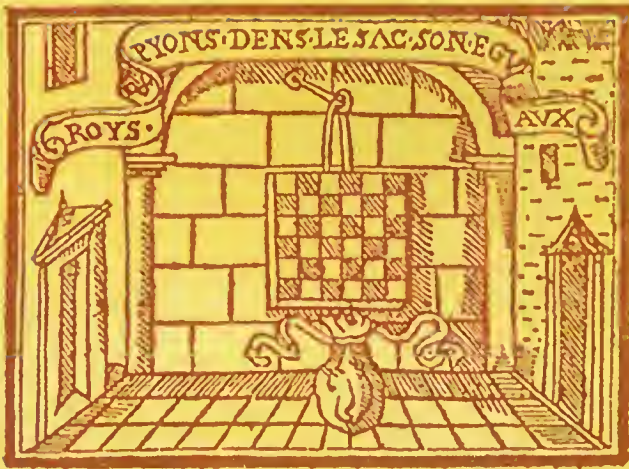




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THE COMPLETE HERBALIST,

OR THE

PEOPLE THEIR OWN PHYSICIANS

BY THE USE OF

NATURE'S REMEDIES;

SHOWING THE GREAT CURATIVE PROPERTIES OF

All Herbs, Gums, Balsams, Barks, Flowers and Roots; how they should be prepared; when and under what influences selected; at what times gathered; and for what Diseases administered. Also, Separate Treatises on Food and Drinks; Clothing, Exercise, The Regulation of the Passions, Life, Health, and Disease; Longevity; Medication; Air and Sunshine; Bathing; Sleep, etc. Also,

SYMPTOMS OF PREVALENT DISEASES;

SPECIAL TREATMENT IN SPECIAL CASES;

AND A

NEW AND PLAIN SYSTEM OF HYGIENIC PRINCIPLES.

By O. PHELPS BROWN,

PROFESSOR OF MEDICINE.

PRICE FIVE SHILLINGS.

LONDON:

PUBLISHED BY THE AUTHOR.

1871.

46268

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THE COMPLETE HERBALIST.

A BRIEF HISTORY OF MEDICINE.

IN presenting this work on Crude Organic Remedies—the Constituents of Plants—and their Official Preparations—I do not propose to “run a tilt” against any of the systems of Medical Practice, however much some of them may be opposed to common sense and reason, and to the Divine ordinances of Nature; nor shall I treat with contempt the teachings and practices of great and wonderful names, or oppose the pride, interest, expectation, and conscientious convictions of a learned, honorable and influential profession; my object is simply to present many new and curious, if not startling facts, not only well worthy of the earnest consideration of the more intelligent portion of the community, who demand reasons the most profound, to lead them to conviction of a TRUTH, but of the great mass of humbler people, who desire, amid all the great *Reforms* in human society, above all things to secure a “*sound mind in a sound body*,” and to feel something of that exalted state of happiness which alone can rise from the possession of the most robust and rubicund physical and moral HEALTH.

It must be palpable to every thinking mind, that Therapeutical and Pharmaceutical science, is the very foundation of the “HEALING ART DIVINE.” In the language of Holy Writ, “*The Lord has created medicine out of the earth, and he that is wise will not abhor them.*”

“Yea happy he that can the knowledge gain,
To know the Eternal God made nought in vain.”

The use of medicine is no doubt coincident with the History of the Human Race; but writers generally agree that medicine first became a profession among the Egyptians. The priests of the earlier nations were the practitioners of the Healing Art, but it does not seem that women were excluded from the right of administering medicine for the purpose of healing the sick, since mention is made of a certain Queen Isis, who became greatly celebrated among them, and was worshipped as a "GODDESS OF HEALTH." Although the practitioners among the Egyptians, Assyrians and Jews, were in the habit of employing incantations, which, of course, produced their good and bad impressions through the medium of the imagination, yet their efficiency in curing diseases was mainly due to their knowledge of the medical virtues of many of the vegetable products of Nature. They seemed to look up as high as the *stars* to know the reason of the operation of the Herbs in the various affections of the human race.

Among the Greeks, HIPPOCRATES first caused medicine to be regarded as a *science*, while ESCULAPIUS was the first who made medicine an exclusive study and practice. His sons MACHAON, and PODALARIUS are celebrated in Homer's "Iliad," for their medical skill, as surgeons in the Greek armies, or during the Trojan war. Two daughters, also of Esculapius, PANAKEIA and HYGEIA, were no less distinguished than their renowned brothers; the latter being the inventor of many valuable herbal preparations, whose success in curing diseases won for her, as in the case of Queen Isis of Egypt, the proud honor and deification of the Greeks as an especial "GODDESS OF HEALTH." We have no knowledge that Esculapius, or his immediate followers, ever conceived the idea of curing disease by drug or mineral preparations. Ablutions, bandages, fomentations, ointments, etc., were administered externally, and preparations of aromatic herbs, roots, flowers, balms, gums, etc., constituted their whole *materia medica* for all *internal* ailments.

The next most prominent medical practitioner after Esculapius and his immediate descendants, was HIPPOCRATES, the "Counsellor," who being one of the most sagacious, observing and industrious men that ever lived, was entitled the "*Father of*

Medicine." He travelled much in foreign countries, devoting himself with untiring energy to the study and practice of medicine. His writings were numerous, and even to this day, his doctrines are extensively recognized. His practice was consistently founded on the phenomena of Nature, as exhibited in human beings during health and disease. His materia medica was derived wholly from the vegetable kingdom. His internal remedies were purgatives, sudorifics, diuretics, and injections, while his external were ointments, plasters, liniments, etc. The great principle which directed all his operations was the supposed operations of Nature, in superintending and regulating all the actions of the system. This mode of practice had the good effect of enabling the practitioner to make himself well acquainted with all the phenomena of disease, and thus to diagnose most correctly, and to meet the varied indications, by the administration of some *herbal* remedy, which would induce the crisis requisite to the removal of disease and restoration to sound or vigorous health.

About three hundred years before the Christian era, the Ptolemies founded a medical school in Alexandria, Egypt. The most famous of the professors were ERASISTRATUS and HEROPHILUS, who dissected the bodies of criminals obtained from government. They opposed bleeding and violent remedies, trusting more to nature than to art. Herophilus paid particular attention to the action of the heart, and was the first to give any thing like an accurate description of the various kinds of *pulse*. From that time to the present the pulse has been, as it were, the guide for determining the character, extent, and probable cause of the disease afflicting a patient, and the description of treatment required to produce a change for the better. I, however, derive great assistance from the temperament, age, sex, etc.

We pass over the days of the Dogmatics and Empirics, the Pneumatics and other sects of medical practitioners, (who, though they employed *herbal* remedies as a general rule, were strangely given to the promulgations of theories and doctrines utterly at variance with the most ordinary ratiocinations of Philosophy and Reason,) until we come to the period when GALEN first made his appearance at the request of the Emperor

AURELIUS. Galen was a native of Pergamus, having traveled much, and written largely on subjects directly or indirectly connected with medicine, before settling himself at Rome. He was entirely independent in his opinions, paid very little respect to authority, and so great was his learning and wisdom, and rare skill in medicine, that he came to be regarded by many as an "Oracle." Thoroughly educated in all the schools of philosophy, he selected from them all except the Epicurian, which he totally rejected. His treatment of disease was principally by Herbal remedies. From Galen have sprung the sect that is now generally known as Eclectics, who do not confine remedies exclusively to the herbal practice, but employ many of the mineral substances upon which the Allopathic and Homeopathic systems of medicine of the present day are based.

About the middle of the seventeenth century, on the death of PAULUS, the Greek school of medicine terminated, the Arabians having conquered a large portion of the semi-civilized world, and destroyed an immense Alexandrian library. The Arabian physicians soon adopted the opinions of Galen, but owing to the invention of chemistry, it was speedily made subservient to medicine. They produced medical works, some of which have enjoyed great celebrity, without having really added anything substantial to medical science as previously understood. With AVERROES terminated the Arabic or Saracenic School of medicine, the great reputation of which is mainly owing to the circumstance, that from the eighth to the twelfth centuries, when all Europe was sunk in deep barbarism, the principal remains of a taste for literature and science existed among the Moors and Arabs. Their physicians added many vegetable products, and a few metallic and oxides in the catalogue of remedies. From the employment of chemical and mineral remedies by the Arabian physicians may be dated the disastrous consequences of medical science, that was subsequently inaugurated by that Prince of Quacks—PARACELUSUS.

After the Arabians, from the twelfth to the fifteenth century, the practice of medicine was chiefly confined to the hands of

the priests, who being men of great learning and followers of Esculapius, Hippocrates and Galen, (all believers in the science of *planetary* influences upon the herbal productions of the earth) did much to perfect what has since been known as "Astral physic," and to base it upon principles as insurmountable and eternal as God and Nature, notwithstanding the futile attempts of modern physicians to laugh and jeer it down, as drawn from the magical arts and astrological superstitions of a "monkish age." It is very true that chemistry, or rather alchemy, was prosecuted with much ardor with a view to discovering a method of transmuting the baser metals into gold, yet with all their "knavery and folly," they religiously discarded mineral medication, and relied almost wholly upon an herbal or vegetable *materia medica* in the treatment of all forms of physical and mental diseases.

The European feudal system was at length greatly shaken by the Crusades. MAHOMET the second, about the middle of the fifteenth century, captured Constantinople, and soon after the ruin of the Byzantine empire, the *Reformation* occurred, and about the same time the art of printing was invented. These events gave a powerful impulse to the world of mind, and reawakened investigation into all the departments of science, literature and the arts; but, although many works were written, very few facts were gleaned concerning the physiological, anatomical and pathological phenomena, incident to the Structure, Health and Disease of the human being.

The alchemic art, however, was at length transferred from Arabia into European countries, and medical chairs were established in various Universities on the continent during the thirteenth century, and finally, LINAIRE, who had been educated at Oxford, and having travelled in Italy, and spent some time at the court of Florence, returned to England, and succeeded in founding medical professorships at Oxford and Cambridge, from which circumstance was laid the foundation of the London College of Physicians. Thus chemistry, after having been employed in various pharmaceutical processes, was applied to

physiology, pathology and therapeutics. The chemical doctors were very wild and extravagant in advancing unnatural theories ; but they had an ever present champion in the name of Galen, who was well entitled to be called the " Prince of Medical Philosophers." He was a philosopher—a *natural* philosopher ; for he studied Nature closely, deeply, profoundly, and deduced his indications of cure from an accurate observation of her laws. His system, however, was destined to be utterly overthrown by an adventurous vagrant, whose quackery never had its equal on earth. This impudent and unprincipled charlatan was none other than Paracelsus, to whom the medical world is more indebted for the *mineral* drugging system than to all other physicians who have ever lived. He introduced the *mercurial* and *antimonial* practice, which still constitutes the great strength of the popular *materia medica* of the day, and which also continues to exhibit its terribly devastating power on all human constitutions that comes under its sway or influence. In the fullness of his pride, pomp, and arrogance, Paracelsus burned, with great solemnity, the works of Galen and Avicenna, declaring that he had found the philosopher's stone, and that mankind had no further use for the medical works of others. He lived a dissipated vagabond, and died prematurely at the age of forty-eight, his famous *elixir vitæ* having failed to save him from a most horrible fate. Still his abominable doctrines prevailed, and his infatuated followers have added several hundred other chemical or mineral preparations to the *materia medica* of the great Quick Silver Quack.—At the present day, among a certain class of physicians, there is hardly a disease in the catalogue of human ailments in which the employment of mercury, antimony, arsenic, and other deadly drugs is not employed.

During the seventeenth century, the doctrines of Hippocrates again rose to some consideration in medical philosophy. Anatomy made progress. HARVEY discovered the circulation of the blood ; others traced out the absorbent system and explained the functions and structure of the lungs ; while

BOYLE disengaged chemistry from the mystery by which it was surrounded, and explained its *true province* to be, "not the manufacture of solid gold, nor liquid nostrums, nor gaseous theories, but an investigation into the change of properties which bodies experience in their action upon each other."

From this time to the beginning of the eighteenth century, notwithstanding many facts had accumulated in chemistry, anatomy and physiology, physicians, as a body, held no more natural views of the *true nature* of disease, than were advanced by Hippocrates three thousand years before. Indeed, it is positively certain that none of the most eminent *new* schools or sects of the present day, had been more successful in curing diseases than were Hippocrates, Galen, and Sydenham. Meantime, however, there have arisen physicians, who, while they readily received all new facts in respect to the structure of the human organism, still adhered to the instinctive inductions of Nature, and treated diseases with most abundant success by means of Herbal preparations alone. We have at this day as bright a galaxy of names—scholars, philosophers, philanthropists and humanitarians as ever adorned any age of the world, devoting themselves with a zeal and industry worthy of all praise to the study and practice of medicine, but failing to perceive the *grand results* anticipated in their laborious researches after truth, do not hesitate to admit that our actual information does not increase in any degree, in proportion to our experience. All their array of learning, and their multitudinous writings, have only served to make confusion worse confounded, and all from the very simple fact that they have neglected to follow the requirements of nature and common sense, in maintaining the Herbal Practice as the only true and philosophical foundation of the Healing Art. Amidst all the jarrings, conflicts and dogmas of the medical world, is it any wonder that the great masses are rapidly losing all confidence in Medical Science, and crying for a more natural system of medication—even one founded in the principles of irrefragable Nature? With this view, I have devoted many years of my life, and having travelled

in numerous lands, I feel that I am now qualified, from a long medical experience and deep research into the physiology of Plants, to present to the world of suffering humanity, all those curative elements best calculated to ensure perfect health and the utmost length of life to all who may feel disposed to be guided by the doctrines and system of medication, which it is the object of this volume to make known. The Herbal Practiee will be as unsuccessful as all other systems, if the strictest rules are not followed as to the time of gathering, curing, or preparing the Plants or Herbs, agreably to the Laws of Nature or planetary influences.

HERBAL MEDICATION.

SHOWING THE PLANETARY AND CLIMATIC INFLUENCE UPON THE HERBAL KINGDOM.

IN the foregoing pages, we have seen, that from the earliest period in the history of the human race, to the present time, the administration of the juices and essences of Herbs and Plants, in all forms of disease, has ever been considered by judicious and philosophical minds, as the most rational and natural means of relieving the organism of all abnormal obstructions and derangements, and restoring all the functions to their original or primitive vigor and healthful working. Notwithstanding the innovations of the *mineral* practiee, I have ever held most rigidly to the *Herbal* System of medication, but having failed to meet with the success reasonably anticipated by pursuing the ordinary routine of Therapeutics, I was finally led to reject the many changes in medical doctrines and practice, and start forth on a path of investigation of my own, into the mysteries of the mineral and vegetable Kingdoms, especially as they might bear

upon the health and happiness of the human being ; accordingly, I set out on extensive travels in nearly all parts of the globe in all latitudes, at all seasons, and in all climes—in search of the best *specific* means for the healing of the maladies of mankind. The results of these researches, since confirmed by many years successful medical experience based upon them, have but the more strongly strengthened my opposition to the use of all the mineral preparations of the modern schools of medicine, and to establish my faith all the more firmly in the employment of HERBAL elements exclusively—whether in the materia of roots, barks, seeds, or flowers—as the surest and safest means for the thorough eradication of every form of disease incident to the human body.

In saying all this, however, I do not deny the fact that many mineral substances enter into the composition of the human being, and are necessary for his full health and perfection—as chalk or lime is requisite to form bone, iron to enrich or strengthen the blood, and other mineral substances for the formation of the tissues, as phosphorus for the tissues of the brain and nerves, etc.—but I stoutly contend that all such inorganic substances are taken up by plants and distributed to the various tissues and elements of the human being, either in the way of food or medicine, in exactly the precise quantity requisite for man's perfect health, if rightly used, neither in excess nor diminution, agreeably to the laws of nature : and their virtues are thus prepared and eliminated in a way far superior to any chemical manipulation ever conceived or known to man, with all the elements of chemical science at his command.

Having philosophized, and finally realized that the entire Universe was composed of *contrary* elements—of *negative* and *positive* principles—yet that the whole worked, or acted, in the most perfect harmony, agreeably to the wisdom of a Great First Cause, when such elements were not disarranged or disturbed by any *violation* of the laws of pristine *Nature*, I was soon led to a *logical deduction* of the general laws which govern the virtues or medicinal properties of all the varieties of plants,

with a view to employ them as remedial agents in the cure of disease. In a word, I found in the being, MAN, an epitome of all creation—found in his organism all the elements of universal nature—and necessarily discerned, that, as there are Summer and Winter, night and day, in regular and systematic succession, such alternations of nature could not but have the most important influences in respect to the health and diseases of the human being—Heaven's last, most perfect work. I realized that in accordance with the various operations of nature, man remained in health, or became afflicted with disease. Hence, it became necessary for me to fully understand or comprehend the *cause* of any departure from the normal or natural condition of man, and to provide the cure, or the remedy best adapted for the restoration of the equilibrium of the functions of his entire organism.

The admirable harmony of creation, as seen in the revolutions of the planets, showed how one part of the universe was subservient to, or dependent upon another part of creation; and this being the fact, it was easy to comprehend that the *Planetary System* had certain peculiar, fixed influences, not only upon herbs, but, through their qualities as food or medicine, upon the body of man.

No man of sense will deny that the Moon has a certain influence over the waters of the Earth—causing the ebb and flow of tides—nor will it be questioned among *practical* agriculturalists, at least, that the Moon has some special or potent power, in the success or failure of crops, etc.

If such be the *truth*, as it undoubtedly is, in regard to the influence of the Moon upon the aqueous and herbal, or vegetable organisms, it is not at all unreasonable to suppose that every star and every planet has some governing action over the actions, temperaments, idiosyncracies, health and disease of the human being, through the medium of the plants which supply him the very best of healing medicines.

The physicians of the olden time—including Esculapius, Hippocrates, Galen, etc.—of Arabia, Greece and Rome, as well as

many sages and learned men of more modern times, as Lord Bacon, Sir Isaac Newton, and others, all believed in what was originally called "ASTRAL Physic;" and contended that the anatomy of the human body was governed by the twelve constellations. In other words, they believed that the planet Aries or ram, presided over the head and face of man; Taurus or the bull, over the neck; Gemina, or the twins, over the arms; Cancer or crab fish, over the breast; Leo, or the lion, over the heart; Virgo or virgin, over the bowels; Libra or the balance, over the reins or loins; Scorpio or scorpion, over the secrets; Sagittarius or bowman, over the thighs; Aquarius or waterman, over the legs; Capricornus or goat, over the knees; and Pisces or the fishes, over the feet.

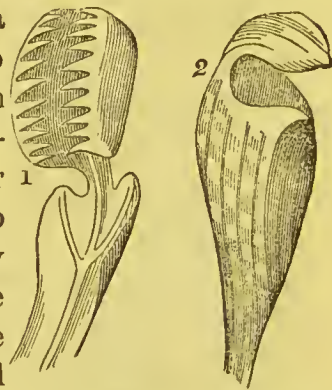
Candid and reflecting minds must admit the *truth* of these notions of the ancients, while the lights of modern science fully support the hypothesis of planetary influences upon the human organism, inducing Rheumatism, Neuralgia, and other nervous and muscular diseases, as well as visceral derangements, according as electrical, atmospherical, or other phenomena are concomitants of, or governed by, *sidereal* or meteorological conditions of our globe, in its revolutions in universal space, or amid the illimitable range of the starry hosts and planets. Indeed, in many scientific works, we find engravings representing the planets ruling over the various members of the body of man, while these emblems or signs continue to be used, as designating the proper time to plant seed and reap the harvests, etc., among the yeomanry of all lands.

That there are planetary influences prevailing over all of the Herbal Kingdom, cannot be questioned: It is this same planetary or atmospheric influence which occasions the closing of the leaves over the extreme point of the young shoot at night, as may be observed in the chick-weed, and several other common plants. The folding of some flowers in the absence of the sun, and the opening of others as soon as that luminary has withdrawn his beams, are ascribable to a similar cause. The white marygold closes its flowers on the approach of rain, and

the dwarf *Colendrina* folds up its bright crimson corolla about four o'clock every afternoon ; while, on the contrary, the plant commonly called *Four o'clock*, whose flower remains closed all day, opens precisely at the hour of four. The evening Primrose will not open its large yellow flower till the sun has sunk below the horizon. On the other hand, the Sun-flower is always seen bending its face (*vis-a-vis*) in the direction of the sun, and follows its course during the entire diurnal round, from its rise in the Orient, or East, in the morning, to its decline in the Hesperian region, or West, in the evening. The Night-blowing Cereus only expands its flowers about midnight. Indeed, some flowers are so regular in their opening or shutting, that the great Botanist, LINNÆUS, formed what he called "*Flora's Time Piece*," in which each hour was represented by the flower which opened or closed at that particular time. Thus, *trago fagon prateus* opens from three to five ; *papaver medicaule*, at five ; *hypochaeris maculata*, at six ; *nymphœa alba*, at seven ; *anagallis avernis*, at eight ; *calendula avernes*, at nine ; *areuaria*, nine to ten ; and *mesembry anthemum*, at eleven. *Solar light* is no doubt the principal cause in producing these phenomena ; yet the influence of other planets are perhaps more potent in their direct influence. Beside the cases in which flowers open and shut their corollas by the influence of light, instances are known in which merely the petals roll up by day, and resume their natural shape after sunset. A remarkable circumstance respecting the effect of atmospheric influence, is, that the same causes do not affect all plants, and yet no peculiarity of construction has been discovered in those so affected to distinguish them from those that are not. This simple fact alone is sufficient to prove that there is not a plant or tree growing on earth that is not in more or less degree, under the influence or government of some *especial* Planet, Star, or Constellation, or some sign of the Zodiac.

The *sleep* of plants, a very remarkable phenomena, must be due to planetary influences. Even the *irritability* of many of them can be readily traced to the same cause by a rational

mind. In many instances, there seems to be a striking affinity between the herbal and animal kingdom, and other instances of the repelling character. For instance, a most remarkable instance of irritability by contact, is that exhibited by the 'Venus' Fly Trap,' *Dionæa muscipula*, a native of Canada, and nearly allied to the common "Sun-Dew," of the British commons. Its flowers have nothing remarkable about them, except that their petals roll up when they are about to decay ; but the leaves are very curiously constructed. They have broad leaf-like petioles, at whose extremity there are two fleshy tubes, which form the real leaf, and which are armed with strong, sharp spines, three on the blade of each lobe, and a fringe of larger spines round the margin. (See figure 1.)



When an insect touches the base of the central spines, the leaf collapses, and the poor insect is caught, being either impaled by the central spines, or entrapped by the others. The leaf then remains closed, the fringe of long spines being firmly interlaced and locked together, till the body of the insect has wasted away. This apparatus being the nearest approach to a stomach which has yet been observed in plants, an experiment was tried some years ago of feeding a *dionæa* (Venus' Fly Trap) with very small particles of raw meat, when it was found that the leaves closed in the same way as they would have done over an insect, and did not open again until the meat was consumed. This plant is under the dominion of *Mercury*, and it is a curious fact, that its leaves possess medical properties, which, when properly prepared in tincture or decoction, have been found of exceeding efficacy in many diseases of the digestive organs of the human being.

Saracenia, or Side-Saddle flower, the leaves of which are pitcher-shaped, resembling an old-fashioned side-saddle, six of which generally belong to each plant. Each of these pitchers

will hold nearly a wineglass full, and are generally filled with water and aquatics, which undergo decomposition, or a sort of *digestion*, and serve as a nutriment to the Plant. It is a plant of the *Moon*, and an infusion of both its leaves and roots is stimulating, tonical, diuretic, and laxative, and thus very useful in dyspepsia and other gastric derangements, chlorosis and all uterine derangements. This same peculiarity belongs to all plants having pitcher-shaped leaves. (*See fig. 2, page 15.*)



From long experience and observation, I have found that any plant bearing any resemblance to any portion of the human frame, is a *specific* for the diseases of the member or organ to which it resembles. For instance, herbs that simulate the shape of the *Lungs*, as Lungwort, (*See figure adjoining,*) Sage, Hounds-tongue and Comfrey, are all good for pulmonary complaints.

Plants which bear in leaves and roots a *heart-like* form, as Citron Apple, Fuller's Thistle, Spikenard, Balm, Mint, White-beat, Parsley and Motherwort, will yield medical properties congenial to that organ. Vegetable productions like in figure to the *ears*, as the leaves of the Coltfoot or Wild Spikenard, rightly prepared as a conserve and eaten, improve the hearing and memory, while *oil* extracted from the shells of sea-snails, which have the turnings and curvings of the ears, tends wonderfully to the cure of deafness. A decoction of Maiden Hair and the moss of Quinces, which plants resemble the *hairs of the head*, is good for baldness. Plants resembling the human *nose*, as the leaves of the Wild Water Mint, are beneficial in restoring the *sense of smell*. Plants having a semblance of the *Womb*, as Birthwort, Heart Wort, Ladies' Seal or Birony, conduce much to a safe *accouchement*. Shrubs and Herbs resembling the bladder and gall, as Night-shade and

Alkekengi, will relieve the gravel and stone. *Liver* shaped plants, as *Liverwort*, a plant under the dominion of Jupiter, (See the following figure.) Trinity, Agaric, Fermitory, Figs, etc., are all efficacious in *bilious* diseases. Walnuts, Indian nuts, Leeks, and the root of Ragwort, because of their form, when duly prepared will further generation and prevent sterility. Herbs and seeds, in shape like the teeth, as Toothwort, Pine-kernel, etc., preserve the dental organization. Plants of knobbed form, like the knuckles or joints, as Galingale, and the knotty odoriferous rush, *Calamus*, are good for diseases of the spine and reins, foot, gout, knee swellings, and all joint pains whatsoever. Oily, vegetable products, as the Filbert, Walnut, Almond, etc., tend to fatness of the body.



(Liverwort.)

Plants naturally *lean*, as Sarsaparilla or long-leaved *Rosa Solie* emaciate those who use them.

Fleshy plants, such as Onions, Leeks and Colewort, make flesh for the eaters. Certain plants, as the Sensitive plant, Nettles, the roots of Mallows, and the herb *Neurus*, when used as *outward* applications, fortify and brace the *nerves*. Milky herbs, as Lettuce and the fruit of the Almond and Fig trees, propagate *milk*. Plants of a *serous* nature, as Spurge and Scammony, purge the noxious humors between the flesh and the skin. Herbs whose acidity turns milk to curd, such as Gallium and the seeds of Spurge, will lead to procreation. Rue mixed with Cummin will relieve a sore breast, if a poultice of them be applied, when the milk is knotted therein; while plants that are *hollow*, as the stalks

of Grain, Reeds, Leeks, and Garlick, are good to purge, open and soothe the hollow parts of the body. Many more instances of such adaptation of herbs and plants to diseases of the body, might be cited if deemed necessary.

The *vitality* of plants may be destroyed by giving them deleterious or poisonous substances, such as arsenic, mercury, etc. In fact, *mineral* poisons act on plants and herbs in nearly the same way they do upon human beings or other animals.

The *color* of plants is generally under the influence of *solar* light; hence, plants grown in darkness become etiolated or blanched. The *green* of leaves is due to *nitrogen*, while in proportion as the *oxygen* of the air predominates, the leaves put on varied tints, as the beautiful red and crimson assumed by some leaves in Autumn.

The *color of flowers*, as a general rule, is influenced by *solar* light, though the *magnetic* condition of the soil has much to do with the color. For instance, the petals of the common butter-cup are of as brilliant a yellow in town-gardens enveloped in the smoke of London, as on any country hill, while the tints of the rose remain, when languishing for lack of a clear atmosphere. The flowers of the common hydrangea, which are naturally *pink*, may be made *blue* by planting the shrub in soil impregnated with iron. So will certain medical preparations of iron turn *blue* the human flesh. The color of the flower of the tulips can be turned into white, yellow, brown, purple, and a beautiful tint of rose, by transplanting the plants from a poor soil to a rich one, and *vice versa*.

The *fragrances* of flowers and plants have their physiological or medical uses. The use of the fragrance in leaves, bark, and wood, is apparently to preserve them from the attacks of insects; as the smell of the red and Bermuda cedars (of which pencils are made) and of Camphor, also a *vegetable* product, is to keep moths and other vermin from attacking substances with which they are in contact.

The *taste* produced by vegetable substances has also an important bearing in Herbal Medication, as for example, the juice of the sugar cane is *sweet*, that of the unripe apple is *acid*, that of the aloe is *bitter*, while that of the leaf of the bramble, is *astringent*. These influences are owing to *solar* light, atmospheric and *stellar* phenomena.

Physiology will not deny the connection of *electricity* with vegetable growth. The secretions of plants are various, as farinaceous, saccharine, oleaginous, balsamic, resinous, etc., while others are narcotic, aromatic, or mucilaginous, and another class again are astringent, as tonics, or purgatives. All these secretions have an important bearing in the treatment of disease by the Herbal Practice.

The *geographical* distribution of plants is affected by planetary influences, constitutions of soil, heat, moisture, altitude of situation, etc. The flowers, shrubs, and trees, which adorn the plains of India and South America, are not the same with those which clothe the valleys of England and North America. Nor are their *medical* properties the same, however those herbal products may resemble each other. The plants which flourish on the sea-shore of Great Britain are not the same as those on the coast of Africa, nor are these, again, allied to the maritime vegetation of Chili, South America. Nearly all the beautiful plants which adorn our green-houses, are natives of a limited space near the Cape of Good Hope, as are also many of our most beautiful bulbs, but the *medical* properties of all, become *weakened and changed* by transplantation. The curious stafelias, that smell so offensively, are found wild only in South Africa. They are there used for *medicinal* purposes by the Aborigines. The trees that bear balsam grow principally in Arabia, and on the banks of the Red Sea. The umbeliferous and cini-ferous plants, spread across Europe and Asia. The *Cacti* are found only in tropical America, while the lobiatae and cariophyllacea, are seldom discovered but in Europe. The peculiar ranges and centres of vegetation, as they are termed,

are all owing to planetary, meteorological, and electrical influences, and yield their *medical* properties in exact *ratio of quality*, in accordance with the latitudes or places in which they are *indigenous*.

From the many facts existing, we must believe that there is not a single disease in man that may not have its remedy or cure, in some herb or other, if we but knew *which* plant, and *where* to find it, in this, or that, or any clime, or portion of the world—agreeably to the providence of Nature.

This fact or law is proven in the lower animal kingdom. Who has not often seen, not only our familiar domestic animals, but many of the untamed creatures of the forests, fields and air, seek out some one or peculiar herb, when laboring under sickness or derangement of the functions of its organism?

Truly, Nature has wisely implanted a *definite* instinct in every organic creature, in order to serve for its health, or for its restoration to health from disease. In man, however, such instinct is not so plainly marked, but to him has been given reason and judgment, and (in some *few* of the race,) a disposition to investigate the laws and mysteries of creation, in order to secure his own highest health and perfection, and to find the means for the healing of his kind, when they have become diseased through ignorance, perversion, and violation of the immutable ordinances of Creation.

As the proverb says, "There are sermons in stones, and books in running brooks," so do we behold volumes of wisdom in all the herbal kingdom—in every emerald and variegated leaf, in every tinted blossom—in *all*, there is a voiceless language, eternally singing significant psalms in praise of "HIM who doeth all things well."

Thus we find that *adaptation* is the *law* of the universe—and no where is it more vividly portrayed than in the growth and development of the *Herbal* world.

It will thus be seen, that it is only by carefully studying the *physiology* or *functions*, or *nature* of plants, we can

derive instruction for the proper regulation or government of our own organisms. The causes—whether planetary or otherwise—which influence the growth and development of plants, are conditions necessary to be understood, in order to preserve the health or integrity of our systems.

Dependent upon the causes I have already named, the plants, also, may lose their medicinal virtues; while much will be owing to the season of the year when they are gathered, in order to adapt them to medical purposes.

For instance, in the Spring of the year, the common *Nettle* plant may afford a palatable food for man, but if selected at a later period, instead of serving as a savory vegetable, or purifier of morbid elements from the blood and system of man, might be converted into, or *act* as a virulent or dangerous poison upon his organism.

In China the *Ginseng* plant or root is regarded—weight for weight—as silver, for medicinal purposes; whereas the same herb grown in America, or other countries, does not possess a tithe of the value of the Chinese production for healing purposes.

There must be, therefore, I repeat, a combination of influences to ensure the full development or perfection of any plant. There must be not only internal but external stimuli, to develop the virtues of the herb. The external, as we have seen, consists of certain nutritious matters contained in the soil, water, atmospheric gases, electricity, light and heat, besides the elements of oxygen, both in its combined or simple form, nitrogen, etc.

If we take a stem cut from a pine tree, in the forests of North Carolina, and place it in contact with the trunk of a healthy growing pine, the former would destroy the latter in the course of the season. The worms generated in the severed or decayed stem will pass to the living tree, and rapidly cause its destruction.

Any farmer knows that if the lordly oak be felled in June, it will pass into a complete state of decay in the course of from four to eight weeks, but if it be cut down at a proper season, it affords the best timber for the building of ships.

We all know that a plant stripped of its leaves will soon perish. Among the reasons for this is, that the absorption by the roots is insufficient to supply all the materials for its nourishment. Let us look a little more closely into these phenomena of nature. There must be a certain number of stages for all herbal growths. First, the ascending sap dissolves the nutritive deposits of the root and stem, and conveys them to assist in the development of leaves and flowers. Hence, it is evident that if the root, bark or stem, be gathered at this season, it will prove deficient in medical virtues, or be altogether inert. The leaves, also will be found worthless for remedial purposes. On the other hand, if we wait a little longer, or until the plant is fully developed, we will find that either the bark or root, the leaves or flowers, are full of rare medicinal virtues.

The *precise* moment when all the assimilative processes of the plant have been perfected, whether it be Summer or Winter, Spring or Autumn—*is the time to gather it* for a remedial agent in disease, inasmuch as we know that the laws of chemical decomposition and recombination know no rest; hence, as in the case of the nettle, while it may be a good food in its earlier stages of development, it would prove deleterious in a more advanced stage of its growth.

The peculiar properties of herbs as medicines will often depend upon the greenness or ripeness of the plant, and other circumstances attendant upon its cutting, and the length of time it is kept after being gathered.

For instance, the concrete juice of the Mannaash (*Fraxinus Ornus*)—the manna of commerce—increases in purgative qualities by age. The Oak-bark, for tanning hides, improves in value for a period of four or five years after it has been stripped from the trunk; in the same manner its medical properties are either diminished or improved, according to the season when the bark is gathered, or the manner in which it is converted into tannic acid for medical or scientific purposes.

It must be apparent to all, that herbs are liable to suffer from the vicissitudes of soil, climate, season, etc., and, as a matter

of course, from these causes, will vary the medical principles attributed to them.

Repeated analysis demonstrates the fact, that specimens of the same plant grown in different localities will vary infinitely in the proportions of the medical principles yielded. Take, for example, the Butterfly-weed, or Pleurisy-root (*Asclepias Tuberosa*), which grows in the barren and sandy soil of New Jersey, and it will be found to yield from one to two hundred per cent. of its medical virtues more than the same plant grown in the rich soils of the American West. Hence, when given as medicine, the quantity must correspond accordingly—be either increased or diminished, in order to secure its proper curative effects upon the system. Thus it is seen that a medicine, prepared from plants culled at an improper season, will prove entirely inert or useless, while the same herb gathered at a proper time, in a proper climate, especially and properly prepared, would secure the restoration of a patient from disease to health.

There is likewise a wide difference between the virtues of a plant growing in a wild or *natural* condition from that of the same herb when artificially cultivated. The transference of plants from their native locations, to soils prepared by the hands of man, induces many changes in their individual elements. Many plants formerly used for medicines are now cultivated for the table alone. The small acid root of the *Brassica Rapa* has become the large and nutritious article of diet known as the *turnip*. The dandelion, when grown in natural localities, possesses well-defined medical properties, all of which are lost when the plant is artificially cultivated. In the cultivated plant, the proportions of starch, grape-sugar, and other non-medical principles are largely increased, while that which is gathered in its wild or native state is known to possess rare virtues in affections of the liver, kidneys, and respiratory organs. In the cultivated rose the stamens are converted into petals. The castor oil plant, in Africa, is a woody tree—in our gardens it is an annual. The mignonette, in Europe, is an annual plant, but becomes perennial in the sandy deserts of Egypt.

I repeat, from what has been seen it is evident that all herbs, perhaps, possess some property suitable for medical purposes. These virtues may be found in the root of one plant, in the bark of another, in the leaves of another, in the blossoms of another, in the seeds of another, or in the whole combined. Even the *color* of the flower has much to do with the therapeutic properties of the plant—as for instance the *Blue Vervain*, as used in my Fits and Dyspepsia remedy, is the only kind that is used for medical purposes—all the other species being either entirely useless, or else more or less dangerous.

In fact, it is evident to the comprehension of the simplest mind, that climate and planetary influences have much to do with the full development of plants. This may be illustrated in the *Tobacco* raised in Cuba and that grown in America—the one being grown in a Southern and the other in a Northern climate. The poison *nicotine* is derived from the tobacco plant, the exhilarating *caffeine* and *theine* are obtained from the coffee berry and tea plant. Thus it is possible that some therapeutic agent or other may be derived from every plant grown on the surface of the globe.

The Red Men of the American forests are never at a loss to know which plant is best, nor the time it should be gathered, to cure him of disease. They know how to treat their complaints in physic, surgery and midwifery, with a skill that far surpasses that of many a learned doctor of the big medical schools, with all their science, and the medical teachings of physicians for upwards of four thousand years. What other guide have the poor Indians—those untutored savages of the woods—but their reason and their instinct, their practical experience in the use of herbs, and their observation of planetary influences upon herbs?

This is the same in the East Indies, South America, South Sea Islands, Patagonia, Africa, and other lands. The negroes in the interior parts of Africa possess a knowledge of the medical properties of plants which is really surprising, and, by consequence, are rarely afflicted with disease. The art of healing in Sumatra consists in the application of plants, in whose medi- 14

cal virtues they are surprisingly skilled. In fact, the Sumatrans have a degree of botanical knowledge that surprises the European or American. They become acquainted, at an early age, not only with the names, but the qualities and properties of every shrub and herb among that exuberant variety with which their country abounds.

In gathering herbs for medical purposes, we should not only know the season when they should be culled, but we should be qualified to comprehend the principles of which the plant is composed—whether they be resins, alkaloids, or neutrals—and be able also to separate the one ingredient or element from the other, as a *distinct* medical property, or combine the whole for the purpose of a *compound* medical agent.

To understand these constituent elements of plants, and to be able to adapt them to the cure of all forms of disease, has been the main purpose of my life. With this view, as before remarked, I have traveled in many lands, and made much research into the mysteries of Nature, as developed in the organization of plants, with a success greater than has yet been achieved by any other man now on the face of the globe, as may be seen by referring to the various cases treated, as related in this volume.

Accordingly, the knowledge thus obtained enables me to prepare *four compound* remedies (a full description of which may be found on page 302), in a way that renders their action upon all diseases of the human organism at once direct and certain. Their remedial virtues are always apparent, and never fail to cure, however inveterate or long standing the ease of the disease, where the medicines are taken duly and in accordance with the *Hygienic* requirements, which will be found plainly laid down under their proper headings in this volume.

Many of the herbs that I use in these medical compounds are gathered expressly for me, in various countries, by agents exclusively employed by myself, while those of *native* growth are selected usually under my own personal supervision, with the utmost accuracy, at all seasons of the year, or according to

planetary influences, in order to possess their fullest therapeutic virtues from every portion of the United Kingdom, whether grown in a wild or cultivated state.

Nor is this all that has to be done. Each plant, and every element or ingredient of it—whether the root, bark, leaf, flower or seed—are submitted to a most rigid chemical analysis, in order to ascertain the relative amount of their medical virtues, or the quantity, purity and strength of each, before a single principle or element can be used as a component part of any of the remedies which are prepared in my own laboratory, under my own ever-watchful care and supervision. But, in order that all may be readily benefitted by this volume, whether desiring to purchase my remedies or not, or whether living in localities so far distant from railway deliveries, that they cannot receive them, I have given a large number of the most valuable prescriptions that can be found in the Herbal Practice, or as used by me before having discovered the *specific* remedies, as mentioned on page 302.

These prescriptions, as a general rule, may be easily and cheaply prepared by any apothecary, or by any intelligent member of a family or household, care being taken that the herbs used shall be of the best quality. I also present a full description of the *Plants* composing these prescriptions, many of them most beautifully exhibited by life-like illustrations, even to the very colors of the blossom, and general contour of the herb. There are, however, very many cases of human affliction that must have the especial supervision of the best medical skill and experience. Any one therefore afflicted with any disease for which neither of my four remedies seem particularly designed, may write to me in accordance with the rules laid down on page 408 of this book, and thereby come under special treatment. This method is eminently more satisfactory than any other in the end, but is, of course, more expensive, as the care and consideration of each case draws largely upon my individual time, and the medicines used are of the best and rarest kinds.

FOREIGN AND NATIVE PLANTS.

THEIR MEDICAL PROPERTIES, AND THE
INFLUENCE OF CLIMATES AND PLANETS
OVER THEM.

ACACIA. GUM ARABIC.

Description.—Acacia Arabica, is a small tree or shrub, but which sometimes attains the height of forty feet, with a trunk from three to four feet in circumference. It is sometimes called the *Egyptian Thorn*, or *Egyptian Gum Arabic*. The thorns are sometimes short, sometimes long, or almost wanting. The flowers are small and yellow, in globose heads, etc.

History.—The tree inhabits the Southern portions of Asia, and the upper portions of Africa. The gum flows naturally from the bark of the trees, in the form of a thick and rather frothy liquid, and speedily concretes into tears; sometimes the discharge is promoted by wounding the trunk and branches. The best quality of Gum Arabic is colorless, or very pale yellow-white, shining, transparent, hard, but pulverable, inodorous, and of a sweet and viscous taste. Cold or hot water dissolves its own weight, forming a thick mucilaginous solution.

Government and Virtues.—It is a tree influenced by the *Moon*. The gum is nutritive and demulcent, and exerts a soothing influence upon irritated or inflamed mucus tissues, by shielding them from the influence of deleterious agents, atmospheric air, etc. It is very useful in diarrhoea and dysentery, to remove tenesmus and painful stools, in catarrh, cough, hoarseness, gonorrhoea, inflammations, etc. It may be given almost *ad libitum* in powder, lozenge, or solution alone, or combined with syrups, decoctions, etc. [See "*Acacian Balsam*," page 308.]

ADDER'S TONGUE. ERYTHRONIUM AMERICANUM

Description.—This plant, also known by the names of *Dog*

Tooth Violet, Serpent's Tongue, Yellow Erythronium, etc., is a perennial plant, springing from a *bulb* at some distance below the surface, which is white internally, and fawn-colored externally. The leaves are two, pale green with purplish or brownish spots, and one nearly twice as wide as the other. It bears a single, drooping yellow flower which partially closes at night, or on cloudy days.

