a temperature of about  $212^{\circ}$ , that it is converted into insipid, inert matter, which is no longer soluble, and is precipitated or thrown down in the decoction. This is the case with Peruvian bark, senna, tea, and some other vegetable matters, which are still, nevertheless, ordered to be prepared by decoction. In many works on domestic medicine, and in family herbals and books of recipes, we often find directions for boiling certain articles till the water in which they are boiled is reduced one-half.

In five cases out of every six in which this direction is given, the properties will be destroyed, and rendered inert. When articles containing volatile oil, are boiled even for a short time, they should be prepared in closely covered vessels. Decoctions in warm weather, or in a warm apartment, will not keep fresh longer than twenty-four or thirty hours, unless a considerable quantity of spirit be added. By keeping them in a cool place, or plunging the bottles in which they are contained in a cold mixture, they will keep good a few days.

#### 142 DECOCTION OF MEZERON.

Take of the bark of mezeron, two drams, liquorice root bruised, half an ounce, water one quart.

Boil with a gentle heat down to two pounds, and strain the decoction.

This decoction acts principally as a stimulant diaphoretic. From four to eight ounces may be given four times a day, in obstinate syphiloid and rheumatic affections.

### 143. ENGLISH SARSAPARILLA.

Take dandelion root two ounces; burdock root two ounces; inner bark of elm two ounces.

Infuse all night in a quart of boiling water—then boil on a slow fire; ten minutes before it is removed dissolve two ounces of Spanish juice then strain while hot. Three cups three times a day. This will be found better than any bombastic advertised concentrated liquors of sarsaparilla which are sold at high prices.

An excellent spring drink for renewing the blood and enlivening the juices of the body.

### 144. DECOCTION OF FUMITORY.

Take Fumitory..... 3 ounces.

Dandelion root..... 2 do.

Spanish juice..... 1 do.

For the jaundice, scorbutic complaints, eruptions on the skin. *Dose*—A cupful morning and evening.

### 145. DECOCTION OF SENEKA.

Take of Seneka rattle snake root, one ounce; water, a pint and a half. This decoction is recommended in the plurisy, dropsy, rheumatism, and some obstinate disorders of the skin. The dose is two ounces, three or four times a day, or oftener if the stomach will bear it.

### 146. DECOCTION FOR BAD LIVER.

Take four pounds of dandelion root; two ounces of burdock root: liverwort and fumitory (144) of each one ounce, boil in two quarts of water. Take four or five wine glassfuls six times a day.

### 147. DECOCTION OF BURNT HARTSHORN.

Take burnt hartshorn two drams; gum arabic, one dram; boil in one gill of water, half an hour, towards the end of the boiling add fifteen grains of cinnamon bark, when cold strain for use. *Use*—for strengthening the bowels after involuntary

purgings in children. *Dose*—A tea spoonful three times a day.

#### 148. FOR A WEAK STOMACH. (*Excellent*).

Take Nitric acid, one scruple; tincture of opium, one scruple; decoction of No. 144, of this take two table spoonfuls three times a day.

#### 149. FOR A BAD STOMACH. (*Tried*).

Infusion of rhubarb, two ounces; infusion of gentian, (48) six ounces; prepared carbonate of soda, one and a half dram; tincture of henbane (55), one and a half dram: mix and take two table spoonfuls night and morning.

#### 150. DIAPHORETICS.

Are medicines that produce perspiration. When this effect is produced so as to lay in drops on the skin, the medicines thus employed are designated *sudorifics*, between which and diaphoretics there is no difference, and, are, therefore considered synonymous terms.

The importance of perspiration for the preservation of health is well understood. The herbs which we have considered are some of them diaphoretics; as, avens, balm, burdock, centaury, and many others.

#### 151. DIAPHORETICS BOLUS.

Take of gum gualacum, in powder, ten grains; flowers of sulphur and cream of tartar, of each one scruple; simple syrup, a sufficient quantity.

In rheumatic complaints, and disorders of the skin, this bolus may be taken twice a day. It will also be of service in the inflammatory quinsey

#### 152. DIURETICS.

Those medicines or substances are so called which, when taken internally, augment the flow of urine from the kidneys. It is observed, that such an effect will be produced by any substance, capable of stimulating the secret vessels of the kidneys. All the saline diuretics seem to act in this manner. They are received into the circulation; and, passing off with the urine, stimulate the vessels, and increase the quantity secreted.

The action of diuretics is promoted by drinking freely of milk diluents. It is also influenced by the state of the external surface of the body; if external heat be applied, an increased secretion of urine is frequently prevented, and perspiration, or increased cutaneous secretions produced. Their success is very uncertain, the most powerful often failing. They are chiefly employed in dropsy; and as this disease is so frequently connected with organic affections, even the removing of the infused fluid, when it does take place, only palliates without effecting a cure. They have also been used in calculous affections, in gonorrhœa, and, with a view of diminishing plethora, or checking profuse perspiration. *Diuretics ought to be taken in the morning and if possible the patient to be kept out of bed.* The following are direct Diuretics. Broom, juniper berries, dandelion, meadow sweet, parsley, strawberry, *hayriffe* commonly called goose grass and clevers, sarsaparilla, oil of turpentine, potass, lemon juice, (which contains citric acid); nothing better than *Dandelion*. (33)

### 153. DIURETIC POWDER.

Take cream of tartar half ounce, *hayriffe*, dandelion root, parsley root, juniper berries, and flax seed, of each two ounces; boil them, well covered up, in four quarts of water then strain; and add one ounce of ground ginger, and one pound of honey; take two tablespoonfuls three times a day. Say at ten in the forenoon, two in the afternoon, and six at night.

### 154. DIURETIC MIXTURE.

Take of mint water, five ounces; vinegar of squills, six drams; sweet spirit of nitre, half an ounce; syrup of ginger, an ounce and a half. Mix them in obstructions of the urinary passages, two spoonfuls of this mixture may be taken twice or three times a day.

### 155. DIURETIC DRAUGHT.

Take of diuretic salt, two scruples; syrup of poppies, two drams; simple cinnamon water and common water, of each an ounce.

This draught is of service in obstruction or deficiency of urine.

### 156. DIURETIC BEER.

Take dandelion roots and tops, green parsley roots and tops, peach leaves, broom tops, and strawberry leaves, of each half a

pound ; boil in six quarts of water then strain and add two ounces of pulverized juniper berries and one pound of coarse sugar, balm and let it foment, then bottle in six hours.

### 157. CERATES, OINTMENTS, LINIMENTS.

These are preparations nearly resembling each other, but of a different degree of consistency. The *cerates* owe their great firmness to wax, from which they are named, and exceed in consistency, the *ointment* which should have the consistency of butter, while the *liniments* are scarcely thicker than common oil. The most important circumstance in these preparations are, fat, oil, lard, or suet that are employed, and their preservation in this state, as rancid oils, fat and so on which are very improper ingredients in applications to tender, abraded, or wounded surfaces.

It is likewise preferable to melt the ingredients in an earthen vessel emerged in hot water over the fire till the fat and oil are all well melted.

### 158. FOR SCALDS AND BURNS.

Linseed oil and oil of turpentine, of each four table spoonfuls. With the addition of two drams of camphor, form an excellent application for chilblains, lumbago, and rheumatism.

### 159. LINIMENT FOR RHEUMATISM, LUMBAGO, & SPRAINS.

Take two eggs well beaten together, one pint of ale vinegar ; two ounces of spirit of turpentine ; two drams of cayenne pepper ; half an ounce of each of spirit of wine and camphor. To be well beaten together, then put into a clean bottle and shaken for ten minutes, corked up and in half an hour ready for use. When used the affected parts should be well rubbed before the fire.

### 160. BASILICON OINTMENT.

Take one pound of yellow rosin ; one pound of yellow wax ; melt over a slow fire ; two pounds of good lard ; strain the whole while hot.

### 161. ITCH OINTMENT.

Take off flowers of sulphur, two ounces ; hog's lard, four ounces ; oil of lavender, sixty drops, mixed. To be well rubbed on the parts affected every night, till the eruption ceases to be troublesome.

### 162. PILE OINTMENT.

Prepared white lead, half an ounce, muriate of morphia, one

scruple; powder of galls one and a half dram; extract of stramonium, half an ounce; hog's lard two ounces.

Melt the lard, and then rub it while hot with the extract in a stone mortar, till the two are uniformly incorporated; then add the other ingredients, and continue the rubbing, till a smooth ointment is formed. If it appears too hard, a little olive oil may be added.

### 163. CAMPHORATED OILS.

Rub an ounce of camphor, with two ounces of Florence oil, in a mortar, till the camphor is entirely dissolved.

This antispasmodic liniment may be used in obstinate rheumatisms, and in some other cases accompanied with extreme pain and tension of the parts.

### 164. FOR BURNS, SCALDS, SORE LEGS, &c.

Take one pound of Burgundy pitch; half a pound each of bees wax and hog's lard. Simmer over a slow fire, till all are well mixed together, then stir it well till cold.

### 165 FOR CUTS AND BRUISES. (*Excellent*)

One ounce of spirit of wine and camphor; one ounce of oil of turpentine; one ounce of salt petre; one ounce of common salt, a gill of good vinegar; mix well and keep it for use.

### 166. FOR TUMOURS OR ANY SORE.

Take equal parts of ground ivy, camomile, and green yarrow, make excellent poultices for gathering sores of all descriptions.

### 167. COMPOUND LINIMENT OF SOAP.

Take windsor soap, three ounces; gum camphor, one ounce; spirit of rosemary, one pint; dissolve the soap before the camphor is added. It is stimulant and anodyne. *Use*—against local pains, rubbed in the part, scrofulous tumours or swellings, allays violent pains of the colic and often produces sleep. A flannel wet with it is good against quinsy. The foregoing preparation is according to the London and Dublin Colleges.

### 168. SIMPLE OINTMENT.

Take olive oil, an ounce and a half; white wax, six drams; spermaceti, two drams. Melt the wax and spermaceti in the oil over a gentle fire, and continue stirring it until it becomes stiff in cooling.

## 169. WAX OINTMENT.

Take of white wax, four ounces; spermaceti, three ounces; olive oil, one pint; mix them together over a slow fire, taking care to stir sharply till cold. *Use*—for chapped hands, hard skin, sore nipples, dry scurvy, and so on.

## 170. TURPENTINE LINIMENT.

Take of resinous ointment, one ounce; oil of turpentine, half an ounce. Melt the cerate and stir in the oil. Its *properties* are stimulant. *Used* in stiff joints, to burns, rheumatism, indolent sores, and unhealthy skin.

## 171. RESINOUS OINTMENT.

Take of hog's lard, two ounces; yellow resin, ten drams; yellow wax, half an ounce. Melt and stir as directed in the recipe for simple ointment. (168).

## 172. FOR RING WORMS.

Take sulphate of zinc, half a dram; fifteen grains of acetate of lead: six ounces of distilled water: mix for a wash. Or bruised savine, mixed with hog's lard till it becomes an ointment, cures all sore heads, morfew, ringworms, and so on.

## 173. CORN PLASTER.

Spread a bit of mercurial plaster with ammoniacum on leather, and apply to the corn, first paring it very close, renew it once a week till it is cured. The best time for paring the corn is in the *last quarter* of the moon.

## 174. LIMEWATER LINIMENT.

Take of limewater, eight ounces; olive, or linseed oil, six ounces. Mix well by shaking. *Use*—Eruptions of the skin, scalds, before the blister rises, spread on lint. Cooling and emollient.

## 175. OINTMENT FOR BALDNESS.

Take beef marrow, six drams; oil of sweet almonds, two drams; powder of peruvian bark, two drams; mix the bark with the oil and add the marrow after being melted. Rub on the parts where hair has fallen off.

## 176. PILE OINTMENT.

Prepared white lead, half an ounce; muriate of morphia, one scruple; powder of galls, one and a half pounds; extract of stramonium, half an ounce; hog's lard, two ounces. Melt the lard then rub it while hot with the extract in a stone mortar, till the two are uniformly incorporated; then add the other ingredients, and continue the rubbing till a smooth ointment is formed. If it appears too hard, a little olive oil may be added.

## 177. ENEMAS, INJECTIONS, OR CLYSTERS.

The medical name for an injection, is a clyster, which is a form of administering medicine or nourishments by the rectum: they are thrown up by means of a bladder and pipe, or more conveniently by a syringe; of which the best is Reads's syringe or those constructed on the same principles. When the stomach is in such a state that it rejects all kinds of medicines, then *Enemata* may then be often used with beneficial results. For costiveness the enemata should be warm barley water sweetened with treacle one pint; but if the constipation be obstinate, or attended with flatulant colic, take of new milk and water of each a gill, sweet oil or fresh butter, and treacle, of each one ounce; if this does not act add a table spoonful of common salt. In dysentery, make a tea of raspberry leaves, an ounce; gum myrrh, a dram and ten drops of laudanum in a pint of tea. *Another*—Alum one dram, rose water one pint. Mix and make an injection.

## 178. EMETICS.

Those vegetables of the *Materia medica* capable of exciting vomiting, independently of any effort arising from the mere quantity taken into the stomach, or of any nauseous taste, smell or flavour. One of the best emetics we have is *lobelia* (67) then the next in quality is *vervain* (109), which *should never be mixed with lobelia* in an emetic. A very gentle emetic is found in *groundsel* (51) the reader must refer to these herbs. Violet roots (119) are used in bilious attacks. Emetics must not be taken too often as they destroy the *tone* of the stomach. After emetics, the tone should be restored as soon as possible by the bitter herbs as poplar bark, sanctuary (28) buckbean (19) horehound (57) or any other herbs for the restoration of the tone. See *Tonic Powder*.

*Emetics must not be used* in a determination of blood to the head, general debility; in the advanced state of pregnancy; in plethoric habits; in visceral inflammation; and in hernia.

*Very useful* in dropsey, swelled testicles, bubo, dysentery, jaundice, bad appetite, acidity in the stomach, bilious attacks, plithisis, and at the *commencement* of different varieties of fevers.

### 179. EXPECTORANTS.

Are medicines capable of expelling the excretion of mucus from the breast, from the trachea, cells, and passages of the lungs. The principle expectorants are, coltsfoot, garlic, liverwort, mallows, myrrh, seneka, and all those which excite irritation at the upper part of the windpipe, and cause coughing, act as expectorants; as warm vinegar, vinegar of squills, oxymel of squills, and tincture of squills. In short all emetics act as expectorants when given in small doses.

### 180. EXPECTORANT MIXTURE.

Take compound tincture of camphor two drams; oxymel of squills two drams; simple oxymel and mucilage of acasia of each two ounces, a table spoonful when necessary. A most excellent mixture for a peffing cough or wheezing at the stomach, inward inflammation, such as attend pluri-sy, and peripeumony, or inflammation of the lungs.

### FEBRIFUGES.

Medicines that possess the property of abating any fever.

### 181. FEBRIFUGE MIXTURE.

Take centaury, clevers, raspberry leaves, willow bark, and vervain of each one handful boiled in one quart of water, then strain and add a tea spoonful of capsicum. *Dose*—a tea spoonful every hour: keep the feet very hot with bricks and vinegar cloths.

### 182. FEVER POWDER. (*Sweating*).

Take sage powder one dram (96), snake root finely powdered one dram (100) contrajerva one and half dram. Make into six powders, one to be taken every six hours in balm tea.

### 183. FEVER EFFERVESCE.

Take one scruple of carbonate of potass; one ounce of mint water; one table spoonful of lemon juice sweetened. Add the potass last and let the patient drink it to effervesce on the stomach.

## 184. ELECTUARY.

A form of prescribing certain medicines, such as dry powders, by combining them with syrup, treacle, honey, &c., into a mass of such consistence that may not be too thick to be easily swallowed, nor so liquid as to allow the powders to separate, so that the dose may be easily given off a tea spoon or the point of a knife.

## 185. ELECTUARY FOR THE PILES.

Take flowers of sulphur, one ounce; cream of tartar, half an ounce; treacle, sufficient to form an electuary. A tea spoonful of this to be taken three or four times a day.

## 186. ELECTUARY FOR THE PALSY.

Take of powdered mustard seed, and conserve of roses, each an ounce; syrup of ginger, enough to make an electuary. A tea spoonful of this to be taken three or four times a day.

## 187. INFUSIONS.

The process of infusion or maceration, consists in reducing the substance to be infused, especially when it is hard or bulky, into a coarse powder, or cut in small portions, placing it in a proper vessel, with hot or cold water as we have directed in the *herbal*. Water at 112 deg. extracts the gum, sugar, extractive, tannin, saline matters, and a portion of the essential oil, and of the resinous matter of vegetables. Cold water also extracts many of the active principles of plants.

The infusion made with boiling water although, perhaps, less grateful, yet contains more active matter.

## 188. INFUSION OF LEMON.

Take dried orange peel, half an ounce; dried lemon peel, two drams; bruised cloves, one dram; boiling water, one pint, macerate for half an hour and strain. *Properties*—tonic, stimulant, and carminative. *Use*—In bad digestion, gouty affections, and flatulent colic, *Dose*—A small wine glassful three or four times a day, an hour before meals.

## 189. INFUSION OF VALERIAN.

Valerian root in coarse powder, three drams; boiling water, one gill. Macerate for an hour then strain, when cold. See herb 108.

It is tonic, antispasmodic, and aperient. Used in hysteria.  
*Dose*—Three table spoonfuls two or three times a day.

#### 190. INFUSION OF QUASSIA.

Take quassia wood, one dram; boiling water one pint; macerate for two hours, and strain. It is tonic and antiseptic. *Use*—In bilious fevers; hysteria, mixed with tincture of valerian (108); gout, with aromatics and ginger. *Dose*—Four table spoonfuls three or four times a day.

#### 191. MIXTURES.

These are chiefly suspensions of insoluble substances in fluids, by means of mucilaginous matters. They should always be extemporaneous preparations, and the only attention required in ordering and prescribing them, is not to bring together incompatable substances. These are pointed out in the Botanical department.

#### 192. FRYER'S BALSAM.

Take of gum benjamin, one ounce and a half; of strained storax, one ounce; of balsam of Tolu, half an ounce; of socotrine aloes, a quarter of an ounce; proof spirit, one pint, Digest them together till the gums are dissolved, then strain off the tincture for use.

#### 193. INDIGESTION AND COSTIVENESS.

Take of the infusion of columba six ounces; carbonate of potass. one dram; compound tincture of gentian, three drams; mix them. Three table spoonfuls every day at noon.

#### 194. MIXTURE FOR GRAVEL.

Carbonate of soda, two scruples; compound powder of tragacanth, one dram; tincture of henbane, four drams, water six ounces, mix. Take two table spoonfuls three times a day.

#### 195. FAMOUS REMEDY FOR DROPSY.

Calomel, one grain; squills, three grains; in a pill to be taken every other night. And in the day, carbon of ammonia, eight grains, sweet nitre, one dram; tincture of foxglove, twenty drops; tincture of camphor and jalop; five and a half ounces, mix, and take three table spoonfuls three times a day. This was used in the late Duke of York's case with great success.

## 196. MIXTURE FOR RED GRAVEL.

Take two ounces of pennyroyal, or cinnamon water; two ounces of gum arabic mucilage, an ounce and a half of clarified honey, three drams of liquor of potass, ten drops of tincture of opium. Mix, and take two table spoonfuls three times a day in a cupful of barley water.

## 197. COPIVIA MIXTURE.

Powder two drams of frankincense, and mix with half an ounce of balsam of copivia; and the whole with an ounce and a half of gum arabic mucilage; add half an ounce of simple syrup, and five ounces of cinnamon water. Mix, and take three table spoonfuls three times a day.

## 198. FOR MUCUS DISCHARGES.

Take two drams of the sulphate of zinc, and a sufficient quantity of turpentine; make into sixty pills of five grains each. One or two to be taken night and morning. A better remedy is *Astringent Decoction* (127).

## 199. GREGORY'S MIXTURE.

Take of best calcined Magnesia, eight drams; powdered rhubarb, two drams; ginger, one dram; mix the ingredients well in a mortar. *Use*—A gentle laxative and stomachic, and is given in doses from one to four tea spoonfuls in a little peppermint water.

## 200. DENTITION MIXTURE.

Take a tea spoonful of the oils of rue (93) and lavender (64). *Dose*—Three to six drops on sugar in a tea spoonful of mint tea.

## 201. LOBELIA VINEGAR MIXTURE.

Take a tea spoonful of lobelia (67) powdered; half as much valerian root; and mix to four table spoonfuls of good ale vinegar. *Dose*—Two tea spoonfuls. *Use*—In scarlet fever and other inflammatory actions in the system of children.

## 202. REFRIGERANT MIXTURE.

One pint of decoction of barley made as No. 13, and one dram of nitrate of potass, mix them for ordinary drink in fever. Or give the fever effervescence 183.

## 203. CONTAGION MIXTURE.

Put one pound of common salt into an earthen vessel, and

pour over it from time to time a small quantity of sulphuric acid till the whole salt is moistened. *Use*—In all fevers and other catching diseases, to stand in the sick room.

#### 204. ANTISEPTIC MIXTURE.

Take powder of Peruvian bark, one dram; tincture of the same, two drams; cinnamon water, one and a half drams; muriatic acid from twelve to eighteen drops. Mix for a draught, to be taken every two or three hours.

#### 205. PILLS.

Pills are masses of a proper consistence, and are preserved in this state by being kept in covered pots wrapped in bladders and occasionally moistened. Medicine that is intended to operate quickly, ought not to be made into pills as they lie for a considerable time on the stomach before they are dissolved, so as to produce any effect. A pill should not exceed five grains in weight.

#### 206. APERIENT PILLS.

Extract of aloes, purified; extract of camomile flowers; powdered rhubarb, four drams; extract of dandelion, one dram; oil of peppermint and camomile, of each twelve drops. Beat into a uniform mass and divide into seventy-two pills.

If the mass is too soft to form into pills, a little cinnamon, ginger, and capsicum may be added to a proper consistence. Two or three pills may be taken an hour before meals.

#### 207. COMPOUND PILL OF ASAFETIDA.

Asafetida, galbanum, and myrrh, each eight drams, rectified oil of amber one dram. Beat into a mass and form into ordinary sized pills. Take two pills night and morning.

These pills are excellent for spasms, are aperient, good in green sickness, and lowness of spirits.

#### 208. DIURETIC PILLS.

Extract of broom two drams; powder of squills one dram; oil of juniper twelve drops. Beat into a uniform mass and form the whole into sixty pills. *Dose*—Three pills, night and morning with a tea cupful of the infusion of broom. (23).

#### 209. CHALYBEATE PILLS.

Socotrine aloes, in powder, one dram; sulphate of iron, in powder, half a dram. This is better than Hooper's or Widow Welch's long celebrated female pills.