History.—This is a beautiful plant, among the earliest of the vernal flowers, found in rich open grounds, or in thin woods, throughout the United States, flowering in April or May. The English variety is similar to the above, and possesses the same medicinal properties. The bulb and leaves are the parts used, and impart their virtues to water. The leaves are more active than the roots.

Government and Virtues.—It is an herb under the dominion of the *Moon* and *Cancer*. It is emetic, emollient, and antiscrofulous when fresh, nutritive when dried. The fresh roots and leaves, simmered in milk, or the fresh leaves bruised and often applied as a poultice to scrofulous tumors or ulcers, together with a free internal use of an infusion of them is highly useful as a remedy for scrofula. The expressed juice of the plant, infused in cider, is very useful in dropsy, and for relieving hiccough, vomiting, and hematemesis, or bleeding of the lower bowels.

AGRIMONY. AGRIMONIA EUPATORIA.

Description.—Agrimony has a reddish, tapering, not creeping root, with brown stems covered with soft, silky hairs; two or three feet high, and leaves dented about the edges, green above and greyish underneath. The flowers grow at the top of the stem, are yellow, small, and very numerous, one above another in long spikes, after which come rough heads of seeds, hanging downwards, which will stick to garments or anything that rubs against them, sometimes called *Cockleburr* or *Sticklewort*.

History.—This perennial plant is found in Asia, Europe, Canada and the United States, along roadsides, and in fields

and woods, flowering in July and August. Both the flowers and roots are fragrant, but harsh and astringent to the taste; and yield their properties to water or alcohol.

Government and Virtues.—It is an herb under *Jupiter* and the sign of *Cancer*. Is a mild tonic, alterative and astringent. Useful in bowel complaints, chronic mucus diseases, chronic affections of the digestive organs, leucorrhœa or whites, etc. A strong decoction, sweetened with honey, is an invaluable cure for Scrofula, if persisted in for a length of time. It is exceedingly useful in Gravel, Asthma, Coughs and obstructed Menstruation.

Dose.—Of the pulverized leaves, one teaspoonsful may be taken; of the decoction, one wineglassful.

ALDER. PRINUS VERTICILLATUS.

Description.—This is an indigenous shrub, of irregular growth, sometimes known as *Winterberry*. The stem is six or eight feet in height, with greyish bark and alternate branches; the leaves are olive green, smooth above and downy beneath; the flowers are small and white, the berries are globular and of a bright scarlet color.

History.—Black alder is common in the United States and England, growing in moist woods, swamps, etc., flowering from May to June, and maturing its fruit in the latter part of Autumn. The bark and berries are used for medicinal purposes. It has a bitterish, sub-astringent taste, and yields its properties to water by infusion or decoction. The berries have a sweetish taste, and yield their virtues to water or alcohol.

Government and Virtues.—It is a shrub of *Venus*, under the sign of *Cancer*. It is tonic, alterative and astringent. It is very beneficial in jaundice, diarrhœa, gangrene, dropsy, and all diseases attended with great weakness. Two drachms of powdered bark, and one of powdered golden seal, infused in a pint of boiling water, and when cold, taken in the course of the day, in doses of a wine-glassful, and repeated daily, has proved very efficacious in dyspepsia. *Externally*, the

decoction forms an excellent local application in gangrene, indolent ulcers, and some affections of the skin. The berries are cathartic and vermifuge, and form with cedar apples a pleasant and effectual worm medicine for children. Dose of the powdered bark from half a drachm to a drachm. Of the decoction, a teaspoonful three or four times a day. Black Alder is an ingredient in several alterative syrups

ALE-HOOF OR GROUND IVY.

Description.—This plant is a native of England, and well known by many names, as *Cat's Foot*, *Ground Ivy*, *Gill-go-by-ground*, *Gill Creep-by-ground*, *Turnhoof*, *Haynaids*, etc. It spreads and creeps upon the ground: shoots forth roots at the corners of tender-jointed stalks, set with two round, hairy, crumpled and unevenly dented leaves at the joints. With the leaves towards the end of the branches, come forth long, hollow, blueish flowers, with small white spots on the lips that hang down; the root is small with strings. It grows under hedges, on the sides of ditches, under houses, in shady lanes, and waste grounds. Its flowers come early and abide a great while; the leaves continue green all the year unless the Winter be sharp and cold.

Government and Virtues.—It is an herb of *Venus*. It is sharp and bitter in taste, and a decoction of it is singularly good for ulcerated Lungs, and all inward wounds. It is excellent for liver complaints, jaundice, wind in the stomach and bowels. It provokes urine and menstruation. The decoction of it in wine, will soon procure ease to those troubled with sciatica, or other gouty or rheumatic affections of the joints. The decoction with a little honey and alum, is a good gargle for sore mouth or throat. The juice of it, boiled with a little honey and verdigris, will wonderfully cleanse fistulas, ulcers, and spreading eating cancers, etc. The juice dropped in the eyes, will help pains, redness, and the watering of them; likewise, if dropped in the ears help the noise and ringing therein, and improves the hearing.

ALEXANDER.

Description.—Alexander, sometimes called *Alisander*, *Horse Parsley*, *Wild Parsley*, and the *Black Pot Herb*, is too well known in Europe to need any description. It flowers in June and July, and its seeds are ripe in August.

Government and Virtues.—It is an herb of *Jupiter* and therefore friendly to nature, warming cold stomachs, removing obstructions of the liver, spleen, kidneys, bladder, etc., flatulency, stranguary, and to move women's courses. [If the best is not to be had see *Vervain Assimilant*, page 302.] A decoction of either of the leaves or seeds, may be taken freely for the above disorders of the human system.

ALKANET. ANCHUSA TINCTORIA.

Description.—This plant is known in Europe by the names of *Orchanet*, *Spanish Buglow*, and *Enchusa*, but the *Alkanet* proper is the only kind that grows in England. It has a great, thick, red-colored root, with long, narrow, hairy, green leaves, which lie very thick upon the ground. The stalks are encircled with tender, slender, narrower leaves than those at the bottom of the stalks; while the flowers are small, fallow, and reddish color, appearing in July and August. The seed ripens soon after, but the roots, (like carrots and parsnips,) are in their prime before the herb runs up to stalk.

Government and Virtues.—This herb is one of the darlings of *Venus*, and sometimes hard to be obtained in its purity. The roots boiled in wine are good for liver complaints, jaundice, spleen, and obstructions of the kidneys and bladder, weak back, and pains thereof. An ointment of the leaves helps old ulcers, burns, scalds, St. Anthony's fire, bruises, falls, green wounds, etc. A vinegar made of the leaves, as you make vinegar of roses, cleanses the face of morpew and other spots and blemishes of the skin.

ALL-HEAL. PRUNELLA VULGARIS.

Description.—All-heal is sometimes called *Hercules' woundwort*. It has a long, thick root, full of a hot and biting juice,

with large, hairy, ash-tree like, green leaves; each leaf consisting of five or six pair of wings, set opposite each other on foot-stalks, and having a bitterish taste when chewed in the mouth. It has a strong, round, green stalk, with many joints, and some leaves thereat, growing to the height of five feet. It bears a small yellow flower, and yields seeds of a whitish, yellow, short, flat appearance, having a bitter taste. It flowers usually at the end of Summer in England, although found in blossom in other parts of Europe from May to December, where it is sometimes called *Panay*, *Opapane-wort*, etc.

Government and Virtues.—It is under the dominion of *Mars*, hot, bitter, and choleric in its nature. A decoction is good to expel worms, to provoke urine, and to help all joint aches, etc. Is excellent for cramps, fits, falling sickness, and convulsions, [but is not as good as Blue Vervain, see prepared medicine, page 302,] obstructions of the liver and spleen, kidneys and bladder. It is also good for the toothache, and the bite of mad dogs and venomous creatures.

ALMONDS. THE *AMYGDALUS COMMUNIS*.

Amygdala Amara, Bitter Almonds. *Amygdala Dulcis*, Sweet Almonds. . KERNELS.

Description.—The almond tree is from ten to eighteen feet high, and grows in the south of Europe, Barbary, and Asia, and yields both the sweet and bitter Almonds. The leaves are of a bright light green, two to four inches long and about three quarters of an inch broad. The flowers are moderately large, pink or white, resembling the peach blossom in color, in pairs, and appearing before the leaves. *Stone*, oblong or ovate, hard in various degrees, always rugged and pitted with irregular holes.

History.—The best of the sweet kind comes from Malaga. The sweet almond kernel is without odor, and of a pleasant flavor; that of the bitter is also inodorous, unless it be rubbed with water, when it exhales a smell similar to *Prussic acid*. Its taste is similar to that of peach meats. Both varieties

of kernel contain oil ; the *sweet* a fixed oil ; the *bitter*, a fixed oil and an essential oil impregnated with hydrocyanic acid, (Prussic acid.) The oil of Bitter Almonds has a golden color, an agreeable odor, and an acid, bitter taste, and is combustible, burning with a white flame. The oil of Bitter Almonds is a poison acting in the same manner as Prussic acid. One drachm of this oil dissolved in three drachms of alcohol, forms an "essence of almonds," much used by confectioners, perfumers, etc. A soap is made from it, under the name of *Saponaceous Cream of Almonds*.

Government and Virtues.—It is a plant of *Venus*, and opposes the ill effects of *Mars*. Triturated with water, Sweet Almonds produce a white mixture called *emulsion* or *milk of almonds*, which possesses a very remarkable analogy with animal milk. It contains a great quantity of oil, kept in suspension in water by the gum and albumen ; and is used as a demulcent, and as a vehicle for other medicines. The oil in small quantity, acts as a demulcent ; in larger doses, it is laxative. It is frequently employed in cough, diseases attended with intestinal irritation, and for mitigating the acrimony of the urine in calculous affections, etc. *Dose* of the oil is a teaspoonful.

AMARA DULCIS, OR BITTER SWEET.

Description.—*Amara Dulcis*, or Bitter Sweet, is also sometimes called *Mortal*, *Woody Nightshade*, and *Felon-wort*. Its woody stalks grow to the height of a man, and sometimes higher. The leaves fall at the approach of Winter, and spring out again from the same stalk the ensuing Spring. The branch has a whitish bark, with a pith in its centre. The main branch divides into many smaller branches, with clasps that lay hold of what is next to them, as vines do. The leaves are many, longish, somewhat broad and pointed at the ends, and of a pale green color, although growing in no regular order. The flowers are blue, or a purple color, like to violets, standing many together in knots. The berries, at first, are green, but

very red when ripe, tasting sweet at first, and bitter afterwards. The plant is common in England, growing in moist and shady places. The leaves put out about the first of April, the flowers in July, the seeds ripening the following month.

Government and Virtues.—This plant is under *Mercury*, and a notable herb if rightly gathered under his influence. A pound of the leaves and wood bruised or pulverized and boiled in three pints of white wine, then strained and drank in wineglassful doses, is excellent to open obstructions of the liver and spleen ; helps difficulty in breathing, and congestions of blood from bruises and falls, in any part of the body. It is good for the black and yellow jaundice, dropsy, and to cleanse women newly brought to bed. The bruised berries applied to felons will speedily cure them. It is also good for vertigo, or dizziness in the head.

AMARANTH. AMARANTHUS HYPOCHONDRIASIS.

Description.—This is an annual herb, with a stout, upright stem, from three to four feet high, with oblong green leaves, red spots or tinged with purple, clustering flowers of a bright-red purple, plume-like form.

History.—This plant, known also by the names of *Princes' Feathers*, *Lovely Bleeding*, *Red Cock's-comb*, is cultivated as an ornamental plant, in the gardens of the middle states of America. It is known likewise in England as the *Flower Gentle*, *Flower Velure*, *Floramor*, and *Velvet Flower*. The flowers are not properly flowers, but tufts ; and appear in August, and continue till the frost bites them. The leaves are the parts used, and yield their virtues to water.

Government and Virtues.—It is under the dominion of *Saturn*, and is an excellent qualifier of the unruly actions and passions of *Venus*, though *Mars* also should join with her. Amaranth is astringent. The decoction drank freely, is highly useful in severe *menorrhagia* (profuse menstruation,) in diarrhoea, dysentery, and hemorrhage from the bowels. It is a good local application in ulceration of the mouth and throat, as

a wash to foul, indolent ulcers, and as an injection in Fluor-
altus or leucorrhœa, etc.

ANEMONE. ANEMONE NEMOROSA.

Description.—Anemone Nemorosa, sometimes called *Wind Flower*, because the flowers never open but when the wind blows. The seeds, also, (if it bears any at all,) fly away with the wind. It is a delicate and pretty plant, with a creeping root, and a simple erect stem, with a single flower on a naked peduncle, and from six to nine inches high.

History.—This plant is common in Europe and the United States, bearing purplish-white flowers, in April and May. There are several varieties of it, which possess similar properties, but the *A. Pulsatilla*, or Meadow Anemone of Europe, is the most active among them. The herbaceous part of the plant is employed in medicine. It is a favorite medicine among the Homœopathic physicians, in a variety of obstinate diseases.

Government and Virtues.—It is under the dominion of *Mars*, being supposed to be a kind of *Crow-foot*. A decoction of the leaves provokes the terms of women mightily. The body bathed with the decoction cures leprosy. It is used in amaurosis and other diseases of the eye, secondary syphilis, cutaneous diseases, and hooping-cough, in doses of one or two grains daily. In the recent state, the leaves bruised and applied to the skin are rubefacient. In large doses, it produces nausea, vomiting, looseness, and bleeding of the bowels. Therefore much caution is required in its use.

ANGELICA. ANGELICA ATROPURPUREA.

Description.—This is a well known plant in England, and a particular description of it will be needless.

Government and Virtues.—It is an herb of the *Sun*, in *Leo*, and should be gathered when Sol is in Leo of the Zodiac, the *Moon*, at the same time, applying a good aspect; or it may be gathered in the hour of *Jupiter*, when the Sun is angular to that planet. This plant has many admirable medical proper-

ties. A *powder* of the root helpeth pleurisy, cough, shortness of breath, and other diseases of the lungs and breasts. A syrup of the stalks will do the same. A wine decoction of the root, easeth all pains and torments coming of the cold and wind, helps digestion, removes all stoppages of the liver, and spleen, urine, etc., procureth woman's courses, and discusseth all windiness and inward swellings, etc. An ointment made of the whole plant, is excellent for ulcers of all kinds, cleansing and causing them to heal quickly.

ANISEED. PIMPINELLA ANISUM.

Description.—Anise has a perennial, spindle-shaped, woody root; a smooth, erect, branched stem, about ten or twelve inches in height. The leaves are roundish, heart-shaped, serrated or saw-like at the edges. The flowers are white and small, disposed on long stalks, nine or ten razed, and naked.

The *fruit* is ovate, a line and a half, or one-eighth of an inch long, dull brown and slightly downy.

History.—It is a native of Egypt, and a plant of the *Sun*. It is now extensively cultivated in the warmest portions of Europe. The fruit of the Spanish plant is that which is most generally selected for medical purposes. The odor of Anise is penetrating and fragrant, and the taste aromatic and sweetish. Alcohol takes up its properties, water partially so. The *Star Anise*, used in cordials, possesses a taste and odor similar to Anise, but it is proeured from the *Illicium Anisatum*, a plant of Eastern Asia. The volatile oil obtained from it is fraudulently substituted for the European oil of Anise.

Government and Virtues.—*Plant of Mercury.* Stimulant and carminative; used in flatulency, flatulent colic of infants, and to remove nausea. It is sometimes added to other medicines to improve their flavor, correct griping and other disagreeable effects. It is also a valuable addition to cough medicines. The oil extracted from the seeds, dissolved in alcohol, an ounce of the former to a pint of the latter, forms what is called the

essence of Anise. Dose of the essence, from thirty drops to a teaspoonful in sweetened water. The dose of the seed, crushed or powdered, is from twenty to forty grains.

ARCHANGEL. ANGELICA ARCHANGEL.

Description.—It has divers, square, hairy stalks, at the joints of which grow sad green leaves, dented about the edges. The flowers are of pale-reddish color, the seeds appearing three or four in a husk. The root is small and thready, perishing every year. The whole plant has a strong but not offensive smell. All varieties are natives of England, and flower from the beginning of Spring all Summer long.

Government and Virtues.—It is a plant of *Venus*, hotter and dryer than the Stinging Nettle in its nature. The flowers of the White Archangel, in decoction, are good for the whites, and those of the red to stay the menses. A decoction of either kind, makes the heart merry, drives away melancholy, and quickens the spirits. An ointment made of the whole plant, will discuss the Kings Evil, all Scrofulous tumors, and give ease to the gout, sciatica, and other pains of the joints and sinews. Good, also, to heal green wounds and old ulcers, and prevent them from fretting, gnawing, and spreading. The chief use of the different varieties, is in female complaints, as leucorrhœa and menstruation.

ASARABACCA. ASARUM EUROPÆUM.

Description.—It is like an evergreen, keeping its leaves all the Winter, and putting forth new ones in the Spring. It has many heads rising from the roots, from whence come many smooth leaves of a dark green, shining color above, and pale yellow green beneath. The roots spread divers ways, but do not creep on the ground.

History.—It grows in moist, hilly woods, and presents a bell-shaped, dingy-brownish, red flower from May to August. The root and leaves are used in medicine. The root, when dried, has a pepper-like odor, spicy taste, and yields an ash-colored powder. Its properties are taken up by alcohol or water.

Government and Virtues.—It is a plant under the dominion of *Mars*, and therefore inimical to Nature. It is emetic, cathartic, and errhine, principally used in certain affections of the brain, eyes, face, and throat, toothache, and paralysis of the mouth and tongue. It is used by drunkards in France to produce vomiting. It should not be used, unless by advice of some attending physician.

The *dose* is from ten to twelve grains. To promote vomiting it is taken in half drachm or drachm doses.

AYA-PANA. AYA-PANA EUPATORIUM.

Description.—While traveling in Paragnay, South America, some years ago, I became acquainted with a species of *Eupatorium* or *Lungwort* called *Aya pana*, possessed of most extraordinary virtues in Consumption and other diseases of the chest. In Paragnay, which is a very paradise on earth, numerous medicinal herbs of exceeding great value grow to the greatest perfection. The *Aya-pana* belongs to the class of *Eupatorium Perfoliatum*, though quite unlike the *Lungwort* and *Thorough-wort* indigenous to North America. The *Aya-pana* is only found on the eastern slope of the Andes, on the mountain sides, along the sunny banks of streams and beautifully luxuriant on all the tributaries to the Amazon, and La Plata especially. It is a perennial plant, with numerous erect, round hairy stems, five to ten feet high, the stalk plain below, but branching out in numerous stems near the top. The leaves grow on the opposite sides of the stalk in pairs, each pair being joined at the base. The direction of each pair of leaves is at right angles with that of the pair either above or beneath. The leaves are long and narrow, broadest at the base where they coalesce, gradually tapering to a seriated point, wrinkled, paleish green on the under surface, and beset with white silken hairs, which add much effect to their greenish gray color. The flowers are snow-white, slightly tinged with a purplish hue at the end, very numerous, supported on hairy peduncles. The calyx is cylindrical, and composed of imbricated, lanceolate, hairy scales, inclosing

from twelve to fifteen tubular florets, having their border divided into five spreading segments. There are five black anthers united in a tube, through which a bifid filiform style projects above the flower, rendering the whole a beautiful and picturesque plant.

Government and Virtues.—It flowers constantly during the dry or sunny season, the blossoms and leaves only being used for medicinal purposes. The flowers are better than the leaves, have an aromatic odor, resembling slightly chamomile, and possess a strong bitter taste, somewhat like horehound or quassia, which virtue is imparted either to water or alcohol. Resin, gum, balsam, and mucilage are among the principal constituents of the flowers. The flowers are gathered in the morning on sunny days, carefully dried in the sun, or by artificial heat, when they are put up in bags or cedar boxes, and become ready for medicinal use. Prepared in this way, the flowers and leaves retain their properties for years, improving in their virtues by age, adding to their rich honey-like yellow coloring matter, when distilled for medical purposes.

This is decidedly a plant of the *Sun*, inasmuch as it delights in the sunlight, in the glorious rays of the Orient, on the eastern slopes of the Andes, where the first beams of Aurora illumine the great waters of the Atlantic, and is never found on the moonlight Pacific regions of the Occident. It is always found in the sign of *Leo* or *lion*, and therefore at once shows its great influence over the valvular action of the heart, its healthful invigoration of the arterial and venous systems, and its wonderful power in expelling carbonic acid from the air-cells, and pulmonary vessels, prior to the elimination of rich vermilion blood, through the great aorta of the human economy. (See "*Acacian Balsam*," page 308.)

BALM. MELISSA OFFICINALIS.

Description.—Balm is a well-known perennial herb, with upright, branching, four-sided stems, from ten to twenty inches

high. The leaves are broad and opposite, and the flowers pale yellow.

History.—Balm is a native of France, but naturalized in England and the United States. It grows in fields, along road sides, and is well known as a garden plant, flowering from May to August. The whole plant is officinal, or medicinal, and should be collected previous to flowering. In a fresh state, it has a lemon-like odor, which is nearly lost by drying. Its taste is aromatic, faintly astringent, with a degree of persistent bitterness. Boiling water extracts its virtues. Balm contains a bitter extractive substance, a little tannin, gum, and a peculiar volatile oil. A pound of the plant yields about four grains of the oil, which is of a yellowish, or reddish yellow color, very liquid, and possessing the fragrance of the plant in a high degree. The *Nepeta Citriodora*, a powerful emmenagogue, is sometimes cultivated and employed by mistake for Balm. It has the same odor, but may be distinguished by having both surfaces of the leaves hairy.

Government and Virtues.—It is an herb of *Jupiter* under *Cancer* and strengthens much in all its actions. It is moderately stimulant, diaphoretic and antispasmodic. A warm infusion drank freely, is very serviceable to produce sweating, or as a diaphoretic in fevers. It is also very useful in painful menstruation, and also to assist the courses of females. When given in fevers, it may be rendered more agreeable by the addition of lemon juice. It is very good to help digestion and drive away melancholy, and troublesome thoughts and cares out of the mind. It will make the heart merry, and revive the spirit in swooning and fainting spells. The herb bruised and boiled in a little wine and sweet oil, and laid warm on a boil, will ripen and break it. The infusion may be taken at pleasure, without any injury to the system.

BALMONY. CHALONE GLABRA.

Description.—Balmony, also known as *Snake-head*, *Turtle-bloom*, *Turtle-head*, *Salt Rheum-weed*, is a perennial, smooth, herbaceous plant, with a simple, erect, somewhat four-sided

stem, about two or three feet high. The leaves are smooth and of a dark shining green. The flowers are of many colors, large and inodorous, very ornamental according to the variety of the plant.

History.—This valuable medical plant is found in the United States, in damp soils, flowering in August and September. The leaves are the parts used, they are exceedingly bitter, but inodorous, and communicate their properties to both water and alcohol.

Government and Virtues.—It is governed by *Saturn*. It is tonic, cathartic, and anthelmintic; very valuable in jaundice, hepatic or liver diseases, and for the removal of worms. In small doses, it is a good tonic in dyspepsia, debility of the digestive organs, and during convalescence from febrile and inflammatory diseases. An ointment made from the fresh leaves, is valuable for piles, inflamed breasts, tumors, and painful ulcers.

Dose.—Of the powdered leaves, one drachm. Of the tincture one or two teaspoonsful. Of its active principle, *Chelonin*, one or two grains.

BARBERRY. BERBERIS VULGARIS.

Description.—Barberry is an erect, deciduous shrub, from three to eight feet high, with leaves of an ovobate-oval form, terminated by soft bristles, about two inches long, and one-third as wide. The flowers are small and yellow, in clusters, and the fruit bright red, oblong berries, in branches, and very acid.

History.—This shrub is found in the New England states, on the mountains of Pennsylvania and Virginia, among rocks, and hard gravelly soil. Occasionally it is found in the West on rich grounds. It flowers in April and May and ripens its fruit in June.

Government and Virtues.—It is a plant of the *Moon*, tonic, and laxative, indicated in jaundice, chronic diarrhoea and dysentery. The berries form an agreeable acidulous draught, useful as a refrigerent in fevers, the bark is bitter and astringent, and used in the treatment of jaundice. The bark of the root is the

most active; a teaspoonful of the powder will act as a purgative. A decoction of the bark or berries will be found of service as a wash or gargle in aphthous sore mouth and chronic ophthalmia.

BEAD TREE. MELIA AZEDARACH.

Description.—This is an elegant tree, sometimes known as *Bead Tree*, *Pride of China*, etc. It has a trunk about a foot and a half in diameter and obtains the height of thirty or forty feet; rough bark, lilac colored flowers, and a fruit of the size of a small olive, with one five-celled bony nut; cells one-seeded.

History.—It is a native of China, but cultivated in the warm climates of Europe and America. It does not grow to any extent north of Virginia, and flowers early in the Spring. Its name of *Bead Tree* is derived from the use to which its hard nuts are put in Roman Catholic countries, viz—for making rosaries. The recent bark of the root is the most active part for medicinal purposes; it has a disagreeably bitter taste, and a very unpleasant odor, and imparts its properties to water at 212° F.

Government and Virtues.—It is governed by *Mercury*. The bark is anthelmintic, and in large doses narcotic and emetic. It is useful in worm fevers, and in infantile remittents, in which, although worms are absent, yet the symptoms are similar to those accompanying the presence of worms.

Dose of the powdered bark, twenty grains. Of the decoction, (which is the best form for administration—two ounces of the bark to a pint of water, and boiled down to half a pint,) a table-spoonful every one, two, or three hours, till the desired effect is obtained. A purgative should follow its employment.—[See "*Renovating Pill*," page 317.]

The fruit is somewhat saccharine, and is an excellent remedy to expel worms. Its pulp is used as an ointment for destroying lice and other oetozoa, as well as in treatment of scald head and other diseases of the skin. The oil of the nuts is useful as a local application in rheumatism, cramps, obstinate ulcers, etc.

CERASUS VIRGINIANA. WILD OR CHOKE CHERRY

Description.—This tree is sometimes classified as *Prunus Virginiana* and *Cerasus Scrotina*. It grows from fifty to eighty feet high, two to four feet in diameter, and has a black and rough bark which is easily separated from the trunk.

History.—The wild or choke cherry tree is very abundant in the South Western States, but can be found in all parts of the American Union. Its flowers generally appear in May—the fruit ripens in August and September, and sometimes in October. The bark of the trunk and branches is often used, but that of the root is the part preferred. If it is over one year of age it is comparatively worthless. It contains prussic acid, which exists to a greater extent in the fall of the year than at any other period. It is proper, therefore, to gather the bark in the fall.

Government and Virtues.—It is a tree of *Mercury*, and is a tonic and stimulant of the digestive apparatus. It acts simultaneously upon the circulation and the nervous system. In all cases of loss of flesh and strength, it should be freely employed, but although very powerful and useful in itself, it requires to be administered with several excellent herbal assistants. Its active principle is sometimes called *Prunin*, but the name which properly designates the real article is *Cerascin*. Good in ague, spermatorrhea, and all diseases of which the erectile, or spongy tissue is the seat.

WOOD BETONY. BETONICA OFFICINALIS.

Description.—This plant has many leaves rising from the root, broad and round, and indented about the edges, and standing upon long foot-stalks. From these rise up, small, slender, upright, hairy stalks, with leaves at the joints, smaller than the lower, whereon are set several spiked heads of flowers like Lavender, but thicker and shorter, and of a reddish or purple color, with white spots in the upper and lower parts. The seeds are blackish, long, and uneven, and contained within

the husks that hold the flowers. The roots are many white, thready strings. The stalk perishes, but the roots with some leaves abide all Winter. The plant is small, and a native of England. It grows usually in woods, and delights in shady places. It is in its prime in May, yet it does not flower till July, the seeds quickly ripening afterwards.

Government and Virtues.—It is a plant of *Jupiter*, in the sign “*Aries*.” The decoction is an excellent remedy for dyspepsia or indigestion, or those that have weak stomachs, sour belchings, and continual rising of acid from the stomach. It is also good for liver complaints, jaundice, falling sickness or fits, convulsions, shrinking of the sinews, palsy, dropsy, pain in the head, etc. The *powder* mixed with pure honey is likewise beneficial in coughs, colds, wheezings, shortness of breath, and pains in the sides and back, and for incipient consumption, gripping pains in the bowels, and wind colic. A *decoction* helps to bring down menstruation, and is of especial use for those troubled with the falling of the womb and the pains thereof. It expels all obstructions in the kidneys and bladder. It stays bleeding at the mouth and nose, and other hemorrhages, and is useful in ruptures and bruises by falls, etc. The green herb bruised, or an *ointment* made of it, will draw away broken bone or splinter, or thorn, or glass, or other thing from the flesh, and is valuable in all old sores, fistulas and ulcers. The fumes of the decoction while warm, received by a funnel into the ears, eases ear-ache, and cures offensive discharges from them. The *root* of the Wood Betony is very displeasing to the taste and stomach, whereas the leaves and flowers, by their sweet and spiey taste, are very comfortable as a medicine. It is certainly a very precious herb, and worthy to be kept in every household, both in syrup, conserve, oil, ointment, and plasters. The flowers are usually conserved.

The *Water Betony* is an excellent remedy for nausea; but makes a good *ointment* for ulcers, etc., while the *distilled* water of the leaves may be used to remove freckles and sunburns from the face.

BETH-ROOT. TRILLIUM PENDULUM.

Description.—This plant is variously known as *Wake Robin*, *Birth-root*, *Indian Balm*, *Lamb's Quarter*, *Ground Lily*, etc. It is an herbaceous, perennial plant, having an oblong tuberous root, from which arises a slender stem from ten to fifteen inches in height. The leaves are three in number, from three to five inches in diameter, etc.

History.—This plant is common in the Middle and Western states, growing in rich soils and shady woods, flowering in May and June. There are many varieties, all possessing analogous medical properties. These plants may be generally known by their three net veined leaves, and their solitary terminal flower, which varies in color in the different species, being whitish-yellow, and reddish-white. The roots have a faint turpentine odor, and a peculiar aromatic and sweetish taste. When chewed, they impart an acid, astringent impression to the mouth, causing a flow of saliva and a sensation of heat in the throat and fauces.

Government and Virtues.—Beth-root is a plant of *Jupiter*, mollified by *Venus*. It is astringent, tonic, and antiseptic, and is successfully employed in bleeding from the lungs, kidneys and womb, excessive menstruation, and likewise in leucorrhœa or whites, and cough, asthma, and difficult breathing. Boiled in milk it is of eminent benefit in diarrhœa and dysentery. The root made into a poultice is very useful in tumors, indolent and offensive ulcers, stings of insects, and to restrain gangrene; and the leaves boiled in lard are a good application to ulcers, tumors, etc.

Dose of powdered root is one drachm, to be given in hot water. A strong infusion of from two to four fluid ounces, is the most common form of administration. The red Beth-root will check ordinary epistaxis, or bleeding of the nose. The leaves boiled in lard is a good external application in ulcers and tumors. A strong infusion of powdered Beth-root, of from two to four table-spoonsful is the most pleasant form of administration of this valuable remedy.

BIRD'S FOOT. ORNITHOPUS.

Description.—This plant is indigenous to England. It is a small herb, not above a span in height, with many branches spread upon the ground, set with many wings of small leaves. The flowers are small and numerous, of a pale yellow color, being set a-head together, which afterwards turn into small jointed pods, well resembling the claw of small birds, whence the plant takes its name. It grows on heaths and untilled places, producing flowers and seeds at the end of Summer.

Government and Virtues.—It is a plant of *Saturn*, and of a drying, binding quality. A decoction is good for kidney and bladder diseases, stone, gravel, rupture, etc., while an ointment is good for all kinds of glandular swellings, indolent tumors, etc.

BISHOP'S WEED. AMMI.

Description.—This plant is indigenous to England and Wales, and is known by many names, as *Ethiopian Cummin seed*, *Cummin-royal*, *Herb William* and *Bull-wort*. It rises up with a round, straight stalk, from three to six feet high, beset with many small long and broadish green leaves, dented about the edges. The flowers are white, and turn into small round seeds, little bigger than a parsley seed, of a quick, hot scent and taste. The root is white and stringy, perishing yearly, and rising again from its own sowing.

Government and Virtues.—It is a plant of *Venus*. It is a good aphrodisiac, provoking amorous desires; and is useful in provoking urine, menses, and easing pains and gripings in the bowels. Mixed with honey, it removes the black and blue marks coming of blows or bruises, etc.

BITTER ROOT. APOCYNUM ANDROSÆMIFOLIUM.

Description.—This is a smooth, elegant, indigenous plant, with a large perennial root, and a stem five or six feet high, the leaves dark green, and the flowers white, tinged with red.

History.—This plant, sometimes called *Dogs-bane Milkweed*, etc., is indigenous to the United States, growing in dry, sandy

soils, and in the borders of woods, from Maine to Florida, flowering from May to August. When any part of the plant is wounded, a milky juice exudes. The large, milky root, is the part used for medicinal purposes.

Government and Virtues.—It is a plant of *Venus*. Emetic, diaphoretic, tonic and laxative. It is very valuable in all liver or chronic hepatic affections. In conjunction with *Menispermium*, it is excellent in dyspepsia and amenorrhœa. When it is required to promptly empty the stomach, without causing much nausea, or a relaxed condition of the muscular system, the powdered root may be given in two or three scruple doses ; but much prostration is apt to ensue. As a laxative, it is useful in constipation. As a tonic, ten or twenty grains may be given to stimulate the digestive apparatus, and thus effect a corresponding impression on the general system. It is also useful as an alterative in rheumatism, scrofula and syphilis.

IRIS VERSICOLOR. BLUE FLAG

Description.—This is an American plant, with a fleshy, horizontal, fibrous root, or rhizoma. It has a stem from two to three feet in length, and leaves about a foot long by half an inch to an inch wide. The seeds are flat and numerous. The flowers are few, and generally blue, or purplish

History.—This is a common plant throughout the United States, and like all “Flags,” is found in moist places, flowering in May, June, and July. The root is the part used. Its taste is disagreeable and acrid, while its odor is somewhat aromatic. It should not be confounded with the *Acorus Calamus*, which does not possess the same medicinal properties. Its active principles are taken up, in domestic use, by boiling water, (infusion,) also, by alcohol, or ether. The root of the plant is worth considerable in its natural state for a variety of diseases, but the *oleo resin*, which embraces its most valuable properties, is what we use, and is known as *Iridin*.

Government and Virtues.—It is under the dominion of the *Moon*, in the sign of *Virgo*. The plant itself, and the root

as it is taken from the ground, are looked upon by many persons as valuable for the correction of many different and peculiar physical difficulties. King, in his Dispensatory, classes Blue Flag as "one among our most valuable medicinal plants," and I so regard it; but I cannot say that it is extra valuable unless *Iridin* is employed, and then it cannot be surpassed as an alterative, resolvent, sialagogue, laxative, diuretic, anti-syphilitic, and vermifuge. The reader will gain a good idea of its merits from the fact that I use it as one of my principal remedial applications for serofula, syphilis, rheumatism, gonorrhoea, dropsy, eruptions of the skin, glandular swellings, and affections of the spleen and liver. I know that the idea of salivation, as applied to the effects of mineral *mercury*, is horrible, *and it ought to be*. But salivation is often necessary, and if it can be procured by vegetable principles, as it can by the *Iridin*, it leaves no bad traces, and ought not to induce any feeling of distrust or fright. The salivation caused by a mineral and an herb are of a very different character. For instance, in salivating by herbal practice there is no stench, no sponginess of the gums, and no loosening of the teeth. I combine, for various diseases, *Iridin* with the active principles of mandrake, poke, black cohosh, and other rare alteratives.

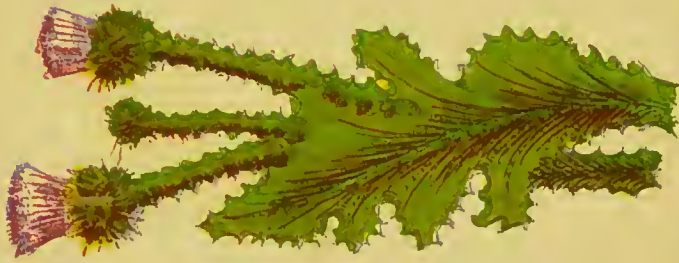
BLACK COHOSH. CIMICIFUGIA RACEMOSA.

Description.—Black Cohosh is variously known as *Rattleroot*, *Black Snake root*, *Squaw root*, is a tall, leafy, perennial herb, having a large, knotty root, with long, slender fibres, and a simple, smooth, furrowed stem, from three to nine feet high, and bears a small, fetid flower.

History.—It is a native of the United States, inhabiting upland woods and hill sides, and flowering from May to August. The root is the medicinal part. It contains a resin to which the names of *Cimicifuga* or *Macrotin* have been given; likewise fatty substances, starch, gum, tannic acid, etc. The



Woodbine



Cotton Thistle



Great Sanicle

leaves of *Cimicifugin* are said to drive away bugs, hence its name from *cim*, a bug, and *fugo*, to drive away.

Government and Virtues.—It is a plant of *Mercury* influenced by *Venus*. It is a very active and useful remedy in many diseases. It is slightly narcotic, sedative, antispasmodic, and exerts a marked influence over the nervous system. It is successfully used in cholera, periodical convulsions, fits, epilepsy, nervous excitability, asthma, delirium tremens, and many spasmodic affections, and in Consumption, cough, acute rheumatism, neuralgia, and scrofula. Also, very valuable in amenorrhœa, dysmenorrhœa, and other menstrual and uterine affections, leucorrhœa, etc. The saturated tincture of the root is a valuable embrocation in all cases of inflammation of the nerves, tic douloureux, *crick* in the back or sides, rheumatism, old ulcers, etc. It has an especial affinity for the uterus, and as it reduces very materially the arterial action, it is, hence, very useful in palpitation of the heart, and cardiac affections generally.

Dose.—Fluid extract, half a drachm to two drachms; solid extract, four to eight grains. Of the tincture the dose is from one to three teaspoonsful. Of *Cimicifuga* the dose is from one to six grains.

BLAZING STAR. LIATRIS SPICATA.

Description.—There are several varieties known by the name of *Bullton Snake-root*, *Gay Feather*, *Devil's Bit*, etc. It has a perennial, tuberous root, and an erect, annual stem, from two to five feet in height. The flowers are of a bright blue color, one on from eight to twelve spikes.

History.—All the above plants are splendid American, flowering through August and September. They all possess medical properties analagous to each other. The roots are the officinal parts. They are all tuberous, with fibers, and have a hot, somewhat bitter taste, with considerable acrimony, and an agreeable turpentine odor.

Government and Virtues.—They are under the government of *Mars*. They are diuretic, with tonic, stimulant, and emmena-

gogue properties. A decoction is very efficacious in gonorrhœa, gleet, and diseases of the kidneys and bladder, in doses of from half a tea-cupful to a teacupful, three or four times a day. It is useful in Scrofula, Dysmenorrhœa, Amenorrhœa, after-pains, etc. It is likewise of advantage as a gargle in sore throat, and as an injection in leucorrhœa. It is also celebrated for its alexipharmic powers in bites of snakes and other venomous creatures.

BONESET. EUPATORIUM PERFOLIATUM.

Description.—Boneset, or *Thorough-wort*, as it is called, is an American perennial herb, with a horizontal crooked root; the stems being round, stout, rough, and hairy, from one to five feet high, and the leaves very rough and veiny, and tapering to a long point; the flowers white and very numerous.

History.—Boneset grows in low grounds, on the borders of swamps and streams, throughout the United States, flowering in August and September. The tops and leaves are the parts used. It has a feeble odor, but a very bitter taste. Alcohol or boiling water extracts its medicinal properties.

Government and Virtues.—This is a plant of *Mercury*. It is a very valuable medicinal agent. The cold infusion or extract, is tonic and aperient, the warm infusion, diaphoretic and emetic. As a tonic, it is very useful in remittent, intermittent, and typhoid fevers, dyspepsia, and general debility. In intermittent fever a strong infusion as hot as can be comfortably swallowed, is administered for the purpose of vomiting freely. This is also attended with profuse diaphoresis, and sooner or later, by an evacuation of the bowels. During the intermission, the cold infusion, or extract is given every hour as a tonic and anti-periodic. In epidemic influenza, the warm infusion is valuable as an emetic and diaphoretic, likewise in febrile diseases, catarrh, colds, and wherever such effects are indicated. The warm infusion is also administered to promote the operation of other emetics. *Externally*, used alone, or in combination with hops or tansy, etc., a fomentation of the leaves applied to the

bowels, is very useful in inflammation, spasms and painful affections.

Dose of the powder, from ten to twenty grains; of the extract, from two to four grains; of the infusion, from two to four wine-glassesful—[See the Remedy called “Restorative *Assimilant*,” on page 302.]

BURDOCK. ARCTIUM LAPPA.

Description.—This plant is too well known to be described.

Government and Virtues.—*Venus* claims this herb. It is chiefly useful in prolapsus, keeping the womb in place. It is used for other diseases, but not with reliable results.

BURNET. PIMPINELLA SAXIFRAGA.

Description.—This plant, called *Pimpinella* is too well known to require a description of it. It grows frequently in gardens, but the wild kind is only used for medicinal purposes. It flowers in July, and ripens the seed in August.

Government and Virtues—It is a plant of the *Sun*, and thus very useful to preserve good health and spirits. Being of an astringent nature, a decoction is valuable in all manner of fluxes, bleedings, whites, etc.

CANADA FLEABANE. ERIGERON CANADENSE.

Description.—This plant (which should not be confounded with either Philadelphia or various-leaved Fleabane, both of which possess similar medical properties in a lesser degree,) is an annual, with a stem which is high, bristly-hairy, branching and furrowed, and which grows from half a foot to a foot in height. The leaves are not remarkable. The flowers are small, numerous, and white, and are found irregularly placed upon the branches.

History.—Canada Fleabane is found quite plentifully in waste places, in fields, in meadows, and by roadsides, in the northern and central parts of the United States of America; and flowers in June, July, August and September, according to climate and climatic circumstances and influences. It is

distinguished from other plants of the same species mentioned above, by very small and almost innumerable ray-flowers. The time to gather the herb, the whole of which is used, is when it is in bloom. It should be immediately dried, after being gathered, and kept according to directions given in another part of this volume for collecting and preserving medicinal plants. Its odor is feeble but pleasant, and its taste is partially astringent, bitter, and acrimonious. It will yield its properties to alcohol, or to boiling water. Its active principle is known as *Oil of Erigeron*, and its virtues are embodied in that preparation. The herb, of course, yields the same principles, in a milder form, in common infusion, but it is best to procure the concentrated preparation if you can.

Government and Virtues.—It is a plant of *Venus*, but may be gathered in various antagonistical signs, without detriment to its good effects. The old style of practice was to give it for diabetes, gravel, diarrhea, dropsy, painful urination, and general nephritic affections, or diseases of the kidneys. For any of these affections, the infusion is usually given in from one to three fluid ounce doses three times a day. The powder, when used, is never given in doses of over one drachm three times a day. The best way to get at the virtues of the plant is to use the *Oil of Erigeron*. It is astringent, diuretic, and styptic. I use it most frequently as a styptic for internal bleedings, such as uterine hemorrhage, hemoptysis, hematemesis, menorrhagia, etc., and for all affections of the urinary apparatus, like gonorrhoea, leucorrhoea, and gravel. The dose of the oil is from one to three drops, but I advise my readers to consult a physician always before using it. Not that it is dangerous, but that, in certain cases, it is much more efficient when combined with other herbal articles, than if used alone. There are two other varieties of this plant which are frequently sold for the real; one is called Philadelphia Fleabane, and another is entitled Various-leaved Fleabane. Both these plants are used precisely as the so called "Canada" plant,

and for the same afflictions. In cases where powerful diuretic action is required alone, these varieties are the best.

CELANDINE. CHELIDONIUM MAJUS.

Description.—This plant, sometimes known as Tetterwort, is an evergreen perennial, with a stem from one to two feet in height, branched, swelled at the joints, leafy, round and smooth; the leaves are smooth, spreading, very deeply pinnatifid; leaflets in from two to four pairs, from one and a half to two and a half inches long and about two thirds as broad, the terminal one largest, all ovate, cuneately incised or lobed; the lateral ones sometimes dilated at the lower margin, near the base, almost as if auricled; color of all, a deep shining green; the flowers are bright yellow, umbellate, on long, often hairy stocks.

History.—Celandine, is a pale-green, fleshy herb, indigenous to Europe and naturalized in the United States; it grows along fences, by-roads, in waste places, etc., and flowers from May to October. If the plant be wounded, a bright yellow offensive juice flows out, which has a persistent, nauseous, bitter taste, with a biting sensation in the mouth and fauces. The root is the most intensely bitter part of the plant, and is more commonly preferred. Drying diminishes its activity. It yields its virtues to alcohol or water.

Government and Virtues.—It is an herb of the *Sun*, and under the celestial *Lion*. It is stimulant, aerid, alterative, diuretic, diaphoretic, purgative and vulnerary. It is used internally in decoction or tincture, and externally in poultice or ointment, for scrofula, cutaneous diseases, and piles. It is likewise good in hepatic affections, or liver complaints, and exerts a special influence on the spleen. As a drastic hydragogue, or purge, it is fully equal to gamboge. The juice when applied to the skin produces inflammations, and even vesications. It has long been known as a caustic for the removal of warts; it is also applied to indolent ulcers, fungous growths, etc., and is useful in removing specks and opacities of the cornea of the eye.

Celandine is from the Greek word *Chelidon*, which signifies a swallow. The ancients assert that if you put out the eyes of young swallows when they are in the nest, the old ones will recover their eyes again with this herb. It is said that we may mar the apple of the bird's eye with a needle, and that the old birds will restore their sight again by means of this herb. Never having made any such cruel experiments, I am not prepared to say whether any such miraculous power of healing loss of sight is a virtue of the plant, or whether it is an instinct or gift inherent of the swallow itself.

Celandine is also used in curing salt-rheum, tetter, or ring-worm. It is superior to *arnica* as a vulnerary; an alcoholic tincture of the root, (three ounces to a pint,) will be found an unrivalled application to prevent or subdue traumatic inflammations. Dose of the powdered root, from half a drachm to one drachm. Of the fresh juice, from twenty to forty drops, in some bland liquid. Of the tincture, from one to two fluid drachms. Of the aqueous extract from five to ten grains.

CENTAURY. *SABBATIA ANGULARIS*.

Description.—This plant also called *Rose Pink*, has a yellow fibrous, biennial root, with an erect, smooth, quadrangular stem, with the angles winged, having many opposite branches, and growing from one to two feet in height. The leaves are opposite, fine-veined, smooth, entire, from one to five inches in length, and from half an inch to one and a half inches wide, clasping the stem. The flowers are numerous, from an inch and a quarter to an inch and a half in diameter, of a rich rose or carnation color, standing, as it were, at the tops of one umbril or tuft, very like those of *St. John's wort*, opening themselves in the day-time, and closing at night, after which come seeds in little short husks, in forms like unto wheat corn. There are three varieties of the Centaury in England, one kind bearing white flowers, another yellow, and another red. All have medicinal properties, although the American variety is considered preferable to the European Centaury.

History.—This plant is common to most parts of the United

States, growing in moist meadows, among high grass, on the prairies, and in damp, rich soils, flowering from June to September. The whole plant is used. It has a very bitter taste, and yields its virtues to water or alcohol. The best time for gathering it is during the flowering season. In England, we use the red Centaury in diseases of the blood, the yellow in choleric diseases, and the white in those of phlegm and water.

Government and Virtues.—All the European and American varieties of the Centaury are under the dominion of the *Sun*, as it appears that the flowers open and shut as the Sun either shows or hides his face. It is used in all Fall periodic febrile diseases, both as a preventive and a remedy. It is also serviceable as a bitter tonic in Dyspepsia, and convalescence from fevers. When administered in warm infusion it is a domestic remedy for worms, and to restore the menstrual secretion. Dose of the powder, from half a drachm to a drachm. Of the cold infusion, a tea-cupful every two or three hours. Of the tincture, a wine-glassful. Of the extract, from two to six grains. The decoction is also used to cleanse freckles, marks, and spots from the skin.

CINQUE-FOIL. POTENTILLA CANADENSIS.

Description.—This is a perennial plant, generally known by the name of *Five-finger grass*. It has a stem from two to eighteen inches in length, the flowers are yellow.

History.—Five-finger is common to the United States, growing by road-sides, on meadow banks, and waste grounds, and flowering from April to October. The root is the part used. It has a bitterish, stiptic taste and yields its virtues to water.

Government and Virtues.—It is a plant of *Jupiter*, and therefore strengthening to the body. It is tonic and astringent. A decoction is useful in fevers, bowel complaints, night sweats, menorrhagia, and other hemorrhages. It makes an excellent gargle for spongy, bleeding gums, and ulcerated mouth and throat.

CHAMOMILE. *ANTHEMIS NOBILIS.*

Description.—This is a perennial herb, with a strong root having long fibres ; the stems are about a span long, branched, leafy, round, hollow, furrowed and downy ; the leaves pale green, and the flowers white.

History—Chamomile is indigenous to Southern Europe ; they have also a common or wild Chamomile (*Matricaria Chamomilla*) growing in the United States, but it is not considered as good as the Roman Chamomile for medicinal purposes. The flowers only are used.

Government and Virtues.—It is a plant of *Saturn*. Chamomile is a tonic ; one or two tea-cupful of the warm infusion will usually vomit. The cold infusion is highly useful in dyspepsia, and in all cases of weak or irritable stomachs, also in intermittent and typhoid fevers. The oil is carminative and anti-spasmodic, and is used in flatulency, colic, cramp in the stomach, hysteria, nervous diseases, and painful menstruation.

Dose.—Half a drachm to two drachms of the flowers. Of the infusion, half a tea-cupful to a tea-cupful. Of the oil, five to fifteen drops on sugar. [“Restorative *Assimilant*,” page 302.]

CHICKWEED. *STELLARIA MEDIA.*

Description.—This plant is the *Alpine Media* of LINNÆUS, and too well known to require a description of it.

History.—It is a common plant in Europe and America, growing in fields and around dwellings, in moist, shady places. It flowers from the beginning of Spring till the last of Autumn. The seeds are eaten by poultry and birds. The whole herb is used when recent.

Government and Virtues.—Chickweed is a fine, soft, pleasing herb, under the dominion of the *Moon*. It is effectual as Purslain to all the purposes whereunto it serves, except for meat only. It is a cooling demulcent. The fresh leaves bruised, and applied as a poultice to indolent, intractable ulcers, even when of many years standing, will produce most immediate and decided beneficial results, to be changed two or three times

a day. The bruised leaves will likewise be found an invaluable application in acnte ophthalmia. An ointment made by bruising the recent leaves in fresh lard, may be used as a cooling application to erysipelitous and other forms of ulceration, as well as many forms of cutaneous disease.

CHOCOLATE ROOT. GUEM VIRGINIANUM. GUEM RIVALE.

Description.—Chocolate root, is also known as *White Avens*, *Purple or water Avens*, etc. The *Purple Avens* is a perennial, hairy, deep green herb, bearing a few, sub-globose, nodding, yellowish-purple flowers, standing on auxillary and terminal peduncles. The *White Avens* is also perennial, and has rather small, white, erect flowers, on long, diverging peduncles.

History.—These plants, with other varieties, have long been used in domestic practice. The whole herb contains medicinal properties, but the officinal and most efficient part is the root. Boiling water or alcohol extracts their virtues.

Government and Virtues.—It is a plant of *Jupiter*. Is tonic and astringent. It is used in passive and chronic hemorrhages, chronic diarrhœa and dysentery, leucorrhœa, dyspepsia, pulmonary affections, congestions of the abdominal viscera, etc.

Dose of the powder, from twenty to thirty grains. Of the decoction, from two table-spoonsful to a wine-glassful, three or four times a day.

CLEAVERS. GALIUM APARINE.

Description.—This plant has many common names, as *Goose-grass*, *Catchweed*, *Bed-straw*, etc. It is an annual succulent plant, with a weak, procumbent, quadrangular, retrosely-prickled stem, which grows from two to six feet high and is hairy at the joints. The leaves are one or two inches in length, and two or three lines in breadth, rough on the margin and tapering to the base. The flowers are white, small and scattered.

History.—This plant is common to Europe and the United States, growing in cultivated grounds, moist thickets, and along banks of rivers, and flowering from June to September. In the green state, the plant has an unpleasant odor; but it is

inodorous when dried, with an acidulous, astringent, and bitter taste. Cold or warm water extracts the virtues of the plant; boiling water destroys them. The roots dye a permanent red.

Government and Virtues—It is under the dominion of the *Moon*. It is a most valuable refrigerent and diuretic, and will be found very beneficial in many diseases of the urinary organs, as suppression of urine, calculous affections, inflammation of the kidneys and bladder, and in the scalding of urine in gonorrhœa. It is contra-indicated in diseases of a passive character, on account of its refrigerant and sedative effects on the system, but may be used freely in fevers and all ætente diseases. An infusion may be made by macerating an ounce and a half of the herb in a pint of warm water for two hours, of which, from two to four fluid ounces may be given three or four times a day when cold. It may be sweetened with sugar or honey.

The infusion made with cold water, is also very beneficial in removing freckles from the face, likewise leprosy, and several other cutaneous eruptions; the diseased parts must be washed with it several times a day, and continued for two or three months in cases of freckles. It has also been found useful in many cutaneous diseases, as psoriasis, eczema, lichen, cancer, and scrofula, and is more particularly useful in these diseases when they are combined with strumous diathesis. The best form for administration is that of the inspissated juice, which may be in one or two drachm doses three times a day.

The plant called *Small Clovers*, the *Galium Tinctorium* is nervine, anti-spasmodic, expectorant, and diaphoretic. It is used successfully in asthma, cough and chronic bronchitis, exerting its influence principally upon the respiratory organs. The plant has a pungent, aromatic, pleasant, persistent taste. A strong decoction of the herb may be given in doses of from one to four fluid ounces, and repeated two or three times a day, according to circumstances. The root of this plant will also dye a permanent red.

COCA. ERYTHROXOLON COCA.

Description.—I first became acquainted with this most remarkable plant, many years ago, while travelling in Bolivia, South America, in the beautiful valleys of the Cordilleras. The Coca is a bush which rarely attains six feet in height, and does not often exceed three. Its foliage is of a bright green, its flowers white, and its fruit small and red. When the plants are just about eighteen inches high they are transplanted from the seed beds into fields called *cocales*. The ripe leaves are gathered with the fingers. They are dried by spreading them in the sun, sometimes on woolen cloths. The operation requires great care, for the plant must be protected from all dampness, which changes its color, and thus diminishes its value. It is then packed in bags, weighing from fifty to one hundred and fifty pounds, which are often transported to great distances. In the Vice-royalty of Lima, in the latter part of the last century, CASTELNAU represents the consumption of the leaf, at three millions and a half of pounds, and worth one million and a quarter of Spanish dollars, while at the same time the total consumption in Peru was two millions and a half of dollars. The importance of the Coca trade, however, is diminishing as the Red Man disappears. The Indians mix the Coca with a small quantity of lime, and constantly carry a small bag of it in all their excursions. They take it from three to six times a day. DR. Gschudi [Travels in Peru, page 453,] mentions an Indian of sixty-two years of age, who was employed by him, and though at very hard work for five days took no other nourishment, and rested but two hours of the night. Immediately, or soon after this, he accomplished a journey of one hundred miles in two days, and said that he was ready to do the same thing again if they would give him a new supply of Coca. CASTELNAU says he himself knew of instances as extraordinary. In the time of the *Incas* the Coca was regarded as sacred.

Government and Virtues—It is a plant of *Jupiter*. Its physiological actions are as follows :

1.—It stimulates the stomach and promotes digestion.

2.—In large doses it augments animal heat and accelerates the pulse and respiration.

3.—It induces slight constipation.

4.—In moderate doses, from one to four drachms, it stimulates the nervous system, so as to render it more tolerant of muscular fatigue.

5.—In larger doses it gives rise to hallucinations and true delirium.

6.—Its most precious property is that of inducing the most pleasant visions ("*phantasmagoria*") without any subsequent depression of the nervous energies.

7.—Probably it diminishes some of the secretions.

The Coca has doubtless many other medical properties of a high order, and deserves further investigation.

It stimulates powerfully the digestive functions, while at the same time it exercises a calmative influence over the mucous membranes of the stomach and bowels. In this double action upon the stomach—Stimulant and Calmative—it resembles Colomba.

It is anti-spasmodic, and is of great service in many nervous disorders, and particularly in *Spermatorrhœa*, and all debilities of the generative organs.

An infusion of the leaves, or a tincture of the flowers, leaves and berries may be used in all cases of spermatorrhœa and nervous debility. Combined with other remedies it may be used with great advantage in Fevers, Pneumonia, Pleuritis, Neuralgia, Hysteria, Dysmenorrhœa, Amenorrhœa, Blenorrhœas, (including Gonorrhœa and Leucorrhœa,) Chorea, Epilepsy, Paralysis, after-pains, convulsions, dyspepsia, delirium tremens, etc. My course of concentrated herbal remedies, in which Coca is a principal ingredient, will surely cure Spermatorrhœa, seminal weakness, impotence, sterility, and barrenness, and I now use it extensively for all disorders arising from sexual debility. It never yet failed to meet my expectations—hundreds of such cases having been radically cured by its truly miraculous medical properties. See pages 269 & 403.

COLTSFOOT. TUSSILAGO FARFARA.

Description.—This plant is also called *Cough-wort*, *Foal's-foot*, *Horse Hoof*, and *Bull's-foot*. It has a long, perennial, creeping, horizontal *rhizoma* or root, with many fibres. The leaves are heart-shaped, glaucous green above, pure white, and densely cottony with prominent veins beneath. The flowers are large and of a bright yellow.

History.—This plant grows in Europe, the Crimea, Persia, Siberia, and the East Indies, from the sea-shore to elevations of nearly eight thousand feet. It also grows in the United States, in wet places, on the sides of brooks, flowering in March and April. Its presence is a certain indication of a clayey soil. The leaves are rather fragrant, and continue so after having been carefully dried. The leaves are the parts used, though all parts of the plant are active, and should always be employed, especially the leaves, flowers, and root. The leaves should be collected at about the period they have nearly reached their full size; the flowers as soon as they commence opening; and the root immediately after the maturity of the leaves. When dried, all parts have a bitter, mucilaginous taste, and yield their properties to water or diluted alcohol.

Government and Virtues.—The plant is under *Venus*. It is emollient, demulcent, and slightly tonic. The decoction is usually administered in doses of from one to three or four fluid ounces, and is highly serviceable in coughs, asthma, hooping-cough and other pulmonary complaints; also useful in scrofula. The powdered leaves form a good errhine for giddiness, headache, nasal obstructions, etc. It is also used externally in form of poultice to scrofulous tumors.

COMFREY. SYMPHYTUM OFFICINALE.

Description.—Comfrey has an oblong, fleshy perennial root, black on the outside and whitish within, containing a glutinous or clammy, tasteless juice, with divers very large, hairy green leaves lying on the ground, so hairy, or so prickly, that if they touch any tender parts of the hands, face or body, it will cause it to itch. The stalks are hollowed and cornered, very hairy,

having leaves that grow below, but less and less up to the top ; at the joints of the stalk, it is divided into many branches, at the ends of which stand many flowers, in order one above another, which are somewhat long and hollow like the finger of a glove, of a pale, whitish color, after them come small black seeds. There is another sort which bears flowers of a pale purple color, having similar medicinal properties.

History.—Comfrey is a native of Europe, but naturalized in the United States, growing on low grounds and moist places, and flowering all Summer. The root is officinal and contains a large amount of mucilage, which is readily extracted by water.

Government and Virtues.—This is an herb of *Saturn*, under the sign of Capricorn, cold, dry, and earthly in quality. The plant is demulcent, and slightly astringent. All mucilaginous agents exert an influence on mucus tissues, hence the cure of many pulmonary and other affections, in which these tissues have been chiefly implicated, by their internal use. Physicians must not expect a *serous* disease to yield to remedies which act on mucus membranes only ; to determine the true value of a medical agent, they must first ascertain the true character of the affection, as well as of the tissues involved. Again, mucilaginous agents are always beneficial in scrofulous and anæmic habits. Comfrey root is very useful in diarrhœa, dysentery, coughs, hemoptysis or bleeding of the lungs, and other pulmonary affections ; also leucorrhœa, and female debility : all these being principally mucus affections.

It may be boiled in water, wine, or made into a syrup, and taken in doses of from a wine-glassful to a tea-cupful of the preparation, two or three times a day.

Externally the fresh root, bruised, forms an excellent application to bruises, ruptures, fresh wounds, sore breasts, ulcers, white swellings, etc.

COSTMARY. BALSAM HERB.

Description.—This plant is an inhabitant of nearly every

garden, and does not require to be botanically described. It flowers in June and July.

Government and Virtues.—It is under the dominion of *Jupiter*. It provokes urine abundantly; purges choler and phlegm, cutting out that which is foul, tough, and glutinous, hinders putrefaction and corruption, opens obstructions, and heals all diseased mucus tissues. It is good in cachexia, or wastings of the flesh, especially in the beginning of the disease. It helps evil, weak and cold livers, and comforts the bowels and stomach. The seed is given to children for worms, and so is the infusion of the flowers in whites, to the quantity of half a tea-cupful at a time.

COWSLIPS, OR PEAGLES. (*Primrose.*)

Description.—Both the wild and the garden kind, are so well known that no description need be given of them. They flower in April and May.

Government and Virtues.—It is a plant of *Venus*, under the sign *Aries*. The flowers and leaves are used. The flowers are preferred. The distilled water or ointment, takes away spots and wrinkles of the skin, sunburns, freckles, adding beauty exceedingly, or restoring it when lost.

HIGH CRANBERRY. VIBURNUM OPULUS.

Description.—It is a nearly smooth and upright shrub, or small tree, usually from five to twelve feet in height, with several stems from the same root branched above, the leaves are three lobed, three veined, broadly wedged shape, and crenately toothed on the side. The flowers are white, or reddish white; the fruit ovoid, red, very acid, ripens late, and remains upon the bush after the leaves have fallen. It resembles the common Cranberry, and is sometimes substituted for it.

History.—It is indigenous to the northern part of the United States, and Canadas, being a handsome shrub, growing in low rich lands, woods, and borders of fields, flowering in June, and presenting at this time a very showy appearance. The flowers are succeeded by red and very acid berries, resembling low

Cranberries, and which remain through the Winter. The bark is the officinal part, as met with in the drug shops. It is frequently put up by Shakers, when it is somewhat flattened from pressure. It has no smell, but has a peculiar, not unpleasant, bitterish, and astringent taste. It yields its properties to water or diluted alcohol.

An active principle, called *Viburine*, is in the market, but as its preparation is kept a secret, few physicians care to use it, not being willing to be imposed upon by speculating and designing charlatans.

Government and Virtues.—It is a plant of *Jupiter*. It is a powerful anti-spasmodic, and hence generally known among American practitioners as *Cramp Bark*. It is very effective in cramps and spasms of all kinds, as asthma, hysteria, cramps of females during pregnancy, preventing the attacks entirely if used daily for the last two or three months of gestation.

The following forms an excellent preparation for the relief of spasmodic attacks, viz—Take of Cramp bark, two ounces; scull-cap, skunk cabbage, of each, one ounce; cloves, half an ounce; capsicum, two drachms. Have all in powder, coarsely bruised, and add to them two quarts of sherry or native wine. *Dose* of this, half a wine-glassful two or three times a day.

Dose.—Of the decoction, or vinous tincture one glassful two or three times a day.

It may be here remarked that a poultice of the fruit of the *Low* Cranberry is very efficacious in indolent and malignant ulcers, malignant scarlet fever, applied to the throat, in erysipelas, and other similar diseases. Probably the *High* Cranberry will effect the same result.

CRAWLEY. CORALLORHIZA ODONTORHIZA.

Description.—This plant, also known by the various names of *Dragon's Claw*, *Coral-root*, etc., is a singular, leafless plant, with much branched and toothed coral-like root stalks. The root is a collection of small, fleshy tubers, branched much like coral. The scape is from nine to fourteen inches high—the flow-

ers from ten to twenty, ruigent, in a long spike, of a brownish green color.

History. The plant is a native of the United States, growing about the roots of trees, in rich woods from Maine to Florida, flowering from July to October. The entire plant is destitute of verdure. The root only is used for medicinal purposes. It is small, dark-brown, resembling cloves or a hen's claws, has a strong, nitrous smell, and a mucilaginous, slightly bitter, astringent taste.

Government and Virtues.—The plant is under the government of *Jupiter*. It is probably the most powerful, prompt, and certain diaphoretic in the *Materia Medica*, but its scarcity and high price prevents it from coming in general use. It is also sedative, and promotes perspiration without producing any excitement in the system. Its chief value is as a diaphoretic in fevers, especially in typhus, and inflammatory diseases. It has proved effectual in acute erysipelas, cramps, flatulency, pleurisy, and night-sweats; it relieves hectic fever without debilitating the patient. Its virtues are especially marked in the low stage of fevers.

Dose.—From twenty to thirty grains of the powdered root, given in water as warm as the patient can drink, and repeated every hour or two, according to circumstances. The powder should always be kept in well closed vials. It constitutes the

Fever Powders of some practitioners.

Combined with *Caulophyllin* it forms an excellent agent in amenorrhœa and dysmenorrhœa, or scanty or painful menstruation, and is unsurpassed in after-pains, suppression of lochia, and the febrile symptoms which sometimes occur at the parturient period.

In fevers, *Crawley* may be advantageously combined with *leptandrin* or *podophyllin*, when it is found necessary to act upon the bowels or liver, and mixed with *dioscorin* it will be found almost a specific in flatulent and bilious colic.

CROWFOOT. RANUNCULUS BULBOSUS.

Description.—It has a perennial, solid, fleshy, roundish root,

which sends up annually, several, erect, round, hairy, and branching stems, from six to eighteen inches high; the leaves are toothed and hairy. Each stem supports several solitary, golden-yellow flowers, upon furrowed, angular and hairy peduncles.

History.—This plant is common in Europe and the United States, growing in fields and pastures, and flowering in May, June, and July. There are a great many varieties, but all possess similar properties, and designated by the general name of *Butter-cup*. When any part of these plants is chewed, it occasions much pain, inflammation, excoriation of the month, and much heat and pains in the stomach, if it be taken internally.

Government and Virtues.—This hot and fiery herb is under the influence of *Mars*, and is too acrid to be used internally, especially when fresh. When applied externally it is powerfully rubefacient and epispastic. The *R. Bulbosa* is the officinal plant. It is employed in its recent state, in rheumatic neuralgia, and other diseases where vesication and counter irritation are indicated. Its action, however, is generally so violent, that it is seldom used. The beggars use it to produce and keep open sores to excite sympathy. It has been used with success in obstinate cases of nursing sore-mouth—an infusion being made by adding two drachms of the recent root, cut into small pieces, to one pint of hot water, when cold a tablespoonful being given two or three times a day, and the mouth frequently washed with a much stronger infusion.

DAISY. CHRYSANTHEMUM LEUCANTHEMUM.

Description.—This plant generally known as the Ox-eye Daisy, is too well known to require a description.

History.—This plant was introduced into the United States from Europe and is a very troublesome weed to farmers, in nearly every section. It generally grows from one to two feet high, and bears white flowers in June and July. The leaves are odorous and somewhat acid; the flowers are bitterish; they impart their virtues to water.

Government and Virtues.—It is under *Venus*, in the sign of

Cancer. It is tonic, diuretic, and anti-spasmodic, and in large doses, emetic. It is used as a tonic instead of Chamomile flowers, and is serviceable in hooping-cough, asthma, and nervous excitability. Very beneficeal externally and internally in leucorrhœa. Its internal use is highly recommended in colligative perspiration. Externally it is a good application to wounds, ulcers, seald-head, and some other cutaneous diseases. Dose of the decoction, from a wine-glassful to a teacupful, two or three times a day. The fresh leaves or flowers will destroy or drive away fleas.

DANDELION. TARAXACUM DENS-LEONIS.

Description.—Dandelion, (Nat. Ord. Cichoraceae,) is an herb, with a perennial, very milky root; the leaves are spreading, numerous, and of a bright shining green; the flowers are of a uniform golden-yellow, and in round heads an inch and a half in diameter, expanded in the morning and fine weather only.

History.—This plant is a native of Greece, but is now found growing abundantly in Europe and the United States, in fields, gardens, and along road-sides, flowering from April to November. The root only is the officinal part, and should be collected when the plant is in flower. Alcohol or boiling water extracts its properties.

Government and Virtues.—It is under the dominion of *Jupiter*. The dried root possesses but little medicinal virtue; but when fresh, is a stomachic, and tonic, with slightly diuretic and aperient actions. It has long been supposed to exert an influence upon the biliary organs, removing torpor and engorgement of the liver as well as of the spleen, it is also reputed beneficial in dropsies owing to want of action of the abdominal organs, in uterine obstructions, chronic diseases of the skin, etc. Its virtues, however, are much over-rated.

DEVIL'S BIT. HELONIAS DIOICA.

Description.—This plant, also known by the names of *False Unicorn-root*, *Drooping Star-wort*, etc., is a herbaceous peren-

nial, with a large, somewhat bulbous root, from which arises a simple, smooth stem, one or two feet in height. The flowers are small, very numerous, greenish-white, disposed in long, terminal, nodding raceme, resembling plumes.

History.—This plant is indigenous to the United States, and is abundant in some of the Western states, growing in woodlands, meadows and moist situations, and flowering in June and July. The root is the officinal part.

Government and Virtues.—It is a plant of *Venus*, is tonic, diuretic, and vermifuge. In large doses, it is emetic, and when fresh, sialagogue. In doses of ten or fifteen grains of the powdered root, repeated three or four times a day, it has been found very beneficial in dyspepsia, loss of appetite, and for the removal of worms. It is beneficial in colic, and in atony of the generative organs. It is invaluable in uterine diseases, acting as an uterine tonic, and gradually removing abnormal conditions, while at the same time it imparts tone and vigor to the reproductive organs. Hence it is much used in leucorrhœa, amenorrhœa, dysmenorrhœa, and to remove the tendency to repeated and successive miscarriage. The plant will kill cattle feeding on it, and the decoction insects, bugs, and lice.

Dose of the powder, from twenty to forty grains; of the decoction from a wine-glassful to tea-cupful.

The *Helonia Bullata*, with purple flowers, and probably some other species possess similar medicinal virtues.

DOCK. RUMEX CRISPUS.

Description.—There is a great variety of Dock, but all are too well known to require any description.

Government and Virtues.—All Docks are under *Jupiter*. They are alterative, tonic, mildly astringent, and detergent, and eminently useful in scorbutic, cutaneous scrofulous, seirrhus, and syphilitic affections, leprosy, elephantiasis, etc. For these purposes, the Yellow Dock, *Rumex Crispus* is preferred. The fresh root bruised in cream, lard, or fresh butter, forms an excellent ointment for scrofulous ulcers, serofulous ophthalmia, itch, and a discutient for indolent glandular tumors.

DRAGON ROOT. ARUM TRIPHYLLUM.

Description.—This plant is also known as *Wake Robin*, *Indian Turnip*, *Jack in the pulpit*, etc. It has a round, flattened, perennial, tuberous, fleshy root, resembling a turnip. The leaves are generally one or two, standing on long, sheathing footstalks, and the ovaries growing into a large, compact bunch of shining scarlet berries.

History.—It inhabits North and South America, is found in wet locations,—and flowers from May to July. The whole plant is acrid, but the root is the only part employed. It is of various sizes, turnip-shaped, dark and corrugated externally, and milk white within, seldom exceeding two and a half inches in diameter. When first dug it is too fiercely acrid for internal employment, as it will leave an impression upon the tongue, lips, and fauces, like that of a severe scald, followed by inflammation and tenderness, which, however, may be somewhat mollified by milk. It exerts no such influence upon the external skin, except upon long and continued application. The root loses its acrimony by age, and should always be used when partially dried. In addition to its acrid principle, it contains a large proportion of starch, with a portion of gum, albumen, and saccharine matter. When the acrid matter is driven off by heat, the root yields a pure, delicate, amylaceous matter, resembling arrow-root, very white and nutritive.

Government and Virtues.—It is a plant of *Mars*, and is acrid, expectorant, and diaphoretic, used in asthma, hooping-cough, chronic bronchitis, chronic rheumatism, pains in the chest, colic, low stages of typhus, and general debility; externally in scrofulous tumors, scald-head, and various skin diseases.

Dose of the grated root, in syrup or mucilage, ten grains, three or four times a day.

DRAGON'S TEST. ARUM TRIPHYLLUM.

Description.—This plant is recognized in England, by looking down to the stalks, and seeing how like a snake they look. PLINY and DIOSCORIDES affirms that no serpent will meddle with any one who carries this herb about him. The English use it

mixed with vinegar, as an external wash for freckles, morpew, and sunburn, and as an ointment in wounds and ulcers. (See *Dragon root.*)

DROPWORT. SPIRÆA FILIPENDULA.

Description.—This plant has many leaves, somewhat resembling *Wild Tansy*, or rather *Agrimony*. The root is small, black, and tuberous, from which arise one or two stalks, two or three feet high, spreading at the top into many white, sweet-smelling flowers, consisting of five leaves each, with some threads in the middle of them, standing together in a pith or umble, each upon a small foot-stalk, which, after they have been blown upon by the wind for some time, finally fall away, and in their places appear small, round, chaffy heads like buttons, wherein are the chaffy seeds set and placed. It grows at the hedge side and in dry fields and meadows, flowering in June and July, the seeds ripening in August.

Government and Virtues.—It is a plant under the dominion of *Venus*. It is an effectual remedy for all diseases of the lungs, shortness of breath, wheezing, hoarseness, cough, causing expectoration and cleansing the pipes of mucus or phlegm. It is also used in kidney and bladder diseases.

ELDER. SAMBUCUS CANADENSIS.

Description.—This is a common, well-known, native American plant, from five to twelve feet high, with a shrubby stem, filled with a light and porous pith, especially when young. The bark is rather scabrous and cinereous. The leaves are nearly bipinnate antiposed. The flowers are numerous, white, in very large level-topped, five-parted cymes, and have a heavy odor. The European Elder, though larger than the American kind, is similar in its general characteristics and properties.

History.—It is an American shrub, growing in all parts of the United States, in low, damp grounds, thickets, and waste places, flowering in June and July, and maturing its berries in September and October. The officinal parts are the flowers, the berries and the inner bark.

Government and Virtues.—It is a plant of *Venus*. In warm infusion the flowers are diaphoretic, and gently stimulant. In cold infusion they are diuretic, alterative, and cooling, and may be used in all diseases requiring such action, as in hepatic derangements of children, erysipelas, erysipelalous diseases, etc. In infusion with Maiden-hair and Beech-drops, they will be found very valuable in all erysipelalous diseases. *The expressed juice of the berries*, evaporated to the consistence of a syrup, is a valuable aperient and alterative, one ounce of it will purge. An infusion of the young leaf-buds is likewise purgative, and sometimes acts with violence. The flowers and expressed juice of the berries have been beneficially employed in serofula, cutaneous diseases, syphilis, rheumatism, etc. The inner green bark is cathartic; an infusion of it in wine or the expressed juice will purge moderately, in doses from half a fluid ounce to a fluid ounce. Large doses produce emesis or vomiting. In small doses it produces an efficacious deobstruent, promoting all the fluid secretions, and is much used in dropsy, especially that following scarlatina, and other febrile and exanthemous complaints, as well as in many chronic diseases. Beaten up with lard or cream, it forms an excellent discutient ointment, and which is of much value in burns, scalds, and some cutaneous diseases. The juice of the root in half-ounce doses, taken daily, acts as a hydragogue, cathartic, and diuretic, and will be found valuable in all dropsical affections. The inner bark of Elder is hydragogue and emetico-cathartic. Has been successfully used in Epilepsy, by taking it from branches one or two years old, scraping off the gray outer bark, and steeping two ounces of it in five ounces of cold or hot water for forty-eight hours. Strain and give a wineglassful every fifteen minutes when the fit is threatening: the patient fasting. Resume it every six or eight days.

OFF. PREP.—Unguentum Sambuci, Vinum Sambuci.

ELECAMPANE. INULA HELENIUM.

Description.—It has a branching, aromatic, and perennial root;

stem from four to six feet high; large, dark-green leaves; and large, bright-yellow flowers.

History.—Elecampane is common in Europe, and cultivated in the United States. It grows in pastures, and along road sides, blossoming from July to September. The root is the part used and should be gathered in the second year of its development, and during the Fall months. It yields its properties to water and alcohol, more especially to the former.

Government and Virtues.—It is under the dominion of *Mercury*. It is aromatic, stimulant, tonic, emmenagogue, diuretic and diaphoretic. It is much used in chronic pulmonary affections, weakness of the digestive organs, hepatic torpor, dyspepsia, etc. Dose of the powder, from one scruple to one drachm. Of the infusion, one to two fluid ounces.

ERYNGO, OR SEA HOLLY. ERYNGIUM AQUATICUM

Description.—This plant, also called *Button Snake root*, *Rattlesnake's Master*, etc., is an American perennial herb, with a simple stem, from one to five feet in height, the root is tuberous; the leaves are one or two feet long, by half an inch to an inch and a half wide. The flowers are white or pale and inconspicuous.

History.—This plant is American, growing in swamps and low, wet lands, from Virginia to Texas, especially on prairie lands, blossoming in August. The root is the official part. Water or alcohol extracts its properties.

Government and Virtues.—It is a plant of *Venus* under the celestial *Balance*. It is aphrodisiac, exciting venereal desires and strengthening the procreative organs. It is also diuretic, stimulant, diaphoretic, expectorant, and in large doses, emetic. Very useful in dropsy, nephritic, and calculous affections, also in serofula and syphilis. It is valuable as a diaphoretic and expectorant in pulmonary affections. It is a good substitute for *Senega*. The pulverized root in doses of two or three grains, is very effectual in hemorrhoids and prolapsus ani. Two ounces of the pulverized root, added to one pint of good Holland gin,



Moonwort



Valerian



White Horehound

is effectual in obstinate cases of gonorrhœa and gleet, to be administered in doses of one or two fluid drachms, three or four times a day. By some practitioners the root is employed as a *specific* in gonorrhœa, gleet, and leucorrhœa; used internally in syrup, decoction, or tincture—and the decoction applied locally by injection. Used externally and internally, it cures the bites of snakes and insects. Dose of the powder, from twenty to forty grains: of the decoction, which is principally used, from two to four fluid ounces, several times a day. OFF. PREP. Decoctum Eryngii.

EYEBRIGHT. EUPHRASIA OFFICINALIS.

Description.—This is an elegant, little annual plant, with a square, downy, leafy stem, from one to five inches in height; the leaves are opposite, downy, and ribbed; the flowers are abundant, with a brilliant variety of colors.

History.—This plant is indigenous to Europe and America, bearing red or white flowers in July. The leaves are commonly employed; they are inodorous, but of a bitter, astringent taste. Water extracts their virtues.

Government and Virtues.—It is a plant of the *Sun*, in the sign of the *Lion*. Slightly tonic and astringent. Useful in form of infusion or poultice, in catarrhal ophthalmia; also of service in all mucus diseases attended with increased discharges; also, in cough, hoarseness, ear-ache and head-ache, which have supervened in catarrhal affections. Four fluid ounces of the infusion taken every morning upon an empty stomach, and also every night at bed-time, has been found successful in helping epilepsy.

FERN. *Royal Flowering, Buckhorn Brake.*

OSMUNDA REGALIS.

Description.—This beautiful Fern is found in meadows, and low, moist grounds, throughout the United States, blossoming in June. The main root or caudex is the officinal part; it is about two inches long, and has the shape of a buck's horn. It contains an abundance of mucilage, which is extracted by

boiling water. The roots should be collected in August, or about the latter part of May, and dried with great care, as they are apt to become mouldy.

The *Osmunda*, or cinnamon-colored Fern is inferior to the preceding, but is frequently used for the same medicinal purposes.

Government and Virtues.—Under the dominion of *Mercury*. Mucilaginous, tonic, and styptic. Used in coughs, diarrhœa, and dysentery; also used as a tonic during convalescence from exhausting diseases. One root, infused in a pint of hot water for half an hour, will convert the whole into a thick jelly, very valuable in leucorrhœa, and other female weaknesses. The mucilage mixed with brandy is a popular remedy as an external application for subluxations and debility of the muscles of the back. For internal use, the roots may be infused in hot water, sweetened, and ginger, cinnamon, brandy, etc., added, if not contra-indicated.

FERN. FEMALE. *Common Polypody. Polypodium Vulgare.*

Description.—This plant is also known by the names of *Rock-polypod*, *Brake-root*, etc. It is common on shady rocks, in woods and mountains. The root and tops are used in medicine. Water extracts its properties.

This plant is pectoral, demulcent, purgative, and anthelmintic. A decoction or syrup has been found very valuable in pulmonary and hepatic diseases. A strong decoction is a good purgative, and will expel tenia and other worms. Dose of the powdered plant, from one to four drachms. Of the decoction or syrup, from one to four fluid ounces, three or four times a day.

Male Fern, (*Aspidium Filix Mas*,) grows in all parts of Europe, and in the United States. The dried root is the official part. It is used for the expulsion of the tapeworm. The best mode of administration is the ethereal oil or extract, of which eighteen grains, or from ten to twenty-five drops may be given in the form of pill or emulsion, at night, and again in the morning. Two hours after the administration of the last dose, a purgative dose of castor oil is to be taken, and the

worm is discharged dead, without any severe or unpleasant symptoms. Dose of the powder, from one to four drachms. Of the ethereal tincture of the buds, eight to thirty drops, and made by digesting one part of the buds in eight parts of ether.

Sweet Fern, (*Comptonia Asplenifolia*) grows in thin, sandy soils, or dry, rocky woods, from Maine to Kentucky, blossoming in May. The whole plant is used, and imparts its virtues to water or alcohol. It is tonic, astringent, and alterative. Used in diarrhœa, dysentery, hemoptysis, leucorrhœa, rheumatism, debility succeeding fevers, and in rachitis. A decoction is very useful in the summer complaints of children, when given as an auxiliary. A pillow of the leaves is beneficial to rachetic children, and may be used as a fomentation in contusions and rheumatism.

Dose.—Of the decoction, from one to four fluid ounces, three or four times a day. The male and female Fern are not to be used by pregnant women.

FEVER-FEW. PYRETHRUM PARTHENIUM.

Description.—Fever-few is a perennial, herbaceous plant with a tapering root, and an erect, branched, leafy, round, furrowed stem, about two feet high, bearing white compound flowers.

History.—The plant is a native of Europe, but common in the United States, found occasionally in a wild state, but generally cultivated in gardens, and blossoms in June and July. It imparts its virtues to water, but much better to alcohol.

Government and Virtues.—*Venus* controls this herb. It is tonic, carminative, emmenagogue, vermifuge, and stimulant. The warm infusion is an excellent remedy in recent colds, flatulency, worms, irregular menstruation, hysteria, suppression of urine, and in some febrile diseases. In hysteria, or flatulency, one teaspoonful of the compound spirits of lavender forms a valuable addition to the dose of the infusion, which is from two to four fluid ounces. The cold infusion or extract, makes a valuable tonic. The leaves in poultice are an excellent local application in severe pain or swelling of the bowels, etc. Bees

are said to dislike this plant very much, and a handful of the flower-heads carried where they are, will cause them to keep at a distance.

FIG-WORT. SCROPHULARIA NODOSA.

Description.—Figwort has a perennial, whitish, tuberous, and knotty root, with a heavy stem, from two to four feet high, and small, ovoid, dark-purple flowers.

History.—This plant is a native of Europe, but is found growing in different parts of the United States, in woods, hedges, damp copses, and banks, blossoming from July to October. The plants known by the names of *Carpenter's-square*, *Heal All*, *Square stalk*, etc., (*S. Marilandica* and *S. Lanceolata*,) are all mere varieties of *Figwort*, possessing similar medicinal properties. The leaves and root are the officinal parts, and yield their virtues to water or alcohol. The leaves have an offensive odor, and a bitter, unpleasant taste; the root is slightly acrid.

Government and Virtues.—It is a plant of *Venus*. It is alterative, diuretic, and anodyne; highly beneficial in hepatic or liver diseases, dropsy, and as a general deobstruent to the glandular system when used in infusion or syrup. Externally in the form of fomentation, or ointment, it is valuable in bruises, inflammation of the mammæ, ringworm, piles, painful swellings, itch, and cutaneous eruptions of a vesicular character. The root in decoction and drunk freely, will restore the lochial discharge when suppressed, and relieve the pains attending difficult menstruation. This plant possesses many valuable and active medicinal properties. *Dose* of the infusion or syrup, from a wine-glassful to a tea-cupful.

FLEA-WORT. PLANTAGO PYSILLIUM.

Description.—It has a white, hard, woody root, that perishes every year, from which arises a stalk two or more feet high, full of joints and branches, with narrow, whitish-green leaves. At the top of every branch stands divers small, short, scaly or chafy heads, out of which come forth small, sweetish, yellow

threads, like those of the plantain herb, which are the bloomings of flowers ; the seed enclosed in these heads is small and shining while it is fresh, and very like a *flea* both for color and size, but turning black when it grows old. It grows in gardens and fields and blossoms in July and August.