## 210. TINCTURES.

Tinctures are spirituous solutions of vegetables: rectified spirit is the direct menstruum of the resins and essential oils of vegetables. Tinctures should be prepared by the Herbal Apothecary as there is frequent adulterations practised by the druggist. The ingredients should be reduced to powder, and the maceration made in close vessels, exposed to a heat of eighty degrees, and frequently shaken. When completely made, they should not be put away upon the ingredients, but filtered through bibulous paper, and kept for use in closely stopped bottles, though they are not liable to spoil, yet, by the evaporation of the menstruum, their strength is altered, which may be productive of bad effects. Water, however, being the proper menstruum of the gummy, saline, and saccharine parts of medicinal substances, it will be necessary, in the preparation of several tinctures to make use of a weak spirit, or a composition of rectified spirit and water.

## 211. TINCTURE OF CAPSICUM.

Capsicum berries in coarse powders half an ounce; proof spirit one pint, macerate for seven days then strain and filter. DOSE---From one to two tea spoonfuls.

USE---As a stimulant in the low stage of typhus, scarlet, and other fevers; general debility and adjuvants to other bases (257).

## 212 TINCTURE OF MUSK.

Musk reduced to powder, two drams, proof spirit, one pint digest for seven days and strain. A powerful stimulant.

## 213. TINCTURE OF MYRRH.

Take myrrh bruised, two ounces; proof spirit, one pint; water; a gill. Macerate for fourteen days and strain. It is tonic and antiseptic. Use---for a wash for the gums; foul ulcers. Dose---a small tea spoonful.

## 214 FOR PAIN IN THE STOMACH AND BOWELS.

Take tincture of rhubarb, four drams; tincture of senna, (99) three drams; tincture of opium, thirty-four drops; peppermint water, six drams; in three table spoonfuls of sweetened warm water.

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## 215. HADFIELD'S TINCTURE.

Guaiacum and soap, of each two drams ; proof spirit, six quarts, used as a diaphoretic.

## 216. TINCTURE OF GUAIAIACUM.

Take four ounces of gum resin of guaiacum and macerate in one pint of proof spirit. Should be placed in a warm place till the gum is melted. *Operation*—Stimulant, sudorific, and laxative. *Use*—in rheumatism, retrocedent gout, and the dropsical affections of the aged. *Dose*—three tea spoonfuls in milk or barley water; night and morning.

## 217. TINCTURE OF JALAP,

Jalap root bruised, four ounces ; proof spirit, brandy or whisky, one pint. Macerate for ten days, frequently shaking the bottle, then strain. *Operation*—Cathartic. *Use*—as an adjunct to purgative draughts. *Dose*—one or two tea spoonfuls.

## 218. POWDERS.

This class is the simplest, and perhaps the least objectionable form of exhibiting medicines ; but nevertheless, this mode of preparation is hurtful to many remedies. Some substances cannot be reduced to powder, unless very much dried ; and the heat necessary to effect this, alters their properties ; even that impalpable form given to powders is hurtful to some resinous substances ; and if we reflect that many of these, when kept in the mass, have their surface altered by the action of the atmosphere, we shall not wonder that a great alteration should be effected in a short time, by so great an extension of surface as takes place in the formation of a fine powder ; this is particularly the case with *cinchona*, *rhubarb*, and *guaiacum*. Powders should be kept free from the atmospheric action and be preserved in opaque bottles—but *canisters are the best vessels in which to keep powders*.

## 219. JALAP POWDER.

Jalap root in powder, one ounce ; cream of tartar, two ounces ; mix by rubbing these ingredients together in a stone mortar. This is an excellent purgative, especially in dropsical cases. *Dos.*—half a dram to two scruples for adults.

## 220. TONIC POWDER.

The following is an excellent stomachic tonic powder, for creating an appetite correcting the bile, dissipating flatulance,

and removing faintness. Take ginger one ounce, white poplar and willow bark of each one ounce; cloves half a tea spoonful, capsicum a tea spoonful, pulverized camomile, a tea spoonful, and juniper berry, two drams, all finely powdered. *Dose*—a tea spoonful in a cup of hot water twice a day. Read well the article on *emetics*.

## 221. COMPOUND POWDER OF KINO.

Kino, fifteen drams; cinnamon, half an ounce. Reduce to a very fine powder separately, and then mix them intimately together, in a wedgewood mortar. *Use*—in obstinate chronic, diarrhoea, uterine, intestinal, and pulmonary hæmorrhages, fluor albus, and lientery. *Dose*—from ten grains to half a dram in currant jelly or jam. Or the powder may be rubbed up with mucilage of gum arabic and a little cinnamon water, and taken in solution.

## 222. FEVER COMPOSITION POWDERS.

Vervain, centuary, cloves, raspberry leaves, of each a handful boiled in a quart of water, strain, then add to the liquor one table spoonful of capsicum. *Dose*—two table spoonfuls every hour; at the same time keeping the feet sweating with hot bricks and vinegar cloths.

## 223. PURGING POWDER.

Take purging flax, one ounce; ginger, a tea spoonful; wigan tree leaves, an ounce; and burdock seeds, one dram; boil in a quart of water. *Dose*—a wine glassful three times a day.

## 224. COMPOSITION POWDER.

Ginger, two ounces; cloves, two drams; peruvian bark, four drams; capsicum, two drams; yarrow tops, powdered, one ounce; three drams of powdered snake root, incorporate all intimately. *Dose*—a tea spoonful in a cup of sweetened hot water, for indisposition colds and so on.

## 225. DENTITION POWDER.

Take of the best magnesia, six drams; powdered rue, two drams, to be intimately powdered in a mortar. This is preferable to all other remedies yet known for children in cutting their teeth, sickness and convulsions. The powder may be given twice a day.

## 226. DIABETES POWDER.

The best herb as a remedial agent in diabetes, is BISTORT, commonly called *Snake weed*, and one of the best and most powerful astringents in the vegetable kingdom. *Use*—in diabetes, internal hæmorrhages and diarrhœa from debility: one of the safest remedies known for fluor albus and overflowing of the menses. *Dose*—of the powdered root fifteen to twenty grains twice or three times a day till it effects a perfect cure. It may be advantageously combined with aromatics.

## 227. COLUMBA POWDER.

Mix Columba one ounce; horehound, ounce and a half; red raspberry leaves one ounce; capsicum one dram. Boil in one quart of water and strain. *Operation*, tonic, without stimulating, antiseptic or preventative of the putrifaction of animal substances. *Use*—in bilious vomiting, and those attendant on pregnancy, indigestion, and cholera; vomiting attendant on dentition; in bilious remittant fever. *Dose*—three or four table spoonfuls three or four times a day.

## 228. JAUNDICE POWDER.

Mix one ounce each of buckbean, agrimony, centuary, raspberry leaves, and columba root, boil them in two quarts of water, strain and add a cupful of the Infusion of Capsicum. *Dose*—a wine glassful three times a day.

## 229. DROPSY POWDER.

Mix equal parts of agrimony, broom, dandelion roots and tops, clevers, ground ivy, steep and boil, then strain, to which add one fourth part of the infusion of ginger. *Dose*—six wine glassfuls in the day.

## 230. SCOFULA POWDER.

Make a strong decoction of equal parts of mountain flax, clevers, horehound, centuary, ground ivy, and fumitory. *Dose*—a wine glassful five times a day.

## 231. POPLAR POWDER.

Take one pound of the inner bark; half a pound of ground ginger; one ounce of oak bark; two ounces of cloves; and one

ounce of capsicum and mixed together in fine powder. The best is the bark of the trembling poplar, or aspen. *Operations* tonic, febrifuge, stomachic, and diuretic. *Used* in colds, fevers, stone, gravel, stranguary, costiveness, pain in the kidneys, and convalescence. *Dose*—half a tea spoonful in hot water well sweetened, three or four times a day.

### 232. STIMULANTS.

Are those vegetable substances, which have the property of accelerating the pulse and quicken the vital action. They are amongst the most valuable and important medicines, and are the more direct means of saving life than any other. 1st, they consist in a greater susceptibility of impression in the nerves; 2nd, an increase of action in the moving fibres; 3rd, in quickening the pulse; 4th, producing a higher degree of the temperature of the body. The organs upon which they chiefly display their influence are those of digestion, circulation, respiration, and secretion.

233. Stimulants when taken into the *stomach* exert their primary action on that organ; a sensation of heat is experienced, which is referable to the stomach, and if the stomach is empty a sensation of hunger will be felt; and if food is immediately taken, the digestive faculty is rendered more active.

234. Stimulants act on the *nervous system*, almost as soon as they are taken into the stomach, the impulses are communicated to the nerves of that organ, and are transmitted to the rest of the body, developing vital energy in the various anatomical centres to which the nerves relate. They act powerfully on the *secerning* and *exhalant* system, and on the kidneys; therefore all diuretics are stimulant, on which account, some volatile oils, when taken in large doses, cause distressing effects upon the urinary organs; and should never be resorted to unless pain is urgent, or debility become so great as to endanger life.

235. Stimulants *affect the circulating organs*—The influence of impressions on the stomach is to augment the force of the heart and arteries in effecting the circulation of the blood; then stimulants render the pulse both quicker and stronger, consequently the impulse thus given is extended even to the capillaries. Red blood is impelled into channels

in which, under ordinary circumstances, it is absent, the skin is therefore reddened, its temperature elevated; and if the dose of the stimulant be considerable, restlessness, watchfulness, and headache supervene. Stimulants act with more energy on sanguine persons than on the phlegmatic, as we have before noticed under the *art of prescribing medicines* (260)

236. Stimulants have an influence more or less perceptible on the organic functions: on the *digestive functions* they are displayed by the food being more quickly and better digested; on the *circulating*, by the blood being formed in more abundance, more fluid, richer in colour, and moved with more rapidity; on the *respiratory*, by the great freedom of movement of the thorax, and the glow which pervades its cavity; and on the *secerning*, by the increase both of the secretions and the excretions. The excitement of the brain and the spinal marrow is evidenced by the greater susceptibility to impression in the nerves of every part of the body; and by a degree of intellectual energy, the perception more vivid, the imagination more pregnant with ideas, and those of a more brilliant and exalted character, and a facility of separating and arranging ideas.

237. Stimulants act differently according as they are combined with different substances. Different stimulants in different quantities, produce different effects. The force of their effects is generally in the ratio of the degree of the rapidity of their action. This result of stimulants distinguishes them from other medicines which also increase action, especially tonics; but there is a difficulty in separating them from narcotics, which first quicken action, then exhaust greatly both sensibility and irritability. Stimulants increase the mobility of the system; tonics augment the strength of the muscles: stimulants exhausts the excitability; tonics, within a certain limit, maintain it: the action of stimulants is immediate, powerful, and transitory; that of tonics is slow, almost imperceptible and progressive, but permanent.

#### 238. TABLE OF STIMULANTS.

|            |               |                |              |
|------------|---------------|----------------|--------------|
| Capicum    | 6 Anise       | 84 Pennyroyal  | 70 Marjoram  |
| Diff seed, | Nutmeg        | 58 Horseradish | 96 Sage      |
| Clove tree | Cinnamon      | 50 Golden rod  | 60 Hyssop    |
| 49 Ginger  | 75 Speremint  | 113 Yarrow     | 57 Horehound |
| Peppers    | 64 Lavender   | 67 Lobelia     | 12 Balm      |
| 93 Rue     | 76 Peppermint | 37 Elecampane  |              |

## 239 SUDORIFICS.

Sudorifics are promoters of sweat which promote the cutaneous transpiration, causing a copious sweat such as is experienced by excessive labour in hot temperature. The sweat produced by labour is the most healthful and is indispensably necessary to keep the body in good health. Sudorifics are employed in a variety of cases, as catarrhal and rheumatic affections; cutaneous and febrile disorders.

## 240. SEDATIVES.

Sedatives are substances which directly depress the energy of the nervous system, diminishing motion in animal bodies without inducing previous excitement. Regarded in a medical point of view, they are powers intended to diminish preternatural increased action, which may display itself chiefly in the circulating system, and only in the nervous system as it is connected with the sanguiniferous. They depress the vital powers and the patient sinks into a torpor or sleep.

## 241. TONIC OR BITTER MEDICINES

Medicines which increase the tone of the muscular fibre, such as vegetable *bitters*; also the various stimulants and astringents. When persons have been reduced to a weak state by sickness and debility, when there is strong inclination to sleep, this is a state of *deficient tone* or *debility*. Tonics operate differently upon the different organs of the body.

242. *Action of Tonics upon the muscular system* through the nerves; for every muscle is furnished with blood and nerves both by motion and sensibility. No motion occurs upon the human body, without the medium, at least, of one set of nerves. The change which is effected, therefore, upon one set of muscles extends to the rest, all being more or less united by that connection which depends on communication by nervous sympathy. It is upon the strength of the muscles that a tonic acts, and thus renders a patient stronger but not more active.

243. When a vegetable tonic is taken into the stomach, it acts upon the *digestive organs* and the active principle separates. This, then, exerts its influence upon the mucus membrane of the stomach, and the bundles of the muscular fibres beneath it suffer contraction. It is probable that all tonics are digested in the stomach, and the tone principle, separated from the other parts, is enabled to act with more energy upon the nerves

of the stomach, and thus aid digestion. The *principle tonics* are poplar bark, willow bark, quassia (one of the strongest), centuary, buckbean, comfrey, peach tree, columba, wormwood, and tansy—see the Herbal guide to health.

#### 243. VEGETABLE ACIDS, MOST OF WHICH CONTAIN MORE OXYGEN THAN WOULD BE NECESSARY TO FORM WATER WITH THEIR HYDROGEN.

The acids which exist ready formed in vegetables are the acetic, tartaric, citric, oxalic, benzoic, malic, gallic, and prussic acids. In the state in which we procure them they are combined with a considerable quantity of water. In stating their chemical composition this is omitted.

#### 244. ACETIC ACID.

This substance, the pure matter of vinegar, does not often occur free in vegetables, but is generally in combination with potassa or lime. In the sap of some trees it is present in very minute portions. It is formed during acetous fermentation, and by the destructive distillation of wood. Formed in the latter way, it is called Pyroligenous Acid. Acetic acid is transparent and colourless, has a fragrant odour, and a strong sharp taste. It consists of

|                             |    |
|-----------------------------|----|
| Carbon, 4 equivalents ..... | 24 |
| Oxygen, 3 .....             | 24 |
| Hydrogen, 3 .....           | 3  |
| <hr/>                       |    |
| 51 parts.                   |    |

This acid contains three atoms of hydrogen, the oxygen and hydrogen being exactly in the proportion to form water. Operation refrigerant and antiseptic.

#### 245. TARTARIC ACID.

This acid exists in vegetables, mostly in union with potassa, forming a supertartrate. It may be procured from the pulp of the Tamarind, gooseberry, from the juice of the grape, and of the Mulberry. It also exists in considerable quantity in Sorrel and in Dandelion. It consists of

|                             |             |
|-----------------------------|-------------|
| Carbon, 4 equivalents ..... | 24 or 36. 5 |
| Oxygen, 5 .....             | 40 or 60. 5 |
| Hydrogen, 2 .....           | 2 or 3. 0   |
| <hr/>                       |             |

65 parts. 100 parts.

## 246. CITRIC ACID.

This acid exists in the juice of Oranges, Lemons, Cranberry, Whortleberry, common Dog-rose, and in several other fruits. It gives the juice of the Lime and Lemon their acidity. It consists of

|                       |    |    |     |     |
|-----------------------|----|----|-----|-----|
| Carbon, 4 equivalents | 24 | or | 41. | 809 |
| Oxygen, 4             | 32 | or | 54. | 831 |
| Hydrogen, 2           | 2  | or | 3.  | 8   |
| <hr/>                 |    |    |     |     |
| 58 parts. 100 parts.  |    |    |     |     |

## 247. OXALIC ACID.

This acid contains no hydrogen, consisting of oxygen and carbon alone. It is found uncombined in the juice of the Chick Pea; but is generally in combination with lime or potass. It is found in union with the latter of these in common sorrel, valerian, ginger, fennel, tormentil, wood sorrel, and in the *Geranium acidium*. It has been found in several species of lichen, in combination with lime. It consist of

|                       |    |    |     |    |
|-----------------------|----|----|-----|----|
| Carbon, 2 equivalents | 12 | or | 93. | 84 |
| Oxygen, 3             | 24 | or | 66. | 66 |
| <hr/>                 |    |    |     |    |
| 86 parts 100 parts.   |    |    |     |    |

## 248. BENZOIC ACID.

This acid is formed in the balsams, a gum benzoin, storax, balsam of Tolu, &c. The fragrance of sweet scented vernal grass depends upon the presence of benzoic acid. It consists of

|                        |    |
|------------------------|----|
| Carbon. 14 equivalents | 84 |
| Oxygen, 3              | 24 |
| Hydrogen, 5            | 5  |
| <hr/>                  |    |
| 113 parts.             |    |

## 249. MALIC ACID.

This acid, is found in apples, oranges, barberries, elderberries, currants, gooseberries, strawberries, &c. It has been found also in the houseleek, combined with lime, and in the berries of the service tree.

|                       |    |    |     |    |
|-----------------------|----|----|-----|----|
| Carbon, 4 equivalents | 24 | or | 40. | 68 |
| Oxygen, 4             | 32 | or | 54. | 24 |
| Hydrogen, 3           | 3  | or | 5.  | 08 |
| <hr/>                 |    |    |     |    |
| 59 parts 100 parts.   |    |    |     |    |

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## 250. GALLIC ACID.

This is the acid which exists in the gall-nuts, from which it takes its name. It is found in the bark of most trees of an astringent nature, as oak, associated with tannin. It consists of

|           |               |    |
|-----------|---------------|----|
| Carbon,   | 7 equivalents | 42 |
| Oxygen,   | 5             | 40 |
| Hydrogen, | 3             | 3  |

---

85 parts.

## 251. PRUSSIC OR HYDROCYNIC ACID.

This acid contains no oxygen, but consists of carbon, hydrogen, and nitrogen, in the following proportions:—

|           |                 |    |               |
|-----------|-----------------|----|---------------|
| Carbon,   | 2 equivalents.. | 12 | } Cyanogen 26 |
| Nitrogen, | 1               | 14 |               |
| Hydrogen, | 1               | 1  |               |

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27 parts.

It exists in the seed of the peach, cherry, almond; and may be obtained by distilling laurel leaves. The leaves of *Prunus Lauro-cerasus* give a considerable quantity when distilled.

Besides these, there are many vegetable acids of less degree, such as the Succinic, obtained from amber; the Suberic, from cork; the Pectic, from the carrot, &c. They are of little importance, and do not exist in any considerable quantity in the vegetable kingdom.

## 252. OPERATIONS OF VEGETABLE ACIDS.

Acetic Acid is excellent for saturating cloths, to be applied to the hot bricks used as directed in the different diseases in the *Medical Guide to Health*.

*Tartaric Acid* well diluted is refrigerant and antiseptic; used in inflammatory affections, fevers, and scorbutus. *Dose*—from ten to thirty drops dissolved in water. *Citric Acid* is of the same qualities as a medicine. *Oxalic Acid* is refrigerant. *Benzoic Acid* is a stimulant used in chronic catarrh. *Malic Acid*, used for the same purpose as apple tea, and so on, as a refrigerant beverage. *Gallic Acid* is an astringent. *Prussic Acid* is very dangerous as it contains no oxygen; it is a sedative and a powerful one, better be let alone by Herbal Practitioners.

## 253. ART OF COMPOUNDING MEDICINE.

The objects to be attended by the Herbal Apothecary, in mixing and combining medicinal substances are :

1st, To promote the action of the *basis* (257) or principal medicine. This may be effected—

By combining together several different *forms* or *preparations* of the same substance, such for instance, when the infusion of bark is used you may also to augment the strength, combine tincture of bark : Or

By combining the basis with substances which are of the *same nature*, that is, which are *individually* capable of producing the same effect, as the mixture of cinnamon and speremint which act with more energy than when taken alone : Or

By combining the basis with substances of a *different nature*, and which do not exert any chemical influence upon it, but are found by experience, to be capable of rendering the stomach or system, or any particular organ, more susceptible of its action.

254. *Action of Medicine Prevented.*

2nd. To correct the operation of the basis, obviating any unpleasant effects it might be likely to produce, and which would pervert its intended action, and defeat the objects of its exhibition. This may be effected

By *mechanically* separating, or *chemically* neutralizing the offending ingredient : Or,

By adding some substance capable of guarding the stomach, or system, against its deliterous effects : mucilagenous substances generally perform this office.

255. *Medicinal Modes of Operation.*

3rd, To obtain the joint operation of two or more medicines. This is to be accomplished

By uniting those substances which are calculated to produce the *same ultimate results*, although by different powers, and which are required to obviate different symptoms, or to answer different indications.

256. *New or Modifying Results.*

4th. To obtain a new and active remedy, not afforded by a simple substance. This may be effected

By combining medicines which excite different actions in the stomach and system, in consequence of which *new or modified results*, are produced : Or

By combining substances which have the property of acting chemically upon each other ; the results of which is the formation of *new compounds*, or the decomposition of original ingredients, and the development of their more *active elements* : Or

By combining substances, between which no other chemical change is induced than a diminution or an increase in the solubility of the principles in which their medicinal virtues reside. This is accomplished

By the intervention of substances that act *chemically* : Or

By the addition of ingredients, whose operation is entirely *mechanical*.

5th, To afford an eligible form :

By which the efficacy of the remedy is enhanced : Or,

By which its taste and appearance are rendered more agreeable : Or,

With reference to its consistence or strength : Or,

By which it is preserved from the spontaneous decomposition to which it is liable.

### 257. *Medicinal Formula.*

A medicinal formula, when complete, is divided into four parts, the *Base*, the *Adjuvant*, the *Corrective*, and the *Excipient*.

*First* the *Base* (253) is the active ingredient of the preparation. *Second* the *Adjuvant* (*Capsicum* generally answers this purpose) is a substance intended to assist and promote the operation of the base, either by increasing its action, or, in some cases developing it. *Third* the *Corrective* is an ingredient intended to disguise the taste of the base (254) or to moderate its activity. It is usually an aromatic (124), demulcent, or saccharine matter. *Fourthly* the *Excipient* is the substance which imparts form and consistence to the preparation. It is water in an infusion ; honey or sugar in a conserve. These elements are not at all necessarily present in every formula, for many bases are so active as not to

require any adjuvant ; or so mild, as to render the addition of a corrective unnecessary ; whilst many are in themselves of such a nature, as to be fit for exhibition without the intermedium of any vehicle or excipient.

END OF BOOK ONE.

# NATURE'S GUIDE TO HEALTH.

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## BOOK II.

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### 258. HEALTH.

Health is that state of the human body, whether its growth be complete or not, in which the structure of the parts is sound, and their functions properly performed ; rendering the individual fit for the duties and enjoyments of life. When a body has received a sound constitution from nature, its health is to be preserved by a proper regulation of the various circumstances, internal and external on which animal life depends. These are principally food and drink, the excretions and discharges, air and exercise, sleeping and waking, and the management of the passions of the mind.