Government and Virtues.—It is a plant of *Saturn*, cold, dry, and saturnine. The mucilage of the seed, made with rose-water and a little honey, helps hoarseness, and other diseases of the lungs, throat and breast.

FROST-WEED. HELIANTHEMUM CANADENSE.

Description.—This is a perennial herb, sometimes known by the names of *Rock-rose* and *Frost Plant*. It has a simple, downy stem, about a foot high, and shrubby at the base. The leaves are about two-thirds of an inch long, and about one-fourth as wide. The flowers are large and of a bright yellow, open in sunshine and cast their petals the next day.

History.—It is indigenous to all parts of the United States, growing in dry, sandy soils, and blossoming from May to July. The leaves and stems are covered with a white down ; hence its name. The whole plant is officinal, having a bitterish, astringent, slightly aromatic taste, and yields its properties in hot water.

Government and Virtues.—It is a plant of *Venus*. It has effected some astonishing cures in scrofula. It is used in the form of decoction, syrup, or fluid extract. In too large doses it will cause vomiting. It is tonic, and astringent as well as anti-scrofulous.

In secondary syphilis, either alone, or in combination with *Corydalis Formosa*, and *Stillingia*, it forms a most valuable remedy.

The decoction may be employed with advantage in diarrhœa, as a gargle in scarlatina, and aphthous ulceration, as a wash in scrofulous ophthalmia, prurigo and other cutaneous diseases. Externally, a poultice of the leaves is applied to scrofulous tumors and ulcers.

The *fluid extract* is the best form for internal use. Dose, one or two teaspoonsful, three or four times a day.

An *oil* has been procured from the plant which is said to be highly valuable in cancerous affections.

GENTIAN. GENTIANA LUTEA.

Description.—This plant has a long, thick, cylindrical, wrinkled, ringed, forked, perennial root, brown externally, and yellow within, with a stem three or four feet high, hollow, stout, and erect; leaves ovate-oblong, five-veined, pale, bright green: the blossoms are large, of a bright yellow, in many flowered whorls.

History.—This plant is common in Central and Southern Europe, especially the Pyrenees and Alps, being found from 3000 to 5000 feet above the level of the sea. The root affords the medicinal portion, and is brought to England, chiefly from Havre and Marseilles. It has a feeble aromatic odor, and a taste at first faintly sweetish, and then purely, intensely and permanently bitter. It imparts its virtues readily to cold or hot water, alcohol, wine, spirits, or sulphuric ether.

Government and Virtues.—It is a plant of *Mars*. Is a powerful tonic, improves the appetite, strengthens digestion, gives force to the circulation, and slightly elevates the heat of the body. Very useful in debility, exhaustion, dyspepsia, gout, amenorrhœa, hysteria, serofula, intermittents, worms, and diarrhœa.

Dose of the powder, ten to thirty grains. Of the extract, one to ten grains. Of the infusion, a tablespoonful to a wine-glassful. Of the tincture, one or two teaspoonsful.

UnchrySTALLIZED Gentianin is a most valuable substitute for quinia, acting as readily and efficaciously on the spleen, in doses of from fifteen to thirty grains, twice a day.

The *Blue*, or *American Gentian*, has a perennial, branching, somewhat fleshy root, with a simple, erect, rough stem, eight or ten inches in height, and bears large blue flowers. It grows in the grassy swamps and meadows of North and South Carolina, blossoming from September to December. The root is little

inferior to the foreign Gentian, and may be used as a substitute for it in all cases, in the same doses and preparations.

The *Five-flowered Gentian* sometimes called Gall-weed, on account of its intense bitterness, is very useful in headache, liver complaint, jaundice, etc. The plant is found from Vermont to Pennsylvania, and a variety of it is common throughout the Western states. It grows in woods and pastures, and flowers in September and October. It may be regarded as a valuable tonic and cholagogue, and deserves further investigation of its therapeutic properties.

There is another kind of Gentian, (*Gentiana Ochroleuca*,) known by the names of Marsh Gentian, Yellowish-white Gentian, Straw-colored Gentian, and Sampson Snake-weed. It has a stout, smoothish, ascending stem, one or two inches in height, its leaves two to four inches long, and three-fourths to an inch and a half in width, with straw-colored flowers two inches long by three-quarters thick, disposed in a dense, terminal cyme, and often in axillary cymes. It is found in Canada, and the Southern and Western states, though rarely in the latter, blossoming in September and October; the root is the officinal part, although the tops are often employed. They are bitter, tonic, anthelmintic and astringent. Used in dyspepsia, intermittents, dysentery, and all diseases of periodicity.

To two ounces of the tops and roots pour on a pint and a half of boiling water, and when nearly cold, add a half pint of brandy. Dose from one to three tablespoonsful every half hour, gradually increasing as the stomach can bear it, lengthening the intervals between the doses. It is also used for bites of snakes, etc.

GERANIUM. GERANIUM MACULATUM.

Description.—Geranium, also known by the names of *Dove's Foot*, *Cranesbill*, *Wild Cranebill*, *Spotted Geranium*, *Crow-foot*, *Alum Root*, etc., has a perennial, horizontal, thick, rough, and knobby root, with many small fibres. The stems are grayish-green, erect, round, and a foot or two high. The leaves are spreading and hairy; and the blossoms large, and generally

purple, mostly in pairs. The Dove's Foot, or Cranebill, which grows in England, is a different plant, bearing many small bright-red flowers, of five leaves a-piece, though it possesses medicinal properties similar to the American varieties.

History.—Geranium is a native of the United States, growing in nearly all parts of it, in low grounds, open woods, etc., blossoming from April to June. The root is the officinal part. Its virtues are yielded to water or alcohol.

Government and Virtues.—It is under the dominion of *Mars*. It is a powerful astringent, used in the second stage of dysentery, diarrhœa, and cholera infantum, in infusion, with milk. Both internally and externally it may be used wherever astringents are indicated, in hemorrhages, indolent ulcers, aphthous sore mouth, ophthalmia, leucorrhœa, gleet, hematuria, menorrhagia, diabetes, and excessive chronic mucus discharges; also to cure mercurial salivation. Relaxation of the uvula may be benefitted by gargling with a decoction of the root, as well as aphthous ulceration of the mouth and throat. From its freedom from any nauseous or unpleasant qualities, it is well adapted to infants and persons with fastidious stomachs. In cases of bleeding piles, a strong decoction of the root should be injected into the rectum, and retained as long as possible. Troublesome epistaxis, or bleeding from the nose, wounds, or small vessels, and from the extraction of teeth, may be checked effectually by applying the powder to the bleeding orifice, and if possible, covering with a compress of cotton. With *Aletus Fariuosa*, (*Unicorn root*) in decoction, and taken internally, it has proved of superior efficacy in diabetes and in Bright's disease of the kidneys. A mixture or solution of two parts of Hydrastin and one of Geraniin, will be found of unrivalled efficacy in all chronic mucus diseases, as in gleet, leucorrhœa, ophthalmia, gastric affections, catarrh, and ulceration of the bladder, etc. A decoction of two parts of Geranium and one of *Sanguinaria* (*Blood-root*,) forms an excellent injection for gleet and leucorrhœa.

Dose of Geranium powder, from twenty to thirty grains; of the decoction, a table-spoonful to a wine-glassful.

GOLDEN SEAL. HYDRASTIS CANADENSIS.

Description—This is an American plant, known by the various names of *Yellow Puccoon*, *Ground Raspberry*, *Tumeric root*, etc. It has a perennial *root*, or *rhizome*, which is tortuous, knotty, creeping, internally of a bright-yellow colour, with numerous long fibres; the *stem* is erect, simple, rounded, from six to twelve inches high, bearing two unequal terminal leaves; the flower is solitary, terminal, small, white or rose colored, and on a peduncle about three inches in length.

History.—Golden seal is found growing in shady woods, in rich soils and damp meadows, in different parts of the United States and Canada, but is more abundant west of the Alleghanies. It flowers in May and June. The root is the officinal part. Its virtues are imparted to water or alcohol. The root is of a beautiful yellow color, and when fresh is juicy, and used by the Indians, to color their clothing, etc.

Government and Virtues.—It is a plant of *Jupiter*. The root is a powerful tonic, at the same time exerting an especial influence upon the mucous surfaces and tissues, with which it comes in contact. Internally, it is successfully administered in dyspepsia, chronic affections of the mucous coats of the stomach, erysipelas; remittant, intermittent, and typhoid fevers; torpor of the liver, and whenever tonics are required. In some instances it proves laxative, but without any astringency, and seems to rank in therapeutical action between rhubarb and blood-root.

A strong decoction of two parts of Golden Seal, and one part of Geranium or Cranebill, is very valuable in gleet, chronic gonorrhœa and leucorrhœa, used in *injection*. It is likewise of much benefit in *incipient stricture*, *spermatorrhœa*, and *inflammation and ulceration of the internal coat of the bladder*. Ulceration of the internal coat of the bladder, may be cured by the decoction of Golden Seal alone. It must be injected into the bladder, and held there as long as the patient can conveniently retain it—to be repeated three or four times a day, immediately after emptying the bladder.

Dose of the powder from ten to thirty grains ; of the tincture from one to two fluid drachms.

GOLD THREAD. *COPTIS TRIFOLIA.*

Description.—This plant, also termed *Mouthroot*, has a small and creeping, perennial *root*, of a bright yellow color. The *stems* are round, slender, and invested at the base with a number of ovate, acuminate, yellowish scales. The leaves are ternate, on long, slender petioles, evergreen. It usually bears one small, white, starry flower, terminating in capsules, containing small, black, oval seeds.

History.—Goldthread is found growing in dark swamps, and sphagnous woods, in the northern parts of the United States, and in Canada, Greenland, Iceland, and Siberia. It flowers early in the Spring to July. The root is the medicinal part, and Autumn is the season for collecting it.

Government and Virtues.—It is a plant of *Jupiter*. Is a pure and powerful bitter tonic, somewhat like quassia, gentian and colombo, without any astringency. It may be beneficially used in all cases where a *bitter* tonic is required, and is decidedly efficacious as a wash or gargle, when a decoction, in various ulcerations of the mouth. In dyspepsia, and in chronic inflammation of the stomach, equal parts of gold-thread, and golden seal, made into a decoction, with elixir vitriol, added in proper quantity, will not only prove effectual, but in many instances will permanently destroy the appetite for alcoholic beverages.

Dose.—Of the powder or tincture, from half a drachm to a drachm, of the decoction the dose is from one wineglassful to a teacupful. The tincture, made by adding an ounce of the powdered root to a pint of diluted alcohol, is preferable to the powder. The dose is from twenty drops to a teaspoonful, three times a day.

HAZEL WITCH. *HAMAMELIS VIRGINICA.*

Description.—This is an indigenous shrub, sometimes called *Winter-bloom*, *Snapping-hazel-nut*, *Spotted Alder*, etc., It consists of several crooked branching trunks from the same root,

from four to six inches in diameter, ten to twelve feet in height, and covered with a smooth grey bark. The leaves are from three to five inches long, and two-thirds as wide. The flowers are yellow, and three or four together.

History.—It grows in damp woods, in nearly all parts of the United States, flowering from September to November, when the leaves are falling, and maturing its seeds the next summer. The barks and leaves are the parts used in medicine. They possess a degree of fragrance, and when chewed are at first somewhat bitter, very sensibly astringent, and then leave a pungent sweetish taste, which remains for a considerable time. Water extracts their virtues. The shoots are used as *divining rods* to discover water and metals under ground by certain adepts in the occult arts.

Government and Virtues.—This is a plant of *Jupiter*. It is tonic, astringent and sedative. A decoction of the bark is very useful in hemoptysis, hematemesis, and other hemorrhages or bleedings, as well as in diarrhoea, dysentery, and excessive mucus discharges. It is employed with great advantage in incipient phthisis, or consumption, in which it is supposed to unite anodyne influences with its others.

The Indians use it in the form of poultice, in external inflammations, swellings and all tumors of a painful character.

The decoction may be advantageously used as a wash or INJECTION for sore mouth, painful tumors, external inflammations, bowel complaints, prolapsus ani and uteri, leucorrhœa, gleet, and ophthalmia.

An *Ointment* made with lard, and a decoction of white-oak bark, apple tree bark, and witch-hazel, is a very valuable remedy for hemorrhoids or piles.

The following forms a useful preparation: Take equal parts of witch-hazel bark, golden seal, and lobelia leaves, the two first made into a strong decoction, after which add the lobelia to the hot liquid, and cover; when cold, strain. This decoction, as a collyrium will frequently and speedily cure the most obstinate and long standing cases of ophthalmia.

Dose of the witch-hazel decoction alone, from a wine glassful to a teacupful, three or four times a day.

HELLEBORE AMERICAN. VERATRUM VIRIDE. *Swamp Hellebore, Indian Poke, Itch-weed.*

Description.—This plant is indigenous to the United States growing in many parts, usually in swamps, low-grounds, moist meadows, and on the banks of mountain streamlets. The stem is from three to five feet high, roundish and solid throughout, the greatest part of its length being invested with the sheathing bases of the leaves. The lower leaves being from six inches to a foot long, and half as wide, gradually narrowing towards the top of the plant, the flowers green and numerous.

History.—The rhizome or root is the part used, which should be gathered in Autumn, after the decay of the leaves. As it rapidly loses its virtues it should be gathered annually and kept in well-closed vessels. When fresh, it has a very strong, unpleasant odor, but when dried is inodorous. It has a sweetish-bitter taste, succeeded by a persistent acidity.

Government and Virtues.—It is a plant of *Jupiter*. It has many very valuable properties. It is slightly acrid, confining this action to the mouth and fauces. It is unsurpassed by any article as an expectorant. As a diaphoretic, it is one of the most certain of the whole *Materia Medica*, often exciting great coolness and coldness of the surface. In suitable doses it can be relied upon to bring the pulse down from a hundred and fifty beats in a minute to forty, or even to thirty. Sometimes it renders the skin merely soft and moist, and at others produces free and abundant perspiration. In fevers, in some diseases of the heart, acute rheumatism, and in many other conditions which involve an excited state of the circulation, it is of exceeding great value. As a deobstruent or alterative, it far surpasses iodine, and therefore used with great advantage in the treatment of cancer, scrofula and consumption. It is nervine, and never narcotic, which property renders it of great value in all painful diseases, or such as are accompanied with spasmodic action, convulsions, morbid irritability and irritative mobility, as in chorea, epilepsy,

or fits, pneumonia, puerperal fever, neuralgia, etc., producing these effects without stupifying and torpifying the system as opium is known to do. As an emetic, it is slow, but certain and efficient, rousing the liver to action, and vomits without occasioning prostration or exhaustion, like other emetics, being the more valuable in not being cathartic. It is peculiarly adapted as an emetic in whooping-cough, croup, asthma, scarlet fever, and in all cases where there is much febrile or inflammatory action. As an arterial sedative it stands unparalleled and unequalled, while in small doses it creates and promotes appetite beyond any agent known to medical men. It has recently come into use, and may be justly regarded as one of the most valuable contributions to the list of medicines in a hundred years.

Dose.—Veratrum is usually given in the form of a tincture, the formula being of the dried root, eight ounces to sixteen ounces diluted .835 alcohol, macerating for two weeks, then to be expressed and filtered. To an adult eight drops are given which should be repeated every three hours, increasing the dose one or two drops every time, until nausea or vomiting, or reduction of the pulse, to sixty-five or seventy, ensue, then reduce to one half in all cases. Females and persons from fourteen to eighteen, should commence with six drops, and increase as above. For children, from two to five years, begin with two drops, and increase one drop only. Below two years of age, one drop is sufficient. If taken in so large a dose as to produce vomiting or too much depression, a full dose of morphine or opium, in a little brandy or ginger, is a complete antidote. In pneumonia, typhoid fever, and many other diseases, it must be continued from three to seven days after the symptoms have subsided. In typhoid fever, while using the veratrum, quinia is absolutely inadmissible. It is administered in a little sweetened water, and its employment in moderate doses, or short of nausea, may be continued indefinitely without the least inconvenience.

HOARHOUND. MARRUBIUM VULGARE.

Description.—This well known herb, has a fibrous, perennial

root and numerous annual, bushy stems, leafy, and branching from the bottom to one or two feet in height. The leaves are roundish-ovate, rough and veiny above, woolly on the under surface, one or two inches in diameter; the flowers small and white.

History.—Hoarbound is a native of Europe, but has been naturalized in the United States, where it is very common. It grows on dry, sandy fields, waste grounds and road-sides, flowering from June to September. The entire plant has a white or hoary appearance; the whole herb is medicinal, and should be gathered before its inflorescence. It has a peculiar, rather agreeable, vinous, balsamic odor, and a very bitter, aromatic, somewhat acrid and persistent taste. Its virtues are imparted to alcohol or water.

Government and Virtues.—It is an herb of *Mercury*. A stimulant, tonic, expectorant and diuretic. It is used in the form of *syrup*, in coughs, colds, chronic catarrh, asthma and all pulmonary affections. The *warm* infusion will produce perspiration, and flow of urine, and is used with great benefit in jaundice, asthma, hoarseness, menses, and hysteria. The cold infusion is an excellent tonic in some forms of dyspepsia. It will expel worms and act as a purgative in large doses. It enters into the composition of several syrups and candies.

Dose of the powder one drachm, of the infusion or syrup, from half to a teacupful.

HOPS. HUMULUS LUPULUS.

Description.—This plant is too well known to require any particular description. It has a perennial *root*, with many annual, angular stems. The leaves are deep-green, serrated, veiny and very rough; and the flowers numerous and of a greenish color.

History.—This plant is found in China, the Canary Islands, all parts of Europe, and in many places in the United States. It is largely cultivated in England and the United States for its cones or strobiles, which are used medicinally, and in the manufacture of beer, ale and porter. The odor of hops is peculiar and somewhat agreeable; their taste slightly astringent

and exceedingly bitter. They yield their virtues to boiling water, but a better solvent than water is diluted alcohol. Lupulin is the yellow powder procured by beating or rubbing the strobiles, and then sifting out the grains which form about one-seventh part of the Hops. Lupulin is in globose kidney-shaped grains, golden yellow and somewhat transparent and preferable to the Hops itself. *Lupulité* is the bitter principle of Hops, and is obtained by making an aqueous solution of *Lupulin*.

Government and Virtues.—The plant or vine is under the dominion of *Mars*. Hops are tonic, hypnotic, febrifuge, antilithic and anthelmintic. They are principally used for their sedative or hypnotic action—producing sleep, removing restlessness and abating pain, but sometimes failing to do so. A pillow stuffed with Hops is a favorite way for obtaining sleep. The *lupulin* or its tincture, is used in delirium tremens, nervous irritation, anxiety, exhaustion, and does not disorder the stomach nor cause constipation, as with opium. It is also useful in after-pains, to prevent chordee, suppress venereal desires, etc. Externally, in the form of a fomentation alone, or combined with Boneset or other bitter herbs, it has proved beneficial in pneumonia, pleurisy, gastritis, enteritis, and as an application to painful swellings and tumors. An *ointment*, made by boiling two parts of Stramonium leaves and one of Hops in lard, is an excellent application in salt rheum, ulcers and painful tumors. It is a powerful antiphrodisiac, composing the genital organs, quiting painful erections in gonorrhœa, etc.

Dose.—Fluid extract, half a drachm to a drachm ; solid extract, five to twenty grains ; tincture (two and a half ounces of hops to one pint of alcohol,) three to six drachms. *Infusion*, (four drachms to one pint of hot water) a wineglass to a cupful of *Lupulin*, the dose six to ten grains. *Tinct.* of Lupulin, (two ounces of Lupulin to one pint of alcohol) one to two teaspoonsful in sweetened water. Fifteen to twenty grains well rubbed up with white sugar in a mortar is very efficacious in priapism, chordec, and spermatorrhœa.

ICELAND MOSS. *CETRARIA ISLANDICA*.

Description.—Iceland Moss is a perennial, foliaceous plant from two to four inches high ; a native of Britain and the northern countries of Europe, particularly Iceland. It is diversified in its color, being brownish or greyish-white in some parts, and of a reddish hue in others. It is without odor, with a mucilaginous, bitter, somewhat astringent taste, and when dry, the lichen is crisp, cartilaginous, and coriaceous, and is convertible into a grayish-white powder. It swells up in water, absorbing more than its own weight of that fluid, and communicating a portion of its bitterness to it, as well as a little mucilage; when long chewed it is converted into a mucilaginous pulp, and when boiled in water the decoction becomes a firm jelly on cooling.

Government and Virtues.—It is a plant of the *Moon*. It is demulcent, tonic and nutritious. Used as a demulcent in chronic catarrh, chronic dysentery, and diarrhoea, and as a tonic in dyspepsia, convalescence and exhausting diseases. Boiled with milk it forms an excellent nutritive and tonic in phthisis and general debility. Its tonic virtues depend upon its *cetrarin*, which, if removed, renders the lichen merely nutritious.

ICE-PLANT. *MONOTROPA UNIFLORA*.

Description.—This plant, also known by the names of *Ova-ova*, *Bird's Nest*, *Indian Pipe*, *Fit Plant*, etc., has a dark colored, fibrous, perennial root, matted in masses about as large as a chestnut burr, from which arise one or more short, ivory-white stems, from four to eight inches high, having white, semi-transparent leaves, and a large, white, solitary, terminal flower, which is at first nodding, but becomes upright in fruit.

History.—This singular plant is found from Maine to California, and westward to Missouri, growing in shady, solitary woods, in rich, moist soil, or soil composed of decayed wood and leaves, and near the base of trees, on whose roots it may be said to be a parasite. The whole plant is snow-white or ivory-white, resembling frozen jelly, and is juicy and tender, dissolving in the hands like ice. The flowers are inodorous,

and appear from June until September. The flowers are in shape like a pipe, hence called the *Indian Pipe*, or *Pipe Plant*. The root is the medicinal part, and should be gathered in September and October, carefully dried, pulverized, and kept in well-stopped bottles.

Government and Virtues.—It is a plant of the *Moon*. It is a tonic, sedative, nervine, and anti-spasmodic; employed in febrile diseases, restlessness, pains, nervous irritability, etc., and used as a substitute for opium without any delcterious influences. It has cured remittent and intermittent fevers, and is an excellent anti-periodic. It is a most excellent remedy in convulsions of children, epilepsy, chorea, and other spasmodic affections. Its prompt efficacy well entitles it to its common name, *Fits*, or *Convulsion Root*. The juice of the plant alone, or combined with rose water, is an excellent application in obstinate ophthalmia, or sore or inflamed eyes, ulcers, etc., and is a good injection in leucorrhœa, blenuorrhœa, inflammation, and ulceration of the bladder.

Dose of the powdered root, from thirty to sixty grains, two or three times a day.

This plant is one of great value, and is beginning to receive the attention it deserves. It is a totally different herb from the *Mesembryanthemum Crystallinum*, or Ice-plant of Europe.

IRON-WEED. VERNONIA FASCICULATA.

Description.—This is an indigenous, perennial, coarse, purplish-green weed, with a tall, grooved stem, from three to ten feet in height. It is very common in the Western states, growing in woods and prairies, and along river streams, having purple flowers from July to September. The root is the part used.

Government and Virtues.—It is a plant of *Venus*. It is a bitter tonic, deobstruent, and alterative. In powder or decoction, the root is beneficial in amenorrhœa, dysmenorrhœa, leucorrhœa, and menorrhagia. It is useful in scrofula and some cutaneous diseases. *Dose* of the decoction, one or two fluid ounces. Of the tincture, one or two fluid drachms. The leaves

or powdered root make an excellent discutient application to tumors.

IVY, (AMERICAN.) *AMPELOPSIS QUINQUEFOLIA*.

Description.—This is a woody vine, with a rooting, climbing stem, with large, dark, glossy, green leaves, which make a luxuriant foliage, turning crimson in Autumn. It blossoms in July, the flowers being in clusters of an inconspicuous greenish white. Its berries are first dark blue, smaller than peas, of an acid taste, but ripening into blackish berries from October to Christmas.

History.—The American Ivy, is a common, familiar, shrubby vine, climbing extensively, and, by means of its radiating tendrils, supporting itself firmly on trees, stone walls, churches, etc., and ascending to the height of from fifty to a hundred feet. In various sections of the country it has different names, as *Wood-bine*, *Virginia Creeper*, *Five Leaves*, *False Grape*, *Wild Wood Vine*, etc. The bark and the twigs are the parts usually used. Its taste is acrid and persistent, though not unpleasant, and its decoction is mucilaginous. The bark should be collected after the berries have ripened. It is like the Ivy of England and other countries.

Government and Virtues.—It is under the dominion of *Saturn*. Alterative, tonic, astringent, and expectorant. It is used principally in form of syrup in scrofula, dropsy, bronchitis, and other pulmonary complaints.

Dose.—Of the decoction or syrup, from one to four table-spoonsful, three times a day.

A drachm of the flowers drank in wine, will stop the bloody flux or dysentery. The berries bruised and steeped in wine for a few days, and a small quantity drank is good against the jaundice, hemorrhage or spitting of blood, gravel, and to provoke urine. An old author affirms that there is a very great antipathy between wine and Ivy, and therefore it is a remedy to preserve against drunkenness, and to relieve or cure intoxication by drinking a draught of wine in which a handful of bruised Ivy leaves have been boiled.

JESSAMINE. GELSEMINUM SEMPERVIRENS.

Description.—This plant is sometimes called Yellow Jessamine, Wild Jessamine, and Woodbine, and bears yellow flowers which have an agreeable, but rather narcotic odor. The Yellow Jessamine abounds throughout the Southern States, growing luxuriously, and climbing from tree to tree, forming an agreeable shade. On account of its fine yellow flowers, and the rich perfume which they impart to the surrounding atmosphere, as well as the shade it affords, it is extensively cultivated in the gardens of the South, as an ornamental vine. The flowers appear from March to May. The root is the officinal part, and yields its virtue to water or alcohol.

Government and Virtues.—It is a plant of *Jupiter*. It is an unrivaled febrifuge, possessing relaxing and antispasmodic properties. It is efficacious in nervous and bilious headache, colds, pneumonia, hemorrhages, leucorrhœa, ague-cake, but especially in all kinds of fevers, quieting all nervous irritability and excitement, equalizing the circulation, promoting perspiration, and rectifying the various secretions, without causing nausea, vomiting and purging, and is adapted to any stage of the disease. It may follow any preceding treatment with safety. Its effects are clouded vision, double-sightedness, or even with complete prostration, and inability to open the eyes. These however, pass completely off in a few hours, leaving the patient refreshed, and completely restored. When the effects are induced no more of the remedy is required.

The tincture is the form in which it is employed. The dose is from ten to fifty drops, in a wine glass half full of water; to be repeated every two hours. The second dose usually effects a cure.

JUNIPER. JUNIPERUS COMMUNIS.

Description.—The Juniper is a small evergreen. It does not reach the dignity of a tree; but it is hardy and extremely useful.

History.—The Juniper grows in dry woods, and upon hills,

and is common both in this Europe and America. The berries are employed most extensively in medicine.

Government and Virtues.—The Juniper is under the dominion of *Venus*. The berries and oil are stimulating, carminative, and diuretic. It is especially useful in averting mucus discharges, especially from the urethra.

Dose.—Of the berries, from one to two drachms. Of the oil from four to twenty minims.

KIDNEY LIVER LEAF. HEPATICA AMERICANA.

Description.—This is a perennial plant, the root of which consists of strong fibres. The entire plant is used.

History.—There are two varieties of this plant, and both are common to the United States. They grow upon elevated situations, and in woods. They bear white, blue, or purplish flowers, which appear late in March or early in April. It is sometimes erroneously called Liverwort.

Government and Virtues.—It is under the dominion of *Herschel*. It is a mild, mucilaginous astringent, and is freely used in infusion, in fevers, diseases of the liver; and for bleeding from the lungs, coughs, etc., it is a most valuable curative.

Dose.—Infusion taken *ad libitum*.

LADIES SLIPPER. CYPRIPEDIUM PUBESCENS.

Description.—This is an indigenous plant, known as *American Valerian*, *Nerve Root*, *Yellow Moccasin Flower*, *Umbel*, *Noah's Ark*, etc., with perennial, fibrous, fleshy, undulated or crooked long roots. The stems grow from twelve to eighteen inches high.

History.—This plant grows here in rich woods and meadows, and flowers in May and June. There are several varieties of it, but as they all possess the same medicinal properties a description of each is not requisite or desirable.

Government and Virtues.—These plants are governed by the dog-star *Sirius*. The fibrous roots are the parts used in medicine, and they should be gathered and carefully cleansed in August, or September. The properties and uses are various.

The preparations made from these roots are tonic, and stimulant, diaphoretic, and anti-spasmodic, and are considered to be unequalled in remedying hysteria, chorea, nervous headache, and all cases of nervous irritability. Combined with a certain scarce plant of a mucilaginous character, and growing near the sea shore, it is an unfailing cure of fever and ague. The preparation has, however, to be skilfully compounded. Any one afflicted by Fever and Ague may write to me for particulars, and I will gladly and promptly furnish them. They are also used for delirium, neuralgia, and hypochondria. The form of preparation is an alcoholic extract.

Dose.—From ten to twenty grains. Tincture, from one to three fluid drachms. Infusion, from one to four fluid ounces. When made into powder, one drachm in warm water is a dose, and may be repeated, in season, as often as may be required.

LARCH. ABIES LARIX.

Description.—The Larch is a very lofty and graceful tree, with elegant and wide-spreading branches. The flowers, both male and female, are handsome as well in form as in color.

History—The Larch grows in the mountainous regions of Europe, and yields the article of use and commerce known as Venice Turpentine. The bark contains a large amount of tannic acid.

Government and Virtues.—It is governed by *Mars*. The medicinal properties are those known to be confined to turpentine.

LARGE FLOWERING SPURGE. EUPHORBIA COROLLATA.

Description.—This plant is commonly known as the milkweed. It is perennial, with a round, slender, erect stem, one or two feet high, generally simple and smooth. The flowers are large, white and showy.

History.—This plant grows plentifully in Canada and the United States, in dry fields and woods, and flowers from June to September. The bark of the root is the part used. The plant is readily detected by a milky fluid which exudes from the stem, when that is broken. This fluid, if applied to warts or

wens, is of great benefit, in most cases banishing the offensive excrecences.

Government and Virtues.—It is a plant of *Mercury*. It is emetic, diaphoretic, expectorant, and epispastic. As an emetic, the powdered bark of the root (say from fifteen to twenty grains) is mild, pleasant and efficacious.

Dose.—As an expectorant it is administered three grains at a time, mixed with honey, molasses, or sugar. As a cathartic, from four to ten grains are required. It is regarded, in doses of fifteen or twenty grains, as one of the very best remedies ever discovered for the dropsy. It has cured hydrothorax, and ascites, when all other means have failed, but in order to do this, it must be carefully and skilfully prepared by an herbalist of much experience.

LARKSPUR. DELPHINIUM CONSOLIDA.

Description.—Larkspur is an annual herb, with a simple slender root, and a suberect leafy stem, from a foot to two feet in height.

History.—The Larkspur is a native of Europe, but has become naturalized in America. It grows in fields and woods, and flowers in July.

Government and Virtues.—It is under the dominion of *Saturn*. The whole plant contains an acid principle which is sure death to all kinds of domestic vermin. The flowers and leaves were extensively used in the United States army during the rebellion, to kill lice, and it is pretty well authenticated that the same substance forms the basis of the many preparations offered for the destruction of all noxious insects, whose room is better than their company. The flowers are emmenagogue, diuretic, and vermifuge. A tincture of the seeds, it is said, will cure asthma and dropsy. Also a specific for cholera morbus.

Dose.—Two ounces of the seed added to one quart of diluted alcohol, makes the tincture, of which ten drops may be given three times a day. This, however, should be used only in extreme cases.

SHEEP LAUREL. *KALMIA LATIFOLIA*.

Description.—This plant has numerous names. Among others, *Laurel*, *Lambkill*, *Ivy*, *Spoonwood*, *Calico Bush*, *Mountain Laurel*, etc. It is a shrub of great beauty, varying in height from four to sixteen feet. It has crooked stems and a rough bark. The flowers are white, or variously tinged with red, and are very showy. The fruit is a dry capsule.

History.—Sheep Laurel inhabits the rocky hills and elevated grounds of most parts of the United States. Its beautiful flowers appear in June and July. The leaves are reputed to be poisonous to sheep and other animals, and it is said that birds which have eaten them will poison those who eat the birds. The leaves are the officinal part. Attention was called to their medicinal virtues by the use which the Indians make of them, viz. : a decoction by which they commit suicide.

Government and Virtues.—It is a plant of *Mercury*. The plant, in medicinal doses, is anti-syphilitic, sedative to the heart, and somewhat astringent. It is a most efficient agent in syphilis, fevers, jaundice, neuralgia, and inflammation. The preparation should be used with great care and prudence.

Dose.—The saturated tincture of the leaves is the best form of administration. It is given in from ten to twenty drops every two or three hours. Powdered leaves, from ten to twenty grains.

LAVENDER. *LAVANDULA VERA* AND *LAVANDULA SPICA*.

Description.—*Lavandula Vera* is a shrub which grows from one to two feet high, generally, but it sometimes attains an altitude of from five to six feet. *Lavandula Spica* is rather dwarfish in comparison. It is not used in medicine, but yields what is called *oil of spike*, which is used in the preparation of artistical varnishes.

History.—*Lavandula Vera* grows in the dry soils of Southern Europe, and flowers in July and August. It is largely cultivated in this country. The whole plant is aromatic, but the flowers are the parts used.

Government and Virtues.—It is under the government of

Mercury. It is a tonic, stimulant, and carminative, useful mostly in diseases of the nervous system.

ALNUS RUBRA. TAG ALIER.

Description.—This plant grows in clumps and thickets, in swamps, and likewise on the borders of ponds and rivers. The stems are straight and numerous, and range from six to twelve feet in height. The leaves have minute teeth, are thickish, and are green and smooth on both sides.

History.—The *Alnus Rubra* is indigenous to Europe and America, and blossoms in March and April. The bark is the part used medicinally.

Government and Virtues.—It is under the dominion of *Venus*, in the sign of *Pisces*. The bark is universally acknowledged to be alterative and emetic, and is especially recommended for serofula, secondary syphilis, and cutaneous diseases, of which there are many varieties, some of which have, and some of which have not been classified. The active principle of *Alnus Rubra*, as prepared for practitioners, is called *Alnuin*, and is most excellent in cases of dyspepsia produced by inactivity of the gastric glands.

LETTUCE. LACTUCA SATIVA, AND LACTUCA VIROSA.

Description.—Garden Lettuce possesses very many of the properties of opium, and, if allowed to run to seed, produces, or exudes, a juice not unlike that of the poppy. It grows in almost every temperate latitude. The *Lactuca Virosa*, another species of Lettuce, is a hardier and larger plant, is rank in odor, and has prickles on the keel of its leaves.

History.—The *Lactuca Sativa*, or common garden Lettuce, is a native of the East Indies, but has been so thoroughly acclimated here that it may be said to belong to this country by naturalization. It, as well as the *Lactuca Virosa*, yields large quantities of what is called *Lactucarium*, or Lettuce Opium.

Government and Virtues.—The Lettuce is under the dominion of *Venus*. Some good authorities say that *Lactucarium* is a sedative, others, equally reliable, that it is a stimulant. It is



Marsh Mallow



Eringo



Maidenhair

frequently used in the stead of opium, as it produces the same effects, without the unpleasant and oftentimes ruinous reaction which follows the use of the juice of the poppy.

Dose.—In pill or powder, from five to twenty grains ; of the tincture, thirty to sixty drops ; of the alcoholic extract from one to five grains, as circumstances may require.

LEVER WOOD. OSTRYA VIRGINICA.

Description.—This small tree, from twenty-five to thirty feet in height, is frequently called *Iron Wood*, and *Hop Hornbean*. Its real name is, however, *Lever Wood*. The wood, which is hard, white, and strong, is used for medicinal purposes, as well as the bark.

History.—The inner wood and bark are the parts in which reside the curative virtues, and the latter, which are immense, readily yield to water. The tree flowers in April and May, and is common to the United States.

Government and Virtues.—The Lever Wood tree is under the influence of *Sirius*. The bark and wood should be gathered in August or September. The preparation is anti-periodic, tonic, and alterative. It is very good in cases of intermittent fever, neuralgia, nervous debility, serofula, and dyspepsia. It is sometimes administered, with fair success, as a remedy for fever and ague.

Dose.—Decoction, one or two fluid ounces three or four times a day.

LIFE ROOT. SENECIO AUREUS.

Description.—This plant has many names. Among others, it bears the titles of *Ragwort*, *False Valerian*, *Squaw-weed*, *Golden Senecio*, and *Female Regulator*. The flowers are golden yellow. The stem is erect and smoothish, varying from one to two feet in height.

History.—The plant is perennial and indigenous, growing on low marshy grounds, and on the banks of creeks. The northern and western parts of Europe are where it is mostly found, and the flowers culminate in May and June. The root and herb are the parts employed for medicinal purposes. There are

several varieties of this plant, but as all possess the same medicinal properties, it is unnecessary to specify them. The whole herb is used of all the varieties.

Government and Virtues.—It is under the dominion of *Saturn*. It is diuretic, pectoral, diaphoretic, and tonic, and exerts a very powerful and peculiar influence upon the reproductive organs of females. This has given it the name of *Female Regulator*. Combined with the Lily, and other native and foreign plants, it is one of the most certain cures in the world, for aggravated cases of leucorrhœa; also in cases of menstrual suppression. It will operate excellently in gravel, and other urinary affections.

Dose.—Ordinary decoction.

LILY ROOT (MEADOW.) LILIUM CANDIDUM.

Description.—This plant has a perennial root or bulb, from which rises a thick stem from three to four feet in height. The flowers are large, snow-white, and common.

History.—The Meadow Lily is an exotic. It is a native of Syria and Asia Minor. The flowers are regarded as being very beautiful, but are not used for medicinal purposes. The plant is principally cultivated for the flowers. The bulb is the part used for its curative properties. Water extracts its virtues.

Government and Virtues.—It is under the dominion of *Venus*. It is mucilaginous, demulcent, tonic, and astringent. It is chosen by some of our best botanical practitioners as a certain remedy for leucorrhœa, and falling of the womb, and for those affections, when combined with Life Root and other herbal preparations, is without an equal. Sometimes the recent root is used to advantage in dropsy. Boiled in milk, it is also useful for ulcers, inflammations, fever-sores, etc. I prepared from these plants, together with several others of English growth, an injection for leucorrhœa, which proved speedily and eminently successful, in one of the most severe cases that ever came to my knowledge. The patient was Mrs. Poole, of Waterford, Ireland. Should any of my lady readers be afflicted by any of the above complaints, I should be pleased to have them write

to me all the particulars of their case, and according to the description, and the extent of the affliction, I will make and send at a reasonable price, an injection and tonic pill, which will be peculiarly and particularly adapted to the individual case.

LION'S FOOT. *NABULUS ALBUS*:

Description.—This plant is known in some parts of the country as *Rattlesnake Root*. It is an indigenous, perennial herb, with a stout stem, and from two to four feet in height. There are several varieties, but they vary indifferently.

History.—This plant grows plentifully in moist woods and in rich soils, from New England to Iowa, and from Canada to Carolina. The root, leaves, and juice of the plant are employed

Government and Virtues.—It is governed by the dog-star. A decoction of the root taken internally will operate most favorably in cases of dysentery. The milky juice of the plant is taken internally, while the leaves, steeped in water, are applied as a poultice (and frequently changed) for the bite of a serpent.

LOBELIA. *LOBELIA INFLATA*.

Description.—This plant is pretty generally known as *Indian Tobacco*, although it is called *Wild Tobacco* by some. It is an annual or biennial, American plant (more commonly the latter,) with a fibrous, yellowish white root, and an erect, angular, very hairy stem, much branches, and from six inches to three feet in height. The flowers and seeds are very prolific.

History.—Lobelia flowers from July to November, and grows in nearly all parts of the United States in fields, woods and meadows. The whole plant is active, and the stalks are used indiscriminately with the flowers and leaves, by those who are best acquainted with its properties. The root is supposed to be more energetic, medicinally, than any other part of the plant. The proper time for gathering is from the last of July to the middle of October. The plant should be dried in the shade, and then be preserved in packages, or covered vessels, more especially if it be reduced to powder. It was used in domestic

practice by the people of New England long before the time of Samuel Thompson, its assumed discoverer.

Government and Virtues.—The Lobelia is under the government of *Herschel*. Administered internally, it is emetic, nauseant, expectorant, relaxant, sedative, anti-spasmodic, and secondarily cathartic, diaphoretic and astringent. It is extensively used to subdue spasms, and will give relief in epilepsy, tetanus, cramps, hysteria, chorea, and convulsions; but it is merely a temporary relief when administered internally, and if not used with great skill and caution in that way, may do as much harm as good. Applied externally, in the form of an ointment, combined with healing and soothing barks and roots, it is decidedly the best counter-irritant known to mankind. In this shape, its equal has never been discovered, and probably never will be. This is one of the ingredients of "The Herbal Ointment," a full description of which will be found on page 320 of this work. There are any number of officinal preparations of Lobelia, but it is the opinion of the author of this book that its chief value consists in being made into an ointment, with other rare and potent ingredients. There is nothing in nature that can favorably compare with it in this form. In other shapes it may be useful; but it is also dangerous.

LUNGWORT. PULMONARIA OFFICINALIS.

Description.—The plant is rough, with a stem about one foot in height. The flowers are blue, and in terminal clusters.

History.—Lungwort is a herbaceous perennial, growing in Europe and America, in Northern Latitudes. In Europe it is a rough-leaved plant, but in America the entire plant is smooth, which exhibits the peculiar climatic influence. It is showy, and freely cultivated. It flowers in May. The leaves are used for medicinal purposes. They are without any particular odor. Water extracts their properties.

Government and Virtues.—It is under the dominion of *Mercury*. The preparation is demulcent and mucilaginous, and is a decoction very useful in bleeding from the lungs, and

bronchial and catarrhal affections. For further particulars I refer the reader to the second paragraph on page 314.

MADDER. RUBIA TINCTORUM

Description.—Madder has a perennial, long, cylindrical root, about the thickness of a quill. This is the part used, chiefly for its coloring matter.

History.—Madder is a native of the Mediterranean, and Southern European countries. The drug is chiefly imported from Holland and France. The root is collected in the third year of the plant, when it is freed from its outer covering and dried. It is valued as a dye stuff for its red and purple.

Government and Virtues.—It is a plant of *Mercury*. It is sometimes used to promote the menstrual and urinary discharges, but is not in very great favor. Combined in a preparation with other ingredients, it is of some considerable remedial value.