259. The variety of *temperaments* or constitutions, render it possible for the phenomena of health to be very different in different individuals, and what would preserve the health in one would occasion disease in another. For whatever may be the cause of nervous energy, persons certainly possess it in different degrees. Persons of much nervous sensibility are greatly affected by atmospheric changes ; the hu-

mid air depresses them, this is generally produced by the aspect of Mercury and Saturn acting on the earth's atmosphere, when these two bodies form geometrical angles with themselves and the earth : these persons feel reanimated in serene and cloudless weather.

260. The *Sanguine* temperament is evident from a clear florid complexion, features well formed and fleshy; the muscles full and tolerably firm; the eyes blue, lively, with some expression; the skin smooth; chesnut coloured or auburn hair; a ready fancy with disposition lively and cheerful, though but little proneness to action; promptness without perseverance; readily perspires under exercise; the pulse undulatory and free; changeable but not violent feelings and passions; a tendency to volumptuousness, with a fondness of admonition. These are persons mostly governed by Jupiter and Venus. The sanguine patients bear evacuations well, and have their health best preserved by abstinence and low living, yet they have a tendency to epicurian indulgencies, they ought to avoid excess of all kinds and particularly cold after active bodily exercise.

261. The *Phlegmatic* or what Phrenologists call Lymphatic, is characterized by a full, fleshy, outline, the complexion pale, almost free from hairs; small blood vessels; a weak slow pulse; cold surface; constitution inactive; muscles soft, and the disposition indolent; and a general defect of energy both in the mental manifestations of animal, and physical functions. They are chiefly influenced by the Moon and Venus. Their diet requires to be nutritive and stimulant, though they should not indulge in high living. They should keep the bowels easy, but not be too much purged, for they do not bear evacuati-

ons well, especially of blood, and they should use regular exercise in the open air.

262. The *Bilious temperament* called Melancholic by the ancients, is distinguished by dark hair, yellow hue on the skin, coarse angular features, eyes active, the muscles firm and well developed, the extremities long in proportion to the trunk of the body, pulse slow and hard, great energy of action, reserved, firm of purpose, perseverance, deep reflection, and cautious. These should use exercise to assist their digestion; they should occasionally aid the torpor of the bowels by purgatives, such as taking the *Vegetable Purgative* (140); their occupation should be various and interesting to the mind.

263. *Choleric temperament* is known by the hair being black, the eyes dark; the complexion swarthy, yet somewhat ruddy; the skin thick, rough, and hairy; the pulse strong and full. These must use stimulants with caution, as they are subject to inflammatory action in the system.

These are the chief temperaments; yet cannot be found clear in any individual; generally mixed; such as the *Sanguine Bilious* and the *Sanguine Nervous*, a milder form of *Lymphatic*, and the *Lymphatic* with the *Sanguine Bilious* and *nervous*, so we may state there are twelve varieties of temperament.

#### 264. SIGNS OF A GOOD CONSTITUTION.

*First*—A *sound stomach* and organs of digestion, without which it is impossible to enjoy good health, and by the abuse of which the longevity is abbreviated. It is the principal and most important organ for the restoration of our nature, and, indeed, when our stomach is in good order, the passions, which are

often the cause of disease, have a less destructive influence on our bodies.

*Second.*—A well organized breast and organs of respiration; breathing being one of the most incessant and necessary of the vital operations,—the means of rendering the blood, exhausted in the course of the circulation, again capable of serving the purpose of life.

*Third*—a *heart* not too irritable, though the circulation of the blood is essential; yet it necessarily occasions a great waste, or internal consumption. Those, therefore, who have a hundred pulsations in a minute, must waste more speedily than those who have only sixty. A stout uniform *pulse* (290) accordingly, is a strong sign of long life, and a great means to promote it; whereas a pulse always quick, or where every trifling agitation of mind or other circumstances, increase its rapidity, can hardly be accompanied with long life. A certain degree of rest is absolutely necessary, that the nourishing particles may settle, and be converted into the substance of our bodies. *Fourth*—a Good Temperament, the best is the sanguine, tempered with a little of the phlegmatic. This produces a serene cheerful mind, one which soon surmounts the vexations of life, with moderate passions, and contentment of mind. *Fifth*—a strong natural power of restoration and health; by means of which, the losses we sustain, are well repaired. This not only depends on a sound digestion and a regular circulation of the blood, but also upon the perfect state of the absorbing vessels, and the organs of secretion, by means of which, our nourishment not only reaches the places of its destination,

but is also pure, and freed from all extraneous and pernicious mixture.

#### 265. PORTRAIT OF A STRONG MAN.

Hufeland's portrait of a person destined for longevity is correct according to my own observations. He has a well proportioned stature; of the middle size, and rather thick. His complexion not too florid; too much ruddiness in youth is seldom a sign of long life. His hair rather light than otherwise; his skin strong but not rough. His head not too big, large veins at the extremities, and his shoulders are rather round than flat. His neck is not too long, his belly does not project, for this is *always* a sign of an epicure; his hands are large, but not too deeply cleft. His foot rather thick than long; and his legs are firm and round. He has also a broad arched chest, a strong voice, and can hold his breath long. His senses are good but not too delicate; his pulse slow and regular. His stomach strong; his appetite good, and digestion easy, he eats slowly, and has not much thirst. His passions never become too violent or destructive. He is not susceptible of revenge, avarice, or hatred. He is fond of employment and meditation; his sleep is long, sound, and undisturbed; this is one of the surest signs.

#### 266. ON SLEEP.

Sleep is that condition of the body in which the senses are not excited or effected by external objects; while the functions of life are regularly performed, although not with the same energy as in a waking state. Sleep collects or economizes the vital power and greatly assists in the perfect assimilation of the food, by which means what has been lost in the preceding day

is restored, Indeed it is obvious, that if great watchfulness, by exacerating consumption, abridges life, a proper quantity of repose must tend to its prolongation. The duration of sleep depends on circumstances, it generally ought not to continue less than six hours, nor exceed eight in healthy persons. Sleep at noon is hurtful and checks perspiration. New born children sleep much, and thus their nutrition, in the very early period of life is favourable. Too much sleep blunts the faculties, and disposes to listlessness and inactivity of mind and body ; it also gives rise to flabby, corpulent, and unwieldly habits. A disturbed and unsound sleep arises from various circumstances, from the presence of feverish and other diseases, from disordered bowels, from pain, uneasiness of mind, prone study, by certain degree of cold, by light, noises, and other impressions on the senses ; and in some persons by the use of green tea and coffee. To bring on sleep is often an essential object in several diseases ; but parents must here be cautioned not to use narcotics or other opiates with a view to lull their children to sleep, as these stupify the latent faculties, and weaken the intellect of young constitutions. The practice of threatening or inducing them by promise to sleep is frequently baneful on their subsequent conduct. In taking repose, the body should recline on the left side, in a straight direction, with the limbs slightly bent ; the head being rather elevated. The body ought not to be in a crooked position, as it impedes the circulation of the blood, and predisposes the system to swooning, or apoplectic fits, Lying on the back is also detrimental.

#### 267. ON EXERCISE.

Exercise contributes to the preservation of life ; it

dissipates all superfluous humours of plethoric habits: it invigorates our faculties; it is a gain of time, the enemy of idleness, the duty of the young, and the delight of the aged. For exercise disengages and expels through the pores, all superfluous humours, whilst the greatest injuries may ensue from a contrary conduct. Violent exercise after a meal ought always to be avoided. Moderate dancing without capering and jumping, comes nearest to moderate walking and is wholesome. The disorders of digestion receive decisive benefits from exercise. One or two hours a day should be devoted to active walking, digging or active playing. That exercise is the best which employs the greatest number of muscles and the strength of the individual must be consulted. When a patient for whom exercise is good, is unable to take it by his own exertions, he should ride on horseback, or in a carriage, or on the swinging board. Riding is to be avoided in the diseases of the kidneys. In some cases of disease, neither exercise nor gestation is in the patient's power, and he must substitute for them the rubbing with the flesh brush or with the hand; these are necessary in rheumatism, sprains, tumours, white swellings, and dropsical limbs. Regular exercise is one of the best remedies for acquiring strength.

#### 268. ON PERSPIRATION.

Perspiration is the watery humours which exhales from the skin. This process is perpetual; when it is so excessive as to collect in drops on the surface it is termed sensible perspiration or sweat. The health of both body and mind depends much on a regular, insensible perspiration, and whatever checks it, disorders the whole frame. This perspiration is so essential to life, that were we to measure the quantity of perspi-

ration necessary to health, we might prolong our lives a hundred years or more, If a man eat and drink daily eight pounds, his perspiration amounts to about five pounds. But though he wastes so much by perspiration, he accumulates a great deal by absorption from the atmosphere.

#### 269. ON ANIMATION.

When the body is defunct, or the principal of animation which is *Heat*, has ceased to exist in the body, the first circumstance that strikes the bystander, or proclaims the melancholy event, is the coldness that takes place and the loss of that active matter we term heat. Heat then happens to be the vivifying principle of the animal structure, as well as the rest of nature ; for without this vital agent there could be no breathing, and when this principle is lost, the equilibrium must be restored by animating agents which will be found in our *Herbal Guide*. And that the very spark of life is connected with it, is proved by the artificial incubation of the egg, and animation and progress of the chick by it alone ;—a practice so prevalent in Egypt for six thousand years, and which is an extensive branch of trade. In restoring to an healthful condition any diseased sufferer, we must pay particular attention to the heat of the system, and restore its equilibrium as soon as possible ; for on this depends our success. Heat alone does not act independently, but co-operates and harmonizes with the other elements constituting the fabric of nature. For further discussion of this subject, see the paragraphs on the *Lungs* and on the *Brains*.

#### 270. ON DIET.

On this subject a great deal of nonsense has been

written and spoken. Some are for entire vegetable food ; others for animal food ; others for animal food in the majority. Formerly it was the fashion to extol the numerous advantages attendant on *frugal* fare, it was asserted the more simple the more healthy ; that vegetable food was more conducive to longevity than animal, and that repast consisting only of the fruits of the earth and the water of the spring, were essential to a vigour of the body, clearness of intellect, and peace of mind. Modern investigations have, however, overturned this beautiful and poetic system of dietics, by proving that it has no real foundation in nature. Neither does experience prove, that the appetite demands and consists merely in a little bread and gruel to keep the body in intellectual health and the life to lengthened days. I am not an advocate for luxurient living, I condemn the partaking of too many dishes at *any one meal* ; but it is injurious to make a person live on a single dish. The custom of partaking of various kinds of food, is not easily overcome ; the patient grows tired of his solitary chop, or beef steak. Now, whatever is eaten with a relish, is more easily digested than that which is swallowed with indifference or dislike. We shall next consider the different kinds of food.

#### 271. ON MILK DIET.

There is a period in the life of every person in which the organs of digestion are weak, and yet, at the same time, there is a necessity for much nourishment. this period is infancy ; for, at this time the body increases fast, much nourishment is required to help forward the growth ; milk being provided by nature, and therefore adapted to it. Examine then the properties of milk, and this will give an insight into the

nature of food in general. Milk is not a simple substance ; it is a compound of coagulable matter, serous expressed oil, sugar, and albumine, a substance which the simplifiers of diet would say was too complex to be presented to the stomach ; and yet it is that which nature has destined for the only support of a vast number of men and animals, at the tenderest period of existence. The most simple food then, does not appear to be the easiest of digestion ; if it was, we should have expected that milk would have consisted of only one substance. That coagulated matter is capable of affording considerable nourishment, may be gathered from our experiencing that animal mucilage nourishes, the most mucilage being that substance which has sufficient moisture to keep it together : as for example sound good meat. This coagulated matter is fluid in milk, but there is a juice peculiar to the stomach, very different from an acid, that renders it solid. Milk new drawn is best and most wholesome for weakly persons and infants. Milk is of a costive nature and boiling it renders it more so. As sugar prevents the spontaneous separation of the several parts of milk in the stomach, *give a little sugar in it to convalescents*. Milk is equally fit at every period of life, mostly easy of digestion, occasions less heat than animal or vegetable food, produces less feculent matter and will not offend the stomach unless it form into firm coagulation. In such cases, if it be not corrected by sugar, it should be avoided. For breakfast, milk is proper food, provided it agree with the stomach and bowels.

## 272. ON VEGETABLE FOOD.

Taste and smell generally direct our choice in ve-

getables, and mostly those esculents which are most agreeable to the taste and smell are most salutary. Vegetables tend to reduce plethoric and full habits; abate heat; and are therefore proper for corpulent people, and those troubled with inflammatory action and distension of the blood vessels. Vegetables are proper for hot constitutions, hot seasons, being less stimulant, they are cooling, but produce flatulency in disordered stomachs. The vegetable substances capable of nourishment are—  
*1st*, Farinaceous matter or flour, which is generally contained in grain, and sometimes in the stems of plants and often in their roots, much of it in potatoes. *2nd*, Vegetable mucilage; as for instance, gum arabic, linseed and all gums. That this is capable of nourishing, is evident, from all caravans living on it for months together. *3rd*, Sugar. *4th*, Expressed oils, and *5th* Native vegetable acid, or the juice of sour fruits, which tends to take off the putrescency of animal food, which without vegetable mixture is apt to continue too long on the stomach before it begins to ferment.

Now these five vegetable substances, go naturally through fermentation and are converted into blood. Mint, beet, sage, onions, parsley, lettuce, fennel, spinach, thyme, endive, and celery, are of a stimulating nature, therefore not fit for use in large quantities. Turnips and radishes are liable to ferment and correct putrescency, and as they contain sugar, they are nutritive. Carrots, parsnips, artichokes, and beet root contain much sugar and farinaceous matter, and therefore are easy of digestion and are nutritive. Potatoes contain a kind of flour and on that account are very nourishing, and are more easily digested than bread.

The next in order are green peas, beans, and so on, which contain oil and sugar mixed, therefore are nourishing, but are most fit for robust persons and strong stomachs. Cucumber is a direct foe to the stomach. Mushrooms are very nutritive and have the properties of animal food and they may be eaten by strong persons,

### 273. ON FRUITS.

A proper use of fruits greatly contribute to the preservation of health. Ripe fruits correct thirst, moderate heat, and open the body. Acids, particularly the native vegetable ones (243), moderately used in diet, are grateful to the stomach, assist the appetite, promote digestion, cool the body and correct a tendency to putrefaction; but too free use of them will disorder both the stomach and the bowels. Fruits contain sugar, native vegetable acids, and mucilage; and their skins contain more or less an astringent juice; but so little of it, as not to render them wholesome. The sugar, acids, and mucilage are capable of fermenting and being converted into blood. As sugar affords more nourishment than any other substance, such fruits as are sweetest are the most wholesome. Sugar is seldom well digested; being so solvable, it passes off from the stomach before any change can take place in it, but entangled in the cells of fruit, it is retained longer in the stomach so as to yield more nourishment. Again, it is not apt to ferment in the stomach alone, but mixed with the mucilage of fruits, fermentation readily takes place; besides, the acid of fruit helps to correct the putrescency of animal food.

Stone fruits, in general, are of a soft, lax texture, and their juices dilute, by which means, they are

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easily dissolved in the stomach. Apricots and peaches are less noxious than either the cherry or the plumb, being sweeter and richer. Apples and pears being of a firmer texture, and contain a less active acid, are less liable to detrimental fermentation than the stone fruits, and will continue longer in the stomach; pears are more wholesome than apples: for the pear being specifically heavier than water, will sink to the bottom of the stomach, and be sooner digested: while apples swimming nearer the top will elude the action of the intestines, and by irritating the lower orifice of the stomach will often produce uneasy symptoms; but pears lie colder on the stomach than apples. Strawberries and raspberries are innocent and pass out of the stomach before any active fermentation can take place. Currants are of very little nourishment and are liable to the bad qualities of stone fruits. Gooseberries are more nourishing provided we do not eat the husks: grapes are the richest fruit and suit the stomach. When we apply heat to these fruits, we change their qualities by cooking and dispose them less to ferment. It is to destroy their disposition to ferment that we frequently eat them with milk or cream, whose oily nature produces that effect. Another method of using them is with sugar, which renders fruits more nutritive; and to sour fruits must be a judicious addition. Sometimes we use oily matters; as butter in apple pie. This, from its antifermentative quality, is a proper addition; but in weak stomachs it is apt to produce heartburn. It is safer to eat the mild fruits before meals; the sour fruits after. Pasty with much butter or lard is very unwholesome: tarts and fruit pies, particularly to children liable to complaints from acidity in the bowels. Dough sour by fruit, as in tarts, renders it more unwholesome than dough in meat pies, or in heavy unfermented bread.

## 274. OF ANIMAL FOOD.

The body is not nourished in proportion to the quantity of food taken, but according to the degree of perfection with which that food is digested; and, therefore, however simple it may be, more should never be taken than will sit easy on the stomach: overloading it disturbs the progress of digestion and prevents the proper returns of the appetite. Hence, the impropriety of eating when we are not hungry. As animal food fills the vessels fuller, and with denser blood than vegetable, it naturally increases our muscular strength, but then it loads the brains and occasions heaviness and stupor: whereas, vegetable food, from not loading the system with blood, rather diminishes muscular strength, but enables the mind to act with greater force. Vegetable food, therefore, is fitter to give clearness of ideas; and animal food is best adapted to labour. Men accustomed to labour, and to eat vegetable food may be capable of great muscular exertion; but this does not prove the power of vegetable food over animal. The chief nourishment drawn from food, is the oil it contains, of which there is more in animal than vegetable food. In time of digestion, perspiration is stopped, and more particularly after vegetables.—*Nature in the structure of the body, has designed man to live on both kinds of food, and reason should teach him which to choose and when.*

Though animal food gives strength, it is hazardous to the system, as it produces plethora and all its consequences; and by its stimulating principles, sooner wears out the system; and if we take exercise sufficient to render the diet salutary, such an accumulation is made of putrescent fluids, as in after life to lay a foundation of the most inveterate chronic dis-

temper. Those who lead a sedentary life should avoid an excess of animal food. In hysteric and hypochondriac constitutions, animal food is absolutely necessary: but it should be used with as much vegetable food as is found requisite: and when a cure is performed, this diet may be changed. Variety of food such as liquid and solid should temper each other; *the only danger of variety is eating too much.* Animal food is not quicker digested than vegetable, but more effectually or entirely. Although animal food gives strength, tends to produce plethora, urges the circulation, excites fever; but promotes perspiration.

Mutton, beef, lamb, veal, and venison, are all wholesome. *Beef* is of a firmer texture than mutton or venison, but less soluable in the stomach; yet equally nutritious. The fat is more soluable than lean, but like oil and butter, is apt to disorder the stomach. Salted meat if frequently used is unwholesome, being bad of digestion. It vitiates the blood and the circulating juices, yet a moderate portion of salt with meat assist digestion. High seasoned meat must be avoided, as it stimulates and heats the stomach and destroys its tone. Pork disagrees with some persons, therefore they should avoid it. Broths or soups are apt to relax, if taken too hot; they are unfit for weak stomachs. Fried meat or meat baked in a pie, is more difficult of solution and digestion than that which is moderately roasted or boiled. Under cooked meat is better than overdone meat. Gravy is wholesome and ought to be taken when animal food is eaten. Young meats are not so good as older. If food be soon carried off, it is the same thing as if it contained a less proportion of nourishment.

Hare is bad of digestion, but the rabbit being of

very little exercise, is without viscosity and is one of the lightest and most digestible food in use. With respect to fowls, the wild are preferable to the tame, and when taken at a proper age, may be used almost without restriction.

As to fish, salmon, river trout, smelt, char, herrings, haddocks, sole, plaice, turbot, and halibut, are all wholesome and nourishing ; but if used too freely are apt to breed tumours and eruptions on the skin.

#### 275. OF MASTICATION.

Mastication or chewing our food is indispensably necessary ; independently of it grinding our food, the saliva secreted by and pressed out of the glands in the act of chewing, is designed by nature not only to lubricate the passage in swallowing, but to aid digestion, when the food is in the stomach. This, therefore, should never be performed in a hasty and slight manner ; but should be well masticated. Mastication being connected with solution of blood in the stomach, some, by imperfectly performing that office have been obliged to retch up their food.

#### 276. OF THE QUANTITY OF FOOD.

It is a principal object of medicine to give strength and tranquility to the system at large, which must have a beneficial influence on all its parts, and greatly promote the well-being of every local disease. We cannot expect tranquility of the nervous system, whilst there is a disorder of the digestive organs. There can be no advantage in putting more food into the stomach than it is competent to digest ; for the surplus can never afford nourishment : on the contrary, it will be productive of various evils. Being in a

warm and moist place, the undigested food will undergo those chemical changes, natural to dead vegetable matter; the vegetable food will become acid, the animal will grow rancid and putrid. Part of the food thus changed will be imbibed from the bowels, and render the blood impure, from which there is no outlet for various kinds of matter but through the kidneys; and this may prove a cause of foul urine as well as of the presence of many substances in that fluid not natural to it, and be productive of serious diseases in the urinary organs. In proportion as the powers of the stomach are weak, so ought we to diminish the quantity of our food, and take care that it should be as nutritive and easy of digestion as possible. By adapting an abstinent plan of diet, with respect to the quantity of our food, even to a degree that produces a sensation of want in the system, we do that which is most likely to create appetite, and increase the powers of digestion.

#### 277. AS TO THE QUALITY OF FOOD.

When the stomach is weak, it is necessary that it should be nutritive and easy of digestion, and its qualities should be adapted to the feelings of the stomach. In proof of this proposition, numerous instances might be adduced of apparently unfit substances agreeing with the stomach, being digested, and even quieting the irritable state of the stomach, merely because they were suitable to its feelings. Instances might also be mentioned of changes in diet, producing a tranquil and healthy state of the stomach in cases where medicine had been used in vain. Neither can such occurrences excite surprise; for as digestion, and the consequent tranquility of healthy juices being secreted and commixed with the food, such secretions

are likely to be produced by whatever agreeably excites it, and obstructed by whatever has a contrary tendency.

## 278. AS TO THE TIME OF FOOD.

As to the time of taking food, it is Nature's Guide to Health that we should put into the stomach a certain portion of food, the excitement of which, inducing a secretion of gastric fluid, by its action becomes digested. This office of the stomach being effected, it should be left in a state of repose till its powers are restored and accumulated, and this return of energy would in health, be noted by return of appetite. It is probable that three hours may elapse in health before the digestion of a moderate meal is effected, so that the stomach is empty, and in a state of repose. It is, therefore, reasonable to allot the same portion of time for the same purpose when the organ is disordered, whilst we have diminished the quantity of food, in order to proportion it to the diminished powers of the organs; yet instead of pursuing this rational plan of diet, many persons are taking food every third or fourth hour, pleading, in excuse for such conduct, that they cannot do without it. The truth is, that when the stomach is disordered, the exertion of digesting a single meal after its excitement and efforts have ceased, is productive of a sensation of languor, sinking, and inquietude, which ought to be calmed or counteracted by medicines, and not by food, for a second meal cannot be digested in this state of the stomach. Fasting too long is another error, and *then* we sit to a meal and fill the stomach to its utmost, regardless of its powers to digest. The rules then for diet may thus be briefly expressed. We should, proportionate the *quantity* of food to the

powers of the stomach, adapt its *quality* to the feelings of the organ, and take it at *regular* intervals of six or seven hours thrice during the day.

## 279. DRINKS.

Having entered into the several properties of eatables let us proceed to drinks. Those which produce the least heat in the body, mind, or distention in the stomach, are the most wholesome. The general use of drinks is to supply fluid, in order to facilitate solution in the stomach, and to expedite its evacuations into the intestines and there pass it easily. Those who drink nothing daily do not act fairly to the stomach. Drinks also promote the secretions; but it must be understood the sooner the food is evacuated the less nourishment it has produced; and those who use least drink are most nourished.

Water is necessary to digestion and nourishment, and especially where acidity and flatulency prevail, and where bile has acquired too much acrimony. Cold water strengthens the stomach, assists digestion, prevents obstructions, renders sleep more calm, and cheerfulness more regular and lasting. Sundry little draughts are more wholesome than larger ones. Large draughts at meals make the food fluctuate in the stomach. Drinking after meals unless we are thirsty, is a pernicious custom, especially if we drink while digestion is going on; as it destroys the natural heat that is working in the stomach. The foolery of this country has induced the custom of drinking healths after meals, which is always attended with inconvenience to the stomach and consequently to the state of the well being of the body. Water is the drink which Nature has designed us, and made agreeable to all

palates, and conducive to labour and fatigue : besides keeping the understanding clear, the memory more steady, the senses more quick, and the manners more gentle.

There are salts constantly forming in the blood, besides such as are thrown into it by the stomach : whoever has accidentally tasted his own blood, will be convinced of this, by its saline taste. There is always, also, a small part of the blood, in some degree, putrifying. Now, if these salts and this putrescency were accumulated to any degree, they would prove fatal. Water, then, is necessary to wash away these salts and this putrescency. There are no persons perfectly well without a sufficiency of diluting liquor taken with their meals ; but as in all other things, *moderation should be used.*

Besides, the saliva and natural juice of the stomach are not sufficient of themselves to dissolve the aliment and carry on fermentation. Water then is a great assistant.

Dumontier an eminent physician of Paris, being at the point of death, surrounded by many of the faculty, said, "Gentlemen, I am going out of this world, but it is a satisfaction to me to know, that I leave behind me three great physicians to supply my place." Each conceiving himself included in the number, begged him to mention their names. He did so—*L'eau, L'exercise, et la Diete : ie, water, exercise, and diet.*

## 280. CLOTHING.

The choice and regulation of clothing are of great importance both to health and comfort. They should be regulated according to the season or state of the atmospheric influence. When sweating takes

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place profusely, flannel should be worn, yet it does not take up the moisture in a fluid form, but rather as a vapor. Flannel is sometimes debilitating by the perspiration it excites too constantly ; or it is irritating by its roughness on some tender skins, it should be frequently changed and not allowed to become too thick. *Cotton* has all the qualities of flannel but in an inferior degree. *Chamois* is used next the skin as uniting the advantages of both flannel and cotton. *Linen* next the skin is healthy and ought to be changed, which renews the air between the linen and the body. *Silk* should not be worn next the skin, as it has no affinity to water, and the sweat not being absorbed is apt to fret the body, and to cause a shivering when it cools. *Fur* is necessary in very cold seasons ; but it is one of the most powerful retainers of contagion. In our climate much caution is necessary in the changing of dress. Women from the foolishness of being fashionable in the spring, change their clothing too soon and sacrifice their health to appearances. The winter clothes should be worn until summer has unquestionably arrived. A few days of sunshine in April or May should not attempt us to lay aside our warm clothing. Clothes often become hurtful by their being made subserviant to the purposes of pride and vanity. It is of the greatest necessity to keep the extremities warm and dry. Wet feet often bring on most fatal diseases as the colic, rheumatism, inflammations of the breast and bowels ; hysteria, and cholera. The shoes should not admit of moisture, the stockings should be warm, and frequently changed. Wet clothes should be taken off immediately. Undue pressure from tight lacing, garters, stocks, cravats and so on ; are hurtful, as they frequently bring on vertigo, headaches, apoplexy ; and obstruct the blood. Were we to recom-

mend a particularly comfortable dress, we should say wear the dress generally worn by the quakers. They are always neat, clean, and often elegant, without superfluity. What others lay out upon flounces, braids, ruffles, ribbons, and tawdry laces they bestow upon superior cleanliness. Finery is only the affectation of dress, and very often covers a great deal of dirt. The medical adviser should be attended to when he warns the delicate young female of the danger of cold, consumption, and sore throat, from the insufficient covering of the neck, the breast and the arms, and when he points out the danger of stays and tight lacing, to induce disorders of the liver and other viscera of the abdomen, or to cause headaches and spitting of blood, by hindering the due performance of circulation.

## 281. BATHING.

**COLD BATH.** The temperature of the cold bath *balneum frigidum*, is considerably below the heat of the body. It is considered mischievous in all cases of diseased *viscera*, and ought not to be used during costiveness. When beneficial, a glow of heat succeeds the bathing; if chilliness and headache are the result, it should be immediately abandoned. Cold water is a powerful tonic, but like all other valuable remedies, may be abused. Sea water, in general, is preferable to fresh, though when not attainable, the latter is a valuable substitute not to be despised.

**HOT BATH.**—By which it is understood any degree of heat between 93 and 96 degrees: it brings on a state of repose, removes local irritation, promotes personal cleanliness, and is excellent to children affected with convulsions, and diseases of the skin; restores

suppressed perspiration, relieves gout, rheumatism, and hectic patients, and is useful in complaints of the kidneys and liver. It is also especially useful in the swelling of the legs, and in female obstructions.

**SHOWER BATH** is exceedingly healthful, especially to the weak and to those affected with diseases of the head.

**TEPID BATH.**—The temperature of the tepid bath *balneum tepidum* is from 60 to 96 degrees; generally about 90 degrees. It is often used in fevers and diseases of the skin, it produces a salutary reaction, with a degree of perspirability on the surface of the skin. It is useful in gout, rheumatism, headaches, colds, &c.

**VAPOR BATH.**—The temperature of the vapor bath *balneum vaporis*, is from 100 to 130 degrees, and is a very important remedy in many cases, especially in all kinds of obstructions, inflammations, fevers, scurvy, palsy rheumatisms, leprosy, ulcers, cramp, dropsy, and the loss of the equilibrium of the juices and heat of the body. The most usual mode of employing it is to expose it to the naked body, in a room into which the steam of hot water may be admitted. In the vapor bath the stimulating power of heat is modified, by the moisture diffused through the air; and as the elastic vapor, like air, is a less powerful conductor of heat than a watery fluid, the effect of vapor in raising the temperature of the body is much less than that of the hot bath. On all accounts, the vapor bath is safer, and, in most cases, more effectual, than the hot water bath. Every person may have a profitable vapor bath in his own house. Fill a bucket two or three inches deep of hot water in which immerse an hot brick, place the patient over the bucket, wrap both the patient and the bucket in thick

blankets, so that none of the steam may escape; a pint of vinegar boiling hot may be added in inflammatory complaints. During this operation the patient must be taking pure stimulants, so as to produce profuse perspiration, as soon as this is sufficiently produced, let the patient retire to bed and apply hot bricks and vinegar cloths till the patient is relieved. Any limb may receive the benefit of the vapor bath, suppose the foot or leg is inflamed or afflicted by pain, wrap the leg and bucket as before described, and let the limb remain till perspiration is produced and the effects are felt. Previously the body should be prepared with stimulants, and great care must be used not to catch cold after the operation.

## 282. SPONGING.

Rise by five or six in the morning, take a sponge and a basin of cold water, begin with the neck, chest, belly, abdomen, and then all over the body after, which scrub well with a rough towel; this will open the pores of the skin and promote healthy perspiration. After this take a walk, if the weather be fine. Keep the stomach and bowels in order, and the skin clean, this is the way to health.

## 283. SUMMARY,

### ANATOMICAL ANALYSIS OF THE HUMAN FRAME.

The body of man consists of a number of bones and cartilages, which are the bases and upholding pillars of the whole fabric; the joints are compacted with many ligaments, and are covered with innumerable membranes: the members are supplied with about thirty pairs of sensitive nerves, as with little cords; and all filled with as many arteries, like water pipes, conveying vital spirits to all parts; the empty spaces

are filled up with more than four hundred muscles, all covered with a skin.

#### 284. OF THE BONES.

Bones are spermatic parts, cold and dry, endowed with strength and elasticity, that they might give energy to the body, sustain it and assist its motion. Their substance is naturally hard, covered with a membrane. called *periostion*, white with some redness ; hollow in the middle except the ribs, smooth : covered in its extremity with a cartilage, and moistened with a fat humour, called *medulla*, or marrow. Some bones are perfectly generated in the womb and are cartilaginous, as those in the ear, being the smallest in the whole body ; they are nourished by arterial blood : but the nutriment of hollow bones, is the marrow. Bones are marked by elevations, which are termed processes, and serve either for points of attachment to muscles or ligaments, or for articulation with corresponding depressions in other bones. In short they are designed to keep the whole frame together.

#### 285. OF THE MUSCLES.

The muscles are similar spermatic, sanguinous, membranous, fleshy, fibrous part, and the instrument of voluntary or free motion. They are composed of fibres for the intention of the motion ; of flesh for the substance of tendons, which perform the action, of arteries by which they are nourished ; of veins, which carry back the superfluous nourishment ; of nerves, which give sense, and convey the motive faculty to the brain ; of membranes which encompass and keep the muscles together ; of fat, which moistens and keeps them from being dry by too much motion. The

fibres and flesh are only extended according to the streight position of the fibres, the tendon is the white glistening *extremities* of the muscle; the arteries or veins run through the substance of the muscle; the nerve, as soon as it is entered into the substance, is dispersed into a great number of twigs, which end in it and become inconspicuous; the membrane is proper to the muscle only, and springs either from the tendons; or is framed in the first confirmation of the parts; the fat lies in void spaces to prevent a vacuum. The muscles have a free motion; which is threefold: first,—when the muscle is contracted towards its head within itself, thereby relaxing the opposite muscle, for muscles are generally in pairs,—secondly, when the motion is tonic, so that being contracted, it remains so; thirdly,—when after contraction, it is relaxed, which motion is accident, and proceeds from another, and therefore, muscles are placed one against another as antagonists. The manner of this action or motion varies, for in the throat it is swallowing; in the bending, one muscle throwing the arm out, which is called the extensor, the other bends the arm, and is called the flexor; one muscle relaxes, while the other contracts. The muscles also by their different directions, support the bones, particularly the head and all the limbs are regulated in their movements chiefly by their agency. We say the muscles are in *pairs*. The muscles of the head are eight single, or nine in pairs, called triangularis, complexus, subsecundo, recti margores, &c., but we should take up too much room to name all of them; therefore we must content ourselves by noticing the number. The two eyelids are moved by four muscles, the eye itself has six; the external part of the ear has four, and the internal two pairs. The nose has eight

muscles or four pairs, and those of the cheeks and lips are three. The muscles of the lower jaw, six pairs, being six on each side, and those of the tongue are four; the windpipe has two pairs; the thorax has six and the muscles, of the neck are four, as also the back and loins; the shoulder blade has according to the number of its motion, namely, backward and forward; upward and downward; and the arm has nine—in short there are considered more than five hundred muscles in the human frame.

#### 286. OF THE GLANDS.

The Glands are the secreting organs which work from the blood special products; thus the liver secretes the bile, the kidneys, the urine, and other glands the saliva. These being composed of an aggregation of small lobes, are named conglomerate glands; whilst those oval bodies, which are placed on different parts of the absorbent system, are named conglobate or lymphatic glands.

#### 287. OF THE NERVES.

The nerves are spermatic, membranous, long, and white hollow parts; and communicate with central masses and carry the communication that exists between the brain and external objects. Nerves are divided according to their functions, into nerves of sensation, nerves of motion, and nerves of peculiar senses. Nerves of sensation are *first*, Sight reside in the eyes which see and know the disturbances and griefs, gladness and joy of the soul, as love, wrath, and other passions. The sense of seeing excels all the rest of senses; it apprehends afar off and extends itself even to the stars. *Second* Hearing, this sense resides in the ears, the nerves which

conduct hearing, spring from the brain: this sense has many important singularities; for the service of the body, the sight is most necessary; but for the spirit, hearing has the superiority; it is the agent of the understanding. In brief, science, truth, and virtue have no entrance into the soul but by the ear. Christianity teaches that faith comes by hearing, which the sight rather hurts than helps. *Third*, Smelling is seated in the nose; from the commencement of the concavity of the nose come two sinews which carry odour to the brain. *Fourth*, the Taste, resides in the palate of the mouth and tongue. Its office is to choose proper food for the stomach. *Fifth*, Feeling appears to reside in the whole of the nervous system touching every nerve therein.

#### 288. THE BRAIN.

The brain is that large nervous mass of soft matter not homogeneous, but presenting different appearances; part of it white and fibrous is named the *medullary* substance and abounds in the interior; the other matter is grey and not fibrous in appearance; this forms the outer portion of the brain, these do not blend together, but have a perfect line of distinction. There is no adipose or fatty matter in the skull. The brain is divided into two hemispheres, separated by a strong membrane termed the *Falci-frone process* of the *Dura Mater*, and each hemisphere is divided into three lobes, anterior, middle, and posterior: the two hemispheres and the organs on each side, are brought into communication by fibres running transversely. The *cerebellum* and *brain* are only slightly and indirectly connected. Each side of the *brain* and also of the *cerebellum*, is supplied with separate arteries conveying blood to it

while the *sinuses* or canals which return the blood to the heart are common to all. The brain is protected by many coverings.

### 289. OF THE BRAIN AND LUNGS.

The brain and lungs are evidently the organs that produce the fundamental principles of animation—*heat*. The brain we find possessed of electrical powers, and the subtile matter termed nervous or galvanic fluid, is conducted from it over the system by means of the branches we call *nerves*. Vital air, termed oxygen, imbibed or attracted by the red particles of the blood, in their passage through the lungs, is transmitted over the body by means of the arteries, which tubes furnish the heart; and these vessels accompany regularly in their course the nerves. Hence the nerves being positively, and the blood in the arteries being negatively, electrified, an union takes place, the *consequence of which is the production of heat* in every part of the machine. The blood thus deprived of its vital air, oxygen, is returned by the veins, another series of vessels, to the lungs, to have this essential quality restored to it. The lungs are aptly termed the bellows of the animal machine, for, by supplying the system with oxygen, they act in the same manner as the bellows employed by the machanic to force oxygen through the fire, for the purpose of increasing the heat. Life may, therefore, be considered as a species of ignition, kept up by the brain and lungs, and hence the body may be regarded as an animal laboratory, furnished with a variety of organs; the secretion of which are all dependent on chemical affinity, which is under the influence of heat. The lungs are divided into five portions, three on the right side

and two on the left. There are three offices as well as three parts in the lungs; one is a vein coming from the liver which brings with it the undigested part of the chyle to feed the lungs. Another stretches from the heart which gives energy and life to nourish the lungs. The third conducts air to the lungs, which passes through all the left part of them to do its office. In all disordered parts essential to the blood and brains must be attended to. Morbid irritation is often productive of diseased structure, which is both the effects of increased ignition or vitality, and diminished ignition or relaxation. The brain, besides its electric powers, possesses a sentient power, in which the primary moving powers of the body resides; and, in this point of view, requires very particular attention and investigation. Thus, besides the nerves, or ramifications of the brain, conveying a nervous fluid, different sentient offices are also assigned them, according to their particular distribution; Where the nerves belonging to the membrane of the lungs and air vessels are in a state of morbid irritation, the disease termed *asthma* is produced; when the nerves of the stomach are disordered, *indigestion* takes place; when the internal membrane, the intestines, becomes affected in like manner, *diarrhœa* is the consequence; where the ligaments of the joints suffer from the same cause, *rheumatism* is the distinguishing disease, and so on. The nerves of some persons are more tender than others and these will be more liable to be affected by different causes, sooner than others. The *sentient power* which the brain and nerves possess, may be considered as a standard medium which produces the feeling of health, and when its irritability is excited, or increased, disease takes place both by vitality running too high, and also by its diminution or weakness.

Hence from this view, all diseases may be arranged into three classes or orders of *super-irritation*, *sub-irritation*, and *diminished irritation*—a distinction of importance in practise.

## 290. OF THE PULSES.

The *pulse* is that reciprocal motion of the heart and arteries, whereby the blood which is thrown from the left ventricle of the heart is disturbed throughout the whole body. The pulse acts as the pendulum, discovers the habit of the patient, the vigour and irritability of the different functions. A moderate pulse is the standard by which we are to judge of the rest; and it must be full and regular, this shows the patient is in good health. But when quick it indicates super-irritation; if vehement and quick, there is a feverish temperament, the heat and thirst are then great and the whole habit red and turgid. When small, little blood is conveyed from the heart to the arteries, then the patient is weak. A slow pulse denotes lassitude and portends viscid and tenacious blood. An irregular pulse prognosticates great danger if the patient is weak, and the sick must be then got into super-irritation. When we treat of different diseases we shall give directions how to act according to the different states of the pulse. Besides, we must be attentive to the laws of the animal economy, as to the sympathy that exists between particular organs of the body in preference to others.

## 291. ORGANIC SYMPATHY.

So strong is this sympathy often experienced between two organs where the one is under disease, that it is often very difficult to determine which is primarily affected. Thus, in morbid irritation of the brain, we find the stomach disturbed with nausea, and other

symptoms of indigestion, and *vice versa*. Both the womb and kidneys powerfully sympathize with the stomach and irritation of either is followed by vomiting. The intestines and abdominal viscera display a wonderful sympathy with every part of the body, and the slightest morbid irritation in them often disturbs the whole nervous system; as is instanced in hypochondriacism and other maladies. In local diseases, the state of the nervous system forms an important consideration. Every attention should be paid in the treatment, to keep it quiet; for when disturbed by the irritation of the local affection or derangements, it is apt to disturb the electrical powers of the brain, and thus to produce sympathetic fever, nor is it less necessary in attending to local diseases, that we ascertain whether actual diseased structure be attendant on the symptoms, or only a state of simple irritation. Thus, the liver will continue to show for a long time symptoms of disease, and yet, no organic change of structure be conspicuous. The same may be said of other internal parts. Increased irritation, whether of the super or sub-irritative kind, may sooner or later produce local derangement of structure, by disturbing the action of absorbent and secerning vessels. Hence pain, or morbid irritation ought always to claim attention, from the consequences which may ensue. But, independantly of the electrical and sentient functions of the brain, this complex organ possesses also an intellectual power, and forms the connecting medium between the body and the soul. The primary moving powers of the body, therefore, reside in the brain. It is named the sensorium; and the intellectual functions there resident influence both the electrical and sentient powers of this part of the body. Hence passions of mind exercise a considerable sway over the corporeal part, and

are, as they have been aptly styled from this influence, the gales of life. The stimulating ones in particular augment the electrical powers of the brain, and thus increase the heat of the system. The depressing produce an effect exactly opposite. As the different organs and parts of the body receive their sentient powers from the brain, so they are affected by their diseases. The influence of the passions seems equally powerful in its operation as changes of weather, and show their action more especially on parts that are tender and irritable. Thus, for example, anger, one of the most violent of the passions, will be attended in different individuals with very different consequences: for in some it will produce headache and tendency to apoplexy; in others, asthma; in others diarrhœa, &c.

On the same principle, of the influence of the intellectual operations, we find the system not only quieted, but even the activity of disease diminished, also by the mild and gratifying passions, hope and confidence.

The stimulant effect of the passions has been known in some cases so violent, as to occasion fever, apoplexy, and even death.

From the great sympathy existing between the brain and the heart, the passions seem to act particularly on the latter, and the feeling of grief is generally referred to this part. From the nerves also, or elongations of the brain, accompanying the arteries or ramifications of the heart, we can account for that want of nourishment or deficient supply for the vitality of the system, which takes place wherever the patient is under the influence of grief. Such being the effect of the intellectual operation on the body, it requires, in all diseases, an important and serious attention. The abuse of spirituous liquors, it may also be remarked,

has a similar influence as the other causes specified, in producing local derangement, and may be explained in a similar manner—by exciting and continuing irritation in the brain.

## 292. THE HEART.

The *heart* is that organ by which the blood is conveyed to every part of the body and has two ventricles, the left is higher than the right; and is the strongest of all the muscles; hence when affected by spasm it is of the most violent kind. From its incessant action it is more liable to disorder; especially from the ossification, which retards the velocity of its circulation, and often almost suspended in action termed the *pectoral angina*, the symptoms of which are peculiar, and the issue fatal. The motion of the heart is wonderful, it continues to the utmost period of life, day and night without interruption, more than a hundred thousand times a day. It is, indeed, a manifestation of the stupendous wisdom of the Creator, and is in nothing expressed more gloriously.

## 293. THE STOMACH.

The *stomach* is a compound and spermatic, sinewy and sensible receptacle of the food, and the seat of digestion: when it fails in its operations, the whole frame is corrupted; for in it are contained the portions that serve for nutrition, concoction, and procreation. The stomach is muscular, very nervous, and indirectly possesses sympathy with every part of the system, through its connection with the brain. When the food has gone through the process of digestion; it is emptied into the intestines (295); and as it passes through this tube, the chyle is taken up by the absorb-

ent vessels and by them conveyed to the mass of blood, whence it is separated by vessels connected with the arteries, termed *secerning extremities*, for the support of the body.

## 295. THE LIVER.

Such is the manner in which the growth and support of the body take place ; but while this is going on, the old parts of the body are removed by the absorbents, and the particles conveyed into the mass of blood. The mass of blood becomes accordingly loaded with impurities ; but nature has provided that these impurities should also be removed by means of certain appropriate organs. The principle organs for this purpose are four :—the *liver, intestines, kidneys, and skin*. Into the first of these the blood passes as it returns to the heart through the veins : and here is secreted a yellow matter, called the bile, which is discharged into the intestines, and is mixed with the refuse of the food to be rejected from the body. Hence the liver may be considered as the great depurator of the constitution, and therefore exercising a most important office, and of the due action of which the health of the body materially depends. Though its secretion, the bile, has been alledged to promote digestion, the reverse we may infer, if we are to judge of its effects, whenever from the action of vomiting, or other causes, it gets into the stomach. Besides were it so intended, it would be emptied into the organ where digestion takes place. On the contrary, we find an increased secretion of bile is always productive of irritation of the intestines, and its presence in the stomach, uniformly excites considerable nausea and frequently vomiting.

## 295. INTESTINES.

The second organ appropriated for purifying the mass of blood is the *intestines*. Through this organ the food passes after it has left the stomach, having its nourishing part taken up by the lacteals. Besides which, there is a copious secretion of feculent matter from the whole internal surface ; thus, while one set of vessels takes up nutriment and conveys it to the mass of blood, another discharges the impurities from the blood. The intestines are of great extent in most animals, and are folded in different directions in order to detain the matter received from the stomach, that its nutriment part may be absorbed.