Dose.—Thirty grains three or four times a day. If used frequently, it will color the bones red.

MAD DOG WEED. ALISMA PLANTAGO.

Description.—This plant is sometimes denominated *Water Plantain*, but its proper name is that which stands at the head of this paragraph. It is a perennial. The flowers are small, white, whorled and numerous. The root is fibrous.

History.—It inhabits the North American continent as well as Europe, grows in watery places, and flowers in July. The leaves are the parts used.

Government and Virtues.—It is under *Mercury*. It was once considered a capital remedy for hydrophobia, hence its name; but experience has demonstrated that as a cure for this horrible infliction, it is impotent. In urinary diseases and affections, an infusion of the leaves, which must be dried and powdered, is very efficacious.

Dose.—Of the infusion above mentioned, from four to six fluid ounces three or four times a day. The fresh leaves when bruised, form a very good but mild counter-irritant.

MAIDENHAIR. *ADIANTUM PEDATUM.*

Description.—Maidenhair is a delicate and beautiful fern, growing from twelve to fifteen inches high.

History.—Maidenhair is perennial, and grows throughout the United States in deep woods, on moist, rich soil. The leaves are bitterish and somewhat aromatic, and part with their virtues upon being immersed in boiling water.

Government and Virtues.—It is a plant of *Venus*. It is refrigerant, expectorant, tonic, and sub-astringent. A decoction of this plant is most gratefully cooling in febrile diseases, and it is a great benefit in coughs, catarrh, hoarseness, influenza, asthma, pleurisy, etc. It is one of the articles of many used in making the "Acacian Balsam," for a description of which see page 308.

MAGNOLIA. *MAGNOLIA GLAUCA.*

Description.—The Magnolia is called by other names, such as *Swamp Sassafras*, *Sweet Magnolia*, *Beaver Tree*, *White Bay*, etc. It grows from six to thirty feet in height, obtaining a larger altitude the further south it is found. It has smooth and ash-colored bark, elegant, odoriferous, cream-colored flowers, and can be found in morasses from Massachusetts to the Gulf of Mexico. It flowers from May to August. There are other varieties which do not require especial mention, or especial description.

History.—The therapeutical virtues of these trees are found in the bark and fruit. The bark of both the trunk and the root are employed. The odor is aromatic, and the taste bitterish, warm and pungent. It is gathered during the Spring and Summer.

Government and Virtues.—It is a plant of *Mars*. The bark is an aromatic, tonic bitter, and is also anti-periodic. It is used much in the stead of chinchona, and will remedy the intermittent fevers when chinchona has failed. It is used frequently as a substitute for Peruvian Bark, as it can be continued for a longer time and with more safety. Properly

prepared, it may be used as a substitute for tobacco, and will break the habit of tobacco chewing.

Dose.—In powder, half drachm or drachm doses five or six times a day. The infusion is taken in wine-glassful doses five or six times a day. The tincture, made by adding two ounces of the cones to a pint of brandy, will be found beneficial in dyspepsia and chronic rheumatism.

COMMON MALLOW. MALVA SYLVESTRIS.

Description.—This herb is perennial, and is sometimes called *High Mallow*. It has a round stem, two or three feet high, and a tapering, branching, whitish root. The leaves are alternate, deep green, soft and downy.

History.—The mallow is a native of Europe, but is naturalized in America. It grows abundantly in fields, waysides, and waste places, and flowers from May to October. The whole plant, especially the root, abounds in mucilage.

Government and Virtues.—The plant is under the dominion of *Mercury*. It possesses the properties common to mucilaginous herbs, and an infusion thereof forms an excellent demulcent in coughs, irritations of the air passages, flux, affections of the kidney and bladder, etc. In inflammatory conditions of the external parts, the bruised herb forms an excellent application, making, as it does, a natural emollient cataplasm.

MANDRAKE. PODOPHYLLUM PELTATUM.

Description.—The Mandrake is called by the several names of *May Apple*, *Wild Lemon*, *Racoon-berry*, and *Wild Mandrake*. It is indigenous, and is a perennial. The stem is simple, round and smooth—the leaves are large. The flower is solitary in the fork of the stem, is white, large, and about two inches in diameter. The fruit is fleshy, of a lemon color, with brownish spots when ripe.

History.—The Mandrake is found throughout the United States, in low, shady situations, rich woods and fields, and flowers in May and June. The fruit matures in September and October. It is scarcer in New England than elsewhere. The

leaves are poisonous. The root, properly prepared, is used for medicinal purposes.

Government and Virtues.—It is under the dominion of *Mars*. The root is cathartic, emetic, alterative, anthelmintic, hydragogue and sialagogue. It is an active and certain cathartic, being equal, if not superior, to jalap, although operating more slowly. Its active principles are readily taken up by alcohol or ether. It forms what is called *podophyllin*. It is very valuable in bilious and febrile disease as a cathartic, or emeto-cathartic, often breaking off the disease at once. In constipation, it acts upon the bowels without disposing them to subsequent costiveness.

Dose.—Of the powdered root as a cathartic, from ten to thirty grains. Of the tincture, from ten to forty drops.

MAN-IN-THE-GROUND. CONVULVULUS PANDURATUS.

Description.—This, like most medicinal plants, has quite a number of names. It is called the *Wild Potatoe*, *Wild Jalap*, *Man-of-the-Earth*, *Mechameck*, etc., and has a perennial, very large tapering root, with several stems from four to eight feet long from the same root. The leaves are two or three inches long, and the flowers are white, but dull purple towards the base.

History.—Man-in-the-Ground, or Wild Potatoe, belongs to the United States, and grows in light, sandy soils. It flowers from June to August, but is rarely found in northern latitudes. The root is the officinal part. Its best solvent is alcohol, or spirits. Water will extract its active properties.

Government and Virtues.—It is governed by *Jupiter*. It is a cathartic if powdered and taken in doses of from forty to sixty grains. The infusion, taken in wineglassful doses every hour, is useful in dropsy, strangury, and calculous affections. It seems to exert an influence over the lungs, liver and kidneys, without excessive diuresis or catharsis. The milky juice of the root is said to be a protection against the bite of the rattle-snake.

MONKSHOOD. ACONITUM NAPELLUS.

Description.—The common name of the plant is *Wolfsbane*. The root is large, fibrous, and whitish internally. The stems

are simple, straight, erect, round, and about five feet high. The leaves are alternate. The flowers are large and of a deep bluish purple.

History.—This perennial herb is a native of most parts of Europe, growing in wooded hills and plains, and is much cultivated in gardens. It flowers in May and June. All parts of the plant contain powerfully poisonous properties; but the root is the part most generally employed for medicinal purposes. It yields *aconite*.

Government and Virtues.—It is under the influence of *Mars*. In improper doses aconite, a preparation of Monkshood, is an energetic acro-narcotic poison. As a sedative and anodyne, it is useful in all febrile and inflammatory diseases, and, indeed, in all affections in which there is an increase of nervous, vascular, or muscular action. In acute rheumatism, pneumonia, peritonitis, gastritis, and many other acute disorders, it has been used with the most decided advantage. Its action is more especially displayed in the highest grades of fever and inflammation.

Dose.—The best preparation is the alcoholic extract, formed by evaporating a tincture made of a pound of aconite and a quart of alcohol. The dose is one-eighth of a grain.

MOSS, (CORNICAN.) FUCUS HELMINTHOCORTON.

Description.—It has purple branches, and is short and tufty.

History.—It is a marine plant, growing on the Mediterranean coast, and especially on the Island of Corsica. It is cartilaginous in consistence, is of a dull and reddish brown color, has a bitter, salt and nauseous taste, and its odor is rather pleasant. Water dissolves its active principles.

Government and Virtues.—It is governed by *Venus*. It is anthelmintic. In cases of intestinal worms, it is without an equal.

Dose.—From ten to sixty grains, mixed with molasses or syrup, or in infusion.

MOTHERWORT. MATRICARIA.

Description.—The root abides in the ground, as the Hoarehound does, the smell of both being much alike. It has a

strong stalk, rising three or four feet high; the leaves are of a sad green color, somewhat broad and long, and looking as if crumpled, deeply dented about the edges, and almost divided. The flowers are red or purple, resembling those of Hoarehound, after which come small, round, blackish seeds in great plenty. It is a native of England, and grows only in gardens.

Government and Virtues.—It is an herb of *Venus*, under *Leo*. It cleanses the chest of mucus and cold phlegm, takes away melancholy vapors from the heart, strengthens it, and makes it merry. It makes women joyful mothers of children, strengthening the womb; hence its name of *Motherwort*. It may be kept in a syrup or conserve, and will be found useful in trembling of the heart, and faintings and swoonings.

MULLEIN. VERBASCUM THAPSUS.

Description.—Mullein is a biennial plant, with a short, tall, stout, wooly stem, from three to five feet high. The leaves are alternate, oblong, rough, and indented at the margin,—the flowers golden-yellow, arrayed in a dense, spiked, club-shaped form.

History.—Mullein is common in the United States, but was undoubtedly introduced from Europe. It grows in recent clearings, slovenly fields, and along the side of roads, flowering from June to August. The leaves and the flowers are the parts used. They have a faint, rather pleasant odor, and a somewhat bitterish, albuminous taste, and yield their virtues to boiling water.

Government and Virtues.—It is a plant under the dominion of *Saturn*. It is demulcent, diuretic, anodyne, and anti-spasmodic, the infusion being useful in coughs, catarrh, bleeding from the mouth or lungs, diarrhœa, dysentery and piles. It may be boiled in milk, sweetened, and rendered more palatable by aromatics, for internal use, especially bowel complaints. A fomentation of the leaves in hot vinegar and water, forms an excellent local application for inflamed piles, ulcers and tumors, mumps, acute inflammation of the tonsils, malignaut sore throat,

etc. A handful of them may be also placed in an old teapot, with hot water, and the steam be inhaled through the spout, in the same complaints.

MYRRH. BALSAMODENDRON MYRRHA.

Description.—The Myrrh tree has a shrubby, arborescent stem, with spinescent branches, a very pale gray bark, and a yellowish white wood. The leaves are remote, on short petioles, and the fruit larger than a pea, smooth and brown.

History.—The Myrrh-tree grows in Arabia, and in the regions between Abyssinia and the Red Sea. The juice flows naturally, like cherry-tree gum, upon the bark. At first it is soft and pale yellow, but by drying becomes hard, darker and redder, and forms the medicinal Gum Myrrh. It is readily powdered, and has a peculiar, agreeable, balsamic odor, and a bitter, aromatic, not unpleasant taste.

Government and Virtues.—It is a plant of *Venus*. It is a stimulant of the mucous tissues, and used to promote expectoration, as well as menstruation; and is highly useful in enfeebled conditions of the body, excessive mucous secretion, chronic catarrh, leucorrhoea, etc. Also in laryngitis, bronchitis, humoral asthma, and other diseases of the air tubes, accompanied with profuse secretion, but expelled with difficulty. It is valuable in suppressed menses and cases of anæmia; also as a local application to indolent sores, gangrenous ulcers, aphthous or sloughy sore throat, spongy and ulcerated condition of the gum, cones of the teeth, etc.

Dose.—In powder and pill, ten to thirty grains; of the tincture, from half to two tea-spoonsful

NARROW LEAF VIRGINIA THYME. PYCNANTHEMUM PILOSUM.

Description.—This is an indigenous, perennial plant, with long and soft whitish hairs, and a subsimple stem. The flowers are white.

History.—It is found in low grounds, dry hills, and plains, from Ohio and Illinois extending southward, and flowering in

July and August. The whole plant is used, and has the taste and odor peculiar to the mint family.

Government and Virtues—It is under the dominion of *Mars*. It is diaphoretic, stimulant, anti-spasmodic, carminative, and tonic. A warm infusion is very useful in puerperal, remittent, and other forms of fever, coughs, colds, catarrhs, etc., and is of much benefit in spasmodic diseases, especially colic, cramp of the stomach, and spasms of infants. The cold infusion is a good tonic and stimulant during convalescence from exhausting diseases. It forms a most certain remedy for catarrh when combined with other native and foreign herbs and roots. This remedy for catarrh, which I prepare when ordered, I send at a moderate expense, to any patient who writes me a clear description of the case.

Dose.—From one to four fluid ounces of the warm or cold infusion, several times a day.

WILD YAM. *DIOSCOREA VILLOSA*.

Description.—This is a delicate twining vine, with a perennial root. From this root proceeds a smooth, wooly, reddish-brown stem, the sixth of an inch in diameter, and from five to fifteen or eighteen feet long. The leaves average two to four inches in length, and about three-quarters of their length in width. They are glabrous on the upper surface, with soft hairs on the lower. The flowers are of a pale, greenish yellow color, and are very small. The seeds are one or two in each cell, and flat.

History.—There are several species of yam root which grow in the West Indies, and which the natives eat as we do potatoes; but these are not medicinally like the *Dioscorea Villosa*, which I have described above, and which is a slender vine growing wild in the United States and Canada, and found running over bushes and fences, and twining about the growths in thickets and hedges. The further South we go the more prolific it is. It flowers in June and July. The root, which is the part used, is long, branched, crooked and

woody. From this is made a preparation called *Dioscorein*, or *Dioscorin*, which contains all its active principle.

Government and Virtues.—It is under the control of *Venus*, regulated by *Saturn*. Half a pint of the decoction has been used, in almost innumerable cases of bilious colic with great good effect; the same is also employed for spasm of the bowels, and to allay violent nausea; *especially*, however, the unaccountable nausea of pregnant women. This is something that has never been found before. Dioscorein possesses the properties of the crude root in a marvellous degree. I use it mainly for bilious colic, for which, prepared with other remedies in my peculiar and original way, it is the very best relief and promptest cure now known. I also give it in some forms of uterine disease, (always, however, combined with other material of a similarly excellent character,) but my use of it is chiefly for bilious colic, and for this I commend it to the public.

NET LEAF PLANTAIN. GOODYERA RUBESCENS.

Description.—The differing names of this plant are *Adder's Violet*, *Rattlesnake Leaf*, *Scrofula Weed*, etc. The leaves are radical, ovate, and dark green.

History.—This herb grows in various parts of the United States, in rich woods and under evergreens, and is commoner southward than northward, although there is a variety (*Goodyera Repens*) which is plentiful in colder regions of America. It bears yellowish white flowers in July and August. The leaves are the parts employed, and yield their virtues to boiling water.

Government and Virtues.—The plant is under the dominion of *Jupiter*. It is anti-scrofulous, and is known to have cured severe cases of scrofula. The fresh leaves are steeped in milk and applied to scrofulous ulcers as a poultice, or the bruised leaves may be laid on them, and in either case they must be removed every three hours; at the same time an infusion must be taken as freely as the stomach will allow. It is also good as a wash in scrofulous ophthalmia. In my opinion scrofula is

one of the most obstinate and many-shaped afflictions to which the human race is subjected, but in the production of this and other native and foreign plants, nature has shown her great charity and kindness towards us. There is a preparation, of which the Net Leaf Plantain forms a material part, which will surely banish all scrofulous taint and effect. Any person suffering from one or more of the many forms of scrofula, can procure this, or a kindred preparation, by writing me a full description of their ease. In some of these cases a powerful tonic is required, and this has to be prepared in obedience to the peculiarities of the individual affliction.

NIGHTSHADE (GARDEN.) SOLANUM NIGRUM.

Description.—This is a fetid, narcotic, bushy herb, with a fibrous root, and an erect, branching, angular, herbaceous, thornless stem one or two feet in height. Flowers, white or pale violet, with a musky scent.

History.—The Garden or Deadly Nightshade is found growing along old walls, fences, and in America, in various parts of the United States, flowering in July and August. The leaves are the parts employed, and yield their properties to water, alcohol, or fixed oils.

Government and Virtues.—The plant is under the dominion of *Mercury*. It is a narcotic and sedative, producing, when given in large doses, sickness and vertigo. One to three grains of the leaves, infused in water, will produce a copious perspiration and purge on the day following. They have been freely used in cancer, scurvy and scrofulous affections, in the form of an ointment. Very small doses are taken internally. These should always be prescribed, and their effects watched by a physician. It is better to use the plant only in the form of an ointment. The berries are poisonous and will produce torpor, insensibility and death.

NORWAY PINE. ABIES EXCELSA.

Description.—This tree inhabits Germany, Russia, Norway, and other northern parts of Europe, as well as of Asia. It is

a large tree, often having a diameter of three or four feet, and an altitude of one hundred and forty feet. It is acrid, irritating mucous surfaces with which it comes in contact, causing sneezing, nausea, vomiting, or purging, according to the parts acted upon.

History.—The Norway Pine and the Norway Spruce Fir yield what is known as *Burgundy Pitch*.

Government and Virtues.—The tree is under the dominion of *Mercury*. *Burgundy Pitch* is generally used externally to produce a redness of the surface, with a slight serous exhalation. It is employed as a counter-irritant in chronic diseases of the lungs, stomach, intestines, etc., and is regarded with favor as a local application in rheumatic affections.

WHITE SNAKEROOT. EUPATORIUM AROMATICUM.

Description.—White snakeroot is perennial, with a rough, slightly pubescent stem, about a foot and a half, or two feet in height. The leaves vary in length, from one and one half, to three and four inches. The width is about half the length.

History.—White snakeroot is essentially an American plant, and is found most plentifully in the middle States, but is also met with as far south as Louisiana. It flowers in August, and also in September. The root is the part used. The virtues are extracted by boiling water, most generally.

Government and Virtues.—It is a plant of *Jupiter*. Although it is good for breaking ordinary fevers, and will have a beneficial effect, in decoction, or infusion, upon typhoid cases, I use it mostly as an expectorant and anti-spasmodic in lung complaints, and diseases arising from a disordered condition of the nervous system. In combination with other herbal preparations, I apply it with great success to many peculiar cases of hysteria, hypochondria, and all other forms of nervous irritability. It will sometimes cause sleep when *lupulin* or *opium* fails. As an expectorant it is safe and agreeable, and when combined with other things of which I have abundantly spoken in these pages, can, in certain cases, perform wonderful cures.

NUX VOMICA. STRYCHNOS NUX VOMICA.

Description.—This is a moderate sized tree, with a short, thick, often crooked trunk. The branches are irregular and covered with smooth ash-colored bark. The flowers are small, greenish white, and funnel-shaped.

History.—The Nux Vomica tree inhabits Coromandel, Ceylon, and other parts of the East Indies. The seeds are the parts used in medicine.

Government and Virtues.—It is under the influence of *Mercury*. It is an energetic poison, exerting its influence chiefly upon the cerebro-spinal system. It is supposed to affect the spinal cord principally. It is a favorite medicine for paralysis and nervous debility generally, but as there other medicines for the same maladies and diseases quite as efficacious and less dangerous, it should be used very seldom, if ever, and always with extreme caution.

OAK (WHITE, RED and BLACK.) QUERCUS ALBA, RUBA,
AND TINCTORIA.

Description.—This is a forest tree, varying in size according to the climate and the soil. Its diameter is from three to six feet—its height from sixty to one hundred feet. There is also the Red and the Black Oak, both averaging about the same size as the White.

History.—Quercus is a very extensive and valuable genus, consisting of many species, a large proportion of which grow in the United States. Their usual character is that of astringent, and the three above described are those which have been more particularly employed in medicine. The bark of the tree is the portion used. White Oak bark is the one chiefly used in medicine. It is of a pale brownish color, faintly odorous, very astringent, with a slight bitterness, tough, breaking with a stringy or fibrous fracture, and not readily powdered. It contains a very large proportion of tannic acid. Black Oak bark is also used as an astringent externally, but is rarely employed internally, as it is liable to derange the bowels. It is also used

in tanning, and for dying. Red Oak bark also contains considerable tannin, and is chiefly applied externally in the treatment of cancers, indolent ulcers, etc.

Government and Virtues.—The trees are severally under the dominion of *Mars*, *Jupiter* and *Saturn*. The bark is slightly tonic, powerfully astringent and antiseptic. It is useful internally in chronic diarrhœa, chronic mucous discharges, passive hemorrhages, and wherever an internal astringent is required. In colliquative sweats, the decoction is usually combined with lime water. The gargle and injection are extensively used for sore throat, whites, piles, etc. A bath of the decoction is often advantageous in cutaneous diseases, but should only be used when ordered by a physician.

Dose.—Of the decoction, one or two fluid ounces. Of the extract, from five to twenty grains.

OAT (OATMEAL.) AVENÆ FARINA.

Description.—*Avena Sativa*, or the Common Oat, has a smooth stem, from two to four feet high,—root fibrous, annual.

History.—Oats have been mentioned by Greek and Roman writers. They are cultivated in all temperate northern latitudes. The seed is kiln-dried, stripped of its outer husk or skin, and ground. It is then oatmeal, a favorite article of food in Scotland, but used in America only for diet in the sick room. It is odorless, of a dingy white, and quite bitter to the taste.

Government and Virtues.—It is under the dominion of the *Moon*. It is nutritive and demulcent. It is good in habitual constipation; but is of little benefit in dyspepsia. It makes a grand gruel for the convalescent. Oatmeal made into a common cake, baked and browned like coffee, then ground and made into an infusion, forms a drink which will be found excellent for nausea, dysentery, diarrhœa, cholera morbus, and irritable conditions of the stomach.

OKRA. ABELMOSCHUS ESCULENTUS.

Description.—This is an annual plant, known also by the name of *Gombo*. The stems are somewhat woody around the

base, erect, branched, round, from three to six feet in height, and three or four inches in diameter. The flowers are of a pale yellow color with a dark crimson bottom.

History.—The Okra is a native of the West Indies. It is also raised in the Southern parts of the United States, where the capsule is employed for soups, and for pickles. The capsule is the part employed, and is highly mucilaginous. The seeds of another variety, it is said, are sometimes used by the Arabians to mix with their coffee, but of this we have no positive evidence.

Government and Virtues.—The Okra is under the dominion of *Saturn*. It is mucilaginous, and may be employed wherever emollients and demulcents are indicated. The leaves make an unsurpassable softening and relaxing cataplasm. The seeds are used much, on account of their agreeable odor, by perfumers.

OLD MAN'S BEARD. *CHIONANTHUS VIRGINICA*.

Description.—This is a shrub, or small tree growing from eight to twenty-five feet high. There is nothing remarkable about the stem or leaves. The flowers are in dense pendulous panicles, the calyx being very small, the corolla consisting of four long and linear petals, etc.

History.—It is sometimes called the *Fringe tree*, and is very ornamental, and is much cultivated in gardens from Pennsylvania to Tennessee. It grows on river banks and on elevated places, presenting clusters of snow-white flowers in May and June. The bark of the root, which imparts its properties to water or alcohol, is the part used.

Government and Virtues.—It is under the dominion of *Mercury*. The bark is aperient, alterative, and diuretic, with some narcotic properties. An infusion is recommended for bilious, typhoid, and intermittent fevers. To convalescents who are suffering from the effects of exhaustive diseases, it is an excellent tonic and restorative. It can be used to advantage as a poultice for ulcers, wounds, and external inflammations.

Dose.—Of the infusion, from the half a fluid ounce to two

fluid ounces, repeated several times through the day, according to the influence it exerts upon the system.

OLD FIELD BALSAM. GNAPHALIUM POLYCEPHALUM.

Description.—This plant is also known as *White Balsam*, *Sweet-scented Life Everlasting*, etc. It is indigenous, herbaceous and annual, with an erect, whitish, woolly, and much-branched stem, which grows to the height of one or two feet. The flowers are tubular and yellow.

History.—Old Field Balsam is found in Canada, and various parts of the United States, growing in old fields and on dry barren lands. It bears whitish yellow flowers in July and August. The leaves have a pleasant aromatic smell, and are the parts used. They readily yield their properties to water.

Government and Virtues.—It is under the dominion of *Venus* in the sign of *Virgo*. It is an astringent. Ulcerations of the mouth and throat are relieved by chewing the leaves and blossoms. In fevers, a warm infusion is found to be very serviceable; also in quinsy, and pulmonary and bronchial complaints. It is also valuable, in infusion, for diseases of the bowels, and hemorrhages; and the leaves, applied to bruises, indolent tumors, and other local affections, are said to be very efficacious.

GUAIAIACUM. LIGNUM VITÆ.

This tree varies in height from fifteen to fifty feet, and grows slowly. It has a crooked trunk, and knotted and gnarled branches. The tree inhabits all the West India Islands, but is more prolific in Jamaica, St. Domingo, and St. Thomas, than in others. The whole tree possesses medicinal virtues, but its chief useful qualities are obtained from the wood, and the resin or solidified juice of it, which embodies the medicinal virtues of the whole, including leaves and flowers. The bark is sometimes used, but never with so much good effect as the resin of the wood.

ORANGE. CITRUS AURANTIUM.

Description.—The Orange is a middle-sized evergreen tree with an aborescent stem, covered with bark of a greenish brown color, and having axillary spines on the branches. The flowers are large and white, rendering the atmosphere around very fragrant.

History.—The Orange is a native of Asia, and is cultivated in the southern parts of Europe and America, and in the West Indies. The fruit varies according to the climate in which it is grown. The China Orange is the sweetest. Orange Flower Water, which is prepared in France and Italy, for perfuming purposes, is said to be an excellent anti-spasmodic. The outer rind of the orange is used for medicinal purposes, the inner or pulpy rind being discarded in consequence of its tendency to mould. Orange peel yields a volatile oil, which is of considerable use. It must not be confounded with Oil of Neroli, which is of an inferior grade.

Government and Virtues.—The Orange is under the dominion of *Venus*. The peel is aromatic and slightly tonic. In order to correct the taste of disagreeable medicines, it is very liberally used.

Dose.—Of the rind of the Seville orange, as a tonic, from thirty to sixty grains, three times a day.

PAPOOSE ROOT. CAULOPHYLLUM THALICTROIDES.

Description.—This plant is known as *Blue Cohosh*, and *Squaw Root*. It is a smooth glaucous plant, purple when young, with a high round stem from one to three feet in height. The flowers appear in May and June.

History.—It is a handsome perennial plant, growing in all parts of the United States, near running streams, and in low, moist, rich grounds. Also in swamps and on islands. The seeds, which ripen in August, make a decoction which closely resembles coffee. The berries are dry and rather mawkish. The Official part is the root.

Government and Virtues.—It is a plant of *Jupiter*. It is

principally used as an emmenagogue, parturient, and anti-spasmodic. It also possesses diuretic, diaphoretic and anthelmintic properties. It is employed in rheumatism, colic, cramps, hic-cough, epilepsy, hysteria, uterine inflammation, etc.

Dose.—Of the decoction, from two to four fluid ounces three or four times a day.

PARSLEY. PETROSELINUM SATIVUM.

Description.—This is a biennial plant, with a fleshy, spindle-shaped root, and a round, erect, smooth, branching stem. The flowers are white or greenish.

History.—Although Parsley is reared in all parts of the civilized world as a culinary vegetable, it is a native of Europe. The root is the officinal part. From the seeds French chemists have succeeded in obtaining an essential oil, named *Apiol*, which has proved to be a good substitute for quinia in intermittent fevers.

Government and Virtues.—It is governed by *Venus*. It is diuretic, and very excellent in dropsy and other exanthematous diseases. It is also frequently used to remedy retention of urine, strangury, and gonorrhœa. The seeds are sometimes used as carminatives. They will kill vermin in the head. The leaves, bruised, are a good application for contusions, swelled breasts and enlarged glands.

Dose.—Of the oil, for diuretic purposes, three or four drops a day; of the infusion, two to four fluid ounces three or four times a day.

PARTRIDGE BERRY. MITCHELLA REPENS.

Description.—This is an indigenous evergreen herb, with a perennial root, from which arises a smooth and creeping stem, with flat, dark green and shining leaves. The fruit is dry and berry-like. It is sometimes called by the titles of *One Berry*, *Winter Clover*, *Deer Berry*, etc.

History.—Partridge Berry is indigenous to the United States. It grows both in dry woods and swampy places, and flowers in June and July. The berry is bright scarlet and edible, but

nearly tasteless. The leaves, which look something like clover, remain green throughout the winter. The whole plant is used, readily imparting its virtues to alcohol or boiling water.

Government and Virtues.—The plant is under the dominion of *Venus*. Partridge Berry is parturient, (producing or promoting child-birth, or labor,) diuretic and astringent. In all uterine diseases it is highly beneficial. The Indian women use it for weeks before confinement, in order to render parturition safe and easy. Ladies who wish to use it for that purpose, however, should consult an herbal physician of experience for a proper, safe, and effectual preparation. The remedy is exclusively American, not being used or even noticed by European practitioners.

Dose.—Of a strong decoction, from two to four fluid ounces, three or four times a day. The berries are good for dysentery. They are also highly spoken of as a cure for sore nipples. The application for the nipples is made by boiling a strong decoction of the leaves down to a thick liquid, and then adding cream to it. It is not, however, equal to the Herbal Ointment, for an account of which see page 320.

PEACH. *AMYGDALIS PERSICA.*

Description.—The Peach tree is well known by almost every person. It is commonly considered a native of Persia, springing by cultivation from the Almond. Flowers, rose-color, appearing before the leaves. The leaves are green, from three to five inches long.

History.—The Peach tree is cultivated in all parts of the United States, where its fruit reaches a greater degree of completion and excellence than in any other country. Its height is from eight to fifteen feet. Its fruit is large, being from one to four inches in diameter, juicy, containing sugar, malic acid, etc., and of a delicious flavor. There are about two hundred varieties of this fruit, of which one-third are *cling-stones*, the flesh adhering to the stone, and the remainder *free-stones* or *clear stones*, the flesh free, or separating from the stone, the

stone resembling very much a hardshell almond. The kernels somewhat resemble bitter almonds, but are smaller, and possess similar medical virtues. Hydrocyanic acid can be obtained from all parts of the tree.

Government and Virtues.—Like the Almond, it is a plant of *Lady Venus*. Peach leaves in *infusion* are useful in morbid irritability of the bladder, and urethra, in petussis, ischuria, hematuria, and nausea, as well as in all inflammations of the stomach and abdomen. They act as a *sedative* in doses of a tablespoonful every hour or two of the *cold-infusion*. In larger doses, the infusion slightly acts upon the bowels, and has been found useful in removing worms. The kernels are similarly employed in the form of tincture, infusion, or syrup. Four ounces of the kernels to a quart of brandy form a powerful tonic in intermittent fever, and are remarkably efficacious in curing leucorrhœa or whites, in females.

Dose.—A teaspoonful three or four times a day.

The milk or cream of the kernels being drawn forth with some *Vervain* water, applied to the head or temples will induce sleep in sick persons requiring it. A few drops of the oil dropped in the ears will ease pains in them. The juice of the leaves will do the same. The kernels bruised and boiled in vinegar to a thick paste or ointment, will cause the hair to grow upon bald places, or where the hair is too thin.

PEARL FLOWERED LIFE EVERLASTING

ANTENNARIA MARGARITACEUM.

Description.—This is a perennial plant, with a simple, erect stem.

History.—This plant is sometimes called Sweet Balsam. It is slightly fragrant, and grows in dry hills and woods throughout the United States. It is from one to two feet in height, and bears yellow and white flowers in July.

Government and Virtues.—It is under the dominion of *Jupiter*. The leaves, which are the parts used, are anodyne, astringent and pectoral. They are regarded as one of the most valu-

able agents known to the medical faculty in the cure of Pulmonary affections, and of obstinate diarrhœa and dysentery. The chief value is, however, in its action upon diseases of the lungs and liver. It is said to be unfailing in the cure of the bites of poisonous insects and reptiles, applied externally as a hot poultice. Its soothing, restorative, and healing qualities are unlimited. See article on "Acaciau Balsam," page 308.

Dose.—Ordinary infusion.

COLLINSONIA CANADENSIS. STONEROOT.

Description.—This plant has many names, among which are *Hardhack*, *Horseweed*, *Heal-all*, *Richweed*, and *Oxbalm*. The name professionally recognized, is that at the head of this article. The plant has a smooth, four-sided stem, from two to four feet in height, and a knobby root. The leaves are thin, and from six to eight inches long by three or four wide. The flowers are yellow and in large elusters. Seeds number four, of which three are sterile.

History.—This plant grows in moist woods from Canada to Carolina, and flowers from July to September. The whole plant has a strong odor and a pungent and spiey taste. The odor of the fresh root is slightly disagreeable. The whole plant is generally used, and has its value. The chief virtues of the plant are, however, concentrated in the root, which should never be used when fresh. When properly gathered and prepared, after the recognized formula, it is known by the name of *Collinsonin*, which name is derived from its discoverer, Peter Collinson.

Government and Virtues.—Stoneroot is under the dominion of the *Moon*. It is used with good effect in chronic catarrh of the bladder, (as are other plants mentioned elsewhere,) whites, and weak stomach. It exerts a strong influence over all the mucus tissues. It is a very fair stimulant, and a gentle tonic and diuretic. The preparation called *Collinsonin*, is *very* valuable as a remedy for hemorrhoids, and all other diseases of the rectum, and for such afflictions I



Oelandine



Burdock



Centaury

recommend it highly. It is chiefly used in inveterate and chronic cases. The largest dose is five grains; the average dose two grains. The infusion or decoction of the plant may be moderately used without additional remedies, and in some instances so may the *Collinsonin*; but, in about every case a skilful combination of the latter with other standard preparations, is necessary to insure easy and speedy restoration to good health. Stoneroot is used externally—the leaves particularly—in fomentation and poultice, and bruises, wounds, blows, sprains, contusions, cuts, ulcers, sores, etc. I cannot call the attention of the reader too strongly to the effect the preparation called *Collinsonin* has upon all affections of the urinary organs. It must be combined with other remedies.

PEONY. PÆONIA OFFICINALIS.

Description.—Peony has many thick, long-spreading, perennial roots, running deep into the ground, with an erect, herbaceous, large, green and branching stem, about two or three feet high. The flowers are large, red, terminal, solitary.

History.—This plant is indigenous to Southern Europe, and is cultivated in gardens in the United States and elsewhere on account of the elegance of its large flowers, which appear from May to August. The root is the officinal part. This, with the seeds and flowers, yields its virtues to diluted spirits.

Government and Virtues.—The Peony is under the dominion of *Venus*, combined with *Mars*. It is anti-spasmodic and tonic, and can be advantageously employed in chorea, epilepsy, spasms, and various nervous affections. An infusion of value is made by adding an ounce of the root in coarse powder to a pint of a boiling liquid composed of one part of *good gin* and two parts of water.

Dose.—Two or three fluid ounces, (sweetened) three or four times a day.

PERUVIAN BALSAM, OR BALSAM OF PERU.

MYROSPERMUM PERUIFERUM.

Description.—The tree from which this is procured is large, with a thick, straight, smooth trunk, and a coarse, grey, compact, heavy, granulated bark. The bark is of a pale straw color, filled with resin, which, according to its quantity, changes the color to citron, yellow, red, or dark chestnut; smell and taste grateful, balsamic, and aromatic.

History.—The tree is common to the forests of Peru, and flowers from July to October. The natives call it *Quinguino*. It contains a large amount of Balsamic juice which yields copiously when the bark is incised. Balsam of Peru, in thin layers, has a dark, reddish brown color; in bulk, it is black or of the color of molasses.

Government and Virtues.—It is under the dominion of *Saturn*. It is an expectorant and stimulant, acting especially on mucus tissues, lessening their secretions when profuse. It is a specific in Bronchial affections. It is very useful in all chronic affections of mucous tissues, as in catarrh, gonorrhœa, mucous inflammation of the stomach and bowels, chronic diarrhœa and dysentery, leucorrhœa, etc. Applied externally to obstinate ulcers, wounds, tetter, cancer, etc., it works wonders.

Dose.—For external use, it may be made in the form of an ointment by melting it with an equal weight of tallow. The dose is from ten to thirty drops, mixed with water and the yolk of an egg, or consolidated with gum arabic.

There can be no question as to the specific virtues of this and several foreign herbs for diseases such as leucorrhœa, or whites, and in cases where our ordinary preparations fail to make a cure. I will, upon receiving a written description of the trouble, make a special medicine which will no doubt have the desired effect. There are many peculiar cases in the class of diseases alluded to, which require *especial* treatment. Pa-

tients who write will receive a prompt answer, telling them the moderate rate of compensation required, etc.

As an ointment, it is most excellent, made as follows :—

Beef's Marrow, one ounce.
Sulphate of Quinia, ten grains.
Balsam of Peru, one drachm.

PILEWORT. LESSER CELANDINE.

Description.—This plant is a native of Europe, and spreads around many pale, green leaves, set on weak and trailing branches, which lie upon the ground, and are flat, smooth, and somewhat shining. The flowers are small and yellow, the seeds being like grains of wheat, of a whitish color, with fibres at the end of them. They grow near water-sides and in moist corners of fields, sometimes in dryer grounds.

Government and Virtues.—It is under the dominion of *Mars*. In this plant, we see another verification of the researches and learning of the ancient Herbalists, viz: that the virtue of an herb may be known by its signature, as plainly appears in this. For if you dig up the root of it, you will perceive the perfect image of the disease commonly called the *piles*. Now it is well known that the decoction of leaves and roots is almost a certain cure for piles and hemorrhoids. It is also excellent for kernels by the ears and throat called “King's Evil,” or any other hardness or tumors. I use this as an ingredient in the Herbal Ointment, and it is certain the plant is not misnamed as there can be no better remedy for piles, and fistula. See page 320.

PLEURISY ROOT. ASCLEPIAS TUBEROSA.

Description.—Pleurisy-root is also known by the names of *Butterfly-weed*, *Tuber-root*, *Asclepias*, etc. It has a perennial, large, fleshy, white, persiform root, from which arise numerous stems, growing from one to three feet high, round, hairy, green or red, in bunches from the root. The leaves are hairy, dark green above, paler beneath, waved on the edges, the flowers numerous and erect, of a beautiful bright orange color.

History.—It is a native of the United States, more particularly the Southern States, inhabiting gravelly and sandy soil, and flowering in July and August. The root is the medicinal part. When fresh, it has a disagreeable, slightly acrimonious taste, but when dried, the taste is slightly bitter. Boiling water extracts its virtues.

Government and Virtues.—It is a plant of *Jupiter*, and much used in decoction or infusion for the purpose of promoting perspiration and expectoration in diseases of the respiratory organs, especially pleurisy, inflammation of the lungs, catarrhal affections, etc. It is likewise carminative, tonic, diuretic and antispasmodic, but does not stimulate. Acute rheumatism, fever, dysentery, etc., are benefitted by a free use of the warm infusion. It is also highly efficacious in some cases of dyspepsia. In uterine difficulties it has also been found of great value.

Dose.—Of the powder, twenty to sixty grains, three or four times a day. Of a *strong* tincture, one or two wine-glasses full four or five times a day, until perspiration is produced.

ST. PETER'S WORT.

Description.—This root sends forth new shoots every year, the stalks are more or less tall, at the top of which stand many star-like flowers, very like those of St. John's Wort. It grows in groves and low woods, flowers in June and July, and the seeds ripening in August. It has the same properties of St. John's Wort, but somewhat weaker.

POKE. PHYTOLACCA DECANDRA.

Description.—It is an indigenous, perennial plant, known as *Pigeon-berry*, *Garget*, *Scolce*, *Coakum*, etc. It has a fleshy root, frequently exceeding a man's leg in diameter, easily cut or broken, and covered with a very thin brownish bark or cuticle. The stems are annual, about one inch in diameter, round, smooth, branching, green when young, and purple when matured, growing from five to nine feet in height. The leaves are scattered, ovate-oblong, smooth on both sides, ribbed underneath, five inches long and two or three in width. The berries are in

clusters, dark purple, almost black, round, depressed or flattened, marked with ten furrows on the sides.

Government and Virtues.—It is a plant of *Saturn*. It grows along hedges, in neglected fields and meadows, along road-sides, moist grounds, etc., flowering from July to September. The officinal parts of this plant are the roots, leaves, and berries. The root, which is more commonly employed, should be gathered in the latter weeks of autumn, cleansed from dirt and impurities, sliced transversely, and carefully dried. It is inodorous, mild, rather sweetish taste, succeeded by considerable acidity. It contains gum, resin, starch, sugar, tannic acid, etc. The leaves should be gathered just previous to the ripening of the berries; the berries when fully matured. The berries contain an abundance of a beautiful dark-purple juice, which is the most delicate test of acids yet known. The early sprouts are often used for greens, but become cathartic as they advance to maturity.

POMEGRANATE. PUNICA GRANATUM.

Description.—This is a small tree or shrub with large red flowers. The fruit is the size of a small musk melon.

History.—The Pomegranate is Asiatic, but has been naturalized in the West Indies. The flowers, and the rind of the bark are extensively employed for medicinal purposes.

Government and Virtues.—The tree, or shrub is under the dominion of *Saturn*. The flowers and rind of the fruit are astringent, and are used for the arrest of mucus discharges, hemorrhages, night-sweats, and diarrhœa accompanying consumption. They are also very good for intermittent fever and tape-worm. The bark of the root is used as a specific for tape-worm, and its chief virtues being healing, and balsamic, applied to ulcerations of the lungs.

Dose.—The dose of the rind or flowers in powder is from one to two scruples, and in decoction from one to three fluid ounces

PRIVET. LIGUSTRUM VULGARE.

Description.—In England the Privet is carried up with

many slender branches to a reasonable height and breadth, to cover arbors, bowers, and banquetting houses, and brought or wrought into many fantastic forms, as birds, men, horses, etc. It bears long and narrow green leaves by the couples, and sweet smelling white flowers in tufts, at the end of the branches, which turn into small, black berries, that have a purplish juice, and some seeds that are flat on the one side, with a hole or dent therein. The American Privet has the same or a similar appearance.

History.—It is supposed to have been introduced into America from England, but it is indigenous to Missouri, and found growing in wild woods and thickets, from New England to Virginia and Ohio. It is also cultivated in American gardens. The leaves are used for medicinal purposes. They have but little odor, and an agreeable bitterish and astringent taste. They yield their virtues to water or alcohol.

Government and Virtues.—It is a plant of the *Moon*. The leaves are astringent. A decoction of them is valuable in chronic bowel complaints, ulcerations of stomach and bowels, or as a gargle for ulcers of mouth and throat. It is also good as an injection for ulcerated ears with offensive discharges, leucorrhœa, etc. This ingredient I use in a wash for leucorrhœa, which never fails to cure. This wash can be had from me at a reasonable price, as I have so great a demand for it that I have to make it in large quantities, and keep it constantly on hand.

Dose.—Of the powdered leaves thirty to sixty grains, three times a day; of the decoction two to four teacupsful. The berries are reputed cathartic, and the bark is said to be as effectual as the leaves, as it contains sugar, mannite, starch, bitter resin, bitter extractive, albumen, salts, and a peculiar substance called *Ligustrin*.

QUASSIA. PICRENA EXCELSA. QUASSIA AMARA.