## 296. KIDNEYS.

The third organ, the secretion of which is excrementitious, is the kidneys. They separate from the blood superfluous water, which is charged with various matters, as muriate of soda (common salt), phosphate of lime, pus, &c. These organs seem to exercise, in the performance of their functions a similar office with the skin.

Between these two a remarkably sympathy exists ; and a deficiency in the quantity of the secretion of one is generally supplied by the other. The discharge by the skin is often known to emit an urinous smell, and to possess similar qualities.

## 297. THE ABSORBENT VESSELS.

In prosecuting this view of the body, it will appear that the absorbent vessels form an important system in the animal economy ; and on the regular and healthy performance of their offices, the health of the body depends. In subjects of delicate structure, this system is often very tender and irritable ; and from

this state arises that peculiar morbid condition termed scrofula.

In such a state, when the loss of the equilibrium of action ensues between the discerning extremities of arteries and the absorbents, an accumulation is produced in different parts, as in certain glands or organs, the cellular membrane and its ligament of joints &c., sometimes ending in ulceration. But it is in age that the most formidable diseases of the absorbent system occur, in consequence of these vessels losing their power of action, either from diseased structure or debility, especially in glands, or parts approaching the texture of glands. Hence the frequency of this morbid state in the breasts of females.

The absorbents of the glands once failing to perform their office, an accumulation of glandular matter takes place, till the ramifications of the nourishing arteries become so compressed as no longer to convey their nutrient supply.

The absorbent vessels derive their power of acting from the brain. Hence their diseased state is either that of super or sub-irritation. Sub-irritation will exist locally in an organ, and by disturbing its mutation, occasion deranged structure or deposition of lymph in the cellular substance. The muscular system is no less under the influence of the brain, as we have before observed.

## 298. THE CIRCULATION OF THE BLOOD.

The origin of the body is in the chyle, which passing the lacteals, is delivered into the subclavian; where mixing with the blood, proceed together to the right ventricle of the heart; and there, being yet more intimately mixed, circulate together through the whole body; till after several circulations, and se-

cretions at the various strainers of the body, are assimulated so as to make one uniform compound mass, which appears to be nothing else than chyle altered by the artifice of nature and exalted into blood, there being no appearance of anything extraneous mixed with the liquor circulating in the blood vessels than chyle, excepting what had been before separated from it for some special purpose which being once served, is returned to it again.

While the blood is in the vessels, it appears to the naked eye, uniform and homogenous; but when let out and cold it separates spontaneously into two parts, the one red and fibrous which coheres into a mass, called *cruor*, the other thin and transparent, which remains fluid when cold, and being heavier than *cruor*, sustains and bears it up and is called *serum*. Thus we have considered every necessary in a summary way for the practitioner, we shall next treat on Diseases.

MEDICAL GUIDE TO HEALTH,  
OR  
EVERY MAN HIS OWN PHYSICIAN.

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BOOK III.

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DISEASES IN GENERAL, THEIR SYMPTOMS  
AND CURE.

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Disease is that condition of the body in which its vitality is either so diminished or impaired, that some, at least, of the animal and the vital functions are imperfectly performed. But in affirming that vitality is diminished or impaired, it must not be supposed that any change takes place in the *principle* of vitality; on the contrary, this continues the same, although the organs in a diseased state of body, are less sustained by its influence. As the system, therefore, cannot, in this condition, resist the influence of common matter acting by its own laws, the power which holds the different parts of the body together, gives way, and at length the whole becomes a victim of the ordinary laws of the affinity of its components, or in familiar language, death ensues.

300—Disease introduced the art of Medicine, which means, preserving health when present, and restoring it when lost. Its foundation was owing to accidental events, and natural instinct; not by college education,

nor apprenticed theory : neither were diseases cured by having a smattering knowledge of Greek and Latin, nor by jingling nomenclature ; which has its periodic variability ; *but simply by having an insight into the virtues of Herbs and Plants.*

301—As to the part which reason has acted in the improvement of medicine, it appears : 1. That diseases attended with particular symptoms were sometimes cured without the assistance of art, by spontaneous evacuation, as vomitings and sweatings ; whence purgings and sweatings, took their rise. 2. That the patients were often relieved by the breaking out of various tumours ; whence arose the applications of topical remedies, as ointments, cerates, and so on. The best and most judicious way of improving physic, is to observe carefully what means nature employs to free the constitution from distemper ; for like causes produce like effects. He who would advance the healing art ought to collect a select treasure of practical observations, be satisfied with a few but well chosen herbal medicines, be thoroughly and unprejudicially acquainted with their virtues and uniform efficacy in different constitutions and diseases, attending well to our *art of prescribing medicine* (116) ; despising a multiplicity of recipes ; rejecting the so much extolled medicines of the chemists, and attempt the relief of patients by proper diet and exercise and such medicine as observation, and sound philosophy recommend, which are generally found in the country man who ransacks the hill and vale, wood and dale, for his remedial agents. The correct knowledge of suitable remedies, is indispensably necessary in those, who, in order to moderate the impetus in acute disorders, make evacuations, promote perspiration, dilute

too thick fluids, condense those that are too thin, blunt acrimony, brace up too lax parts, and relax such as are too much constricted, mitigate pain, and in languors use stimulating medicines. This may be done by the uneducated ploughman, by the neglected artizan, by the tradesman, by the father, and by the mother ; without an acquaintance with *dog Latin* or a seven years' apprenticeship to a medical monopolist. All this can be performed, we see while we follow simplicity ; but the event of intricate labour is fallacious.

302—Diseases, often flow from local circumstances ; whence that which admits of mitigation, and by timely precaution are entirely prevented. Diseased parents, unwholesome food, confined air, and cold, wet, damp, or hot seasons, are the forerunners of various complaints, producing epidemics, such as influenza, catarrh, cholera, and many others which may properly be denominated *atmosphæric disease* ; and as these are generally foreseen and known by Astro-Meteorology, it is the duty of every individual to guard against them.

303—In every disease there is some striking or conspicuous symptom to be distinguished ; and by attending to this, the investigation of disease is generally much less difficult than people are ready to imagine. A proper attention to the patient's age, sex, temper of mind, constitution, and manner of life, will likewise greatly assist both the investigation and treatment of disease. In childhood the fibres are lax and soft, the nerves extremely irritable, and the fluids thin ; whereas in old age the fibres are rigid, the nerves almost insensible, and many of the vessels imperviable. These and other peculiarities render the disease of the young and aged very different, consequently must require a different method of treatment. Fe-

males are liable to many diseases from which males are exempt. They are less able to bear evacuations; and all stimulants should be more sparingly administered. Fear, fretfulness, and anxiety aggravate disease; and in vain do we apply medicine to the body to remove the maladies of the mind. Read attentively and study well the chapter on *Circumstances Modifying the Action of Medicines*.

### 304. OF FEVERS OR FEBRES.

Fevers of all denominations, and of the various modifications, are nothing more or less than a *loss of the equilibrium of healthy life-giving-animal* HEAT, which equilibrium is to be restored by opening the obstructions of nature. As fever is only an effort of nature to free herself from an offending cause; it is therefore, the business of those who have the care of the sufferer, to observe with diligence which way Nature points and to endeavour to assist her operations. Our bodies are so framed as to have a constant tendency to expel or throw off whatever is injurious to health. This is generally done by urine, *sweat*, stool, expectoration, *vomit*, or some other evacuation. I have reason, from experience, to believe, if the efforts of nature at the *beginning of a fever* were duly attended to and promoted, it would seldom continue long; but when Nature's attempts are either neglected or counteracted, such as by bleeding, blistering, or any other mal-treatment, it is no wonder that the disease so frequently proves fatal. *Bleeding* cripples or disables nature from helping herself, robs her of her power to surmount the offending opponents.

**SIGNS.** The distinguishing symptoms of fever are, increased heat, frequency of pulse, loss of appetite, general debility, pain in the head, hurried breathing, *hardness and dryness of the skin*

which must always be attended to. Other symptoms are, usually nausea, thirst, anxiety, a furred tongue, delirium, weariness, and disturbed sleep.

*Treatment.*—Use the vapor bath, give an emetic if the patient is not too much exhausted, place a hot brick wrapped in vinegar cloths and cause the native to perspire profusely; during which time give *febrifuge mixture* (181) where the bowels are costive, use injections as directed in (177). When fevers of a putrid kind threaten, the best method is to use repeated vomits; and administer pure stimulants. When great thirst prevails give the *fever effervescence* (182). Or, give apple tea, or barley water as directed in herb 13. If the patient only drinks plenty of the febrifuge mixture, keeps his feet hot with vinegar cloths, he will seldom fail to perspire freely. What a patient longs for he ought to have in moderation, his stomach will generally digest it, these are calls of nature and must be attended to.

### 305. INTERMITTENT FEVERS, OR AGUES.

**SIGNS**—Languor, a sense of debility, yawning and stretching, and an aversion to food; urine almost colourless, pulse small, nausea, and chilliness. After this succeeds redness of the face, thirst, pain in the head, throbbing in the temples; respiration full, tongue furred, pulse hard and full.

*Treatment and Cure*—1st, to take a sharp vomit; then plenty of the *fever composition powder* (222) and if necessary the vapor bath. After the fever has abated then take two drams of ground ginger; an ounce of snake root (100) one ounce of gentian root; half an ounce of orange peel and as much coriander seeds, all bruised in a mortar. A tea spoonful of this in a tea cupful of sweetened water three or four times a day. After this use *tonics* till convalescent.

### 306. SIMPLE CONTINUED FEVER, OR SYNOCHUS.

This is the inflammatory and typhus fevers blended together, the former preponderating at the commencement and the latter towards its termination.

*Method of Cure.* All motion of the body should be avoided. Give a gentle emetic of lobelia. *In this and other fevers promote perspiration.* If very costive a clyster should be applied. If very thirsty give of the febrifuge mixture. If a cough attend the fever give the expectorant mixture 180.

## 307. INFLAMMATORY FEVER, OR SYNOCHA.

**SIGNS**—Inflammatory fever is marked by great heat, strong hard pulse, red urine, vertigo, rigors, pains in the back, thirst; these are followed by flushes in the face and throbbing of the temples: the skin dry and parched, the tongue covered with a scarlet furr, and costive. The pulsation are from 90 to 100 per minute.

*Method of Cure.* As in fevers generally. Use freely an emetic, if nausea prevails at the *commencement*, then purge, and perspire: after which give *fever powder* or the febrifuge mixture as directed in (181). To obviate costiveness two motions should be procured daily for which give the purging mixture. If the head is hot lay on cold vinegar cloths. On recovery, a strict attention should be paid to diet and never overload the stomach. If the appetite should not return administer the mixture 149.

## 308. NERVOUS FEVER, OR TYPHUS MITIOR.

*Nervous Fever* is a mild form occasioned by anxiety of mind, debility, difficulty of breathing, the tongue dry, pulse small and low, clammy sweats break out on the forehead and on the backs of the hands with restlessness.

*Treatment.* The same stimulants must be used as in the last form of fever but it sooner breaks down, than the last. *Nervines* should be used such as valerian, cinnamon, oil of camomile &c. If nausea at the stomach prevail give a gentle emetic. *In all fevers the great point is to regulate the symptoms so as to prevent excess.* If a purging arise use 127. Meat of all kinds must be avoided. Where hiccups arise you must have recourse to antispasmodics. If the appetite do not return, use 149.

## 309. SPOTTED FEVER, OR TYPUS GRAVIOR.

**SIGNS**—This fever takes its name of the malignancy of its nature, and the symptoms of its putrefaction which are to be observed towards its close. A pain in the back and loins, brown or black tongue, small pulse, sudden debility, livid flush of the counte-

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nance, fetid stools, and lastly purple spots appear on the body.

*Method of Cure.* Gentle vomits at the beginning which must be worked off with camomile tea. After this operation is over give (140), or take manna, two drams; tartrate of potass, three drams, compound infusion of senna, one ounce and a half. Mix them for a dose. If the body is too costive, a clyster of milk, sugar, and salt, may be given as often as necessary. *Bleeding* we denounce against, for it *would decidedly kill*. Use the contagion mixture in the patient's room (202). All other rules must be attended to as in fevers generally

### 310. EXANTHEMATA,

Is *order* 2nd, which are scientifically called *Eruptive* Fevers from a Greek word meaning "to effloresce." Many of the diseases in this order are contagious, or what are denominated catching complaints, which in most cases attack an individual only once in his life, they begin with fever and end with eruptions scattered over the skin.

### 311. VARIOLA, OR SMALL POX,

Is a disease of very contagious nature, marked by a fever. The disease is so generally known that it needs no description; but its chief signs are drowsiness, a redness about the eyes, chilliness, shivering, pain in the throat, head, back, and loins; loss of appetite, faintings, and great thirst; nausea, quick pulse, with an inclination to vomit; and a great propensity to sweat.

From different stages are to be observed—first the febrile, the eruptive; third, the maturative; and fourth, that of scabbing, which is usually known by the name of secondary fever. About three and a half days, or when the moon forms 45 degrees from her place when the patient was taken, the eruption appears

on the face, neck, breast, and wrist; and will increase in size till the moon reach 90 degrees, which will be three and a half days more, at which time the febrile appearances wear off and the pox are seen all over the body. The *Small Pox* are classed under two heads, the *distinct* and *confluent*, in the former eruptions, are perfectly separate from each other; in the latter they run much into one another and this latter are generally the most dangerous. About the tenth or eleventh day, the face begins to fall and the feet and hands begin to swell, the patient generally does well: but when these do not succeed each other it is a bad sign. When purple, brown, or black spots are interspersed among the pustules, it indicates a putrid state of the blood; pale urine, violent throbbing of the arteries of the neck, are prognostic of delirium or convulsions; a bad sign when the face does not swell or falls before the pock reaches maturity.

*Method of Cure.* Do not confine the patient into a room more than 60 degrees warm, give a tea made of equal parts of vervain and balm for three or four days, lie on a mattress and not confined too much in bed, give fresh air, do not check eruption and perspiration, for which purpose administer pennyroyal tea with ginger; or the *infusion of vervain* (109). The diet must be slender, moistening, and cooling; as water gruel, milk pottage, bread pudding, sago, arrow root or such like; and for common drink small beer sharpened with lemon juice, apple tea and so on. When the disease has come to its height and the pock filled well, nature generally attempts to relieve herself by loose stools which must be promoted by a gentle emetic of violet roots (110) or any other found in (178). After which use freely the (140), then restore with the *tonic powder*.

### 312. COW POX, OR VARIOLÆ VACCINÆ.

We shall not take up room in noticing the history and results of this once to be experienced afflicter. Cows are subjected to an eruption on their udders,

which is frequently communicated to the hands or arms of those who milk them, and those who have been afflicted with this eruption are never liable to the small-pox. Dr. Jenner, very satisfactorily ascertained that this eruptive pustule was a much milder disease than the small pox, and that in general it secured those who had been infected with it from afterwards being liable to various infections. He also observed that the vaccine pox is not communicable but by inoculation, and that on this account it might be inoculated in a family without endangering others—a circumstance of the greatest importance.

The *vaccine virus* should be taken from the pox which appears on the nipples of the cow, which pox or pustules is commonly of somewhat livid colour and is surrounded by an erysipelatous inflammation.

*Operation*—The skin near the top of the arm should be punctured with a sharp pointed crow quill, then dip the sharp nib in the fluid, and insert it under the skin. The fluid should be transparent, as it is not to be depended upon if at all opaque. The matter if not used immediately should be dried gradually, before it is laid by for future use; it should be well corked up in a bottle. If the fluid be taken from another child, it should be taken before the ninth day. The child should not be less than two months nor more than six before it be inoculated; and at the time of operation, the child if possible should be in good health. The success of inoculators depends on the management of the patients while under the disease.

*Treatment*—For the first eight days the child should be kept cool and shielded from the external air. The diet should be bread, milk, light puddings, water gruel, weak broths, and white meats. Their medicine, mild purgatives and tea made of equal parts of ground ivy, bistort root and herb, and agrimony; boil them in as much water as will make a strong tea; four table spoonfuls five or six times a day.

### 313. CHICKEN POX, OR VARICELLA.

This like the small pox is contagious and affects

persons but once during their life, and is much milder and less dangerous than small pox ; and is also communicable by inoculation ; but affords no protection from variola. The eruption commences on the breast and back ; *then* to the face, scalp, and extremities. Chicken pox is distinguished from the small pox by the former having no fever, or if any, it is of an uncertain continuance, about the second or third day the vesicles are filled with cerum ; and about the fifth day there is a crust on the pustules while in the small pox it is several days longer. The chicken pox has been sometimes mistaken for the small pox, and matter has been taken for that of small pox in inoculation, which has led persons sometimes to think they have been afflicted with small pox twice in their life.

*Treatment*—Keep the patient warm in bed for a few days : use a spare regimen, and keep the bowels gently open.

### 314. MEASLES, OR RUBEOLA.

This disease like the small pox, proceeds from infection, and is more or less dangerous according to the constitution of the patient, the season of the year, and the climate or locality of the resident.

*Symptoms*—Chilliness, shivering, succeeded by heat, thirst, anxiety, pains in the head, back, and loins, heaviness and redness of the eyes ; with an effusion of tears, swelling of the eyelids, nausea, sometimes vomiting of bilious matter ; dryness of cough, hoarseness, hurried respiration, difficulty of breathing, frequent sneezing, and a discharge of acrid matter from the nostrils ; with a pulse at the same time strong and frequent.

*Treatment*—Our business is to assist nature by throwing out the morbid matter, keeping perspiration to the surface. Cooling

medicines as the febrifuge mixture (181); infusion of marygold or elder flowers; tea of balm or agrimony. If the patient is left with a cough take (180). When the violence has abated, which ought to do about the fourth day; then prepare the following:—a handful each of clevers, peppermint, ground ivy, flax weed, red raspberry leaves, with ginger root half an ounce, infuse in one quart of hot water; strain and sweeten. *Dose*—Three or four table spoonfuls as often as may be required.

### 315. SCARLET FEVER OR SCARLATINA.

The scarlet fever is so called from the colour of the patient's skin which appears as if tinged with red wine. It appears, at all seasons but most generally about the end of Autumn when there are sudden changes from heat to cold and open unhealthy weather; hence, it may be denominated one of the Atmospheric diseases; for then it will be an epidemic infection.

*Symptoms*—It begins like most other fevers with coldness and shivering without any violent sickness; restlessness, want of appetite, thirst, headache, and oppression at the pit of the stomach. The tongue slightly furred and red round the edges and tip; soreness about the throat is often complained of; the pulse is quick, but small and depressed: the tonsils inflamed and ulcerated. On the third day the face looks swelled and red, and the scarlet eruption spreads all over the body; the surface is smooth to the touch; on the fifth or sixth day the scarlet eruption begins to abate, and becomes brownish, and peels off. The danger is not yet over for a few days; there is disturbed sleep, scanty urine, and swelling in the limbs. This disease is distinguished from the measles by the absence of the watery eye, sneezing, and by the smoothness of the surface.

*Method of Cure*—Give an emetic in the early stage and vomit well with (201). Keep the patient warm, the bowels gently

open, and when the emetic has taken sufficient effect, sponge the body with vinegar; when the fever has abated give (220) together with (153). So as to clear off the dropsical symptoms, and consumptive liabilities.

### 316. NETTLE RASH, OR URTICARIA.

This is an eruption on the skin similar to the stinging of nettles, hence, its name; is accompanied by severe itching and terminates in a desquamation of the cuticle. The patches often coalesce and appear on most parts of the body, especially on the shoulders, loins, nates, thighs, and knees; the face is often swollen with pain and, sickness at the stomach. During dentition, some children suffer from it. The eruption often appears in hot weather, and will appear and disappear several times in a day.

*Treatment*—At the commencement give a gentle emetic as (67). On the morning after the exhibition of the emetic administer magnesia one tea spoonful and powdered rhubarb half a tea spoonful in a little peppermint water. Strong purgatives will be detrimental. The patient's diet must be light, soda water is a proper and cooling beverage. Where distention of the stomach and acidity exist, take the effervesce (183).

### 317. SHINGLES, OR HERPES ZOSTER.

**SIGNS**—An eruption of watery postules, about the size of millet seeds, which encircle the body, mostly occupies the epigastric region, and occasions an intolerable itching and soreness.

*Treatment*—Take two ounces of white diachylon, two ounces of sweet oil, and half an ounce of vinegar; mix together for a liniment, and apply to the part affected, repeating it as occasion requires. Or foment with two table spoonfuls of a solution of acetate of ammonia to a gill of elder flower water. Change of air should be obtained, and when the disease gives way *then* take the *Tonic Powder* (220).

### 318. ERYSIPILIS, OR ST. ANTHONY'S FIRE.

This is an inflammatory disease, accompanied

usually with drowsiness, and sometimes delirium, when it affects the head and face; and with a few days of fever. It does not matter by whatever the disease was brought on, we know it well when it exists, and our province is to be informed of its

*Treatment*—In this complaint much mischief is often done by external applications and bleeding is one of the popular incautions practised by the faculty—the principle object should be to promote copious perspiration especially when the head, face, and brain are affected, for this purpose take (182). In a day or two after this give an emetic as directed in (67) or in (178). Then make use of the hot vapor bath, and wash the afflicted part with two parts of vinegar to one part of liquor ammoniæ acetatis, then keep the patient from the external air for a few days, and he will recover under this treatment.

### 319. INFLAMMATION OF THE BRAIN, OR PHRENITIS.

Phrenitis is an acute inflammation of the parts contained in the cavity of the cranium, and may affect either the membranes of the brain, or the brain itself.

*Symptoms*—Pain in the head, redness of the eyes, flushings in the face, disturbed sleep, dryness of the skin, costiveness, a retention of urine, singing in the ears, grinding of the teeth, droppings of blood from the nose, and extreme sensibility of the nervous system.

*Treatment*—As the skin is extremely dry, bring the patient into a copious perspiration which will also lessen the pressure of blood to the head; bathe the head with vinegar cloths; keep the feet warm. For sweating, make a tea of capsicum, pennyroyal, and valerian roots, directed under those heads in the *Herbal Guide*. As a medicine, take the diaphoretic bolus (151) every three hours, washing it down with two or three table spoonfuls of the febrifuge mixture (181).

### 320. INFLAMMATION OF THE EYES, OR OPHTHALMIA.

It does not appear to me to be necessary to give either the cause or symptoms of the inflammation of the eyes, the sufferer can generally give you the

cause and yourself can see the effect, and the next thing to be attended to is the

*Treatment*—In the first place correct the stomach, and if necessary give an emetic of lobelia, after which make a strong tea of ground ivy, buckbean, centaury, agrimony, and senna, of which take a wine glassful three times a day. A lotion of some astringents as a mixture of raspberry leaves, oak bark, red rose leaves, and gum myrrh, with which bathe the eyes. Keep the bowels open by (140). Another lotion—take rose water, six ounces, and in this, dissolve half a dram of alum.

### 321. INFLAMMATION OF THE EAR, OR OTITIS.

Inflammation of the ear may be generally known by the violent pain in the ear with inflammation at the external opening. It sometimes causes delirium, and inflammation of the brain.

*Treatment*—Bathe the feet in warm water, apply hot bricks and vinegar cloths; use to the ear the vapor bath, then give an emetic and attend to the state of the bowels—apply a poultice of linseed to the orifice of the ear, and make a fomentation of camomile and marsh mallows (71) and keep the ear warm.

### 322. INFLAMMATORY SORE THROAT, OR CYNANCHE TONSILLARIS.

This disease is an inflammation in the glands of the throat such as the tonsils; sometimes the whole mucous membrane of the fauces are affected so as to interrupt the speech, respiration, and swallow.

*Cause*—The same as most other inflammatory diseases, checked perspiration, wet clothes, damp feet, sleeping in damp beds, and very frequently from taking cold after Mercury, or sitting in drafts.

*Treatment*—Make an astringent decoction much like that of (127) only not sweetened, but to each pint add a table spoonful of capsicum; a wine glassful every two or three hours. Wear flannel round the neck, keep the feet warm with hot bricks wrapped in vinegar cloths. If a gargle is thought necessary, take compound infusion of roses, six ounces; tincture of myrrh, half an ounce: honey of borax, three drams; capsicum a teaspoonful,

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mix them. Or suck purified nitre, and swallow down as it melts. Where the symptoms run high the patient ought to lie in bed, and be sure to keep the neck warm.

### 323. THE MUMPS, OR CYNANCHE PAROTIDÆA.

This disease chiefly affects children of the lower class and is sometimes contagious. It is known by an external moveable swelling on both sides of the neck, generally but not always; sometimes only on one side; which may be considered a tumour or swelling of the parotid glands.

*Treatment*—Keep the head and face warm, avoid taking cold; and apply fomentations of equal parts of marsh mallows and camomile; and open the bowels with (140).

### 324. PUTRID SORE THROAT, OR CYNANCHE MALIGNA.

Known by the inflammation being of a dark or purple colour, and by sloughing, or mortification; it sometimes is a termination of the cynanche tonsillaris; generally accompanies a low scarlatina. It usually makes its attack with cold shiverings, anxiety, nausea, and vomiting, succeeded by heat, restlessness, thirst, debility, oppression at the chest, the face flushed, the eyes red, respiration hurried, and hoarseness.

*Treatment*—If the patient can swallow, take infusion of two table spoonfuls of capsicum and a tea spoonful of salt in half a pint of boiling water, adding thereto the same quantity of warm vinegar—Then strain—*Dose*—two table spoonfuls every half hour. If a gargle be necessary, first inhale the vapor in the vapor bath; then take infusion of capsicum four ounces, tincture of myrrh, half an ounce, vinegar, one ounce, mix these for a gargle; still continuing the capsicum mixture. If fever attends, and the skin be dry, give some diaphoretic as (151) but be careful not to purge too much. Should diarrhœa arise in the progress, administer the astringent decoction (127). The food may be tapioca, arrowroot, rice, sago, and panado.

### 325. CROUP, OR CYNANCHE TRACHEALIS.

The croup is an inflammation of the mucus mem-

brane covering the wind pipe. From sudden cold acting on this part, a coagulated lymph forms which causes that peculiar wheezing, sonorous inspiration, with great difficulty of breathing. Children are most liable to this disease.

*Symptoms*—Drowsiness, fretfulness, eyes very heavy, rapid pulse, face flushed, and a crowing cough.

*Treatment*—First charge the body with a strong tea of sage, balm and pennyroyal, and the infusion of capsicum; then in one or two hours give two tea spoonfuls of lobelia vinegar mixture, (201), till vomiting is produced freely. Keep up perspiration and the digestive organs in active exercise, and allow the patient to have fresh air in the room. The vapor bath will be serviceable in producing perspiration.

### 326 PLURISY, OR PLURITIS.

*Causes.*—Exposure to cold, and all causes which usually cause other inflammations and fever, attacking chiefly those of a vigorous, and plethoric habit, it frequently attacks the strongest constitutions.

*Symptoms*—Inflammation of the membrane, lining or covering of the lungs, coming on with chilliness and shivering, succeeded by heat and thirst; restlessness, a violent acute pain on one side, near the ribs, extending towards the shoulder blades, back, and breast, and worse when the affected side is lain on; difficult breathing; redness of the cheeks, nausea, with hard short cough, the matter spit up yellowish or bloody.

*Treatment*—Remove the inflammation by giving half a tea spoonful of capsicum in half a tea cupful of sweetened water; with hot bricks and vinegar cloths to the feet; then apply hot flannels to the pains, and reduce the pulse, which is a good sign. Then administer the purgative (140). If the foregoing does not succeed, give an emetic; with capsicum yarrow, and raspberry leaves, be careful in the vomiting, but keep up the fomentation, promote expectoration as soon as

nature dictates, and give the expectorant (180). When the disease is removed assist the tone and stomach. By this treatment the worst cases are cured in eight days.

### 327. INFLAMMATION OF THE LUNGS, OR PNEUMONIA.

*Signs*—A Peripneumony is denoted by a difficulty of breathing, particularly when lain down, pain in the chest, moist cough, full pulse, white tongue, high coloured urine. The *causes* are much the same as in the pleurisy.

*Treatment*—Particularly promote expectoration by (180)—foment the pains—if necessary apply gentle purgatives—do not excite vomiting—keep up perspiration—other treatment as in pleurisy.

### 328. INFLAMMATION OF THE STOMACH, OR GASTRITIS.

*Symptoms*—Burning pain in the stomach and throat, nausea, excessive thirst, great pain when food is taken, distention, flatulancy; restlessness and anxiety; a quick, hard, and contracted pulse; delirium and faintings; cold clammy sweats, hiccup, and coldness of the extremities.

*Causes*—Acid substances taken into the stomach, and indigestible articles of diet; cold liquors drank while the body is heated; obstructed perspiration; and poisonous drugs.

*Treatment*—Foment the stomach with hot cloths in a tea of hemlock and camomile—bathe the feet, then apply hot bricks to the feet and let the patient perspire, prior to which administer a tea of capsicum and raspberry leaves; and if the bowels are costive give an enema of valerian in barley water sweetened with treacle as directed in (171)—the composition powder (224) has generally proved effectual—a vomit *must not* be given and nausea must be remedied as soon as possible—the patient must be kept warm. The food must be light and the drink mucilaginous as barley water, holyhock, marshmallows, sarsaparilla decoction. See the *Herbal* 71, 33, 32, and others.

### 329. INFLAMMATION OF THE INTESTINES, OR ENTERITIS.

*Symptoms*—Much the same as in *gastritis*, pains in the abdomen, vomiting, costiveness, fever, a quick, hard pulse, pain increased with pressure, especially about the naval, thirst, anxiety, the urine obstructed. The *causes* are the same generally as in the last disease.

*Treatment*—Foment the abdomen with hot cloths dipped in decoction of camomile, hops, yarrow, and sage—let the patient perspire profusely—the bowels must be moved by injections as in *gastritis*—relieve the gripings by the constant fomentations on the pains—as great danger attends this disease, every precaution must be attended to. The disease returns from slight causes, the greatest circumspection will be requisite after recovery. Keep the bowels open—the patient must refrain from cold exposures and keep from taking wet in the feet.

### 330. INFLAMMATION OF THE LIVER, OR HEPATITIS.

*Causes*—The same as in most other inflammations, application of cold, external injuries, violent exercise, intense summer heats, high living, wearing cold damp linen, intermittent and remittent fevers, the too frequent use of vinous and spiritous liquors, derangement of the digestive organs, hot spicy aliment and obstinate hypochondriacal affections &c.

*Symptoms*—Acute pain in the right side, extending to the shoulder bone, costiveness, a degree of fever, difficulty of breathing, loathing of food, great thirst, yellow countenance, and livid colour about the eyes.

*Treatment*—Abstain from hard and indigestible food, spirituous liquors—purge with (140)—medicine, take (146) half a wine glassful six times a day—fomentations over the painful parts greatly relieve—if the skin remain dry and hot, give the diaphoretic of equal parts of balm, centuary, mint and yarrow.

### 331. INFLAMMATION OF THE KIDNEYS, OR NEPHRITIS.

This disease may proceed from the same causes

as produce an inflammatory fever; also by wounds, external bruises, gravel or small stones lodging in the kidneys; strains by hard walking or riding, especially in hot weather; or by whatever drives the blood too forcibly into the kidneys.

*Treatment*—Hot fomentations across the kidneys, with mallows, camomile, and a little saffron—give for a medicine (153), if the bowels are confined, take half a tea spoonful of rhubarb night and morning—if thirsty give a tea of raspberry leaves and clevers—if the bowels remain very costive, give an injection of milk and water sweetened with treacle, and a little capsicum.

### 332 INFLAMMATION OF THE BLADDER, OR CYSTITIS.

The inflammation of the bladder proceeds in a great measure, from the same causes as that of the kidneys.

*Symptoms and Treatment*—Pain in the abdomen which must be fomented; difficulty of passing urine, for which give (196). refrain from hot stimulants. In all other cases follow the directions as in Nephritis.

### 333. RHEUMATISM, OR RHEUMATISMUS.

The name is derived from *Rheo* "to flow", and the primitive fathers of physic considered the disease to proceed from a *defluction* of humours which follow the track of the muscles, affecting the membranes thereof; attacking the knees, wrists, shoulders, hips, and other large joints, causing them to become swollen, stiff, and excruciatingly painful, which pain is much increased by motion.

**CAUSES**—The causes superinducing rheumatic affections are multifarious and almost innumerable. One of the principal causes is the taking of colds; not colds in an abstract sense, but the frequent fluctuation of the atmospheric gases, which produce the Meteorological vicissitudes that derange the circu-

lating juices or *rheums* of the unfortunate sufferer. In the spring and autumn, rheumatic subjects are most affected; and those whose employments subject them to alterations of heat and cold are particularly liable to this gigantic and merciless afflictor. Severe cold after taking mercury and other wholesale destroying drugs, are almost sure to bring on this faculty defying antagonist. *Obstructed perspiration*—occasional either by wearing wet clothes, lying in damp linen, sleeping or sitting on the wet ground, or in damp rooms, working in damp situations, exposure to cold air after excessive exercise, or by coming from crowded rooms into the cool air—is one of the causes which produces rheumatism. It is said there are many kinds of this maciating complaint; yet I am of an opinion there is but *one kind*; yet that one may exist longer or shorter, be chronic or acute, be warm or cold, be in the hip or the shoulder, the knee or the elbow; it is an obstruction of the vital juices of the body. Certainly it presents its unwelcomed self in a variety of shapes. Sometimes it is called gout when in the feet, toes, and ancles; and sciatica when affecting the hips. The various *Symptoms* may be prognostic of the character of the disease as to its acuteness or chronicness.

*Symptoms of Acute Rheumatism* are usually lassitude and rigors, succeeded by heat, thirst, anxiety, restlessness, and a full, and quick pulse, the tongue loaded with white fur; then pains up and down the different parts of the joints; chiefly the foot and ancle feel the most, then swelling commences, leaving the skin red, and sometimes shining: occasionally there is considerable swelling without redness, in some instances a blush of redness. In the course of the disease a considerable degree of perspiration usually occurs of a peculiar and acid odour; but that seldom relieves the pain. There is neither nausea nor vomiting, but the bowels are usually costive. While sweating is going on the afflicted part is generally cold and dry. The

urine is scanty and as the disease progresses, a lacteritious sediment is deposited. With these symptoms the disease is called *Rheumatic Fever*, and this is the milder character in which this protean monster afflicts its victims.

*Treatment of Acute Rheumatism*—We should first endeavour to remove the general fever by stimulants, hot bricks, and the vapor bath; and relieve the local affections. The most successful plan we have read of, is of a patient surrounded with hot bricks, before a kitchen fire, the doors and every crevis shut, while he stood naked in the middle, holding as well as he could, by a rope fastened to a joist; while an attendant kept pouring water from a watering can upon the heated bricks. He stood enveloped in steam for fifteen minutes; was then encased with flannel, and put to bed in warm blankets. The next morning his pains and swellings were gone and he quickly recovered. I recommend a decoction of one ounce of horseradish; one ounce of dandelion root: two drams of capsicum; two drams of hops; and one ounce of yarrow boiled in one quart of water, strain, and take a wine glassful six times a day. At night give the vapor bath. Continue the decoction and add to each glass six drops, increasing to twelve of the wine of colcicum. The bowels must at all times be well regulated; and when in bed the feet kept warm with hot bricks in vinegar cloths.

### 334. CHRONIC RHEUMATISM.

*Symptoms*—Pains in the head, shoulders, knees, and other large joints, which are more generally fixed, not so liable to wander as in acute rheumatism, much debility at the approach of damp and windy weather, it endures months, and frequently years; contracting and screwing the joints of the hands, fingers, and hips. Pains in the lumber region, with many of the symptoms mentioned in acute rheumatism.

*Treatment of Chronic Rheumatism*—First regulate the bowels; prepare a strong decoction of three or four pure stimulants, say pennyroyal, capsicum, ginger, yarrow, and centuary. After a few hours, or at night, a vapor bath for fifteen minutes, with hot bricks and wet cloths to keep up perspiration. As soon as the pains are removed, give the compound decoction as follows:—three ounces of guaiacum chips; stoned raisins, two ounces; saffra root and liquorice root, of each one ounce in

four quarts of water boiled down to two; and in about half an hour before removing the guaiacum and raisins, add the roots to boil; then strain. *Dose*—a cupful four times a day and keep from taking cold—Drink freely of (143).

### 335. GOUT OR PODAGRA.

*Signs*—Similar to those attending Rheumatism; the afflicted part looks red; the urine is high coloured and lets fall a red gravelly sediment, it usually attacks the great toe, heel, the calf of the leg, or ankle.

*Method of Cure*—First give an emetic if attended with indigestion—after which give diuretic powder (153)—medicine as in rheumatism—or take syrup of colchicum recommended in (73)—regulate the stomach by (149) and keep the bowels regular.

### 336. BLEEDING FROM THE NOSE, OR EPISTAXIS.

Inside the nose there is a considerable lining of network of blood vessels, and covered only with a thin coat or membrane; and upon a determination of blood to the head, these vessels become easily ruptured. The blood generally flows only from one nostril, but in some cases it is discharged from both; in young patients this may not generally be dangerous; but in older persons, when continued for some time it may be considered dangerous.

*Observations*—In plethoric habits it frequently precedes apoplexy, palsy, and so on; and therefore in such cases it is a dangerous disease. When it arises from any putrid disorder, such as phrenzy, vertigo, headache, we are to notice whether it is a disease or an effort of nature to remove some disease.

*Treatment*—As soon as possible get the blood into regular circulation by giving a tea of raspberry leaves, rose leaves, in half a cupful of this add a tea spoonful of sugar and a tea spoonful of capsicum and take this every half hour: this will cause a reaction in the blood and bring it down from the head—if the equilibrium is not restored, place hot bricks to the feet and one to each side, and this will restore the balance of circulation—

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then apply astringents, as (125) to the membrane of the nose, and this mode will cure, or apply a wet cold towel.

### 337. SPITTING OF BLOOD, OR HÆMOPTYSIS.

Hæmoptysis is a discharge of blood of a florid colour, frothy, from the lungs, and brought up by coughing. It is not attended with danger where no symptoms of pulmonary consumption have preceded the discharge; where it leaves behind no cough, asthma, or other affections of the lungs. In other cases it shows ulceration and in some instances it is an effort of nature to relieve herself. It is often occasioned by drinking, running, wrestling, singing, or speaking aloud.

*Method of Cure*—Such as have weak lungs should avoid violent exercise of the lungs. It should not be too abruptly stopped by astringents; but when it endangers the patient's life, then keep the bowels gently open by (193)—make use of light vegetable diet, with the refrigerant (202)—if the hæmorrhage is considerable, take of the astringent (127) which will generally be effectual.

### 338. VOMITING OF BLOOD, OR HÆMATEMESIS.

Is generally preceded by pain of the stomach, sickness, nausea, anxiety or fainting fits. It often proceeds from menstrual obstructions in women; strong stimulants in the stomach, acrid poisons, internal bruises, and obstructions in the liver, the spleen or some other viscera.

*Mode of Cure*—Purges must not be given till the discharge is stopped—the food must be cooling and light—then give (127)—after the discharge is abated, gentle purgatives may be administered, and take of (193).

### 339. BLOODY URINE, OR HÆMATURIA.

This disease is sometimes symptomatic of a general hæmorrhage tendency, but in general is occasioned

either by falls, blows, bruises, or some violent exertion as jumping, or gravel or stone lodged either in the kidneys or ureter ; attended with weight in the back, heat and pain at the bottom of the belly.

*Treatment*—When there is reason to suspect an ulcer in the kidneys or bladder give the following :—three ounces of marsh-mallow roots, half an ounce of liquorice, two ounces of raspberry leaves boiled in two quarts of water ; then add two ounces of gum arabic ; strain, a tea cupful to be taken four or five times a day—the early use of astringents in this disease has often bad consequences.

When the flux is stopped too soon, the grunious blood, by being confined in the vessels, may produce inflammations, abcess, and ulcers—if astringents are necessary give a decoction of plantain and raspberry leaves—boil an ounce of peach leaves in a quart of water down to a pint. A wine glass a day.

#### 340. MENSES, IMMODERATE FLOW, OR MENORRAGIA,

An immoderate flow of menses is when they return more frequently and continue longer than what is natural, or even common to the native.

*Treatment*—Keep the bowels gently open by laxative medicines which give but little stimulants, as half a tea spoonful of powdered Rhubarb in warm water sweetened—if thirsty give (181)—as a medicine prepare (127) and give two table spoonfuls every hour—if these do not prove effectual, foment the uturus with cold decoction of oak bark and raspberry leaves—after the discharge is stayed she must have a course of tonic medicines as 149. Sponge well in a morning (282).

#### 341. THE PILES, OR HÆMORRHOIS.

The Piles consist of small tumours situated on the verge of the anus, which are sometimes, separate, round and prominent, which generally bleed when the patient goes to stool, and are called the bleeding piles.

*Causes*—Costiveness, plethora, high living, sitting much, the use of strong and drastic drugs, and pregnancy.

*Symptoms*—Weight in the back, loins, bottom of the belly,

together with a pain or giddiness in the head, dryness in the mouth and fauces, general feverishness, sickness in the stomach, and flatulency in the bowels.

*Treatment*—Keep the bowels gently open by a tea of mountain flax or poplar bark; if these are not strong enough use a little rhubarb—then take a decoction of oak bark, or elm decoction—apply the pile ointment (176)—when the tumours are seated high up, make an injection of oak bark, raspberry leaves, and snake weed—prevent the direct cause.

### 342. CATARRH, OR CATARRHUS.

A catarrh is an inflammation of the mucus membrane of the nose, throat, and bronchia; with a redness and wateriness of the eyes, hoarseness, cough, and oppression about the chest, difficulty of breathing, and slight fever. It generally comes on with a cold and if not stopped may end in consumption.

*Treatment*—Give of the composition powder (224)—then if the chest is oppressed lay on hot wet cloths—if this fail give an emetic and use the vapor bath to produce copious sweating—be careful not to reduce the patient too weak but rather keep up the strength. If the disease proceeds with fever and great debility it will terminate in influenza.

### 343. INFLUENZA.

*Symptoms*—Dull pain, and weight in the forehead, chilliness, sneezing, hoarseness, quick, but small pulse, difficulty in breathing, stitches across the chest, bowels costive, tongue white, urine high coloured but clear, loss of appetite, nausea, and great debility.

*Treatment*—If nausea is complained of give a gentle emetic—if costive give a strong tea of mountain flax—if feverish give a tea of balm, burdock, and centaury—if thirsty give (183), or barley water with lemon juice—if expectoration is difficulty administer (180)—and during a state of convalescence have recourse to tonics such as (220) or (226.)

### 344. DYSENTERY, OR DYSENTERIA.

A disease attended with an inflammation of the

mucus membrane of the intestines, with frequent stools, slight cramps, severe gripings, chills, heat on the skin, and small fever. The stools though frequent, are small in quantity and some times streaked with blood.

*Causes*—Sudden changes in the atmospheric gases and when there is little electric action, which more frequently happen in the wet autumns—from taking putrid food, unripe fruit, drinking tart beer, and taking indigestible food.

*Treatment*—Where vomiting attends the disease give a gentle emetic and work it off by camomile tea—get a full discharge of the intestines, then give a tea of oak bark, burdock seeds, and raspberry leaves, and if this succeed in staying the disease, administer raspberry leaves tea with a little ginger and sweetened warm water till the bowels are checked. At the recovery let the patient take (220)—all the time the invalid must be kept warm. One of the best medicines for this disease as an astringent is extract of logwood, one dram; chalk mixture, four ounces; tincture of catechu, two drams; spirit of nutmeg, one ounce. *Dose*—Two table spoonfuls every four hours. Take light food and moderate exercise, malt liquors avoided—when the disease is contagious, use the contagion mixture (203)—for children give (126).

### 345, LOOSENESS OF THE BOWELS, OR DIARRHŒA.

*Symptoms*—Much the same as dysentery only the stools are not bloody neither is there any fever, the discharge is generally attended with a murmuring noise in the bowels; digestion and stomach are affected—the discharges are not bilious, which distinguishes them from the cholera morbus—it is a disease generally understood.

*Treatment*—Remove the morbid cause—then give a strong tea of raspberry leaves and oak bark well sweetened—when the disease has arisen from excess taken in the stomach, give a gentle emetic in the evening, and an aperient of flaxseed tea in the morning (43)—if great pain attend it give (214)—and for a general medicine (126)—if attending dentition, it should not be checked but give (225)—in convalescence administer (227).

## 346. APOPLEXY, OR APOPLEXIA.

*Causes*—Mental excitement, full epicurian living, luxurious idleness; the too frequent use of strong liquors, opium, tobacco—intoxication—a full meal—violent exercise—much exertion of the organs of respiration as in coughing, vomiting, laughing, long or loud speaking—extreme anger—suppressions of evacuations—exposure to the heat of the sun or overheated bed chambers—stooping much or long, tying anything tight about the neck.

*Treatment*—If caused from an overloaded stomach, give an emetic, but in other cases vomits will be detrimental, see 178—put the feet in warm water and rub the legs briskly—give tinctures of capsicum (211) and jalop of equal parts, if this cannot be done give an injection of senna and raspberry leaves half an ounce, half a tea spoonful of capsicum, as much lobelia in a pint of water. After convalescence give a decoction of horseradish, gentian, columba, and capsicum—then diuretics as (153). Tonics are very necessary.

## 347. PALSY, OR PARALYSIS.

Palsy is a partial or total loss of the powers of motion and sensibility, in certain parts of the body, sometimes attacks some parts of the muscles, yet more generally affects one entire side of the body, and then is known by the name of hemiplegia.