Description.—This is a tree growing from fifty to a hundred feet high, known as *Lofty Quassia*, *Bitter Wood*, *Bitter Ash*,

etc. The *Quassia Amara*, or bitter quassia, is a shrub, or moderately sized branching tree, having a greyish bark.

History.—*Quassia Amara* inhabits Surinam, Guiana, Colombia, Panama, and the West India Islands. It flowers in November and December. The bark, wood and root, which are intensely bitter, are used to the greatest advantage in malignant fevers. For the medicinal parts of this tree, as they seldom reach England or America, we get, as a substitute the *Picrcena Excelsa* of Jamaica and other neighboring islands which flowers in October and November, and in the two succeeding months matures its fruit.

Government and Virtues.—It is under the influence of *Saturn*. Quassia is tonic, febrifuge, and anthelmintic. Cups made of the wood have been used for many years by persons requiring a powerful tonic. Any liquid standing in one of these vessels a few moments will become thoroughly impregnated by its peculiar medicinal qualities. It is a capital vermifuge, and most excellent for dyspepsia, but by no means so good as the Restorative Assimilant, or Vervain remedy, for a description of which see page 302. A strong decoction of quassia well sweetened with molasses or sugar is an effectual fly poison.

Dose.—Of the powder, thirty grains; of the infusion from one to three fluid ounces; of the tincture one or two fluid drachms, and of the extract from two to ten grains.

QUEEN OF THE MEADOW. EUPATORIUM PURPUREUM.

Description.—This plant is also known as *Joe-fire*, *Gravel Root*, *Trumpet Weed*, etc., and is herbaceous, with a perennial, horizontal, woody caudex with many long, dark brown fibres, which send up one or more solid green (sometimes purplish) stems, five or six feet in height, with a purple band at the point about an inch broad. The flowers are all tubular, purple, varying to whitish.

History.—Queen of the Meadow grows in low places, dry woods or meadows, in the Northern, Western and Middle States

of the American Union, and flowers in August and September. The root is the officinal part. It has a smell resembling old hay, and a slightly bitter, aromatic taste, which is faintly astringent but not unpleasant. It yields its properties to water by decoction or spirits.

Government and Virtues.—It is under the dominion of *Jupiter*. It is diuretic, stimulant, astringent, and tonic. It is used in all chronic urinary disorders, as well as in hematuria, gout and rheumatism, with moderate good effect.

Dose.—Of the decoction, from two to four fluid ounces three or four times a day.

QUEEN'S ROOT. *STILLINGIA SYLVATICA*.

Description.—This plant has other names, such as *Queen's Delight*, *Silver Leaf*, and *Yaw Root*. It is perennial, with a stem which grows from three to four feet high, which, when broken, yields a peculiar milky sap. The flowers are yellow and ranged on a terminal spike.

History.—Queen's Root grows in sandy soils and is a native of the southern part of the United States. The root is the part used. It should be used as soon after being gathered as possible, as age impairs its properties. The latter yield to water; but are better extracted by diluted alcohol. Its properties appear to be owing to a very acrid oil, known as the *Oil of Stillingia*.

Government and Virtues.—It is a plant of *Mars*. In large doses the oil vomits and purges, and is unpleasant to the stomach, while it produces extreme prostration of the general system. In small doses it is of very great—I may say unsurpassable—value as an alterative. It is very extensively used in all the various forms of primary and secondary syphilitic affections,—also in scrofulous, hepatic, and cutaneous affections,—also, with combinations of anise or caraway, for laryngitis and bronchitis. The oil, unless well incorporated with some mucilaginous or saccharine substance, should never be used internally. But it has great value as an external stimulating application.

CALADIUM SEGUINUM.

Description.—This is a plant of a shrubby form, with compound leaves, having many reticulated veins.

History.—This plant grows in the warmer parts of India, and has, for a long time, been highly esteemed for a juice which it yields at certain seasons of the year. They gather it in large quantities, and look upon it as one of the most valuable of their great stock of herbal remedies. The juice is very acrid when first yielded. It concretes, and in that shape may be transported a great distance. Its virtues may be preserved in any climate by proper care.

Government and Virtues.—It is under the dominion of *Venus*. It has great power in the cure of gout and rheumatism, neuralgia, scorbitis and serofula; but its chief value is in its remedial application to all inflammatory conditions of the genital organs.

ROUND LEAF PYROLA. PYROLA ROTUNDIFOLIA.

Description.—This is an evergreen, low, perennial herb, with smooth, shining, thick leaves, nearly two inches in diameter. The flowers are numerous, large, white, and fragrant.

History.—This herb is known also by the names of *Pear Leaf Wintergreen*, *Canker-Lettuce*, *Shin Leaf*, etc. It grows plentifully throughout the United States in damp and shady woods, and flowers in June and July. The flowers are numerous, and white. The whole herb is used, and yields its qualities readily to water.

Government and Virtues.—It is governed by *Jupiter*. It is astringent, diuretic, tonic, and anti-spasmodic. The decoction is much used in all skin diseases, and is good to eradicate a serofulous taint from the system. It is used in injection for whites and various diseases of the womb. The herb is applied with profit as a poultice to ulcers, swellings, boils, felons, and inflammations. The decoction will be found beneficial as a gargle for sore throat and mouth, and as a wash for sore or ophthalmic eyes. Administer it internally for gravel, ulcera-

tion of the bladder, bloody urine, and other urinary diseases; also, for epilepsy and other nervous affections. Dose of the decoction one fluid ounce three times a day; of the extract two to four grains.

RAGGED CUP. SILPHIUM PERFOLIATUM.

Description.—This plant is known somewhat extensively as the *Indian Cup Plant*; but the name we have given it here is the proper one. It has a perennial, horizontal, pitted *rhizome* (or fleshy root,) and a large, smooth, herbaceous stem, from four to seven feet high and often branched above. The flowers are terminal, with from fifteen to twenty-five oblong, lanceolate yellow rays, and a large dark colored disk.

History.—This plant is common to the Western states, and is found growing in rich bottoms, bearing numerous yellow flowers which are perfected in August. It has a large, long and crooked root, which is the part used medicinally, and which readily imparts its properties to alcohol or water. It will yield a bitterish gum, somewhat similar to Frankincense, which is frequently used to sweeten the breath.

Government and Virtues.—It is under the influence of *Jupiter*, and is tonic, diaphoretic, and alterative. A strong infusion of the root, made by long steeping, or an extract, is said to be one of the best remedies for the removal of Ague-cake, or enlarged spleen. It is also useful in intermittent and remittent fevers, internal bruises, debility, ulcers, liver affections, and as a general alterative restorative. The gum is said to be stimulant and anti-spasmodic. The Spleen is an organ whose functions the very best of the old school physicians cannot define; but that it is the seat of very many most distressing diseases is a fact which not one of them will pretend to deny. It is, as nearly as can be ascertained by the most laborious research, a dependent of the liver and stomach, and what deranges it deranges both the stomach and the liver. I have given it my earnest attention, and will be happy to correspond, with a view to cure any of the above diseases, with any of my readers at a reasonable charge.

RATTLEBUSH. BAPTISIA TINCTORIA.

Description.—This plant is known as *Wild Indigo*, *Horse-fly Weed*, etc. It is a perennial with a blackish and woody root, yellowish internally, and sending off many rootlets. The stem is much branched, round, smooth, and two or three feet high. Leaves small, flowers yellow, seeds small and subreniform.

History.—This small shrub grows in dry places in many parts of the United States, and bears bright yellow flowers in July and August. The fruit is of a bluish-black color in the form of an oblong pod, and contains indigo, tannin, an acid, and *baptisin*. Any portion of the plant, when dried, yields a blue dye which is, however, not equal in value to indigo. If the shoots are used after they acquire a green color they will cause drastic purgation. Alcohol or water will take up the active properties of this plant. Medicinally, both the root and the leaves are valuable and deserve to be better known than they are at present as remedial agents. The virtues of the root reside chiefly in the bark.

Government and Virtues.—It is a plant of *Saturn*. It is purgative, emetic, astringent, and antiseptic. For its antiseptic qualities or properties, it is more highly esteemed than for any other. A decoction of the bark of the root is efficacious in the cure of all kinds of external sores and ulcerations. It is used in decoction or syrup, for scarlatina, typhus, and all cases where there is a tendency to putrescency. A preparation of this agent, (with other ingredients) if made by an experienced herbalist and physician, will surely destroy all gangrenous and putrescent diseases.

Dose.—Of the decoction one tablespoonful every two or four hours, as required. The decoction is made by boiling one ounce of the powdered bark in two pints of water until they are reduced to one pint.

RED RASPBERRY. RUBUS STRIGOSUS.

Description.—*Rubus Strigosus* is a shrubby, strongly insipid plant about five feet in height, the fruit is a red berry, hemispherical, and of a rich delicious flavor.

History.—The Red Raspberry grows wild, and is common to Canada and the Northern and Middle United States. It grows in hedges and thickets, and upon neglected fields. It flowers in May, and its fruit ripens from June to August. The leaves are the parts used medicinally. They impart their properties to water, giving to the infusion an odor and flavor somewhat similar to black tea.

Government and Virtues.—The Red Raspberry is governed by *Jupiter*. It is very useful as an astringent. An infusion or decoction of the leaves has been found an excellent remedy in diarrhœa, dysentery and cholera infantum, and all diseases of a kindred nature. It is somewhat freely used as a wash and injection for leucorrhœa, gleet, gonorrhœa, and prolapsis uteri and ani. The decoction of the leaves combined with cream, will suppress nausea and vomiting. It is sometimes used as an aid in labor, and has been efficacious in promoting uterine contractions when *ergot* has failed. This plant is one of the ingredients of my prepared remedy for the above diseases.

Dose.—Of the decoction, from one to four fluid ounces several times a day. Of the pulverized root bark, which is sometimes used, from twenty to thirty grains.

RED ROOT. *CEANOTHUS AMERICANUS.*

Description.—This plant is sometimes called *New Jersey Red Root*, and is likewise known as the *Wild Snowball*. It has a large root, with a red or brown skin, containing many small white veins, and tolerably thick; body of the root dark red.

History.—This plant is very abundant in the United States, especially in the western portion thereof. It grows in dry woodlands, bowers, etc., and flowers from June to August. The leaves are sometimes used as a substitute for Chinese tea, which, when dried, they much resemble. The root, which is officinal, contains a large amount of Prussic Acid.

Government and Virtues.—It is governed by *Venus*. Red Root, properly prepared, is an astringent, expectorant, sedative, anti-spasmodic, and anti-syphilitic. It is used with great good

effect in dysentery, asthma, chronic bronchitis, whooping-cough, and consumption. See page 308.

Dose.—Ordinary, after extracting its active principle with water.

RHATANY. *KRAMERIA TRIANDRIA.*

Description.—Rhatany has a very long and branched root, with a thick bark, reddish brown externally, and red internally. The stem is round, much branched and taper. The branches are two and three feet long, white and silky when young, dark and naked when old. The flowers are red, solitary and axillary. The fruit is a dry, hairy drupe, furred with dull, red hooks. Seeds one or two.

History.—Rhatany flowers all the year round, and grows upon the sandy, dry and gravelly hills of Peru. The root is the officinal part, and is dug up in large quantities after the rains. It was made officinal in 1780 by Ruiz, but long before that the natives had used it as a strong astringent for various diseases, afflictions, maladies and complaints. In Portugal, to which the Peruvians send the bulk of the roots gathered, it is used to adulterate red wines. The best method of extracting the medicinal qualities of the root, is to put it powdered in a displacer and pass water through. This will bring a brick-red aqueous solution, which will embrace all the medical virtues. There is a false Rhatany, the source of which is unknown.

Government and Virtues.—This is a plant of *Mercury*. It is a powerful astringent, and slightly tonic. It is beneficial wherever powerful astringents are required, and may be used to advantage, if properly prepared, for all diseases which call for the application of a decided astringent.

RHEUMATISM ROOT. *JEFFERSONIA DIPHYLLA.*

Description.—This plant, sometimes called *Twin-leaf* and *Ground-Squirrel Pea*, is indigenous to the United States, is perennial, and has a horizontal *rhizoma* or fleshy root, with matted fibrous radicles. The stem is simple, naked, one flowered, and from eight to fourteen inches in height. The leaves

are not peculiar. The flowers are large, regular and white. Seeds many.

History.—This plant is found from New York to Maryland and Virginia, and in many parts of the Western States. It grows chiefly in limestone soil, but also is found in woods and near rivers, irrespective of limestone, and flowers in April and May. The root is the part used, and its virtues are extracted by water or alcohol.

Government and Virtues.—It is a plant of the *Sun*. In decoction and adulterated tincture it is applied with the best effect in cases of secondary syphilis, syphilitic pains, spasms, cramps, all nervous diseases; but more especially, in Dropsy, for which, with other growths of an assimilating character, it is accounted to be a specific. Of itself, it is merely a palliative of this disease in its various stages, but made up with its proper accompaniments, and given according to the exact state of the disease, and its particular location, it cannot—never does, in fact—fail of a perfect cure in a short time. I very frequently get letters from persons suffering with dropsy. If I have a faithful description of it, I can supply a particular preparation, of which this plant will be one of the ingredients, which will restore the patient to health very speedily. The expense will be moderate. The root, as prepared, is strongly diuretic, alterative, anti-spasmodic, and a stimulating diaphoretic.

Dose.—Of the decoction, from two to four fluid ounces three or four times a day. Of the saturated tincture from one to three fluid drachms three times a day.

RHUBARB. RHEUM PALMATUM.

Description.—The scientific world happens to be in much argument as to the exact plant or plants from which Rhubarb is produced. It is, however, well known to all instructed herbalists that Rhubarb is the root of a Rheum, and that the plant from which the drug of the shops is obtained chiefly inhabits Chinese Tartary, and grows wild on the mountains and highlands of that section of the globe.

History.—There are more than a dozen species of the plant, descriptions of which are unnecessary. Thus we have Russian, English, French and Chinese Rhubarb, all of which are nearly equal, if carefully prepared, in beneficial medicinal efficacy. The root, as I have stated before, is the part used.

Government and Virtues.—It is unquestionably a plant of the *Moon*, all solar rays and influences having to be excluded from it during the drying and perfecting process. It is cathartic, astringent and tonic. It has been highly recommended for constipation attended by dyspepsia, but I think its virtues in itself much overated. Like all herbal remedies, it has its use, if properly combined with other ingredients. Alone, or as a specific, every field, wood, plain and mountain, contains something equally effective and valuable.

Dose.—Of the powder, as a purgative, from ten to thirty grains. As a laxative, from five to ten grains. As a tonic, from one to five grains. Of the tincture or syrup one to two fluid drachms.

RICE. ORYZA SATIVA.

Description.—Rice is an annual plant, with several pointed stems, from two to ten feet in height. The leaves are long, slender and clasping. The seed is weighty and peculiar.

History.—Rice is supposed to have been originally a native of the East Indies, but is now cultivated in nearly all parts of the world where the soil and climate are favorable.

Government and Virtues.—It is a plant of *Venus* in the sign of *Sagittarius*. It is nutritious, and when boiled soft in water will be found advantageous as a diet for persons afflicted by weak stomachs or diarrhœa.

ROBIN'S RYE. POLYTRICHUM JUNIPERUM.

Description.—This plant is sometimes called *Hair Cap Moss*, *Ground Moss*, *Bear's Bed*, etc. It is perennial, with a simple or divided stem; more generally simple, slender, of a reddish color, and from four to seven inches in height.

History.—It is an evergreen plant found on high places,

along the margins of dry woods and exposed places, mostly on poor, sandy soil. The whole plant is officinal. It yields its properties to boiling water by infusion.

Government and Virtues.—This plant is under the influence of *Saturn*. It is one of the most reliable and important remedial agents with which nature has blessed us, but is not generally known to, or used by, practitioners. I became acquainted with its virtues by mere accident while staying at a farm-house near where it grew in profusion, and while I was searching for other plants. By actual experience, I have known it to produce, in conjunction with Net-Leaf Plantain and other vegetable growths, of a similar character, the evacuation from a dropsical patient of over twenty to forty pounds of water in the space of twenty-four hours. It possesses but very little smell or taste, and never produces any nausea or disagreeable sensation in the stomach. In Dropsies, in the form in which I prepare it with other ingredients, it is a sure and certain cure, never having failed. For each case, according to its extent and duration, location, etc., I make an especial preparation, which I will send to any part of this country by rail. In order to do this effectually, it is necessary that the patient should send me *full particulars* in writing, stating sex, age, etc.

Officinal Preparation.—INFUSUM POLYTRICHII.

ROSEMARY. ROSMARINUS OFFICINALIS.

Description.—Rosemary is an erect, perennial, evergreen shrub, densely leafy, from two to four feet high, and with numerous ash colored branches. The flowers are few, bright blue or white.

History.—Rosemary is a native of the countries surrounding the Mediterranean, and is cultivated in nearly every garden for its fragrance and beauty. It flowers in April and May. The parts used in medicine are the flowering tops.

Government and Virtues.—It is under the dominion of *Venus*, and is stimulant, anti-spasmodic and emmenagogue. The oil is principally employed.

Dose.—Of the oil, internally, from three to six drops,

SAFFRON (DYER'S.) *CARTHAMUS TINCTORIUS*.

Description.—*Carthamus Tinctorius*, sometimes known as *Bastard Saffron*, *Safflower*, etc., is an annual plant with a smooth stem, growing from one to two feet high, branching at the top. The leaves are smooth and shining. The flowers are long, slender, orange-colored and numerous.

History.—This plant is cultivated in England and America, although it is a native of Egypt and the countries surrounding the Mediterranean. The orange-red florets are the official parts. The cultivated Safflower is usually sold in the shops, and contains two coloring matters; the first of which is yellow and soluble in water, the second a beautiful red and readily soluble in alkaline solutions only.

Government and Virtues.—The plant is under the dominion of *Saturn* in the sign of *Scorpio*. It will restore the menstrual discharge when the latter has been recently suppressed by cold, if used in warm infusion. It will also, when taken in the same form, produce an action of the bowels. In measles, scarlet-fever, and other eruptive maladies, it is also considered an excellent diaphoretic. The seeds are sometimes used as purgative and emmenagogue, but, in my opinion, are of no great value. The infusion is made by boiling a drachm or two of the flowers in water.

Dose—Tolerably free, and to be regulated by circumstances and the advice of a physician.

SAGE. *SALVIA OFFICINALIS*.

Description.—Garden-Sage is a plant with a pubescent, four-sided stem, with erect branches, hoary with down, leafy at the base, those bearing flowers a foot or a foot and a half long, tomentose. The flowers are blue.

History.—Sage is a native of Southern Europe, and has been naturalized for very many years in this country as a garden plant. The leaves and tops should be carefully gathered and dried during its flowering season, which is in June and July. They have a peculiar, strong, aromatic, camphorous odor, and a sharp, warm, slightly bitter taste, which properties are owing

to its volatile oil, which may be obtained by distilling the plant with water. It imparts its virtues to boiling water in infusion, but more especially to alcohol.

Government and Virtues.—It is a plant of *Mars*. It is feebly tonic, and astringent, expectorant, diaphoretic, and having properties common to aromatics. The infusion is much valued in cases of gastric debility, checking flatulency with speed and certainty.

The warm infusion will cause active diuresis by checking its diaphoretic tendency. It is called by some a most capital remedy for Spermatorrhœa, and for excessive venereal desire, and I am one of those who know from experience in my practice that it is grand for what is termed sexual debility, when combined with other native and rare foreign plants and herbs. Persons afflicted by any of the plagues attendant upon excessive venery, solitary habits, etc., may address me confidentially for advice as to this specific discovery.

SAGO. SAGUS RUMPHII.

Description.—The Sago Palm has an erect stem, of middling height, with large leaves, and prickly petioles. The flowers are polygamo-monœcious on the same spadix. Fruit, a globose berry, coated by reverse scales, depressed on both sides and one-seeded.

History.—The tree is common to Malacca and the adjacent islands. It grows spontaneously in low, swampy lands, and the Sago is obtained from its pith, of which it contains a large quantity when the tree is well developed.

Several species of Palm are known to yield fine Sago, among which are the *Sagus Lavis* or *Sagus Inermis*, and *Sagueris Rumphii*. There is Sago meal or flour, common or brown Sago, and Pearl Sago, all of which, pure and adulterated, are common articles of commerce.

Government and Virtues.—It is a plant of the *Sun*. It is nutritive and demulcent, and is chiefly valuable as an article of diet to be used in the sick room.

SALT-RHEUM WEED. CHELONE GLABRA.

Description.—This plant is known also by the titles of *Turtle-head*, *Turtle bloom*, etc., and is a perennial; it is smooth and herbaceous, with a simple, erect, somewhat four-sided stem, which reaches the height of from two to four feet. The leaves are smooth, and of a dark shining green above. The flowers are large, of a rose color, white, or purple; are very ornamental, and somewhat resembling the head of a snake or tortoise. The fruit is an oval, two-celled and two-valved capsule, with many small wing-margined seeds.

History.—This plant is highly valued by botanical physicians. It is found in the damp soils of the United States, and flowers in August and September. The leaves are the parts used in medicine, and impart their properties to both alcohol and water.

Government and Virtues.—It is under the dominion of *Saturn*. The preparation of the leaves is tonic, cathartic and anthelmintic. It is freely and usefully applied in all cases of liver complaint. It is also administered for worms, and, in very small doses as a tonic in dyspepsia, and kindred diseases. In the form of an ointment it will ease painful and inflamed tumors, irritable ulcers, piles, inflamed breasts, etc.

Dose.—Of the powder one drachm; of the tincture one fluid drachm, of the decoction one fluid ounce.

SARACEN'S WORT.

Description.—From the roots, which do not perish in winter, spring stalks to the height of a man, having peach-tree shaped leaves; it produces many yellow, star-like shaped flowers, and afterwards, small, long brownish seeds, wrapped in down, which causes them to be carried away by the wind. It grows in moist and wet places, by shadowy groves, etc., and flowers in July.

Government and Virtues.—*Saturn* governs this herb. It is held in high esteem among the Germans, for all diseases of the liver and spleen, dropsy, etc. It has the same properties as Bugle or Lanicie.

SCULL-CAP. SCUTELLARIA LATERIFLORA.

Description.—Scull-cap has a small, fibrous, yellow, perennial root, with an erect and very branching stem, from one to three feet in height ; the leaves are an inch long, thin, or nearly membranous, the flowers small and of a pale blue color.

History.—It is an indigenous herb, growing in damp places, meadows, ditches, and by the side of ponds, flowering in July and August. It is known by the names of *Blue Scull-cap*, *Side Flowering Scull-cap*, *Crazy Weed*, and *Hood-wort*. The whole plant is medicinal, and should be gathered while in flower, dried in the shade, and kept in well-closed tin vessels.

Government and Virtues.—Scull-cap is a plant of *Mercury*. It is a valuable nervine, tonic, and anti-spasmodic, used in chorea, convulsions, fits, delirium tremens, and all nervous affections, supporting the nerves, quieting and strengthening the system. In delirium tremens, an infusion drank freely will soon produce a calm sleep.

Dose.—Of the fluid extract, from half to a teaspoonful ; of the tincture (four ounces Scull-cap to a pint of diluted alcohol,) one to two teaspoonsful, of the infusion, a wine-glassful three times a day.

SKUNK CABBAGE. SYMPLOCARPUS FÆTIDUS.

Description.—This plant has been a troublesome one for Botanists to classify ; but the term *Symplocarpus* is now generally preferred. It is perennial, having a large, abrupt root, or tuber, with numerous crowded, fleshy fibres, which extend some distance into the ground. The *spathe* appears before the leaves, is ovate, spotted, and striped, purple and yellowish-green, the edges folded inward, and at length coalescing. The flowers are numerous, of a dull purple, within the spathe, on a short, oval spadix. The seed is round, fleshy, and as large as a pea.

History.—Skunk Cabbage, known by the several names of *Symplocarpus*, *Skunk-weed*, *Polecat-weed*, and *Meadow Cabbage*, is a native of the United States, growing in moist grounds,

flowering in March and April, and maturing its fruit in August and September, forming a roughened, globular mass, two or three inches in diameter, and shedding its bullet-like fruit, one-third to half an inch in diameter, which are filled with a singular, solid, fleshy embryo. The parts used are the seeds and roots, which have an extremely disagreeable odor. Water or alcohol extracts their virtues.

Government and Virtues.—It is a plant of *Mars*. It is a stimulant, exerting expectorant, anti-spasmodic, with slightly narcotic influences. It is successfully used in asthma, hooping-cough, nervous irritability, hysteria, fits, epilepsy, convulsions, chronic catarrh, pulmonary and bronchial affections.

Dose.—Fluid extract, twenty to eighty drops. Tincture (three ounces of root or seed to a pint of alcohol) half a teaspoonful. Syrup, (two ounces of fluid extract to eight ounces of simple syrup) two or three teaspoonsful.

ST. IGNATIUS BEAN. IGNATIUS AMARA.

Description.—The Ignatius Amara is a branching tree with long, taper, smooth, scrambling branches. The leaves are veiny, smooth, and a span long. The flowers are long, nodding, and white, and smell like jasmine. The fruit is small and pear-shaped, and the seeds number about twenty, are angular and are imbedded in a soft pulp.

History.—The tree is indigenous to the Phillipine Islands, and the seeds thereof are the St. Ignatius Bean of the drug shops. The bean yields its properties best to alcohol; but will also yield them to water. It contains about one third more strychnia than nux-vomica; but is seldom used for the production of strychnia on account of its extreme scarcity.

Government and Virtues.—It is under the influence of *Mercury*. It is used in nervous debility, amenorrhœa, chlorosis, epilepsy, worms, etc., with partial good effect; but is a dangerous article however well prepared, and should be used only by the advice of a professional gentleman upon whose truth and ability you may place the utmost confidence. As commonly administered it is dangerous; but if properly regulated in doses

by experienced herbalists it could be made productive of much benefit in nervous debility.

Dose.—Of the powdered seed, one grain; of the alcoholic extract one-eighth of a grain.

BLOODROOT. SANGUINARIA CANADENSIS.

Description.—Bloodroot is a smooth, herbaceous, perennial plant, with a horizontal, truncate, creeping root. When cut, or bruised, this emits an acrid bright orange-colored juice. A single leaf springs from each bud of the root stalk, and with each leaf there is a single flower which is white and scentless.

History.—Bloodroot grows throughout the United States in shaded woods and thickets, and rich soils generally, and flowers from March to June. Although the whole plant is medicinal, the root is the part chiefly used. The fresh root is fleshy, round, and from one to four inches in length, and as thick as the fingers. It presents a beautiful appearance when cut and placed under a microscope, seeming like an aggregation of minute precious stones. The dried root is dark brown outside, bright yellow inside, has a faint virose odor, and a bitter and acrid taste. It may be readily reduced to powder. Its active properties are taken up by boiling water or by alcohol. Age and moisture impair the qualities of the root, and it is of the utmost consequence to get that which has been properly gathered, and not kept too long. It yields several principles, among which are sanguinaria, puccine, chelidonic acid, a yellowish fixed oil, lignin, and gum.

Government and Virtues.—It is a plant of *Mars*. In small doses Bloodroot stimulates the digestive organs. It is a good remedy, also, in diseases of the heart and liver.

SMART-WEED. POLYGOTUM PUNCTATUM.

Description.—This plant is frequently called *Water Pepper*. It is an annual, with a smooth stem; branches slender, jointed, and of a reddish or greenish-brown color. It grows from one to two feet in height. The leaves are two or three inches

long, and not more than one-fifth as wide. The flowers are small, greenish-white or purple.

History.—It is a well-known plant, growing in England and America, in ditches, low grounds, among rubbish, and about brooks and water-courses. It flowers in August and September. The whole plant is officinal. It has a biting, pungent, acrid taste, and imparts its virtues to alcohol or water. It should be collected and made into a tincture while fresh. When it is old, it is also worthless. The English variety of this plant possesses the same properties.

Government and Virtues.—*Mars* governs this hot plant. It is stimulant, diuretic, emmenagogue, antiseptic, diaphoretic, etc. The infusion in cold water has been found serviceable in gravel, colds and coughs and in milk sickness. In cholera, the patients wrapped in a sheet moistened with a hot decoction have recovered.

It is used as a wash in chronic erysipelous inflammations. The fresh leaves bruised with the leaves of May-weed, and moistened with the oil of turpentine, and applied to the skin, will speedily vesicate. The infusion in cold water forms an excellent local application in the sore mouth of nursing women, and in medical ptyalism, or salivation. The decoction or infusion in hot water, is not so active as when prepared in cold or warm water.

Dose.—Of the infusion, from a wine-glassful to a teacupful three or four times a day. [“Restorative *Assimilant*,” page 302.]

SORREL (WOOD.) RUMEX ACETOSA.

Description.—Wood-Sorrel is so common both in England and America that it requires no description. (*See Illustration.*) There are other species of sorrel which possess the same virtues.

History.—The Sorrels grow wild in the woods, fields, and the gardens, and flower in July and August. The leaves are the parts employed.

Government and Virtues.—It is under the dominion of *Venus*. Fresh sorrel leaves are refrigerant and diuretic, also alterative. An infusion of the leaves is a most excellent purifier of the blood, and, in combination with other herbal medicines skillfully prepared, is a most excellent anti-scorbutic. The leaves are sometimes boiled and eaten as salad or spinach, but as they contain a large percentage of oxalic acid, it is best that they should not be adapted to edible purposes; nor, indeed, should they, or any other medicinal herb, be used freely, without proper advice from experienced herbalists, and physicians.

STAR GRASS. ALETRIS FARINOSA.

Description.—This plant, known by the several names of *Unicorn-Root*, *Star-Grass*, *Colic-Root*, *Ague-Root*, *Crow-Corn*, etc., has a perennial root, with radical, ribbed, smooth, large leaves, three or four inches long, and one-fourth as wide, lying flat upon the ground. The scape, or flower-stem is erect, from one to three feet high.

History.—It is indigenous to North America, growing in low grounds, sandy soils, and at the edges of woods. Its flowers are white, and appear from May to August. The root is the part used.

Government and Virtues.—It is under the government of *Venus*. Its root, when thoroughly dried, is an intensely bitter tonic, and in decoction or tincture, is of great utility in dyspepsia, general or local debility, flatulent colic, hysteria, etc. It greatly strengthens the female generative organs, affording protection against miscarriage; and in chlorosis, amenorrhœa, dysmenorrhœa, engorged conditions of the uterus, prolapses of that organ, is a very superior vegetable agent.

Dose.—Of the powdered root, from five to ten grains three times a day. Of the saturated tincture, five to fifteen drops.

ST. JOHN'S WORT.

Description.—This is a beautiful shrub, and is a great ornament to our meadows. It has a hard and woody root, which abides in the ground many years, shooting anew every year.



Archangel



Agrimony



Amaranthus

The stalks run up about two feet high, spreading many branches, having deep green leaves, which are full of small holes, which are plainly seen when the leaf is held up to the light. At the tops of the stalks and branches stand yellow flowers of five leaves apiece, with many yellow threads in the middle, which, being bruised, yield a reddish juice, like blood, after which come small, round heads, wherein is contained small blackish seed, smelling like resin. It grows in woods and copses, flowering in July, and the seeds ripening in August.

Government and Virtues.—It is a plant of the *Sun*. A decoction of the herb and flowers, especially of the seed, is good for hemorrhage or spitting of blood, tertian or quartan agues, falling-sickness, palsy, sciatica, etc. An ointment of it is good for swellings, hurts, bruises and wounds.

SUMACII. RHUS GLABRUM.

Description.—Great care is necessary in the selection of the several species of *Rhus*, as many of them are highly poisonous. *Rhus Glabrum*, or Smooth Sumach, is a shrub from six to fifteen feet high, consisting of many straggling, glabrous branches, covered with a pale grey bark, having occasionally a reddish tint.

History.—Sumach grows in the thickets and waste grounds of Canada and the United States. It flowers in June and July, but matures its fruit in September and October. The bark and berries are officinal. The berries should be gathered before rains have washed away the acid properties which reside in their external, downy efflorescence. Both the bark and berries yield their active influence to water.

Government and Virtues.—It is under the dominion of *Venus*. The berries are refrigerant and diuretic; the bark is tonic, astringent, and antiseptic. The bark of the root has sometimes been used, with success, in decoction or syrup, as a palliative of gonorrhœa, leucorrhœa, diarrhœa, hectic fever, dysentery, and scrofula. Combined with the barks of white pine, and slippery elm, in certain particular doses of decoction, it will, with other very simple treatment, cure syphilis.

Dose.—From one to three fluid ounces of the decoction of bark. Of the infusion of berries, from one to four fluid ounces.

SUMMER SAVORY. SATUREJA HORTENSIS.

Description.—This is an annual plant, with a branching and bushy stem, about eighteen inches in height, woody at the base, frequently changing to purple. The leaves are numerous, small, linear-oblong, entire, acute at the end. The flowers are pink-colored.

History.—It is a native of the south of France. It is extensively cultivated for culinary purposes in Europe and America, and flowers in July and August. The leaves are the part employed. They have an aromatic odor and taste analogous to those of thyme.

Government and Virtues.—It is under the dominion of *Mercury*. It is a stimulant, carminative, and emmenagogue. A warm infusion is beneficial in colds, menstrual suppression, and wind colic, for which it is a specific.

Dose.—From two to four ounces of the infusion several times a day.

SUN-FLOWER HELIANTHUS ANNUUS.

Description.—This is an annual plant, with an erect, rough stem, usually about seven feet high, but under favorable circumstances attaining the height of fifteen and twenty feet. The leaves are large, cordate, and three-nerved. The flowers are large and nodding, with yellow rays, and dark purple disc. The seeds are numerous, and of a dark purple when ripe.

History.—This well-known plant is a native of South America, but is extensively cultivated in the United States on account of its beautiful, brilliant, yellow flowers, which appear in July and August. The ripe seeds are the parts used for medicinal purposes. They contain a fixed oil which may be obtained by expression. The leaves are large, and when carefully dried, may be made into segars, very much resembling in flavor, that of a mild Spanish one.

Government and Virtues.—It is a plant of the *Sun*. The

leaves and seeds are diuretic and expectorant, and are used in consumption with considerable benefit.

The following preparation has been used in pulmonary affections with decided benefit, also in bronchial and laryngial complaints, the cough of phthisis, etc. It acts as a mild expectorant and diuretic.

Take of Sun-flower seeds, bruised, two pounds; water, five gallons; boil the two together until about three gallons of liquid remains; then strain, add twelve pounds of sugar, and one and a half gallons of good Holland gin. The dose of this is from two teaspoonsful to three tablespoonsful, or a wine-glassful, three or four times a day, or whenever tickling or irritation of the throat or cough is excessive, or when expectoration is difficult.

Various agents may be added to this preparation, according to indications, as tincture of *Stillingia*, tincture of *Balsam of Tolu*, tincture of *Iodine*, etc.

SWAMP BEGGAR'S-TICK. *BIDENS COONATA*.

Description.—Swamp Beggar's-Tick has a smooth stem, four furrowed, with opposite branches, and grows from one to four feet high. The flowers are solitary, consisting only of the tubular yellow florets.

History.—This is a common weed, found in wet grounds, rich fields, swamps and ditches, from New England to Missouri. It flowers in August. The root and seeds are employed medicinally, and may be used in decoction, infusion or tincture.

Government and Virtues.—It is under the dominion of *Venus*. The root and seeds are emmenagogue and expectorant; the seeds, in powder or tincture, have been used in amenorrhœa, dysmenorrhœa, and some other uterine derangements, and an infusion of the root has proved beneficial in severe cough. It has been used with great success for palpitation of the heart, and for croup. For this latter affliction, a strong infusion of the leaves, sweetened with honey, and administered in table-spoonful doses every fifteen minutes until vomiting is produced, is regarded a cure. The leaves heated to the form of a poultice and laid upon the throat and chest in cases of bronchial and

laryngeal attacks from exposure to cold, etc., are very beneficial.

SWEET GUM. LIQUIDAMBAR STYRACIFLUA.

Description.—The Sweet Gum tree grows to the height of from fifty to sixty feet. Its bark is gray and deeply furrowed, and there are corky ridges on the branches; the leaves are fragrant when bruised, and turn a deep red in the fall.

History.—This tree is very abundant in the Southern and Middle states, and can be found in the moist woods of nearly all parts of the Union. From incisions made in the trees a gum exudes which is resinous and adhesive, and somewhat like white turpentine in appearance.

Government and Virtues.—This tree is also under the dominion of *Saturn*. As a remedy for catarrhs, coughs, and pulmonary affections generally, it is without an equal, although physicians generally do not use it in their practice. It is also very valuable for fever sores, fistula, scrofula, etc., when made into an ointment.

Dose.—The dose internally, is from ten to twenty grains, according to circumstances.

TACAMAHAC. POPULUS BALSAMIFERA.

Description.—This tree also called *Tacamahac Poplar* attains the height of from fifty to seventy feet, with a trunk about eighteen inches in diameter. The branches are smooth, round, and deep brown. The leaves are ovate, gradually tapering and pointed.

History.—This tree is found in Siberia, and in the northern parts of the United States and Canada. In America it is in blossom in April. The leaf-buds are the officinal part. They should be collected in the Spring, in order that the fragrant, resinous matter with which they are covered, may be properly separated in boiling water, for upon this their virtues depend. They have an agreeable, incense-like odor, and an unpleasant, bitterish taste. The balsamic juice is collected in Canada in shells, and sent to Europe under the name of *Tacamahaca*. Alcohol, or spirits, is the proper solvent. The *Populus Balsam*

ifera is generally confounded with the *Populus Candicous* from whose buds we get the virtues known as the *Balm of Gilead* ; but it is much the superior tree for medicinal purposes.

Government and Virtues.—This tree is under the dominion of *Venus*, in the signs, however, of *Cancer and Libra*. The buds are stimulant, tonic, diuretic, and anti-scorbutic. In tincture, they have been beneficially employed in affections of the stomach and kidneys, and in scurvy and rheumatism. Sometimes they are applied in that form, as a remedy for affections of the chest. The bark is known to be tonic and cathartic, and will prove of service in gout and rheumatism. So far as gout is concerned, it makes a most excellent remedy if made up with other plants of a foreign and domestic origin, by a practised herbal physician.

Dose.—Of a tincture of the buds, from one to four fluid drachms. Of an extract of the bark, five to fifteen grains three times a day.

THROAT-WORT. CERVICARIA.

Description.—This plant has a great, thick, white root, which sends forth hard, square, brown stalks, three or four feet high, whereon grow large, hard, dark green leaves, two at the joint. At the top of the stalk stand many purple flowers set in husks which are sometimes gaping and sometimes open, somewhat like those of Water Betony ; after which come hard, round heads, with a small point in the middle, wherein lie small brownish seed. It grows in moist, shady woods, and in low fields and meadows, flowering in July, and the seeds ripening about a month after the flowers have fallen.

Government and Virtues.—It is a plant of *Venus*. It is excellent in scrofula, king's evil, either in decoction or ointment, to the throat. The ointment of the fresh herb is effectual in all knobs, kernels, bunches, wens, and for hemorrhoids or piles, the decoction being taken inwardly at the same time. The distilled water of the whole plant is used for the same purposes, and will also take away all redness, spots, and freckles in the face.

TOBACCO. NICOTIANA TABACUM.

Description.—This is an annual herb with a long, fibrous root, and an erect, round, hairy, viscid stem, branched toward the top, and from four to six feet in height. The leaves are pale green, one or two feet long, and six or eight inches broad. The flowers are rose colored.

History.—Tobacco is a native of the southern portions of America, and the hotter the climate in which it is raised, the more grateful is its flavor. It was first exported to Europe in 1586 by Sir Walter Raleigh. It is now raised in many parts of the world, and especially in the Middle states of America. That most commonly used is raised in Virginia, (or was, prior to the rebellion,) but the Cuban, or Havana leaf has the preference among smokers. The dark leaf is much stronger and more powerful in action than the light colored. Water or alcohol extracts its virtues. The prevailing analysis is gum, mucilage, tannic acid, chlorophyll, green pulverulent matter soluble in boiling water, pale yellow resin, nicotina, nicotianin, and a substance analagous to morphia.

Tobacco is a potent acro-narcotic poison. It should not be used in any form by persons afflicted by fits or any kind of nervous disease. Unless such persons discontinue its use, their afflictions cannot be abolished entirely although they may be mitigated. I would impress upon all such patients this fact so vividly that they will not forget it. The infusion is more apt to affect the heart, and its smoke to act on the brain—the former being followed by great feebleness of the pulse, fluttering of the heart, faintness, alarm, etc., while the latter occasions nausea, vomiting and drowsiness. Medicinally, it is a sedative, emetic, diuretic, expectorant, discutient, anti-spasmodic, and sialagogue. In my opinion it should never be used internally, unless where extreme emetics will not operate. Scotch snuff and lard is an old and pretty well exploded application for croup. But properly prepared by one who has earnestly studied its peculiarities, Tobacco is one of the most valuable ingredients existing of an

ointment for external application in cases of sore throat, asthma, tubercular consumption, piles, strangulated hernia, all spasmodic affections, ulcers, tumors, peritonitis, neuralgia, hysteria, convulsions, cutaneous diseases, etc., etc. It may be even outwardly applied in cases of Fits, if compounded with belladonna and several other excellent articles of a similar character, which are known only to an experienced herbalist, with great satisfaction.

TOLU. MYROSPERMUM TOLUIFERUM.

Description.—The tree from which *Balsam of Tolu* is obtained is so similar to that from which *Balsam of Peru* is procured, that a full description of it is needless.

History.—It is a tree which grows throughout the forests of South America. I have seen it growing there in all parts of the Republic of Peru, and can safely assert that it is not, as some botanists have said, the tree, (although similar excepting in the leaves,) from which the *Balsam of Peru* is obtained. The *M. Toluiferum* is the species from which the best Tolu is procured, and the best specimens thereof are found on the elevated plains and mountains near Tolu, Carthagena, and in the Magdalena province of Colombia. The Balsam, as I collect it, flows from incisions made in the bark at the proper times, and is received in waxen vessels in which it solidifies. It is then put into tin vessels and taken to whatever quarter of the globe it may be desired to have it sent.

Government and Virtues.—It is governed by *Saturn*. It is, like Balsam of Peru, a stimulant, tonic, and expectorant, and can not be equalled for its curative effects (when *properly* and *skillfully* combined with other articles of a similar nature) in cases of consumption, catarrh, bronchitis, asthma, and all inflammatory, ulcerated, spasmodic, or other morbid conditions of the respiratory organs and their adjuncts. The balsam dissolved in ether, and the vapor therefrom inhaled, is reported beneficial in coughs and bronchial affections of long standing, and I have no doubt it is so, as its virtues in such complaints are very wonderful; but in order to make a *cure* it must be combined with other

ingredients, for the names of which see page 308 of this book.