*Causes*—Many are the causes, particularly the long application of sedatives, poisonous fumes from metals, or minerals; cold and moisture; excessive drinking, sedentary labour, debaucheries, intense study during the night, and great anxiety.

*Symptoms*—Numbness, coldness, loss of motion, forgetfulness, the judgment impaired, the speech incoherent, difficulty of swallowing liquids, and convulsive twitching.

*Treatment*—Nothing so good as the vapor bath every day to the part affected, *first*, giving the sufferer plenty of hot stimulants and bitters such as capsicum, buckbean, horseradish, burdock seeds, quassia, valerian, and columba root, made into

strong decoction; a wine glassful three or four times a day, or administer (186). Continue this for a few weeks will relieve.

### 348. FAINTING OR SYNCOPE.

*Treatment*—If it proceeds from a loss of blood give stimulants—if from debility give (149)—use the cold bath, and endeavour to remove the offending cause.

### 349. INDIGESTION OR DYSPEPSIA.

Indigestion chiefly arises in persons between thirty and forty years of age, mostly afflicting those who study and are very sedentary. Many are the *Causes*, as grief, late hours, use of tobacco, opium, and other narcotics;—in short anything which diminishes the amount of nervous influence transmitted to the stomach, weakens the digestive organs.

*Signs*—Pains and sense of weight in the stomach, attended by frequent belchings, heartburn, bad taste in a morning, furred tongue, flatulency, a disrelish for food. (Read 270 to 280.)

*Treatment*—1st, Remove the remote cause which has given rise to the disease—2nd, obviate the symptoms which continue to aggravate it, if costive take 193, or a medicine of gentian, ginger, columbia roots and camomile flowers, of each an ounce to three pints of water, of which take three wine glassfuls a day.—3rd restore the tone of the organ by aromatic and astringent bitters as 220,—or take infusion of gentian one and a half ounce, tincture of cardamons, two drams; tincture of myrrh, one dram. mix them, this draught to be given twice a day.—If an emetic is necessary give it first, then purge, and lastly restore the stomach—if the bowels be too lax under this disease, then administer the astringent syrup 126.

### 350. HYPOCHONDRIAC AFFECTION, OR HYPOCHONDRIASIS.

This disease is known by lowness of spirit, vapours, melancholy, and is frequently *Caused* by grief, bad digestion, obstructions in the viscera, as the liver, the spleen, and so on, long continued evacuations, or a

loss of energy in the brain, with a torpid state of the nervous system.

*Treatment*—Remove the existing cause, excite the nervous energy, and divert the mind from painful excitement—if costive, give as in indigestion, then administer 112—lastly, strengthen the alimentary canal as under dyspepsia—the food light, and drink cocoa. A Herbal course will cure.

### 351. HYSTERIC DISEASE, OR HYSTERIA.

This complaint is an affection in the womb, and usually takes place between fifteen and twenty years of age ; most usually attacks females.

*Symptoms*---Pain in the head, dejection of spirits, anxiety, effusion of tears, difficulty of breathing, a sensation as if a ball was rising in the throat, sickness at the stomach, palpitation at the heart, pain on the left side, loss of speech, and then convulsions with laughter, crying, screaming, and incoherent expressions are uttered.

*Treatment*—First allay the spasmodic symptoms, put the feet in warm water, restore the equilibrium, and excite perspiration by giving hot sweetened tea of yarrow, raspberry leaves, and capsicum, or take (128)—Keep the bowels open by clyster as follows :—oil of turpentine, half an ounce ; mucilage of gum acacia, half an ounce ; mix them well together in a mortar, and add thin gruel eleven ounces—when able to swallow, lessen the excitability of the nervous system by the following medicine, simple peppermint water, twelve ounces ; powdered valerian, one ounce ; lavender drops, half an ounce ; mix, and take three large table spoonfuls, two or three times a day—at night a small pill of assafoetida—then give freely of the tonic medicines.

### 352. EPILEPSY, OR EPILEPSIA.

Epilepsy consist in a sudden deprivation of the senses, with a violent convulsive motion of the whole body, which after a certain duration passes off, leaving a degree of stupor and weakness. The *causes* are

various and care must be used to discriminate between it and hysteria; the nerves are affected—in children, worms will occasion it, and I believe it generally depends on a great and rapid flow of blood in the vessels of the brain.

*Treatment*—Give a strong tea of vervain, burdock seeds, and capsicum; and plunge the feet in hot water rubbing the legs with camomile tea—if a child, give pennyroyal and ginger root, and restore the equilibrium as soon as possible—if costive give active purgatives—after the fits have abated give antispasmodics and tonics, as decoction of peruvian bark, ten drams; tincture of the same, two drams; tincture of valerian thirty drops—mix, take this three times a day.

### 353. ST. VITUS'S DANCE, OR CHOREA.

This disease is marked by convulsive actions, generally confined to one side affecting the arm and leg; there is an unsteadiness in the fingers, twitchings in the muscles of the face; there are changes in the appetite, paleness, costiveness, flatulancy, cold sensation running through the spine, noise in the ear, giddiness, and convulsive motions, palpitations, and the time of life is from twelve to fifteen years of age.

*Treatment*—Rectify checked perspiration—administer strong tonics, dried orange peel, valerian root, and quassia, of each two drams; bogbean, centuary, and calumba root, of each one ounce; boil the whole in one quart of water and strain, to which add a tea spoonful of capsicum. *Dose*—Two table spoonfuls three times a day. For the bowels take equal parts of rhubarb, extract of camomile, and assafœtida, and make them into small pills with liquor of gum arabic. *Dose*—Two pills at night. Keep the feet warm and give a vapor bath to promote perspiration.

Mix medicine made of herbs which are tonic, stimulant, and antispasmodic, will serve for a cure. Black snake root is the best. Wormwood, valerian, and gentian are good.

### 354. CRAMP, LOCK JAW, OR TETANUS.

Tetanus is an involuntary action of several of the mus-

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cles, while the senses remain perfect and entire. It attacks both male and female, of all ages, temperaments, and complexions.

*Treatment*—When attacking the stomach, take (214)—in any of the limbs rub well with (159)—if a locked jaw, give some hot stimulants, such as a tea spoonful of capsicum in a wine glass of sweetened hot water, poured into the mouth gently, place the sufferer in a vapor bath for fifteen minutes and then put to bed, and apply hot bricks in wet cloths to the feet and in less than an hour this will cure.

### 355. RABIES, OR CANINE MADNESS, OR HYDROPHOBIA.

*Cause*—By receiving into the system the poison communicated by the bite of cat or dog, or any rabid animal.

*Symptoms*—Anxiety, timidity, sighing, pain in the abdomen, and stomach, dislike to liquids, a sense of suffocation, a discharge of viscid saliva from the mouth, shuddering, and paleness of the lips.

*Treatment*—1. Take a vapor bath and give a strong tea of capsicum—2. while in the bath administer a tea spoonful of lobelia seeds, half as much capsicum, and valerian root in half a cupful of raspberry leaves, for an emetic—3. give an injection of the above in a pint of raspberry leaf tea, and keep up perspiration for two days—stimulating teas of valerian, raspberry leaves, and capsicum—anooint the wound with tincture of lobelia (67)—or saturate the wound with 159.

### 356 HICCUP, OR SINGULTUS.

Hiccups are spasmodic affections of the stomach and diaphragm arising from some peculiar irritation.

*Treatment*—Take a little peppermint water and lemon juice—if it arise from bad digestion take 188—if from acidity in the stomach give oil of anise (6.)

### 357. WHOOPING COUGH, OR PERTUSSIS.

Known by a convulsive, strangulating cough, interrupted by loud inspiration, or catching of the breath usually terminating by vomiting or expectoration.

It generally afflicts children and is well understood or known.

*Treatment*—1, give an emetic of lobelia as in 67—2, medicine, take half an ounce of each of poplar bark, raspberry leaves, vervain, and valerian root, with a table spoonful of honey. *Dose*—a table spoonful twice a day—or give 180—or the fresh roots of elecampane, marsh mallows, with a handful of horehound in a quart of hot water, then strain and add two ounces of honey. *Dose*—For a child six months old a tea spoonful three times a day—let the warmth of the system be kept up—give fresh air—let the diet be light and nourishing or give a little of 126.

### 358. PALPITATION OF THE HEART, OR PALPITATIO.

Palpitation is either occasional or permanent; the latter is generally the result of some organic disease existing in the chest, and may therefore be termed sympathetic of a morbid affection of the heart or stomach, as indigestion, consumption, liver complaint, or debility.

*Treatment*—First remove the cause, if from bad digestion treat as in dyspepsia—use nervines as 109 and 81—and whatever disease the person is suffering, relieve that—restore the equilibrium of the circulating juices—attend to the state of the bowels, diet, rest of body, and quietude of mind—tonics are very useful as well as antispasmodics, (128).

### 359. ASTHMA AND DYSPNŒA.

Asthma is a spasmodic affection of the lungs, which comes on by paroxysms generally at night, and is attended by frequent, difficult, and short respiration, wheezing noise, tightness across the breast, great anxiety, and a cough, with a mucous expectoration which is called the *humoural* form; when there is no expectoration, the disease is termed *dry* or spasmodic asthma.

Spasmodic asthma, is brought on by things that increase the action of the heart, and which stimulate

and fill the vessels of the mucus membrane; cold and damp air, sudden atmospheric changes, full meals, mental emotions, fogs, dust, excessive exercise, lightness of air, and drafts of air. Persons who have become subject to the disease, seldom escape an attack in the spring and autumn.

*Treatment*—First endeavour to moderate the violence of the paroxysms, by letting the sufferer stand erect in hot water, and let him inhale the vapor arising from the hot infusion of valerian, capsicum, and pennyroyal. After the paroxysm, let him drink a cupful of the above tea and let him lie down if possible, and administer a lobelia vomit—if costive give an injection of marsh mallows, assafoetida, and mountain flax. Having suspended the paroxysm give a decoction of horehound, yarrow, agrimony, and raspberry leaves; to each pint add eight pulverized almonds and a tea spoonful of capsicum. *Dose*—two table spoonful four times a day. If afflicted with a cough and difficulty of breathing, give a strong decoction of liverwort, horehound, and madder root, well sweetened with honey. *Dose*—a wine glassful three or four times a day.

### 360. COLIC, OR COLICA.

Colic is a painful distention of the lower region of the belly, severe twisting about the naval, griping pains, sometimes vomiting, costiveness, and spasmodic contraction of the muscles of the abdomen. It is produced by an acrid state of the stomach and bile, rheumatism, hysteria, continued costiveness, &c.

*Flatulant Colic and Cure*—When there is a rumbling noise, gripings, sickness, or costiveness, give a clyster of a strong tea of raspberry leaves, one gill, a tea spoonful of lobelia, and capsicum; with half a tea spoonful of gum myrrh, and valerian root, add a spoonful of sugar, give this every four hours till purging is sufficient—then give two or three doses of composition 224—be sure to keep the feet warm and perspiration up, and dispel the wind by peppermint water one ounce, spirit of carraway half an ounce, compound spirit of lavender one dram, with a little capsicum or take 188.

*Hysteric Colic and Cure*—If costive with an inclination to

vomiting, take powdered rhubarb, one scruple ; spirit of aniseed, half an ounce, cinnamon water, one ounce, tincture of jalop, one dram, to be taken immediately. If necessary give the above injection.

*Bilious Colic and Cure*—A bitter taste, vomiting of bile, thirst, febrile heat—give an injection as before, prior to which take a spoonful of 224 in hot sweetened water, keep the feet warm by vinegar cloths and hot bricks—then administer 220 till convalescent.

*Painters' Colic and Cure*—Apply hot cloths dipped in camomile tea to the stomach and the same to the feet and cause perspiration. If costive give a clyster of assafetida two drams ; capsicum one dram, and camomile tea one pint ; repeat till the bowels are discharged. Hot bricks applied to the sides are important.

### 361. CHOLERA MORBUS.

Frequent and violent discharges of bilious matter, both upwards and downwards, with painful gripings, and distress in the abdomen.

*Symptoms*—Stools thin, watery, and tinged with bile, nausea, soreness, pain, distention, flatulency in the stomach, vomiting, thirst, cold skin, a hurried breathing, a frequent, but weak and fluttering pulse.

*Treatment*—To abate the irritation and evacuate the bile, give an injection of barley water, linseed tea, and liquor of gum myrrh, when this has operated as to remove the bile, then give a tea of raspberry leaves, meadow sweet, and fried oats, with a little gum myrrh, and sweetened with sugar. If this does not produce the desired effect, give the following—two handfuls of raspberry leaves boiled in a quart of water, strain and add tormentil root powdered, gum catechu, three grains, tincture of myrrh one dram, capsicum, one tea spoonful. *Dose*—Two or three table spoonfuls four times a day—or take 214.

### 362. ASIATIC, OR SPASMODIC CHOLERA.

*Symptoms*—Nausea, pain in the bowels, spasms, or cramps, purging, chilliness, the skin soft and wrinkled ; the nails of the fingers and toes bluish ; shortness of breath, and the bodily appearance is strikingly changed.

**Treatment**—Restore the equilibrium as soon as possible, and the vapor bath must be speedily got ready; during which time give a strong tea of oak bark, tormentil, raspberry leaves, meadow sweet, cranesbil, or any other astringents with capsicum, stop the purging as soon as possible—as soon as the warmth of the body is restored, give an emetic of lobelia. Injections must be used if the above do not stay the purging, for this use a warm tea of 127.

If the disease appear to return, give 214—be sure to burn 203 in the sick room. When the disease is entirely removed, restore the digestion with *the spicy bitters* made as follows;—poplar bark, two ounces; ginger, one ounce; cinnamon, half an ounce, cloves, half an ounce; capsicum, two drams, sugar, half a pound, all well pulverised. *Dose*—A tea spoonful in a cupful of hot water two or three times a day.

### 363. CHOLERA INFANTUM.

This is a complaint which is generally brought on from unsuitable food; the belly swollen and hot; while the body is wasted, cool and flaccid; the discharge from the bowels green and acrid; the child dozes, the lips look blue, and all the other symptoms in that of adults.

**Treatment**—A gentle emetic is indispensable and made as follows:—steep a tea spoonful of powdered lobelia seeds in half a cupful of raspberry leaves sweetened with honey. *Dose*—a tea spoonful every five minutes till vomiting is fully produced. Then take a handful of raspberry leaves, angelica, and valerian or violet roots, boil for an hour, then strain and add pulverized myrrh, two tea spoonfuls. *Dose*—two tea spoonfuls every two hours, and at the same time a warm bath for five minutes twice a day. Sometimes a tea spoonful of 126 will cure.

### 364. DIABETES.

Diabetes is an excessive flow of urine and has its primary affection in the kidneys. It more generally attacks men than women, often between twenty and thirty-five years of age.

The urine is always of a pale straw colour; it sometimes contains a little blood, and not unfrequently

astrigent matter analogous to that of chyle. The taste of the urine is sweet, its smell commonly faint and peculiar, sometimes similar to sweet whey or milk and water. The quantity of urine is always much diminished; the urine yields a syrup by evaporation; this sugar, when properly purified, appears identical, both in properties and composition, with vegetable sugar, more like the sugar of grapes, than that of the sugar cane. The average quantity of urine daily discharged may be stated at twelve or fifteen pints; a quantity surpassing the liquid taken: this plus over the liquid taken may be absorbed from the atmosphere by the surface of the body, as also an extraordinary quantity of water is compounded in the lungs themselves.

In diabetes subjects the blood is deficient of its usual quantity of hydrogen gas, which doubtlessly has been consumed by uniting in the lungs with the oxygen of the external air and thus *form water*, which water thus generated is taken up by the lymphatics, carried to the bronchial glands, and through them poured into the general mass of blood; whence it is thrown off by the kidneys.

*Symptoms*—Great thirst, a voracious appetite, obstruction of cutaneous perspiration, emaciation, dryness of the skin, costiveness, muscular debility, and prodigious flow of urine.

*Causes*—Affections at the chest, relaxation of the kidneys, and too frequent use of strong diuretics, sometimes causes the disease; by over fatigue; hard drinking of spiritous liquors, and at the same time the patients much exposed to cold. Some have an hereditary disposition to the disease.

*Mode of Cure*—The disease may generally be cured at the commencement, but seldom after it has continued some time. A diet of entirely animal food, with an entire abstinence, from vegetable or other matter capable of forming sugar in the stomach. Entirely remove the saccharine matter from the stomach which may generally be accomplished in three or four days. Then ad-

minister strong astringents with a mixture of tonics, and nothing better than the following which are both astringent and tonic, bistort, tormentil, uva ursi, willow bark, red roses, cinchona, oak bark, logwood, and many others. Make a composition as follows:—Bistort root, a tea spoonful, willow bark, three tea spoonfuls, oak bark one tea spoonful, cloves, half a tea spoonful, of which take one scruple in a cupful of whey twice a day

The patient should lie on a mattress as a soft bed is detrimental to the kidneys. After the cessation of the diabetic symptoms, pay attention to the tone of the stomach, for it often remains some time impaired, and keep the bowels in regular order.

### 365. NIGHTMARE, OR INCUBUS.

*Symptoms*—Weight and oppression on the chest and other parts; chiefly with sleeping, inspiring terror, impeding respiration, paralysing the voluntary muscles. Sedentary persons, sailors, hypochondriacs, and pregnant women are its victims.

*Treatment*—Indigestion is one of its causes, and is usually attended with a distention of the stomach and bowels; for which take cinnamon water, two table spoonfuls; tincture of capsi-cum, one dram, syrup of ginger, one dram. *Dose*—a tea spoonful twice a day. Keep the bowels open by infusion of rhubarb, where there is debility and loss of appetite, take 149.

### CACHECTIC DISEASES, OR CÁCHEXIÆ.

A depraved state of the whole, or greater part of the body, emaciation, without any primary febrile, or nervous affection, constitutes this class.

### 366. ATROPHY, OR ATROPHIA.

Marasmus, or Atrophy, is a marked wasting of the body, attended with a slow remittent fever, loss of appetite, bad digestion, depressed spirits, and general languor, with a desire for rest in bed.

*Causes*—Mental uneasiness, defective nutriment, intemperance, sensual indulgences, fluor albus, severe

evacuations, a scrofula constitution; growing too fast, impure air, and pre-disposition to dropsy.

*Treatment*—A change of air—remove the cause—assist digestion by 149—gentle laxative as 140—if the stomach is offended, a gentle emetic is useful—if of a scrofulous habit administer 130—the food should be nourishing and light—if too much laxated and weak bowels, take 126—if costive give 207.

### 367. PULMONARY CONSUMPTION, OR PHTHISIS.

Pulmonary consumption is a disease which the faculty considers, and ignorantly declares incurable, and gives the victim over to despair.

*Signs*—General emaciation, debility, pain in the side or chest, a cough, dyspnœa after walking or speaking, affections of the lungs, expectoration, hectic fever, and diarrhœa.

*Treatment*—If the disease is brought on by checked perspiration, give simple diaphoretics, and promote expectoration by 180—if warmth and strength do not return, give two or three times a day the composition powder 224—when perspiration is restored, an emetic must be taken, but prior to that about twenty minutes, a tea of capsicum must be given—drink must not be given after the emetic till it begins to operate—where spitting of blood or diarrhœa occurs, administer 126, and prevent ulcerations; or give a medicine made of raspberry leaves, clevers, ground ivy, centaury, quassia, and horehound, to each pint of this strong decoction, add a tea spoonful of capsicum and quarter of an ounce of Spanish juice. *Dose*—A wine glassful six times a day. Take care to promote expectoration and keep from the changes in the atmosphere—keep up the system by stimulants where there is debility of constitution, when there is hectic fever without heat or thirst, give myrrh one dram, dissolved in a mortar, spirit of pimenta, uva ursi powdered, one dram, and extract of gentian, one dram, take a quarter of this in raspberry tea twice a day—in the slow hectic fevers attended with *night sweats*, take infusion of roses a wine glassful at night; and next morning sponge the body with equal parts of vinegar and water, to each pint add a table spoonful each of salt and capsicum, let the salt and capsicum be infused in hot water, a cupful, sponge, then rub with a towel the trunk of the body. (262.)

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## 368. TYMPANY OR TYMPANITES.

Tympany consists in a violent distention either of the intestines, or cavity of the abdomen, by wind. Sometimes it arises from sudden suppression of diarrhœa or dysentery, or a drying up of long continued discharges from cutaneous eruptions, and is the effect of preceding complaints.

*Treatment*—When the wind is confined in the intestines give carminatives, or the spicy bitters, as cinnamon and cloves, of each ten grains, with as much extract of gentian, oil of aniseed, five drops, syrup of ginger to form a bolus, which may be taken every four hours with a table spoonful of peppermint water: or any medicine advised under dyspepsia; if costive give an injection; as aniseed bruised, three drams, camomile flowers, half an ounce, water, three gills, well sweetened, keep up evacuations by giving 223—or for a regular medicine give 207—restore the system with tonics and gentle exercise.

## 369. DROPSY, OR HYDROPS.

Dropsy is a morbid accumulation of a serous or watery fluid in the body, impeding the functions of life, and receives different appellations according to the situation of the body in which it is lodged. If the effusion takes place in the cavity of the abdomen, it is called *ascites*; if in the chest, *hydrothorax*; if in the cranium, it is called *hydrocephalus*; if in the cellular membrane, *anasarca*; in the uterus, *hydrometra*, and within the scrotum, *hydrocele*. In short the disease may be considered an *obstruction of perspiration and urine*.

*Treatment for Anasarca*—This generally comes on with a swelling of the feet and ancles, which ought to be remedied by the vapor bath, and remove the remote cause. 1st, give for two days, night and morning, a dose of 224, and when the system is well warmed, then give a vapor bath. 2nd, for four or five days give 153, and a hot brick to the feet at nights till the swelling is reduced, and at this time the legs wrapped in

cabbage leaves—if a purge is necessary, give 206—if the stomach requires, give an emetic. These means will lessen the impetus of the fluids upon the exhalant capillaries. By employing stimulants, the action of the absorbent vessels is increased, and thereby occasion the watery fluids to be absorbed from their cavities. As a regular medicine for dropsy subjects, nothing will be found so good as 208, or 145.

*For Dropsy of the Belly*, ASCITES, keep the digestion in good action—evacuate the accumulated fluid, for which charge the body with 224—then a vapor bath about the legs and abdomen—rub the abdomen with spirit of horseradish at night, and scrub the same with a towel in the morning with a view of increasing the natural secretions. To prevent any fresh collection give 229, or if this fail give a medicine of the following:—buckbean, elm bark, clevers, broom tops, agrimony, raspberry leaves and juniper berries, of each an equal quantity, make a strong decoction, adding capsicum, of this take a pint a day, and it will cure.

### 370. WATER IN THE HEAD, OR HYDROCEPHALUS.

This disease is peculiar to young children from about the second to the sixth year. It is known by a pain in the head, across the brow, stupor, redness of the eyes, nausea, vomiting, interrupted sleep, with screaming and obstinate costiveness.

*Treatment*—Lessen the determination to the head by restoring the equilibrium, keep the feet warm and let the child perspire—purge with 219—if very thirsty, give barley water and lemon juice; or 202. As a medicine take 229. After the decline of the disease support the strength with tonics, animal jellies, and keep the bowels in tune.

### 371. DROPSY OF THE CHEST, OR HYDRO-THORAX,

Known by oppression in breathing when laid down, sudden startings in sleep, anxiety, palpitation at the heart, irregular pulse, cough, yellow lips, thirst, scanty urine, with a high colouring, and red sediment; but the most distinguishable sign is perceived in the chest by the water being pressed, a sensation of a moving fluid is experienced.

*Treatment*—Much the same as in anasarca: by stimulants, emetics, purgatives, and diuretics. If emetics weaken too much, be as sparing as possible. The chief medicines in this disease are diuretics and those which promote evacuations, take 208 and 229 with a tea spoonful of rhubarb to each pint of infusion—if a cough prevents sleep, use 180—if the patient be weak, use tonics combined with diuretics, as infusion of gentian and poplar bark.

### 372. SCROFULA.

Scrofula consists in hard indolent tumours of the conglobate glands of the body; particularly in the neck, behind the ear, and under the chin, which after a time form ulcers which discharge a milk like curdled matter. The excessive use of matter is almost sure to bring on this disease,

*Symptoms*—An enlargement of the upper lip and nose, tumours which do not readily separate.

*Treatment*—First correct the derangement of the stomach and liver and give 230 for a fortnight, then give burdock seeds and root two handfuls, and a handful of each of yarrow, clevers, and avens root and leaves. Boil slowly for two hours in two quarts of water, then strain and add a dram of capsicum. *Dose*—four table spoonfuls four times a day. If attended by fever use 223—where there are ulcers use 164—if costive take 231—as an alterative take two handfuls of coltsfoot and one of each of ground ivy, angelica, agrimony, and dandelion roots. Simmer and strain, then add capsicum. *Dose*—three wine glassfuls in a day.

### 373. LEPROSY, OR LEPRO.

Leprosy consists of an eruption of copper coloured spots, breaking out first on the elbows, and knees, which gradually spread over the body with a leprous scurf.

*Treatment*—Regulate the diet, and drink plentifully of 142—Keep the bowels open with 219 or 222—if the eruptions are sore use 161, and as a common drink take daily of 156.

### 374. SCURVY, OR SCORBUTUS.

This disease is generally well known by most per-

sons, it is frequently caused by checked perspiration, salted meat, damp air, narcotic medicines, Mercury, &c.

*Treatment*—The same as in scrofula, the affected parts fomented with hot decoction of yarrow and drink frequently of 144—if the eruptions are very sore, then anoint with either 164 or 167.

### 375. JAUNDICE, OR ICTERUS.

Jaundice is characterized by a yellowness of the skin, originating from an obstruction of the gall or bile, in its passage in the duodenum.

*Symptoms*—Listlessness, want of appetite, uneasiness in the right side, about the region of the liver; high coloured urine, yellowness of the eyes and face, bitter taste in the mouth; stools grey, &c.

*Treatment*—Nothing better than vomits. First give 224 to excite internal heat, and an emetic to cleanse the stomach and promote perspiration; then give 228 and if costive add mountain flax, a handful; and as a general medicine take 144, if very costive give a clyster and the vapor bath. For those who are subject to jaundice, raw eggs in a morning are excellent, except the native is suffering from a diseased liver.

### 376. DEAFNESS, OR PARACUSIS.

Deafness is occasioned by any thing injurious to the ear, as loud noises, violent colds, affections in the head, inflammations or ulcerations of the membrane, hard wax, or too great dryness; or by atony, and debility of the audity nerve.

*Treatment*—Wash out the ears, with soap and warm water—if wax stick in the ear drop therein a few drops of this mixture—ox gall, three drams; balsam of peru, one dram, and saturate cotton wool in this night and morning. If deafness arises from cold, keep from damp and night air, the feet must be kept dry and warm. If from debility of some organ, drop into the ear a few drops morning and night—oil of sweet almonds, half an ounce, ox gall, half an ounce; or a dram of each of tincture of myrrh and olive oil.

### 377. LOSS OF APPETITE, ANOREXIA.

A want of appetite and loathing of food, is not usually an original affection, but prevails as a symptom of other diseases such as dyspepsia, and is therefore to be obviated by aromatics and tonics.

*Treatment*—As in the diseases which are considered to be the cause. If from bile give an emetic and then tonics—and as a medicine take 193.

### 378. IMPOTENCY, OR ANAPHRODISIA.

In some cases this disease is owing to an original defect in the organs of generation; but more usually from topical weakness, excessive venery, or onanism, or from great debility in the system.

*Treatment*—When it depends upon some disease, remove the cause as directed under its proper head—if in consequence of general weakness, strengthen digestion by 149—by tonics as 220, and by a mixture of stimulants and tonics.

### 379. IMMODERATE SWEATING, OR EPIDROISIS.

This is usually a symptomatic affection, yet some times prevails as an idiopathic disease; attending the last stage of pulmonary consumption.

*Treatment*—Cover the body lightly with apparel and bed clothes; keep the sleeping room in a moderate temperature—give diuretics and gentle laxatives—then strengthen the system by 209 and other tonic medicines. Sponge the body every night with the following mixture when cold:—a pint each of hot water and hot vinegar; a table spoonful each of salt and capsicum. Eat nourishing food and keep from salt diet.

### 380. INCONTINENCY OF URINE, OR ENEURESIS.

This disease usually proceeds from relaxation of the bladder, and may generally be dependent upon some other complaint, such as gout, palsy, and other debilitating causes.

*Treatment*—If it takes place while asleep, the patient should not lie on his back, but on his side or face, *let parents attend to this*—drink plentifully of aspen bark tea, and sponge the abdomen every morning in cold water and salt.

### 381. NIGHTLY EMISSIONS.

An involuntary emission of semen during sleep sometimes proceeds from general debility. This disease is always difficult to cure.

*Treatment*—The patient must refrain from remote causes depending on his will; have a generous diet, and cold sponging—use astringent syrup 126 and 209.

### 382. FLUOR ALBUS, OR WHITES.

This disease is always attended with general debility and cure can only be expected when the entire system is renovated.

*Treatment*—Increase the action of the absorbents of the uterus and vagina by restoring the tone of those parts, inject a decoction of snake root and oak bark, into the vagina and uterus—sponge with cold water and vinegar night and morning the loins and thighs—if nausea prevails give a gentle emetic of lobelia 67—strengthen the system by giving oysters and nutritive diet—lastly have recourse to astringent and stomachic bitters 221.

### 383. COSTIVENESS, OR OBSTIPATIO.

Costiveness may be either constitutional or symptomatic, generally the latter, after the liver is affected, or rheumatism is felt. It is sometimes caused by neglecting the usual and regular time of stool; by confinement and much sitting, and from a sedentary calling.

*Treatment*—Attend to diet and regular periods for soliciting motions, and where these fail have recourse to 223—if costive for want of exercise be sure to take exercise, at the expense of business—if these fail give the following injection:—take a table spoonful of salt, warm water a pint, lobelia a tea spoonful, and treacle two table spoonfuls. As a medicine use 219.

### 384. RETENTION OF THE MENSES, OR CHLOROSIS.

Chlorosis may often be traced to circumstances which debilitate the body, such as want of pure air and exercise, sedentary employments and so on.

*Treatment*—1. When obstinate use stimulants as composition powder in strong pennyroyal tea and feverfew—2, bathe in cold water during the summer season—3, keep the bowels open and administer the tonic bitters, which treatment will soon relieve the patient, especially if she is commencing her monthly evacuations.

### 385. SUPPRESSION OF THE MENSES.

Any interruption occurring after the menstrual flux is established in its regular course, except when occasioned by conception, is always to be considered as a case of suppression.

*Treatment*—Invigorate the body by stimulants as 224—take fresh air and regular exercise—the stomach and other digestive organs by the tonic bitters 220 and 227—keep up the spirits.

### 386. DIFFICULT MENSTRUATION, OR DYSMENORRŒA.

Besides the two foregoing deviations of nature, this is, although menstruation is not wholly suppressed, it is somewhat difficult, accompanied with pain in the back, loins, sides, thighs, and abdomen.

*Treatment*—Warm bathing, or the vapor bath and sitting over the steam of a decoction of feverfew, and foment the abdomen with wormwood, tansy, and hops, and make a tea of equal parts of feverfew, pennyroyal, and thyme, to each pint add two drams of guaiacum, *Dose*—a wine glassful every two hours—if costive use gentle aperients, and restore the tone in the usual way.

### 387. TIC DOULOUREUX, OR NEURALGIA.

This complaint commences with acute pains in the nerves of the face, teeth, nose, head, cheek, attended with sudden twitchings affecting the muscles; more generally attacks one side of the head.

*Treatment*—Strong nervine tea should be taken and astringents mixed—foment the parts with the same—and give strong tonics—the vapor bath applied when in the face should be the first application. If it arises from a hollow tooth fill it up with cotton lint dipped in turpentine.

### 388. GIDDINESS, OR VERTIGO.

This complaint is generally a symptomatic of dyspepsia, hypochondrias, or hysteria, attacks the sufferer with a sudden swimming or dizziness in the head.

*Treatment*—When it prevails as a symptom of some nervous disease, we must have recourse to the remedies suitable to the removal of the primary affection (see hysteria and dyspepsia)—generally the feet must be kept warm—give one day the composition powder 224—the next day 206 or a strong tea of 108—if the stomach is bad or nausea prevails, give an emetic or proceed as above.

### 383. HEADACHE, OR CEPHALALGIA.

This is one of the most common as well as most troublesome affections. There appears to be half a dozen species of this complaint, most generally symptomatic of some other disease.

*Treatment*—1, The *dyspeptic* or sick headache, for between the head and stomach there are great sympathy. If the stomach is foul it should be cleansed by a lobelia emetic, then cleanse the bowels with 140—2, *nervous* headache is frequently brought on by intense study and sedentary occupation. *Cure*—take out door exercise, live regularly, take no suppers; as a medicine take 207 with a wine glass of infusion of valerian. 3, Headache from *overfulness* of the vessels, use moderate diet and exercise, and applications found under Apoplexy.

### 390. WORMS, OR VERMES.

The human body is infested with three kinds of worms; namely, the *ascarides*, or small white seat worms; the *teres* or round worm, resembling the common earth worm; and the *tænia*, or tape worm, which is flat.

*Smyptoms*—Grinding the teeth, paleness and flushing of face, picking of nose, foul breath, slimy stools, hardness of the belly; short, dry, cough, and itching about the anus.

*Treatment*—Give for three or four days 133—then administer 34 or 135 and if the bowels are not relaxed, mix with 135, a handful of mountain flax or powdered rhubarb, this will soon cure—read well 132. If the person suffers from ascarides; make an injection of raspberry leaves, wormwood, and tansy—or take a clyster of Harrogate water—then keep the bowels open.

### 391. DENTITON, OR TEETHING.

*Signs*—The gums swell, spread and are hot, the child drivels, looseness, stools, green, pale, a leaden colour &c.

*Treatment*—Attend well to the bowels, give pure air, proper exercise, wholesome food, and give of 225, if convulsive use 200, read attentively 64, and 93.

### 392. THRUSH, OR APHTHA.

*Signs*—Little white specks are formed at the angles of the lips, then on the tongue and cheeks.

*Treatment*—If the bowels are costive give of 225—if nausea prevails empty the stomach of the crude matter by the emetic 201—for a wash take one tea spoonful of peruvian bark, and elm bark, to which add half a tea spoonful of pulverized gum myrrh steeped in four table spoonfuls of hot water sweetened with honey, wash three or four times a day.

### 393. OF THE RING WORM.

This is a cutaneous disease, chiefly occupying the scalp, sometimes other parts of the body, mostly arising from coming in contact or using the same comb, cap, or hat with those already affected by it.

*Treatment*—Seldom internal medicine is of any use—rub well with 172, or wash the part with mushroom catsup.

### 394. THE ITCH, OR PSORA.

This is a contagious disease, generally showing itself

in small pimples about the fingers, wrists, hams, and waist, producing a constant desire to scratch.

*Treatment*—Wash well with strong soap suds, then anoint with 161 or take white hellabore root bruised, prepared lard four ounces, mix them for ointment; or use the powdered root of water dock with a little olive oil.

### 395. BURNS AND SCALDS.

*Treatment*—Shield the affected part by placing immediately on cold water cloths, so as not to allow the external air to pass over it—or you may saturate cloths in liquor ammonia and do not remove them till the pain is gone, during which time prepare 164, if there should be a cut from a knife or other sharp instrument apply 165—if the skin be broken in the burn or scald, spread with a feather the following liniment, one table spoonful of olive oil and two of limewater, mix them—or use 170.

### 365. GRAVEL AND STONE, OR LITHIASIS.

One of the most common diseases of the kidneys is the formation of calculus matter in them, which is either voided in small particles, or concreted into small stones; this calculous matter is the disposition of the fluid, to secrete in the kidneys. An excess of uric acid is generally supposed to be the proximate cause of the formation of sand and calculi.

*Signs*—Mephralgia, or a fit of the gravel, is accompanied with pain in the loins, numbness of the thighs, nausea and sometimes vomiting, with a suppression of urine which is dark, as if mixed with coffee grounds, which in mere inflammation of this organ (891) in the absence of calculus, has not this appearance.

Care must be taken not to confound the stone in the bladder with affections of the prostrate gland. In the latter the pain will be at the commencement of passing urine, in the former when the bladder is nearly emptied, which is often suddenly interrupted.

*Treatment*—1. Take gentle purgatives as 140. 2, have recourse to fomentations of the decoction of wormwood, camomile, and mallows, of each one handful in a pint of water. 3, warm the system with 224, then give a vapor bath, and drink plenti-

fully of the decoction of fennel, pearl barley, and linseed, of equal weight; or take for a time 194. For a relaxed state of the kidneys and bladder, take the powder of the leaves of fennel one scruple to half a dram; water five table spoonfuls; spirit of juniper, one dram; syrup of orange peel, two drams. Mix, and take this draught three times a day. Regulate and simplify the diet.

### 396. BONE SETTING.

Dr. THOMPSON, the American Medical Reformer, has adopted a most admirable plan of reducing the contracted muscles in connection with broken bones and luxations, rendering the setting of bones comparatively easy and without pain, and even a piece of bone may be sawed off without giving any suffering.

*Treatment*—"In case where a joint is put out, or a bone broken, give a dose of infusion of capsicum, or composition powder 224 with half a spoonful of vervain powder, which will promote perspiration, prevent fainting, and quiet the nerves; then wrap the part in cloths wet as hot as it can be borne, and pour on the warm water, placing a vessel underneath to catch it for a short time; when the muscles will become relaxed, so that the bones may be put in their place with little trouble. I was once called to a woman who had put her elbow out by a fall from a horse, it was badly out, being twisted about one quarter of the way round. I stripped her arm, and wrapped a towel dipped in hot water around it from the wrist to her shoulder, then placed a pan under her arm, and poured on the water from a pitcher as hot as she could bear it for about fifteen minutes. I then took off the towel and directed one person to take hold of the arm above the elbow, and another below to steady it; and then placed my fingers against the end of the bone on the other side; and my thumb against that on the other side, and by a gentle pressure each way, set the joint without pain or force on the muscles, to the astonishment of all present, who calculated that it would require the strength of several men. I then wrapped it up in the same towel, which had become cold; this brought the muscles to their proper place. I put her arm in a sling and she walked home that night, about a mile, and the next day was well enough to knit all day."

### 397. DIRECTIONS WHEN VISITING THE SICK.

1st. If possible obtain the cause of the sickness, whether the patient has previously taken medicine, or taken cold, or been intemperate, whether constitutional, and how brought on.

2nd. Ascertain the seat of the disease, enquire whether the patients have been subject to the disease under which you find them labouring; and ask how long they have been ill.

3rd. Attend to the age, sex, constitution, or temperament, and mode of living; sooth their fears, excite their spirit, watch their pulse, speak candidly of the result of the disease and its cure.

### 398. CIRCUMSTANCES MODIFYING THE ACTION OF MEDICINES.

Many and very different circumstances modify the operation of medicines. Some of these are connected with original conformation of the body; others with the age and the sex of the individual; some with the situation on the face of the globe in which he is placed, as influencing his system by climate, temperature, diet, and habit; others, again, with the state of society, its customs, superstitions, and even political relations; and lastly, some with the condition of the mind, temper, and intellectual attainments.

*Original conformation*—It is justly said that no two men are formed exactly alike. The state of the simple solid varies at birth in the connection and cohesion of its parts, producing a natural difference in the strength, excitability, and sensibility of the frame; and in its contractibility and aptitude of motion un-

der the powder of the will. There is one great uniformity in nature which is worthy of the most philosophic observation—that two individuals born under one and the same latitude and longitude and at the same moment of time, have identically the same disease at one and the same time—which I can prove from very many testimonies now in my possession furnished and attested by some of the first Physicians of the present day. This is an enquiry set on foot by the British Association at the suggestion of the Royal Academy of Medicine, under the head *Vital Periodicity*. It is diversity of original conformation which constitutes symmetrical peculiarity, constitution, temperament and so on, of which I have before noticed under the *Art of Prescribing Medicine*, 116.

*Mental affection Modify the Action of Medicines.*

The powerful influence of mind over the functions of the body is well known to every observing physician; which influence is exerted according to the nature of the passions; which may be all arranged into two classes: the *depressing* and the *exciting*. Among the depressing, we find *Vexation*, *Sorrow*, *Fear* and *Terror*; among the exciting, *Joy*, and *Confidence*: it is necessary to be aware of the influence of both on the system of a patient, not only at the moment when the physician is about to prescribe for him, but also in observing the effects of the medicine prescribed. The body sympathizes with, or follows the affections of the soul, more in disease than in health; it acts as the soul feels, and thence the influence of the mind in modifying the operation of medicines. *Vexation* disturbs the functions of the stomach, attending its natural secretion, the gastric juices; and thus, by impairing the digestive powers, it becomes a very common cause of dyspepsia or stomach complaint.

*Sorrow* diminishes the energy of the nervous system, lessens the force of the circulation, impedes all the secretions, and finally induces organic diseases. The blood is imperfectly changed, owing to its tardy motion through the lungs; the appetite and sleep are disordered; flatulance, colic, and spasms manifest the affected functions of the stomach; whilst the action of the liver is affected, which appears evident by the sallow countenance of the sufferer.

*Fear* paralyzes the muscular powers of the body, acts as a powerful sedative, sometimes will arrest and calm the rage and inflammation of Fever; weakens and even arrests the motion of the heart, so that a congestion of blood occurs in the central vessels, and the surface becomes pale. Its effects upon secretions suppresses the catamenia, produces diarrhoea, sweats, and involuntary flow of urine. Thus by lowering the power of nature, it baffles the skill of the physician, is productive of various false symptoms, and consequently resists or modifies the most powerful medicinal agents.

*Joy*, on the other hand acts as a powerful stimulant, many times producing mania and death. The late railway mania produced many instances of the powerful influence joy had over the physical and intellectual faculties of the mad speculators; some driven to the retreat, originally called the mad house; and it may be traced from history that many more have been driven mad by acquiring sudden fortunes, than those who have been ruined by bad speculation.

*Confidence*, acts as a most powerful tonic on the whole animal frame; whence we find that the result of a medicine, depends much upon the respect which the patient feels for his physician; therefore in all

your practice strive to secure the confidence of the patients. This may be done by explaining to them the effects by the symptoms prevailing; endeavour to explain the cause and effects, give them the powerful tonic Hope and Confidence, of a favourable issue out of his sufferings. Arouse Faith which will give a virtue to all your applications, and even an approximate antidote will then turn out a judicious and seasonable prescription.

*The Period of Disease modifies the Action of Medicine.*

We may readily conceive that many circumstances connected with disease, as a change in the power of the action of the blood, and the temperature of the body, render the administration of a medicine which acts beneficially at one time less beneficial at another. For instance, if a drastic has been given soon after the intermittent has been checked by tonics, it is very probable that it will return. Again, the commencement of *dysentery*, whilst inflammation of the mucus membrane exists in the large intestines, stimulants would be extremely hazardous; but when the inflammation is removed, then stimulants would be requisite, (344). In dropsy, if *Nevines* be given they will produce no beneficial effects; the action of the capillaries is not increased, nor is the secretion of urine augmented; but if the excitement be first reduced, nervines stimulate the capillaries, increase the secretion of the kidneys, and enables the absorbents to relieve the serous sac of the superabundant fluid which has been deposited in it; read and study 369.

In this manner the influence which any substance possesses in allaying disease, depends in some degree on the period of the disease, and the circumstances under which it is administered, as well as the

condition of the body at the time, and the activity of the medicine itself.

### 399. EXTEMPORANEOUS PRESCRIPTIONS.

#### *Asthma Cough.*

Take coltsfoot leaves, lungwort, and sage, of each a handful, two quarts of water, boiled; then strain, add half a pound of honey and a tea spoonful of lobelia and boil again for half an hour skimming the risings. *Dose*—A wine glassful three times a day.

#### *Bilious Complaints.*

Take barberry bark, dandelion root, and centuary, of each one ounce; water three pints, boil to one quart. *Dose*.—two or three wine glassfuls a day.

#### *Bowel Complaint.*

Take tormentil, hollyhock root, raspberry leaves, of each one ounce, water one quart, boil to a pint, adding towards the end, half a pound of sugar. *Dose*—a wine glassful occasionally.

#### *Bleeding Inward and Outward.*

Take nettles, cranebil, and plantain a handful; boiling water one quart, to be poured upon the herbs. *Dose*—when cold, take a wine glassful every three hours.

#### *Consumption.*

Take coltsfoot leaves, hyssop, white horehound, of each a small handful to two quarts of water, boiled to one, strain, then add a table spoonful of gum myrrh, brown sugar, one pound, and one ounce of Spanish juice, boil a few minutes then sile. *Dose*—a wine glassful every three hours.

W

*Diabetes.*

Take tincture of roses, and decoction of tormentil, uva ursi, and peruvian bark, four ounces. Mix well, a wine glassful, three times a day. Rub the kidneys and abdomen and thighs with a cold water towel till on a glow,

*Fits in General.*

Take four ounces of the juice of Pelletory of the wall, decoction of missletoe, and valerian; mix and take three table spoonfuls every four hours. The bowels must be kept well regulated.

*Giddiness.*

Take Gentian and Columba roots, of each, one ounce, capsicum a table spoonful, to three pints boiled to one quart. *Dose*—three or four cupsful a day.

*Hoarseness.*

Take four ounces, of sugar candy, powder it; two ounces of syrup of marshmallows, and one ounce of liquorice, powdered and boiled to a syrup, mix, and take a table spoonful, in a cupful of infusion of colts-foot.

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