VALERIAN. VALERIANA OFFICINALIS.

Description.—The officinal Valerian, sometimes known as *Great Wild Valerian*, is a large herb with a perennial, tuberous, somewhat creeping, fetid root, and a smooth, hollow, furrowed stem, about four feet in height. The leaves are all pinnate, opposite. The flowers are flesh-colored, small, and fragrant.

History.—Valerian is a European plant, growing in wet places, or even in dry pastures, flowering in June and July. Several varieties grow in America, and are used; but the English Valerian is by all odds the best. The officinal part is the root.

Government and Virtues.—It is under the influence of *Venus*. Valerian excites the cerebro-spinal system. In large doses it causes headaches, mental excitement, visual illusions, giddiness, restlessness, agitation, and even spasmodic movements. In medicinal doses it acts as a stimulating tonic, anti-spasmodic, and calmative. It is temporarily beneficial in all cases where a nervous stimulant is required. The extract is good. The infusion is preferable.

Dose.—Of the infusion, one or two fluid ounces, as often as may be prescribed by a physician.

TANSY. TANACETUM VULGARE.

Description.—Tansy has a perennial, moderately-creeping root, an erect, six-sided, leafy, solid and smooth stem, one to three feet in height, and smoothish, dark green leaves. The flowers are golden-yellow. There is a variety with crisped and dense leaves called *Double Tansy*.

History.—Tansy is indigenous to Europe, but is cultivated largely in America. It grows spontaneously, also, in old grounds, and along roads, and flowers generally in August or the early part of September. The whole plant is officinal. It has an unpleasant, aromatic odor, and a strong, pungent and bitter taste, which properties it owes to a yellow or greenish

volatile oil. Its medicinal virtues are extracted by alcohol, ether, chloroform, and by water in infusion.

Government and Virtues.—Tansy is a plant of *Venus*. Culpepper, the head of the old English Herbalists, says of it. "Dame Venus was minded to pleasure women with child by this herb ; for there grows not an herb fitter for their use than this is ; it is just as though it were cut out for the purpose." My knowledge of it leads me to teach all women who want children never to touch it, for the oil, as well as the infusion, is frequently used as an abortive, than which there is nothing so dangerous and destructive to health and life. The seed is very profitably given to children for worms. The plant is tonic, emmenagogue and diaphoretic. The cold infusion is very good for flatulency, worms, dyspepsia, jaundice, etc. The warm infusion, carefully administered, will possibly be found beneficial in tardy labor pains, but I do not feel warranted in recommending it for the use of women in the family-way. There are other things much better and safer, as the careful reader of this book may readily observe. Tansy is much employed as a fomentation to swellings, strains, tumors, local inflammations, etc., and is often applied to the bowels in amenorrhœa and painful dysmenorrhœa. A vinous infusion is used for urinary obstructions and weakness of the kidneys.

Dose.—Of a powder sometimes made, thirty to sixty grains every three or four hours. Of the infusion, from one to three fluid ounces. Of the tincture, one fluid drachm.

TAPIOCA. JANIPHA MANIHOT.

Description.—This plant is a native of Brazil and is cultivated in various parts of South America. It has a large, fleshy, oblong, tuberous root, often weighing thirty pounds, and full of a wheyish, venomous juice. The stems are white, crooked, brittle, jointed, pithy, usually six or seven feet high, and having a smooth, white bark. The branches are crooked, and have, on every side, near their tops, their leaves.

History.—This plant furnishes a large amount of food to the

inhabitants of Southern America, under the names of Mandioca, Tapioca, and Cassava Starch. What we know as Tapioca is prepared from the root of one variety of this plant, (there are two varieties) which is first reduced to what is called Bitter Cassava, and which is a bitter juice. The large fleshy root is reduced to a pulp, this is washed with cold water in funnel-shaped water-filters, the starch is allowed to subside in the milky fluid, which passes through, and is afterwards prepared and dried in the usual manner, a description of which is not necessary. This starch is the substance used.

Government and Virtues.—The tree is under the dominion of *Jupiter*. Tapioca is nutritive and demulcent. It is useful as a light and agreeable food for the sick, especially those who have febrile diseases or weak stomachs. It is much used for food for infants who are undergoing the process of weaning.

THISTLE. (COTTON, OR WOOLLY) *CARDUUS ARVENSIS*.

Description.—This has many large leaves, of a green color on the upper side, but covered over with a long hairy wool or cotton down, set with sharp and cruel prickles.

The flowers are crimson; sometimes, but very seldom, white. The seed that follow in those white, downy heads is somewhat large and round. The root is great and thick, spreading much, but generally dies after seed-time.

History.—There are several varieties of the Thistle, but all, both in England and America, possess the same qualities. It grows on ditch banks, in fields and highways—almost everywhere, in fact, and flowers in June, July and August.

Government and Virtues.—It is a plant of *Mars*. It is tonic and astringent, used principally in dysentery and diarrhœa, boiled in milk. It is, in decoction, a fair remedy for cramps and spasms. The root is the part chiefly employed, boiled in water.

THORN-APPLE. *DATURA STRAMONIUM*.

Description.—This plant, also known as *Stinkweed*, *Jamestown Weed*, *Applefern*, etc., is a bushy, smooth, fetid annual plant, two or three feet in height, and in rich soil even more.

The root is rather large, of a whitish color, giving off many fibres. The stem is much branched, forked, spreading, leafy, of a yellowish-green color. The leaves are large and smooth, from the forks of the stem, and are uneven at the base. The flowers are about three inches long, erect, large and white. The fruit is a large, dry, prickly capsule, with four valves and numerous black, reniform seeds. There is the *Datura Tatula*, or purple Stramonium, which differs from the above in having a deep purple stem, etc.

History.—Stramonium is a well-known poisonous weed, growing upon waste grounds and road-sides, in all parts of the United States. It is found in very many parts of the world. The whole plant has a fetid, narcotic odor, which diminishes as it dries. Almost every part of the plant is possessed of medicinal properties, but the officinal parts are the leaves and seeds. The leaves should be gathered when the flowers are full-blown, and carefully dried in the shade. They impart their properties to water, alcohol, and the fixed oils. The seeds are small, reniform, compressed, roughish, dark brown or black when ripe, grayish brown when unripe. They yield what is called *Daturia*, which may be obtained by exhausting the bruised seeds with boiling, rectified alcohol, and then proceeding as for the active principle of other seeds of a similar character.

Government and Virtues.—It is a plant of *Saturn*. In large doses, it is an energetic, narcotic poison. The victims of this poison suffer the most intense agonies, and die in maniacal delirium. In medicinal doses, it is an anodyne, anti-spasmodic, and is often used as a substitute for opium. It is used with fair effect in cases of mania, epilepsy, gastritis, delirium tremens, and enteritis; also in neuralgia, rheumatism, and all periodic pains. The dried and smoked leaves are useful in spasmodic asthma, but as there are other means much more certain to cure, and less dangerous, I, and other herbalists seldom or never recommend them. *Daturia* is seldom employed in medicine, being a very active and powerful poison.

VANILLA. VANILLA AROMATICA.

Description.—*Vanilla Aromatica* is a shrubby, climbing, aerial parasite, growing in the clefts of rocks, or attaching itself to the trunks of trees. It suspends itself to contiguous objects, and is TRULY an aerial plant. The stem is round, about as thick as the finger, from twenty to thirty feet in length, and oftener thicker at the summit than at the base. The flowers are yellowish white. The fruit is a species of bean, yellow or buff color, of an agreeable aromatic odor; they must be dried with care or they will lose their properties.

History.—Vanilla grows in Mexico and other parts of tropical South America. There are several species which are supposed to furnish the Vanilla of commerce. It yields its virtues to water or alcohol.

Government and Virtues.—It is under the dominion of Venus. It is an aromatic stimulant, and is used, in infusion, in hysteria, rheumatism, and low forms of fever. It is also called an aphrodisiac, powerfully exciting the generative system. Vanilla is said to exhilarate the brain, prevent sleep, increase muscular energy, and stimulate the sexual propensities. In cases of NERVOUS DEBILITY, or SEXUAL IMPOTENCY, it may be used with the utmost advantage; but not in the forms in which it is commonly given, or taken. In order that it may be effective for permanent good, an account of the case which has to be treated should be sent to an herbalist-physician of long practice, who, for a slight recompense, can make an excellent preparation. Even with a complete description of how to use this bean for the diseases above mentioned, an inexperienced person would be likely to make a fatal mistake. The best plan is to rely upon those who have made the matter a business and a study.

VELVET LEAF. CISSAMPELOS PAREIRA.

Description.—This plant, which is sometimes called the *Ice vine*, is a shrub with a round, ligneous root, stems either smooth, or with close pressed down, and climbing over trees. Leaves not remarkable. The berries are scarlet.

History.—This plant is a native of the West India Islands and the Spanish Main, and is little known to our botanists. The root is the officinal part. It is very difficult to procure it unless you deal extensively in that style of article.

Government and Virtues.—It is under the dominion of *Saturn*, and is tonic, diuretic, and aperient. Used in chronic inflammation of the bladder, and all disorders of the urinary organs, it cannot, if properly prepared and combined with other plants possessing a similar character, fail of perfecting a cure. It is also excellent in calculous affections, dropsy, rheumatism, and jaundice. All the combinations of this plant, and preparations of a curative nature, I make at a moderate cost, when apprised of the peculiarities of the case by the patient.

VERVAIN. (*Blue*) VERBENA HASTATA.

Description.—Vervain, sometimes known by the names of *Wild Hyssop*, or *Simpler's Ivy*, is an erect, tall, elegant, and perennial plant, branched into several parts, rising about from two to four feet high, especially if you reckon the long spikes of flowers at the tops of them, which are set on all sides, one above another, and sometimes two or three together, being small and gaping, of a blue color and white intermixed, after which come small, round seeds in small and somewhat long heads. The stalk and roots are the parts used for medicinal purposes. The root, however, is the strongest and best.

History.—Vervain is indigenous to the United States, and grows along road-sides, and in dry, grassy fields, flowering from June to September. It is also found in England, growing among hedges, by the way-side, and other waste grounds, flowering in July, and the seeds ripening soon after.

Government and Virtues.—This is an herb of *Venus*. “It is excellent to strengthen the womb and remedy all its weaknesses,” as Culpepper properly remarks, and it is particularly remarkable for its cleansing and healing qualities. It will regulate menses most effectually. It will kill and expel internal worms, and is a most capital agent for the cure of all diseases

of the spleen and liver. If given in intermittent fever in a warm infusion or powder it never fails to effect a cure. In all cases of cold and obstinate menstruation, it is a most complete and advantageous sudorific. When the circulation of the blood is weak and languid, it will increase it, and restore it to its proper operations. The infusion, taken cold, forms a good tonic in cases of constitutional debility, and during convalescence from acute diseases. Its value has been found to be great in serofula, visceral obstructions, and stone and gravel. It will correct diseases of the stomach, help coughs, wheezing, and shortness of breath, etc., but its virtues are more wonderful still in the effect they produce upon Epilepsy, or Falling Sickness and Fits. The leaves bruised, or the juice of them, mixed with vinegar, will remove morpew and freckles.

The following application is singularly effective in promoting the absorption of the blood, effusion in bruises, and allaying the attendant pain. Take of Vervain, Senna, and White Pepper, of each equal parts, make a cataplasm or plaster, by mixing with white of eggs.

Dose.—Of the powdered root, from one to two scruples. The dose of the infusion is from two to four wine-glassesful three or four times a day, if an emetic is desired. The great—very great—medicinal value of this plant was brought to my attention by an accidental knowledge of the good it had effected in a long standing case of Epilepsy. Its effects in that case were of the most remarkable character, and I was, therefore led to study most carefully and minutely its medicinal peculiarities. I found, after close investigation and elaborate experiment, that, prepared in a certain way, and compounded with boneset, smart weed, chamomile blossoms, and the best of whiskey, it has no equal for the cure of Fits, or Falling Sickness, or anything like Fits; also for Indigestion, Dyspepsia, and Liver Complaints of every grade. A more valuable plant is not found within the whole range of the Herbal pharmacopœa. “Restorative Assimilant,” page 302; also illustration.

WAFER ASH. PTELEA TRIFOLIATA.

Description.—This plant is also known as *Wing-seed*, *Swamp Dogwood*, and *Shrubby Trefoil*. It grows from six to eight feet in height, with trifoliate leaves. The flowers are greenish white, and nearly half an inch in diameter.

History.—Wafer Ash, or *Ptelia*, is a shrub common to America, growing most abundantly west of the Alleghanies, in shady, moist places, and edges of woods, and also in rocky places. It flowers in June. The bark of the root is officinal, and yields its virtues to boiling water. Alcohol, however is its best solvent.

Government and Virtues.—It is a plant of *Mars*, although neither hot nor biting. It should be gathered in the signs of *Cancer*, *Virgo*, *Libra*, and *Scorpio*, having an almost universal application to the “ills which flesh is heir to.” It is especially tonic and unirritating. It is said to be very useful as a promoter of the appetite, and as a remedy for general debility. It will be tolerated by the stomach when other tonics are rejected. Some think it equal, in cases of fever (intermittent) to quinia, but I do not; yet it is a most valuable agent, and properly applied by those who understand how to adapt its virtues to human afflictions, it may be made to do a great deal of good. Although most excellent for diseases of the stomach, I use it, in conjunction with other plants and preparations, only when an especial case seems to call for its employment. There are cases in which its virtues are particularly required. Should there be any such cases, I can always, for a moderate recompense, attend to them either in person or by mail; as there is no plant (foreign or domestic,) mentioned in this book, the free use of which I cannot procure at a moment's notice.

WHITE (AND BLACK) WALNUT. JUGLANS CINEREA.

Description.—The White Walnut is also known as the *Butternut*, *Oil Nut*, etc., and is indigenous to the United States. It grows from thirty to forty feet high, and its diameter is from four to five feet. At eight or ten feet from its base, it divides into numerous, nearly horizontal, wide spreading branches.

These are covered with a smooth grey bark. The leaves are alternate, from twelve to twenty inches long. The nut is of a dark color, hard, oblong and pointed. There is a species of this tree called the *Black Walnut*, the nut of which is globose, and sweeter and less oily than the *Butternut*.

History. These trees are common to North America. The *Butternut* is found throughout the New England, Middle and Western States, on cold, uneven, rocky soils, flowering in April and May, and maturing its fruit on or about the middle of autumn. Its officinal parts are its leaves and the inner bark of the root. The latter should be gathered from April to July. It contains resin, fixed oil, saccharine matter, lime, potassa, a peculiar principle, and tannic acid. The *Black Walnut* flowers, and ripens its fruit at the same time with the *Butternut*.

Government and Virtues.—Both are under the dominion of the *Sun*. *Butternut* is a gentle and agreeable cathartic, and does not induce constipation after its action. In cases of habitual constipation, or other intestinal diseases, it has considerable value. It is used in decoction, in cases of fever, and in the murrain of cattle. The juice of the rind of the *Black Walnut* will cure herpes, eczema, porrigo, etc., and a decoction of it has been used to remove worms. The European *Walnut* has been found to be efficacious in cases of scrofula, but those who read this book carefully, will find better remedies described for all branches of that awful affliction. By adding a saturated tincture of *Butternut* bark to twice its volume of water, and distilling off the alcohol, an agent is prepared called *Juglandin*, which is much used in a combination with castile soap.

FIREWEED. ERECHTHIETES HIERACIFOLIUS.

Description.—Linnæus called this *Senecio Hieracifolius*; but modern botanists have changed the name. It has an annual, thick, grooved, fleshy, rough and branching stem, varying in height from one foot to eight feet. The leaves are simple, large, and light green. The flowers are whitish.

History.—This weed is rank, and grows in fields throughout the United States. The whole plant, including the root,

is used, and yields its properties to water, or alcohol. Its odor is peculiar, because of its mixture of aromatic and fetid emanations. The taste is bitterish, pungent, and astringent.

Government and Virtues.—It is a plant of the *Moon*, arresting or restoring muco-sanguineous discharges with great facility, and with much speedy relief to the patient. I prescribe it freely in cholera, in certain cases of dysentery, and in very bad cases of the bowel complaints of children.

WORMWOOD. ARTEMISIA ABSINTHIUM:

Description.—This is a perennial plant, with a woody root, branched at the crown, and having numerous fibres below. The whole herb is covered with close, silky hoariness; the stems are numerous, bushy, and from one to two feet in height. Their lower part exists for some years, from which young shoots spring forth every year, decaying in cold weather.

History.—Wormwood grows nearly all over the world,—from the United States to Siberia. It flowers from June to September. The tops and leaves are the parts used. The dried herb, with the flowers has a whitish grey appearance, a strong, aromatic odor, and is extremely bitter to the taste. Alcohol or water takes up its active principles. It yields what is known to druggists as *Absinthine*.

Government and Virtues.—It is under the dominion of *Saturn*, and is anthelmintic, tonic, and narcotic. It is used for many diseases, among which may be enumerated intermittent fever, jaundice, worms, want of appetite, amenorrhœa, chronic leucorrhœa, obstinate diarrhœa, etc. It is also used externally in country places as a fomentation for sprains, bruises, and local inflammations. Taken too often, or in large quantities, it will irritate the stomach, and dangerously increase the action of the heart and arteries. It is, however, like all other medicinal herbs and plants most excellent when its use is prescribed and regulated by an experienced and conscientious professional physician, who understands the value of Herbal preparations.

WORMWOOD. (SEA OR HOLY) SERIPLIRAN.

Description.—This plant grows near the sea, and is somewhat

rare ; therefore it is more highly esteemed than the common Wormwood. I give an illustration of it in another part of this book because of its value, beauty and rarity.

History—It grows, as I have said above, near the sea in various parts of Europe, and is very costly to those who do not live where it inhabits, as the task of gathering it is both arduous and perplexing, and the yield is always scanty.

Government and Virtues.—It is a plant of *Mars*. “It provokes urine,” says Culpepper, “helps surfeits, or swellings in the belly, and causes appetite to meat.” For nervous debility, there is probably nothing like it in the world. Compounded with Rosemary, Blackthorn, and other vegetable products, by a method which it has cost me a good many years of severe study and experiments to bring to perfection, it is invaluable as a life restorative. It is also most useful for liver complaints ; but as there are many other plants and herbs better, and it is so rare, I do not use it in such cases ; but in all cases of nervous prostration, and loss of ordinary vigor either of *mind* or *body*, prepared with other herbal remedies to which I have made allusions under the proper headings, it is truly an Elixir of Life. There is no better invigorator extant for certain painful and annoying afflictions which need not be here described, but the nature of which will be readily understood.

YARROW. *ACHILLEA MILLEFOLIUM*.

Description.—Yarrow, also called *Milfoil*, *Nose bleed*, and *Thousand Seal*, is from ten to twenty inches high, with a simple stem, branching at the top, and many long leaves spread upon the ground, finely cut, and divided into many parts. The flowers are white or rose-colored, and arrayed in knots upon divers green stalks, which arise from among the leaves.

History.—Yarrow inhabits Europe and North America ; is found in pastures, meadows, and along road-sides, flowering from May to October. The plant possesses a faint, pleasant, peculiar fragrance, and a rather sharp, rough, astringent taste, which properties are due to tannic and achilleic acid, essential oil and bitter extractive, alcohol or water being its proper menstrum.

Government and Virtues.—Yarrow is under the influence of *Venus*. It is astringent, alterative, and diuretic, in decoction. It is efficacious in bleeding from the lungs, and other hemorrhages, incontinence of urine, piles, and dysentery. It is valuable in amenorrhœa, or suppressed or restrained menses, flatulency, and spasmodic diseases. It forms a useful injection in leucorrhœa or whites, also in menorrhagia, or profuse or too long continued menstruation. An ointment cures wounds, ulcers, fistulas, and the head bathed in a decoction prevents the falling out of the hair; while the leaves chewed in the mouth will frequently ease the tooth-ache. *ACHILLES* is supposed to be the first that left the virtues of this herb to posterity, hence the active principle of this plant is called *Achilleine*, which is much used as a substitute for quinia in intermittent fevers, in the South of Europe.

Achillea Ptarmica, or Sneeze-wort, has leaves entirely different from the Yarrow, and should not be mistaken one for the other. The whole of this plant is pungent, exciting an increased flow of saliva; and the powder of the dried leaves, when snuffed into the nostrils, produces sneezing, which is supposed to be owing to their small, sharp, and marginal teeth.

Dose.—The infusion of Yarrow is given in doses of from a wine-glassful to a tea-cupful, three or four times a day; the essential oil from five to twenty drops. In menorrhagia or profuse menstruation, a tablespoonful of the saturated tincture may be given three or four times a day.

JATAMANSI.—Musk Root.

Under this title there is gathered in Northern India and Persia the root of a small plant, which grows in wet places, and which is highly prized by the inhabitants of the East for its anti-spasmodic virtues. It is used in Russia for Asiatic cholera, and is pronounced by the physicians of St. Petersburg to be one of the best remedies extant for that disease. It is used for gastric spasm, hysteria, green sickness, amenorrhœa, palsy, chorea, and delirium tremens. As a nervous stimulant it resembles *Valerian*. It is administered in doses to suit the individual case, and the character of the disease.

CINCHONA. PERUVIAN BARK.

Description.—The three principal varieties of Cinchona which furnish the well-known Peruvian bark, from which so many useful medical preparations are made, are the Cinchona Calisaya, Cinchona Condaminea, and Cinchona Micrantha. Of the first the leaves are oblong or lanceolate, obovate, obtuse, attenuated at the base, rarely acute on both sides, smooth, and polished beneath. The trunk is straight sometimes twice the thickness of a man's body, and the leafy head is elevated above all surrounding trees. The bark is thicker than that of the other varieties, and both whitish and blackish in color. The bark of both the trunk and the branches is used. It grows in the mountains, and in the hottest forests, of Bolivia and Southern Peru. The characteristics of the other varieties vary both materially and immaterially; but it would require a book of itself to describe them all.

History.—Cinchona is a very old discovery, and takes its name from the wife of the Spanish Viceroy, (Count de Chincon) who was cured of fever by it at Lima, about the year 1638. The bark richest in the anti-periodic alkaloids is the Cinchona Calisaya. The geographical range of the Cinchonas appears to be exclusively confined to the Andes, within the boundaries of Peru, Bolivia, Ecuador, and New Grenada. Twelve of thirteen species furnish the barks of commerce, and are found growing from one to ten thousand feet above the level of the sea. The three species we have named at the head of this article are, however, the only ones recognized by the United States Pharmacopœia, and are the favorites everywhere. Since the seventeenth century these barks have been the study of men versed in medical and chemical science, and they, and the preparations made from them, rank among the most important articles of the Materia Medica.

Government and Virtues.—It is a tree of the Sun. Cinchona bark is tonic, anti-periodic, astringent to a moderate extent, and eminently febrifuge. It is topically (or externally) antiseptic, and is of much value when applied to gangrenous ulcerations, or used for gargles and washes in ulcerated sore throat, mouth, etc. I do not recommend the use of the bark in cases where the stomach is *very much* weakened (although it is employed in every disease in which there is deficient tone,) because the woody fibre in the

powder will most generally disagree. When taken internally it imparts a sensation of warmth to the stomach which gradually spreads over the whole body; the pulse becomes stronger and is accelerated; and the various organs are gently stimulated. It may be used with benefit in ordinary cases of dyspepsia, general debility, and all febrile, eruptive, and inflammatory diseases in whatever stage they may be. In all cases of night sweating, or great feebleness, it is valuable. As an anti-periodic it is not surpassed by anything else used. When it excites nausea, add an aromatic; if purging, opium; if costiveness, rhubarb. Dose, from half a drachm to one drachm.

CASSIA MARILANDICA. AMERICAN SENNA.

Description.—This is an American perennial herb, growing as high as six feet, with round striated stems which are sometimes smooth, and sometimes slightly hairy. The leaves are alternate, on long stalks. The leaflets are oblong, smooth, entire, and hairy at the edges, an inch or two long, and from one-half to two-thirds of an inch broad. The flowers are bright yellow. The seeds many.

History.—The American Senna is to be found from New England to Carolina, growing in rich soils here and there. It flowers from June to September, and the leaves are gathered, for their medicinal virtues, while the plant is in bloom. They yield their virtues to alcohol or water.

Government and Virtues.—It is a plant of *Saturn*, in the sign of *Virgo*. It is one of the most important Herbal cathartics furnished by America, and is mentioned here solely on the ground that it is equally valuable as the common, or ordinary Senna of the drug shops, and costs much less. The analysis of the leaves shows that they contain albumen, mucilage, starch, yellow coloring matter, volatile oil, fatty matter, resin, lignin, and salts of potassa, and lime.

TREE PRIMROSE. OENOTHERA BIENNIS.

Description.—This is an American biennial plant, called, with the name I have given it, *Evening Primrose*, *Cureall*, *Scabish*, etc., and has an erect, rough-branching stem, which ranges from one and one-half to five feet in height. The leaves are from three to six inches long, by one to one inch and a half broad. The flowers

are numerous, pale yellow, are nocturnal, and open but once by night, lasting a single day. The seeds are many, naked and arranged in two rows in each cell. The flowers make their appearance in July and August. The leaves, and cuticle part of the stem and larger branches, are esteemed as a most valuable vulnerary, or cure for wounds, and in eruptive complaints the decoction is set down as being very nearly unequalled. The virtues of the cuticle part of the plant are great, having a mucilaginous taste, and leaving a slight sensation of acrimony in the fauces.

History.—It grows on the borders of fields or natural hedges. When growing in retired places, or by itself, as it were, a white substance appears on the leaves, “rendering them apparently very downy.” A singularity of the Primrose which gives it its great medicinal qualities, is that it is phosphorescent. When in full bloom, at night (the only time it is in *full* bloom) it emits, in the darkest weather, a phosphorescent, or bright white appearance which is noticeable in scarcely anything else that grows.

Government and Virtues.—It is a plant of *Saturn*. The bark, leaves and twigs are the parts most generally used, and should be boiled in lard or tallow for ointment, which, with other ingredients, form a most excellent application for eruptive complaints. Water takes up the properties of the plant proper. The decoction is capital for the cure of the cutaneous afflictions of young persons. All parts of the plant should be collected when it is in flower.

CANNABIS INDICA. INDIA HEMP.

Description.—This is an herbaceous annual, growing about three feet high, with an erect, branched, angular bright green stem. The leaves are alternate, or opposite, on long lax foot-stalks, roughish, with sharply serrated leaflets tapering into a long, smooth entire point. The male flowers are drooping and long, the females simple and erect. The seeds are small, ash-colored and inodorous.

History.—*Cannabis Indica*, or *Cannabis Sativa*, is a native of the Caucasus, Persia, but grows in the hilly regions of Northern India. It is cultivated in many parts of Europe and Asia; but medicine of value can only be made from the Indian variety, the active principle of the plant being developed only by the heat of

the climate of Hindostan. The dried tops and resin are the parts used. The preparations called Churrus, Gunjah, Bhang, Hashish, etc., sold in this country, are mostly feeble imitations of the genuine articles, and are comparatively worthless. Even the few specimens of the genuine productions which reach the shops, and are sold at high prices, are crude and inferior, and can in no wise impart the effects which attach to the pure article. It is a matter of great difficulty to procure the genuine article even direct from dealers in India, unless you have had years of experience as a practicing herbal physician, and have established business connections in various parts of the world as an importer of rare and pure medicinal herbs, barks, roots, resins, etc.

Government and Virtues.—The India Hemp is a plant of the *Sun*. It has been successfully employed in gout, neuralgia, rheumatism, locked-jaw, convulsions, chorea, hysteria and uterine hemorrhage; but it is chiefly valuable as an invigorator of mind and body. Its exhilarating qualities are unequalled, and it is a certain restorative in low mental conditions, as well as in cases of extreme debility and emaciation. In such cases it may be regarded as a real rejuvenator. It should be taken by the advice of one experienced in its uses, in order that its merits may be properly and fairly experienced. The spurious hemp should never be taken, as it produces, what the genuine does not, unpleasant consequences. I have used this article in many a preparation with great success.

BAOBAB. ADANSONIA DIGITATA.

Description.—This is a tree of very great size, belonging to the Linnæan class and order Monadelphia Polyandria. Its great size is its chief descriptive characteristic.

History.—It is a native of Africa, extending quite through that continent from Senegal to Abyssinia, and has been introduced into the West Indies. The leaves and bark abound in mucilage.

Government and Virtues.—It is under the dominion of *Herschel*. The leaves are employed by the natives of Africa for their diaphoretic qualities, and are certain to both cure and prevent fevers of an intermittent character. The bark, applied in fevers, is equal to Cinchona, and would, if it could be readily procured, be often used instead. It is without taste, and very acceptable to the stomach. As a tonic in dyspepsia it is without many superiors.

HOUND'S TONGUE. CYNOGLOSSUM OFFICINALE.

Description.—This plant is biennial, with an erect, silky-pubescent stem, which grows from one to two feet in height. The leaves are shaped like a hound's tongue, from whence the plant derives its name. Flowers, reddish purple; seeds rough, with rude prickles.

History.—Cynoglossum Officinale grows on the road sides and waste places of both Europe and America. The leaves and the root are the parts used in medicine; but the preference I give to the root. This, upon being gathered, emits an unpleasant and somewhat heavy odor, which vanishes when it is dried. Its taste is bitter and mawkish. The fresh root is spoken of by several herbalists as being better than the desiccated, or dried; but this probably arises from the fact that the roots they used had not been gathered at the proper time, dried in the correct way, or kept in a skilful manner. The dried root is quite as active as the fresh, if prepared by a person who knows its qualities.

Government and Virtues.—It is a plant of *Saturn*. It is chiefly valuable for coughs, catarrhs, bleeding from the lungs, and other disorganizations of the respiratory apparatus. The leaves and root are both applied, with great benefit, as a poultice to old ulcers, scrofulous tumors, burns, goitre (for a description of bronchocele, or goitre, see another part of this book), and recent bruises and abrasions. In my four remedies, the values of many of the plants described at length in these pages are most thoroughly embraced. The object in giving such plants a descriptive space each, is to enable the reader, in extraordinary emergencies, to be *his own physician* until he can get a better one, and to show him that what he treads on may, without his knowledge, contain the germs of his rejuvenation.

YELLOW PARILLA. MENISPERMUM CANADENSE.

Description.—This plant is sometimes called *vine maple*, and *moonseed*, but the name at the head of this article is the proper one. It has a perennial, horizontal, very long woody root, of a beautiful yellow color. The stem is round and climbing, and about a foot in length. The leaves are roundish, glaucous green above, paler below, entire, and four or five inches in diameter. The flowers are in clusters, and are small



Sea Wormwood



Black Mullein



Wormwood

and yellow. The fruit is about the third of an inch in diameter, and one-seeded.

History.—Yellow Parilla grows in moist woods, and hedges, and near streams, from Canada to Carolina, and west to the Mississippi. It flowers in July. The root, which is the part used, has a bitter, lasting, but not unpleasant, acrid taste, and yields its virtues to water and alcohol. It is called, not without justice, American Sarsaparilla, and its active principle, known as *menispermin*, shows that it might have received a name less expressive of its merits.

Government and Virtues.—It is a plant of *Venus*. The authors of herbalist dispensaries have set down yellow parilla as “tonic, laxative, alterative, and diuretic,” and it seems to possess all these qualities. Every plant of medicinal value, however, possesses one virtue which is paramount to all others. Yellow parilla is essentially and particularly anti-syphilitic, anti-serofulous, anti-scorbutic, and anti-mercurial. As a purifier of the blood, it is equal to the imported sarsaparilla as we get the latter, and its active principle, *menispermin*, may be used with great good effect in all diseases arising from either hereditary or acquired impurities of the system. It exerts its influence principally on the gastric and salivary glands, and is found expressly beneficial in cases of adhesive inflammation, and where it is found necessary to break up organized deposits, and hasten disintegration of tissue. I use it principally for those diseases arising from a vitiated condition of the blood, but sometimes apply it to dyspepsia. A decoction of the plant may be used to advantage as an embrocation in gouty, rheumatic, and cutaneous affections. The dose of the *menispermin* is from one to four grains. When it produces vomiting, reduce the dose.

SOAPWORT. *SAPONARIA OFFICINALIS*.

Description.—This plant is sometimes called *Bouncing Bet*, but the application of such a name to it only goes to prove what my object in publishing this book is, viz., that millions of people are ignorant of the fact that every time they tread upon some plant with which they are familiar, they are contemptuously destroying that which possesses the means of giving them health and prolonged life. Soapwort is a stout, herbaceous perennial,

with a stem which varies from one to two feet in height. Leaves two or three inches long, one-third wide, and lanceolate, inclining to elliptical, very acute and smooth. The flowers are large, numerous, double, and flesh-colored.

History.—This plant grows in roadsides and waste places in Europe and the United States. It flowers in the early part of July in Europe, but in America in the early part of August. The leaves and root are the parts used medicinally. They have a sweet and bitter taste combined, “with a subsequent persistent pungency, and a benumbing sensation.” When the root and leaves are subjected to the extractive powers of water, they yield a residue something like soapsuds. Their active properties are brought out by either water or alcohol—by the latter particularly. The root gives a principle called *Saponin*, which is very valuable.

Government and Virtues.—It is a plant of *Venus*, in the sign of *Virgo*. It is largely and valuably employed in the treatment of diseases of the liver, scrofulous, syphilitic, and cutaneous affections of a severe character; also catarrh, rheumatism, gonorrhœa, whites, and green sickness. *Saponin* can be prepared only by a competent herbal chemist. In its absence use decoctions of the leaves and roots. Dose of the decoction, from one to two fluid ounces, three times a day.

BUXUS SEMPERVIRENS. Box.

Description.—This is an evergreen tree, hard-wooded, small, and dense-leaved. It, and a variety used for bordering garden-beds and walks, is of remarkably slow growth, taking, according to accurate observation, twelve years to grow one foot, or seventy-two years to reach the height of a tall man. The leaves are ovate, opposite, deep shining green, becoming reddish in autumn, quite smooth and entire, with the skin of the underside readily stripping off. The flowers are aggregate, and pale yellow.

History.—The box tree is a native of the west of Asia, but grows on dry hills and sandy elevations generally in Europe, and but rarely on similar soil in America. A preparation called *Buxina* is obtained from the powdered bark, but the leaves are the parts mainly used in medical practice. They readily impart their virtues to alcohol or water.

Government and Virtues.—The box tree is under the dominion of *Saturn*, in the sign of *Scorpio*. The preparations of the leaves are excellent for the expulsion of worms, for purging the bowels, and regulating the action of the liver; for breaking fevers, and for purifying the blood and glandular secretions. In syrup it is very valuable as a cure for all diseases of a syphilitic character, and may be used alone to great advantage, where the compound syrup of stillingia cannot be obtained. The stillingia is preferable if it is at all to be had. The dose of a strong decoction, or syrup, of box, is half a fluid ounce, three times a day. In very severe cases, the dose may be increased to a fluid ounce; but this should not be undertaken excepting by the advice of a physician. When intestinal worms are to be destroyed or expelled, the powdered leaves are usually administered in, to children, doses of five grains; to adults in doses of from ten to fifteen grains. It possesses anti-spasmodic qualities, and has been given with good effect in hysteria, epilepsy, chorea (St. Vitus' Dance), etc. Chips of the wood (decoction) are useful in chronic rheumatism. The chief value of the *Buxus Sempervirens*, however, centres in its anti-syphilitic virtues. I combine it with corydalis (Turkey pea), and the compound syrup of stillingia, in such a manner that it will *surely* cure syphilis in the first, second, or third stage; also certain forms of scrofula and scurvy. In other diseases, it is no better than many other plants mentioned in this book.

The reader will do well to remember that the common garden box possesses the medical qualities of the *Buxus Sempervirens* to a feeble extent only. The powerful anti-syphilitic virtues of which I have spoken can be procured only from the leaves of the tree reared in Asia, the influences of that climate being requisite to perfect them.

BEARBERRY. ARCTOSTAPHYLOS UVA URSI.

Description.—Uva Ursi, more commonly known as *Bearberry*, is a small, perennial shrub, having a long fibrous root. The stems are trailing and rooting; the bark is smooth; leaves evergreen, shining above, paler beneath; the margin rounded. Fruit globular, small, nearly scarlet, with an insipid, mealy pulp.

History.—This plant is a perennial evergreen, common in the

northern part of Europe and America. It grows on dry, sterile, sandy soils, and gravelly ridges. The berries ripen in winter, although the flowers appear from Juno to September. The green leaves, picked from the stems in the fall, and dried in a moderate heat, are the parts used. These leaves are odorless until reduced to powder, when the odor emitted is like that of dried grass. The powder is of a light brown color, tinged with a yellowish green. The taste is astringent and bitterish. The properties of the leaves are extracted by alcohol or water. A preparation called *Ursin* is made from them.

Government and Virtues.—It is under the dominion of *Saturn*. It is especially astringent and tonic, depending upon these qualities for the most of its good effects. It is particularly useful in chronic diarrhœa, dysentery, profuse menstruation, piles, diabetes, and other similar complaints. It possesses rare curative principles when administered for diseases of the urinary organs, more especially in chronic affections of the kidneys, mucous discharges from the bladder, inflammation of the latter organ, and all derangements of the water passages. It is also a valuable assistant in the cure of gonorrhœa of long standing, whites, ulceration of the *cervix uterus* (or neck of the womb), pain in the vesical region, etc. Many physicians now rely upon it as the basis of their remedy for gonorrhœa, which is accompanied by mucus discharges, and for all kindred afflictions. Its tannic acid gives it great power in reetifying and extirpating the obstinate and disagreeable complaints we have mentioned. The dose of the powder is ten to forty grains; of the decoction one to two fluid ounces (to make this, boil a pint and a half of pure water, containing one ounce of uva ursi down to a pint); of the extract, five to ten grains.

HYOSCYAMUS NIGER. HENBANE.

Description.—Henbane is a biennial plant. It has a long, thick, spindle-shaped, corrugated root, which is of a brown color externally, but whitish internally. The stem sometimes reaches the height of two feet, but often stops at an altitude of six inches. The leaves are large, oblong, acute, alternate, and of a pale, dull green color. They have long, glandular hairs upon the midrib. The flowers are funnel-shaped, of a dull yellow color, with pur-

pel veins and orifice. The seeds are many, small, obovate, and brownish.

History.—Henbane is original with Europe, but has been naturalised in America. It grows in waste grounds, and it flowers from July to September. The leaves and seeds are the parts medicinally used. The leaves are collected in the second year, when the plant is in flower; the seeds are gathered when perfectly ripe. It grows more plentifully than elsewhere in America, in the waste grounds of old settlements, in grave-yards, and around the foundations of ruined houses: Bruise the recent leaves, and they emit a strong narcotic odor, like tobacco. Dry them, and they have little smell or taste. Their virtues are completely extracted by diluted alcohol. The active principle of henbane is called *Hyosciamia*, but all the recognized preparations are now known by the general name of *Hyosciamus*.

Government and Virtues.—Culpepper, who gave his attention very particularly to this plant, pronounces it to be most distinctively and exclusively under the dominion of *Saturn*. I have analyzed it carefully. Henbane is a powerful narcotic, but, unless improperly and injudiciously used, it is not “dangerously poisonous,” as we learn from King. All narcotics are “dangerously” poisonous, if dangerously administered. Nature grows wild her most potent medicinal herbs, and those which, if used by persons who understand them, are curative of the very worst afflictions of the human race, are also destructive to a small extent, if applied and administered by parties who have not thoroughly studied their properties. Medicinally used, Henbane is calmative, hypnotic, anodyne, and anti-spasmodic. It is much better than opium, as it does not produce constipation. It is always given, where opium does not agree, with the very best effects. I use it principally to cause sleep, and remove irregular nervous action. Combined with other preparations mentioned in many parts of this volume, it is most excellent for gout, rheumatism, asthma, chronic cough, neuralgia, irritations of the urinary organs, etc. The leaves make fine external preparations for glandular swellings, or ulcers, etc. I instruct my patients to never use it, under any circumstances, without the advice of a good herbal physician.

BUCHU.—BAROSMA CRENATA.

Description.—The Buchu plant is a perennial shrub, which grows to about three feet in height. The shrub is slender and smooth, with angular brownish-purple branches. The flowers are pink, or whitish. The leaves are opposite, flat, spreading, about an inch long, ovate, acute, and serrated. The capsule is ovate, and the seeds are black, shining, and oblong.

History.—The Buchu plant is a native of Southern Africa. It does not grow very prolifically. There are two other varieties from which the leaves are taken, and which are of equal value with the *Barosma Crenata*. The leaves are the parts which are termed officinal. The Hottentots gather these leaves, (which emit a sort of minty odor,) and powder them. “The powder,” says a traveler, “they have named *Booko*, and they use it for *anointing* their bodies.” They also distil the leaves and obtain from them a strong spirituous liquor somewhat resembling pale brandy, which they not only use for convivial purposes, but for the cure of various diseases, particularly those which are located in the stomach, bladder, bowels and kidneys. A decoction of the leaves is systematically applied by them, with success, we are told, to wounds, but this is an assertion of which we have no direct proof. As we get them, the leaves are nearly, or quite, an inch in length, and from a sixth to half an inch in width, elliptical, lanceolate, slightly acute, or shorter and obtuse; their margin is serrated and glandular, upper surface smooth, and of a clear shining green, the under surface paler, with scattered oil points. They taste and smell like pennyroyal; but are neither heating nor bitter when chewed. They have to be kept very carefully if their odor and virtues are thoroughly preserved for any reasonable length of time. The leaves of all the varieties are somewhat similar, and possess about the same qualities. They yield their volatile oil and extractive (upon which their virtues are mainly dependent) to alcohol or water.

Government and Virtues.—Governed by *Venus*. Buchu is aromatic and stimulant, diuretic and diaphoretic. It is employed in dyspepsia with a palliative effect; but is chiefly administered in chronic inflammation of the bladder, irritation of the membrane of the urethra, uric acid gravel, diabetes in its first stage, and in inconti-

nence of urine. It is recommended, without good reason, for cutaneous and rheumatic affections. I have no doubt Buchu is of some importance in chronic diseases of the urino-genital organs, for I have tried it; but I am sure that we have many native remedies which are altogether superior, and which are neglected only because the public is so familiar with them that they do not care to give them a fair trial.

GOSSYPIUM HERBACEUM.—COTTON ROOT.

Description.—The cotton plant varies in its size and appearance according to the climate or latitude in which it grows, and requires no especial description, as it can not be easily mistaken for any other plant.

History.—It is a native of Asia; but is cultivated extensively in many parts of the world, and in the Southern portions of America more successfully than anywhere else. The inner bark of the recent root is the part chiefly used in medicine. Its active principle, which is that administered by all educated herbal physicians, is called *Gossypin*.

Government and Virtues.—*Gossypium Herbaceum* is a plant of the Sun; but *Venus* also claims power over it. The preparation *Gossypin* is most excellent for diseases of the utero-genital organs. In these diseases it evinces its sole and only virtues, and it ought, on every occasion where it can be procured in its purity, to be used in the stead of *ergot*, or smut rye, in cases of difficult labor. The latter will produce uterine inflammation, and puerperal fever, while *gossypin* will achieve the beneficial effects for which *ergot* is usually administered, and leave the system perfectly free from any prejudicial after-results. The active principle of fresh cotton root forms a most wonderful uterine tonic, and, if correctly prepared, will be found invaluable in sterility, vaginitis, whites, menstrual irregularities, green sickness, etc. I do not recommend the use of the decoction of the root, by inexperienced persons.

THICK LEAVED PENNYWORT.—HYDRO COTYLE ASIATICA.

Description.—This is a small plant with a hollow trailing stem, and leaves shaped similar to those of the violet. It has a small delicate flower which does not attract much attention.

History.—This plant grows in moist soils in India, the Islands of

the Indian Ocean, and some parts of Southern Africa. The natives of India have for many years used it as an alterative, or purifier of the blood; also as a diuretic or stimulant of the kidneys and bladder. The whole plant, dried, is used. It is not officinal, or kept in the drug shops, and can only be obtained in its pure and active shape, by private enterprise.

Government and Virtues.—It is under the dominion of *Venus*. It may be used with some advantage in low fevers, bilious affections, urinary difficulties, and ordinary cutaneous affections; but its special mission appears to be the cure of a disease commonly known as leprosy; but whose true name is elephantiasis. Its efficiency in banishing this, and kindred complaints, was first discovered by a French physician, residing in the Island of Mauritius, who cured himself and then many others similarly afflicted. It has since been tested by many other medical men who speak of it as without an equal in leprosy. There are many kinds of elephantiasis, the worst of which attacks all parts of the body; but causes the legs to swell to an enormous size, shaped like those of an elephant, and is characterized by livid eruptions and loathsome ulcers. Dose, an ounce of the dried plant infused in a pint of water, once a day. It is used in powder, infusion, and syrup.

CALOTROPIS GIGANTEA.

Description.—This is a tree which grows in Hindostan, and is sometimes called the *Calotropis Madarii Indico-orientalis*. The bark is the part employed in medicine, and is of a whitish color, nearly or quite inodorous, and of a bitter but somewhat nauseous taste. It is administered only in small doses, large ones having a tendency to promote nausea and vomiting.

Government and Virtues.—It is under the dominion of the *Sun*. The English physicians residing in Calcutta and other parts of India use it very extensively, and have recommended it for use in this country. Its chief power seems to be excited upon the skin, the capillaries and absorbents of which it stimulates to increased and healthy action. It has been found to be a most valuable remedy for all obstinate cutaneous diseases, and is highly spoken of as a great aid in banishing dropsy, syphilis, hectic fever, and chronic rheumatism.

BLACKROOT.—LEPTANDRA VIRGINICA.

Description.—This plant has received various names, among others Culver's Physic, Tall Speedwell, and through Linnæus that of *Veronica Virginica*. It is perennial, with a simple, straight, smooth, herbaceous stem, and grows from three to four or five feet in height. The flowers are white and numerous. The capsule is many-seeded.

History.—This plant is indigenous to the United States; but is to be found in good condition only in limestone countries. It is often discovered in new soil, in moist woods, in swamps, etc., but its medicinal virtues are feeble, excepting when it is found where there is limestone. The root is the part used. It is perennial, irregular, horizontal, woody, and about as thick as the forefinger. It is gathered in the fall of the second year. The fresh root should never be used, as it is very violent and uncertain in its operations. The dried root, after having been properly prepared, is what may be relied upon for beneficial effects.

Government and Virtues.—It is under the dominion of *Saturn*. It has many useful qualities, but it is chiefly serviceable for diseases of the stomach and liver. Its active principle is called *Leptandrin*, and is used extensively as an alterative to the mucous surface, in inflammation of the bowels, in chronic diarrhoea and dysentery. It is serviceable in serofula and chronic bronchitis. In functional disease of the liver it is one of the best remedies extant. It exerts some of the best qualities of podophillin or mandrake.

SOUTH AMERICAN AGAVE.—AGAVE AMERICANA.

Description.—This plant, which is also sometimes called the Century Plant, from an erroneous idea that it blossoms but once in one hundred years, is the largest of all herbaceous plants. It is an evergreen, and does not blossom often.

History.—It flourishes in the warmer latitudes of South America, where its juice is expressed by the natives and allowed to ferment. In this condition it is called *pulque*, and is used as an exhilarating beverage. The natives can drink large quantities of this liquor without getting very much intoxicated; but it is very severe upon those who are not accustomed to it.

Government and Virtues.—It is a plant of *Venus*. The fresh juice

is used by the South Americans to regulate the action of the bowels and kidneys, and is considered very valuable for dyspepsia and diseases of the bladder. The South American women use the juice and the decoction to promote menstruation. I can say of my own knowledge that, in proper combination, it is a superior anti-syphilitic, and that in scorbutic affections it is without many superiors. The dose is from half a fluid ounce, to two fluid ounces, three times a day.

BITTER CANDYTUFT.—*IBERIS AMARA.*

Description.—This plant has a herbaceous stem, about a foot in height, with acute, toothed leaves, and bright white flowers.

History.—The leaves, stem, root and seeds are used; the seeds especially. The plant is an annual carefully cultivated in Europe, but grows wild also. It flowers in June and July.

Government and Virtues.—It is under the control of *Jupiter*. The ancients employed it in gout, rheumatism, and diseases of a kindred nature. We use it, compounded with other herbal preparations, for such diseases in their worst forms, and we also use it, by itself, in certain proportions, to allay excited action of the heart, particularly where the heart is enlarged. In asthma, bronchitis, and dropsy, it is now considered one of the most excellent ingredients of certain cures for those afflictions. The dose is from one to five grains of the powdered seeds.

BURNING BUSH.—*EUONYMUS ATROPURPUREUS.*

Description.—Burning Bush is sometimes called *Wahoo*, *Indian-arrow wood*, *spindle tree*, etc., and is a small shrub or bush of from five to nine or eleven feet high, with smooth branches, leaves from two to five inches in length, (and half as wide) and dark purple flowers. There is another variety known as *Euonymus Americanus*, which is equally useful medicinally, and this, and the foregoing, are both known by the name of *Wahoo*, better than by any other title.

History.—These plants grow in many sections of the United States, in woods and thickets, and in river bottoms, and flower in June. The bark of the roots is the part used. It has a bitter and unpleasant taste, in its natural shape, and yields its good qualities to alcohol or water. The active principle is *Euonymin*.

Government and Virtues.—It is under the dominion of *Saturn*.

Euonymin acts on the liver, and its main office appears to be to manufacture bile, just as some articles of food make blood faster than others. As a stimulant to the liver, an improver of digestion, and a regulator of the action of the bowels, it is highly recommended. It makes gastric fluid, arouses the action of the pancreas, and relieves the liver. Of Euonymin, take one-eighth of a grain three times a day. The alkaloid principle of the plant, as above embodied, is its chief virtue.

COCULUS PALMATUS.—COLOMBO.

Description.—Colombo, so important in the present practice of medicine, is a climbing plant with a perennial root which is quite thick and branching. The root is covered with a thin brown skin, marked with transverse warts. The stems, of which one or two proceed from the same root, are twining, simple in the male plant, branched in the female, round, hairy, and about an inch, or an inch and a half in circumference. The leaves stand on rounded glandular-hairy footstalks, and are alternate, distant, cordate, and have three, seven, or nine lobes and nerves. The flowers are small and inconspicuous.

History.—This plant inhabits the forests near the South-eastern coast of Africa; in the neighborhood of Mozambique, where the natives call it *Kalamb*. The root is dug up in the dry season in the month of March, and is cut in slices, strung on cords, and hung up to dry. The odor of Colombo is slightly aromatic; the taste bitter, and also mucilaginous. The root is easily pulverized, but spoils by keeping after having been reduced to a powder. It is best to powder it only as it is required for use. The active principle of colombo is called *Columbin*. The root also yields *Berberin*, an excellent stomachic which is procured from the Barberry.

Government and Virtues.—It is under the dominion of *Herschel*. It is one of the purest bitter tonics in the world, and in dyspepsia, chronic diarrhoea, and dysentery, as well as in convalescence from febrile and inflammatory diseases, it can hardly be surpassed as a remedial agent. It is most useful in the remittent and intermittent fevers of hot climates. It is used in many combinations, for which, consult me if occasion offers.

FUMITORY.—FUMARIA OFFICINALIS.

Description.—Fumitory is an annual, glaucous plant, with a suberect, much branched, spreading, leafy and angular stem, growing from ten to fifteen inches high. The leaves are mostly alternato. Culpepper, who knew the plant, which is now used, better than anybody else, said that “at the top of the branches stand many small flowers, as it were in a long spike one above another, made like little birds, of a reddish purple color, with whitish bellies, after which come small round husks, containing small black seeds. The root is small, yellow, and not very long, and full of juice when it is young.” The fruit, or nut, is ovoid or globose, one-seeded or valveless. The seeds are crestless.

History.—Fumitory is found growing in cultivated soils in Europe and America, and flowers in May, June, and July. The leaves are the parts used. Culpepper recommended the whole plant, but the modern decision is to use the leaves, gathered at the proper times, alone. They have no odor, but taste bitter under all circumstances. They are to be used when fresh, and possess the same qualities as Culpepper affixes to the fresh root, viz: malate of lime and bitter extractive principles.

Government and Virtues.—It is distinctly a plant of *Saturn*. Its virtues are chiefly tonic, and those who suffer from diseases of the stomach know too well that a tonic, if properly defined, is, simple as it may be, one of the most important remedies for human ailments nature has provided. Its chief value is found in its action upon the liver. It is used, in combination, with excellent effect, in cutaneous diseases, liver complaints, such as jaundice, costiveness, scurvy, and in debility of the stomach. An infusion of the leaves is usually given in a wineglass (full) every four hours. The flowers and tops have been applied, macerated in wine, to dyspepsia, with partial good effect.

CANDLE NUT TREE.—ALEURITES TRILOBA.

Description.—The name of this tree, a botanical explanation of which is unnecessary, is derived from the Greek word “mealy,” alluding to a meal-like substance which covers the tree. It is of the order Euphorbiaceæ.

History.—It is a small tree which is quite common in the Sandwich, Society, and other South Sea Islands, and is well known to

travellers who have visited those regions. It is also seen in the East and West Indies, but not so prolifically as in the South Sea Islands; neither does it grow in such medicinal perfection. The oil of the fruit is the part used. The best comes from the Sandwich Islands and Ceylon, and is called *Kukin* and *Kekune* oil, respectively. The name of the tree is sufficient to indicate the character of the nut, which gives an oil from which artificial light may be gained, as well as medical qualities.

Government and Virtues.—It is a plant of *Venus*. In Jamaica the tree is called the Spanish Walnut, (a name to which it has no claim,) and the oil is there called Spanish Walnut oil. Its virtues are not many. They are, however, none the less valuable. Everybody knows the excellent cathartic called castor oil. The oil of the Candle Nut tree is much more useful as a cathartic, of a mild, but searching character, and would, if it could be readily obtained at a low price, soon supersede the castor oil. It is solely valuable as an excellent and reliable purge.

SOLOMON'S SEAL.—CONVALLARIA MULTIFLORA.

Description.—This plant has a smooth stem which grows from one to four feet high. The leaves are alternate, smooth and glossy above, pale beneath, two to six inches long, and from one to three broad. Flowers greenish white. Berry dark blue, or blackish when ripe. There is another variety, the *Convallaria Racemosa*, the root of which possesses similar qualities to that of Solomon's Seal.

History.—Both plants are to be found throughout the United States and Canada. They flower from May to August. The root, which is the part used, is inodorous, but has a sweetish mucilaginous taste which is followed by a slight sense of bitterness.

Government and Virtues.—These plants are under the influence of *Venus*. The root is tonic, mucilaginous and astringent. The decoction is successfully used in whites, pectoral affections, menorrhagia, female debility, inflammation of the stomach and intestines, erysipelas, neuralgia, itch, local inflammations, etc. Dose of the decoction, one to three ounces, three times a day.

CEDRON.—SIMABA CEDRON.

Description.—Simaba Cedron is a small tree, with an erect stem

about half a foot in diameter, branching at top rather luxuriantly, with large leaves and palo brown flowers. The fruit is a large solitary drupe, like a plum or peach, and contains a single seed.

History—This tree grows in New Grenada and Central America. Its value as a medicinal agent has long been known in Costa Rica, Trinidad, etc., and from thence was communicated to scientific gentlemen in France. The seed, which is the part used, is about an inch and a half long, nearly an inch broad, and about half an inch thick. It is hard, but can be easily cut by a common knife. It is inodorous, but tastes like quassia or aloes, and yields its properties to water or alcohol. In South America the properties of these seeds were known as early as the year 1700. At that time they were applied more especially as an antidote to the bites of poisonous serpents, and similar affections.

Government and Virtues.—It is under the influence of *Mars*, and is an anti-spasmodic, and one of the most valuable articles of the kind known to educated herbalists. It is very useful in all nervous affections, and is administered in one or two grain doses. As it can only be obtained from those who, like myself, import it especially, it is unnecessary to say that it should not be administered without the advice of competent herbal physicians. To give an idea of its value as an anti-spasmodic, I mention that it is a *cure* for hydrophobia, and an antidote for the majority of acro-narcotic poisons.

IRISH MOSS.—CHONDRUS CRISPUS.

Description.—Irish Moss is often called *Carrageen*. It has a root-disk, throwing up tufts of flat frondes from two inches to a foot in height. These dilate from the base upwards until they become from a quarter to one-third of an inch wide, and then divide repeatedly. The seeds are minute, roundish and red.

History.—This plant is commonly found along the sea coasts of Europe, and grows to a very limited extent on the Atlantic shores of America. Its color, when fresh, is nearly purple; but when dried and cleaned it is of a dirty white aspect, and is nearly inodorous. When boiled in water it forms a jelly upon cooling. It contains pectin, oxalate of lime, compounds of bromine, sulphur, chlorine, and starch.

Government and Virtues.—It is under the dominion of *Venus*.

Although at the first consideration Irish Moss may be set down as a *simple*, it is, in reality, one of the most useful and thorough demulcents we have. Like all of the sea weed class, it exerts a most generous and peculiar influence upon parts which require soothing and toning. A preparation called *Caryageenin* is made from Irish Moss, and is of considerable value, being highly mucilaginous. The moss is wonderfully useful as a demulcent in all chronic affections of the lungs and their dependencics, as well as in irritation of the bladder, kidneys and water passages, enlarged mesenteric glands, (for a description of which see another part of this volume,) scrofula, rickets, and aggravated dysentery and diarrhea. It is generally boiled in milk, and so administered. Its active principle can, however, be extracted only by an experienced herbalist.

BAYBERRY.—MYRICA CERIFERA.

Description.—Bayberry is sometimes called *Wax Myrtle*. The shrub is branching, and partially evergreen, and varies in height from two to a dozen feet. The flowers appear in May before the leaves are fully expanded. The fruits are small and globular, resembling berries which are at first green, but become nearly white. They consist of a hard stone, inclosing a two lobed and two seeded kernel. On the outside of the stone are gunpowder-like grains, and over these is a crust of dry greenish white wax.

History.—Bayberry is found in woods and fields from Canada to Florida. The bark of the root is the officinal part, but the wax is also used. Water must be employed to extract the astringent principles of the root-bark, alcohol to extract its stimulating virtues. The period at which the root should be collected is the latter part of fall. Cleanse it thoroughly, and while fresh separate the bark with a hammer or club. Dry the bark thoroughly and keep it in a dry place; then pulverise, and keep the powder in dark and sealed vessels. In order to obtain the wax boil the berries in water; the wax will soon float on the surface, and may be removed when it becomes cold and hardened.

Government and Virtues.—It is a plant of *Saturn*. The bark has been successfully used in scrofula, jaundice, diarrhea, dysentery, and in other cases where astringent stimulants were indicated. Powdered, it has been employed as a snuff with curative effect,

in catarrh of the head and nasal polypus. It is sometimes applied, in poultice form, to old ulcers, sores, tumors, etc.; but is better for these when combined with Bloodroot. The wax possesses mild astringent with narcotic properties. The real properties of Bayberry bark are found in a preparation called *Myricin*, which is a stimulant and astringent, and can be employed, to the best of advantage, in dysentery with typhoid symptoms, chronic diarrhea, serofula, and follicular stomatitis. Its greatest and most salutary influence is exerted over a diseased condition of the mucous surface. Myricin should be administered internally by the advice of a physician acquainted with its virtues. It may be applied externally to sores, ulcers, etc., by anybody; but its immediate effects must be neutralized by a poultice of slippery elm.

MASTERWORT.—*HERACLEUM LANATUM*.

Description.—The name of this plant, among some people, is *Cow Parsnip*. Its real name, however, is that which is placed at the top of this article. Its root is perennial, large, and spindle shaped, with a strong, disagreeable smell. The stem is hollow, thick, furrowed, branching and pubescent, growing from two to four, or sometimes five, feet high, and about an inch in width, or diameter, at the base. The leaves are large, as well as the root, and the flowers are white, in huge numbers, and *often a foot* broad. The fruit, or seeds, require no mention.

History.—Masterwort was originally found in Labrador, but has since made its way to the United States. It is found in the vicinity of Pennsylvania more plentifully than elsewhere on that continent, growing west as far as Oregon, and flowering in June. The root, which is the part used, looks much like that of parsley, but has a sharp and ill-flavored taste, and a very strong and unwelcome odor. It should never be gathered from *very* damp localities for medicinal purposes.

Government and Virtues.—It is under the dominion of *Mars*, and is *mainly* stimulant and anti-spasmodic. It is sometimes employed as a carminative, but that is its smallest virtue. I have often combined it with Vervain, and other excellent productions of nature, for epilepsy and chorea, and in such cases, which must be particular and peculiar, I use a strong extract of the root, leaves

and tops. I have used the same preparation, regulated to suit individual cases, for colic, asthma, *all kinds* of menses, palsy, apoplexy, and intermittents.

WATER FENNEL.—OENANTHE PHELLANDRIUM.

Description.—Known sometimes as *Water Dropwort*, and sometimes confounded with five-leaved-water-hemlock, which it is not. It has a hollow stem, which is furrowed, half immersed in the water, and bushy, with numerous spreading leafy branches from one to three, or four, feet in height. The seeds are from the twelfth of an inch to the twelfth and a half of an inch in length, are of a yellowish brown color. They have a peculiar and strong odor, and an acrid and aromatic taste.

History.—This plant grows in Europe, in ditches and swamps and ponds, and its leaves or roots should never be used excepting after having been carefully prepared by a competent herbal physician. The seeds are the parts used in medicine, and should never be touched by those who are not instructed in herbalism; so true it is that nature provides remedies for the careful only. The whole plant yields a very violent principle called *Phellandrine*, of which the seeds contain a modicum; but upon drying, or desiccation, this violent principle is not apparent.

Government and Virtues.—Water Fennel, (the seeds) is chiefly a narcotic stimulant; but may be used as a diuretic, expectorant, and alterative. It must never be given in large doses under any circumstances, being one of nature's most powerful remedies. They have been successfully used in all chronic diseases of the air passages, in indolent ulcerations, dyspepsia, and periodical febrile diseases. The virtues of the seeds, and the preparations *properly* made from them, are truly narcotic stimulant. In all diseases where a narcotic stimulant is needed, use Water Fennel if it can be obtained, but always ask a physician to administer it.

KOUSSO.—HAGENIA ABYSSINICA.

Description.—The *Hagenia Abyssinica* is a tree about twenty feet high, of an ornamental character. The flowers grow in clusters, are small, greenish at first, but gradually becoming purple. The leaves are alternate, and are furnished with large stipules, or small leaf-like bodies at the base of the stalk.

History.—This tree grows upon the table lands of Abyssinia at

an elevation of several thousand feet. The flowers are the parts used. They are gathered when in full bloom and are used in their fresh state; but are equally valuable when properly dried. After drying they are powdered, and in this form they are mixed with warm water and administered. The value of this medicine has been known for a long time, having been introduced in the French practice over forty years ago. It is quite difficult to procure even the adulterated or spurious article in America or England; the genuine is not to be obtained at any price in the drug shops. In the shops, however, can be obtained, at great cost, an active resinous principle, extracted from the flowers, and sometimes the unripe fruit, to which the names of *Taeniin* and *Koussin* have been given. The dose of this is set down at twenty grains.

Government and Virtues.—It is governed by the *Sun*. In large doses it will produce heat of the stomach, nausea, and sometimes vomiting, and occasionally will act powerfully on the bowels; but this is only when injudiciously taken. Its chief property is developed in the destruction and expulsion of worms—*especially the tape worm*. It is the surest of all remedies for that distressing affliction when compounded with other ingredients which I have mentioned elsewhere. [See article on “*Tenia Solium*,” page 363]. Taken in the proper dose, it seems to have no general effect, but operates wholly and solely upon the worms. The dose of the powdered flowers in infusion is half an ounce to half a pint of warm water. It must be reduced for children. If the medicine does not operate in four hours use castor oil.

I have not deemed it necessary to give a description of all the countless plants which nature, in her generosity, has furnished: I have given, however, all of the choicest and best for each and every disease that the human family is subject to, and they can mostly be obtained in this country. I must, however, impress upon the reader the fact that these plants should be gathered at the proper times, and under correct planetary and climatic influences, and I take occasion to say that it would be better if they were collected by a physician who thoroughly understands the Herbal

Practice ; because, if so collected and prepared *together* in such forms as his studies and experience may dictate, they will cure all the diseases that afflict humanity. If gathered at the wrong times, and by inexperienced parties, they will not, of course, impart their beneficial, or curative virtues. Or, even if collected by competent persons, and kept over one year, they will possess no real merit. I would particularly warn my readers against the use of plants and herbs which are for sale in places where they are doubtless kept for several years. These, as a general thing, are not gathered at the proper times, or, if they are, are kept so long that they lose all their original properties ; but *any* person can gather these herbs and plants without much trouble, in their original excellence and at the proper times. In order that they may do this, I have given all the necessary information as to times, seasons, qualities, places of growth, varieties of names, and also furnishing a series of beautiful colored illustrations by which those who may not understand the *written* description clearly can have a clue to the plant which will not fail them. I frequently have applications, from all quarters, for these plants and herbs, and it is with great regret that I here insert the fact that I cannot furnish them. Many of them are rare and scarce, but of even the *commonest*, I can only procure enough, by the greatest expense and exertion, to supply the imperative demands of my laboratory. I am sometimes compelled to undergo almost too much expense to procure the material from which I manufacture my several remedies.

VALUABLE HERBAL RECIPES.

IN the following pages will be found a variety of recipes for such diseases and afflictions as usually prevail in all parts of the world. The recipes given can be easily made up, and the advice rendered with them, can be easily made available. There are, however, very many complicated cases of a chronic form of long standing, depriving the sufferer of one moment's happiness even in a modified form, that cannot be reached by any one formula or single medicine, but must be treated on scientific principles by the various remedies best adapted to each individual case as presented. For relief in such cases, I would refer the reader to advice and treatment on page 408 of this book.

GOLDEN TINCTURE.

No. 1 Balsam of tolu, two ounces; gum guaiacum, two ounces; gum hemlock, two ounces; gum myrrh, two ounces; each coarsely powdered; oil of hemlock, three ounces; oil of wintergreen, two ounces; alcohol, one gallon. Let it stand fourteen days. Shake frequently in the meantime.

Dose.—From one to two teaspoonsful, according to severity and obstinacy of the case, in half a glass of sweetened water. This mixture has proved highly useful as an internal remedy for rheumatism, colic, pains, chills, soreness, lameness, sour stomach, languor, depressed spirits, palpitations, water brash, flatulency, and a variety of painful affections.

PULMONARY REMEDY.

No. 2. Take of the roots of spikenard, elecampane, comfrey, and blood-root: of the leaves and flowers of hoarhound, and of the bark of wild cherry, each one pound. These may all be ground and tinctured, by adding alcohol, water, and sugar sufficient to make three gallons of syrup, or any portion of the above compound may be tinctured in sufficient alcohol to cover them, when the herbs may be boiled until their strength is obtained, and the tincture and watery infusion may be mixed, and a sufficient

amount of refined sugar added to make a thick syrup. For coughs and colds, to be taken in teaspoonful doses as required. This remedy will act as a useful substitute for my prepared cure, the "Acacian Balsam," in such parts of the country as are without Railway conveniences. It is, however, by no means equal to the "Balsam," and I do not say that it will save life where the lungs are really ulcerated.

LIVER CORDIAL.

No. 3. Thorough-wort, two ounces ; ginger, half ounce ; cloves, half ounce ; extract dandelion, four ounces ; water, one and one-half pints. Boil to one-third, and add, sugar, one and one-half pounds, and brandy, one pint.

Dose.—A wine-glassful once or twice a day. An excellent cordial cathartic to act upon the liver. The herbs must be gathered at the proper season or they will be worthless.

ANTI-BILIOUS PILL.

No. 4. Aloes, pulverized, five ounces ; fine dry castile soap, half a drachm ; gamboge, pulverized, one ounce ; colocynth, one ounce ; extract of gentian, one ounce ; mandrake, one ounce ; cayenne pepper two ounces ; oil of peppermint, half a drachm. Mix well together, and form into three grain pills.

Dose.—Three to five pills.

AN EXPECTORANT.

No. 5. For asthma and cough, to promote expectoration, and remove tightness of the chest, the following is a valuable compound preparation. Fluid extract of skunk cabbage, one ounce ; lobelia, one ounce ; blood-root, one ounce ; pleurisy-root, one ounce ; ginger, one ounce ; water, one pint ; alcohol, three pints.

Dose.—Two to four teaspoonsful.

FOR PRODUCING SLEEP.

No. 6. The following is a useful preparation for producing sleep, in wakeful or excited conditions, viz : fluid extract of ladies' slipper, one ounce ; fluid extract of pleurisy-root, one ounce ; fluid extract of skunk cabbage, one ounce ; fluid extract scull-cap, one ounce. Mix.

Dose.—Half a drachm to a drachm three times a day.

FOR SICK AND NERVOUS HEADACHE.

No 7. For sick and nervous headache, dependent on an acid stomach, the following is useful: fluid extract of ladies' slipper, half an ounce; fluid extract of catnip, half an ounce; fluid extract of scull-cap, half an ounce; water, one pint.

Dose.—One to three teaspoonsful. Mix.

TONIC TINCTURE.

No. 8. Old cider, four gallons; white oak bark, ten ounces; horse-radish root, one pound; seneca snake-root, six ounces; golden seal root, four ounces; cayenne pepper, two ounces; bruise all fine, add the cider, let stand for ten days, frequently shaking up the mixture in the meantime.

Dose.—For an adult, half to two-thirds of a wine-glassful, three times a day.

SARSAPARILLA SYRUP.

No. 9. Good sarsaparilla, two pounds; guaiacum, three ounces; rose leaves, two ounces; senna, two ounces; liquorice root, two ounces; oil of sassafras, five drops; oil of aniseed, five drops; oil of wintergreen, three drops; diluted alcohol, ten pints; sugar eight pounds.

Dose.—A table-spoonful two or three times a day.

RHEUMATIC TINCTURE.

No. 10. Peppermint water, one and one-half ounces; wine of colchicum root, half an ounce; sulphate of morphine, one grain; magnesia, one scruple.

Dose.—One teaspoonful three or four times a day.

FOR BRONCHITIS.

No. 11. Tannin, three grains; extract of belladonna, three-fourths of a grain; extract of conium two and a half grains; infusion of senna, three ounces; fennel water, one and a half ounces; syrup of marsh-mallow, one and a half ounces. Mix.

Dose.—A table-spoonful to be taken every two hours in chronic bronchitis.

COMPOUND SPIRITS OF LAVENDER.

No. 12. Dried lavender flowers, two drachms ; nutmeg, two drachms ; mace, two drachms ; cloves, two ounces ; cinnamon, two ounces. Pulverize all these, and add a quart of spirits. Let it then stand for a week, and then strain off the liquid.

Dose.—One or two teaspoonsful may be taken often in a little water, with loaf sugar. Useful in nervous affections.

NERVE TONIC.

No. 13. Extract of scull-cap, two drachms ; extract of chamomile, two drachms ; extract of boneset, one drachm ; pulverised cayenne, one scruple ; quinine, one drachm ; oil of valerian, half a drachm. Beat well together, and make ninety pills.

Dose.—For an adult, one pill every two or three hours.

STOMACHIC BITTERS.

No. 14. Gentian root, two ounces ; dried orange peel, one ounce ; cardamom seed, half an ounce, (all bruised) ; diluted alcohol or common whiskey, one quart. Let it stand for two weeks.

Use.—Dyspepsia, loss of appetite, general weakness, etc.

Dose.—One or two table-spoonsful in water, three times a day.

FEVER AND AGUE.

No. 15. Take of boneset, two ounces ; blue vervain, two ounces ; scull-cap, one ounce ; Virginia snake-root, half an ounce. Make an infusion and drink freely while warm. If it produces vomiting, reduce the dose. This will be found highly beneficial. If the bowels are constipated, use one of my "Renovating Pills" every night until all constipation has been removed or remedied.

STRENGTHENING PLASTER.

No. 16. Resin, one pound ; beeswax, one ounce ; burgundy pitch, one ounce ; mutton tallow, one ounce. Melt them together, and add olive oil, pulverized camphor, and sassafras

oil, of each one-sixteenth of an ounce, and West India rum, one fluid ounce. Stir well together, pour into cold water, and form into rolls with the hands ; spread with a knife on a piece of linen cloth, and apply in weakness of the joints, rheumatism, weak chest, weak back, ulcers. This is an excellent plaster for all such purposes.

ACETIC BLOOD-ROOT SYRUP.

No. 17. Blood-root in powder, one drachm ; acetic acid, or vinegar, one pint ; water, one pint. Add the blood-root to the vinegar and water mixed, and steep for two hours, then strain and add two pounds of white sugar, simmer until a syrup is formed.

This is a *specific* remedy for pseudo-membranous croup. It is also used in infantile pneumonia and bronchitis, but the "Aca-cian Balsam" should be used with it.

Dose.—For Croup, from half a teaspoonful to a table-spoonful, but it should not be given in quantities sufficient to provoke vomiting, unless there is imminent danger of suffocation, and then only sufficient to eject the mucous adhering to the upper part of the bronchii and trachea.

A GOOD EMETIC.

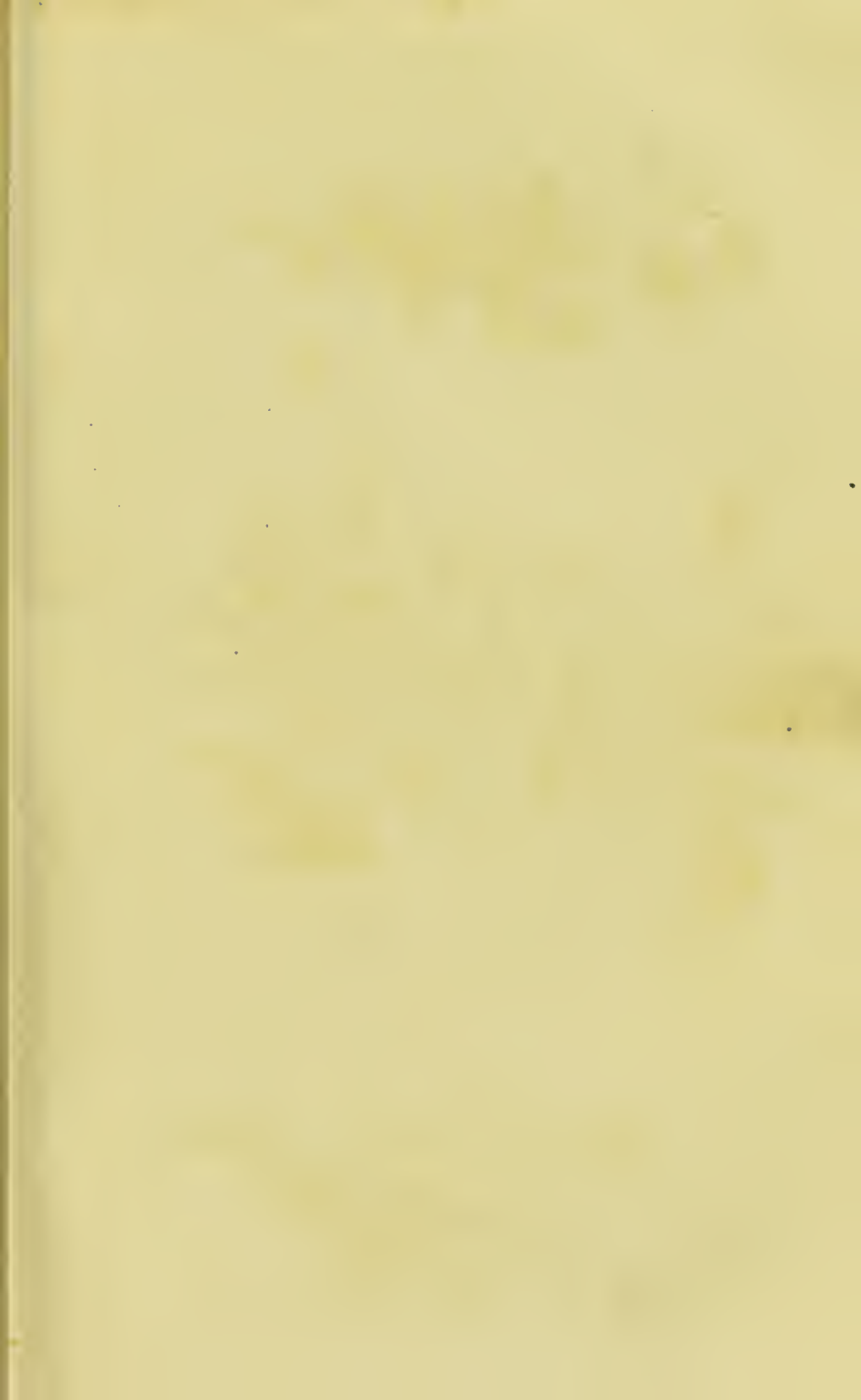
No. 18. Pulverised lobelia, one ounce ; pulverised blood root, one ounce ; pulv. ipecacuanha, six drachms ; pulv. cayenne, four scruples ; senecca, one scruple. Mix. An excellent emetic in all cases where one is required. My "Renovating Pills" should be used to cleanse the system of all remaining particles of lobelia.

Dose.—Half a teaspoonful in a cup of warm water, and repeat every fifteen minutes, until it operates.

NERVE TONIC AND ANTI-SPASMODIC.

No. 19. High eranberry bark, one ounce ; skunk cabbage-root, half an ounce ; skull-cap, half an ounce ; cardamom seeds, two drachms ; pulv. cayenne, two drachms. Put these into a pint of wine. Shake it well every day for three or four days.

Dose.—A table-spoonful four times a day.





Olivera



Shrub Cinquefoil



Comfy

DYSENTERY SYRUP.

No. 20. Best Turkey rhubarb, two drachms ; leptandrin, two drachms ; white sugar, one pound ; hot water, one pint. Triturate well together ; add essence of peppermint, one drachm ; essence of anise, one drachm ; tincture of catechu, two drachms.

Dose.—For dysentery, one teaspoonful every half hour.

COUGH PREPARATION.

No. 21. Tincture of lobelia, half an ounce ; tincture of blood-root, two ounces ; oil of spearmint, half a drachm ; molasses, five ounces.

Dose.—Take one-half of a teaspoonful as often as needed. Useful merely as a palliative.

PULMONARY SYRUP.

No. 22. Spikenard root, sixteen ounces ; white root, sixteen ounces ; blood root, eight ounces ; elecampane, eight ounces ; colts-foot, eight ounces ; boneset, eight ounces ; poplar bark, four ounces ; seneca snake root, two ounces ; lobelia, two ounces ; slippery elm bark, eight ounces ; proof spirits, three gallons. Bruise or pulverise all, and digest in the spirits for fourteen days ; then strain, and add white sugar sufficient to form a syrup.

Dose.—A tablespoonful occasionally, in a mucilage of slippery elm.

Use.—This is a fair relief in all coughs and pulmonary affections.

CHRONIC DISEASES OF THE MUCOUS SURFACES.

No. 23. Hard balsam copaiba, three and a half drachms ; fresh ground cubebs, three and a half drachms ; carbonate of ammonia one drachm. Make one hundred pills.

Dose.—One pill three times a day, between meals.

LINIMENT FOR CHILBLAINS.

No. 24. Sulphuric acid, one drachm ; spirits of turpentine, one drachm ; olive oil, three drachms. Mix the oil and turpentine first, then gradually add the sulphuric acid.

A valuable liniment for chilblains when no other can be obtained. To be rubbed on two or three times a day.

LINIMENT FOR NEURALGIA, ETC.

No. 25. Sweet oil, one ounce; water of ammonia, strong, one ounce. Mix. To be rubbed on with a piece of flannel. A temporary relief for crick in the neck, and rheumatic and neuralgia pains.

SLEEPLESSNESS.

No. 26. Camphor, one grain, formed into a pill, followed by a draught of an ounce and a half of the infusion of hops, with five drops of sulphuric ether.

CHRONIC RHEUMATISM.

No. 27. The remedies given below will be found generally useful :

First.—Warm salt bath. When the pain is very severe at night, take tincture of guaiacum, one drachm; tincture of aloes, half a drachm; spirits of turpentine, thirty drops. Mix, and take in a pint of gruel at bedtime.

Second.—Should the pains continue very severe, give the following :—Aloes, half a scruple; opium, three grains; syrup of buckthorn sufficient to form a pill mass. Mix, and make three pills; one at bed-time.

Third.—Compound powder of ipecacuanha, eight grains; camphor mixture, one and a half ounces. Mix, and give a draught every night.

Fourth.—Take wine of colchicum seeds, one ounce; give from ten to twenty drops in gruel or water three times a day, with one of the following pills :—Sulphate of quinine, twenty-four grains; and syrup sufficient to form into twelve pills; or :

Fifth.—Iodide of potash, one drachm; distilled water, two ounces.

Mix, and give a teaspoonful in a wine-glass of water—morning, noon, and night. This seldom ever fails to give relief.

REMEDY FOR BOWEL COMPLAINT.

No. 28. Rhubarb, pulverised, one ounce; pearlsh, one

teaspoonful : pour on a pint of boiling water. When cold, add a table-spoonful of essence of peppermint.

Dose.—From one to three table-spoonful two or three times a day.

WORM MIXTURE.

No. 29. Populin, one drachm : santonin, twenty grains : tincture of pink root, four ounces : neutralizing mixture, one pint. Rub the santonin in the neutralizing mixture, until thoroughly mixed, then add the other ingredients. Excellent for removing worms in children.

Dose.—From thirty to forty drops every half hour, until it acts on the bowels as a purge. If the worms are not removed, repeat every two or three days ; but be cautious to get *good* pink root, as much of the plant sold for pink root by the druggists is poisonous.

PAINFUL MENSTRUATION.

No. 30. Extract of hyoscyamus, gum camphor, and dover's powders, of each one scruple. Mix, and make into twenty pills.

Dose.—One pill twice a day for painful menstruation.

STOMACH PILL.

No. 31.—Pulverised rhubarb, and guaiacum, of each eight grains : galbanum, two grains : ipecacuanha, two grains. Mix, and make eight pills.

Dose.—Take one or two pills, night and morning. Excellent for a weak stomach, and a bilious condition.

BRONCHIAL TROCHES. (FOR TEMPORARY RELIEF.)

No. 32. Extract of liquorice, one pound : sugar, one and a half pounds : cubebs, four ounces ; gum arabic, four ounces : all pulverised : extract of conium, one ounce. Mix, and take a piece as big as a pea and dissolve it in the mouth, several times a day ; rubbing the neck three times a day with the "Herbal Ointment."

DIARRHŒA.

No. 33. Syrup of orange peel, one ounce ; acetate of mor-

phine, two grains ; tincture of cinnamon, six drachms ; tincture of cardamom, two drachms. Mix.

Dose.—A teaspoonful. Valuable in diarrhœa.

NEURALGIA.

No. 34. Tincture of American hellebore, one drachm ; tincture of black cohosh, two ounces. Mix.

Dose.—One teaspoonful, from three to six times a day.

PILE OINTMENT.

No. 35. Extract of stramonium, one ounce ; extract of tobacco, one ounce ; tannin, ten grains. Make an ointment, and bathe or lubricate the parts, if you cannot at once get the “Herbal Ointment.”

STOMACHIC PILL.

36. Powdered cayenne pepper, one drachm ; rhubarb, two drachms. Make into a mass with syrup, and divide into sixty pills.

Dose.—Two to three every day, an hour before dinner.

AROMATIC BITTERS. (*Stimulant.*)

No. 37. *First.*—ABSINTHIUM. (*Wormwood.*) Infuse three drachms in twenty ounces of water.

Dose.—From a half to two tablespoonsful.

Use.—In debilitated state of the digestive organs.

Second.—ACORUS—Calamus, (*Sweet flag root.*) Infuse one ounce in twenty ounces of water. Joined with other tonics.

Use.—In uneasiness from flatulence.

TONIC TEA. (*Debility.*)

No. 38. Chamomile, scull-cap, and queen of the meadow, each one pound. Reduce them to powder, and mix well together.

Dose.—To one tablespoonful of this powder add one pint of water ; make a tea and drink during the day. This is a good tonic in all cases of debility.

SPICED BITTERS. (*For weak patients.*)

No. 39. Poplar bark, ten pounds ; bayberry bark, two pounds ; balmony bark, two pounds ; golden-seal, one pound ;

cloves, one pound ; cayenne pepper, half a pound ; loaf sugar, sixteen pounds.

Let these articles all be made fine and well mixed. Put a table-spoonful of this compound, with four ounces of sugar, into a quart of boiling water. Take a wine-glassful three times a day before eating, or a teaspoonful of these powders may be taken in a cup of hot water, half an hour before each meal.

TONIC. (*For Chlorosis, or Green Sickness.*)

No. 40. Sulphate of quinine, fifteen grains : diluted sulphuric acid, fifteen drops : compound tincture of cardamom, three drachms : tincture of hops, three drachms : compound infusion of roses, six ounces. Mix.

Dose.—A teaspoonful two or three times a day.

HARD DRY COUGH.

No. 41. Tincture of blood-root, one ounce ; sulphate of morphine, one and a half grains : tincture of digitalis, half an ounce ; wine of antimony, half an ounce : oil of wintergreen, ten drops. Mix.

Dose.—From twenty to forty drops, two or three times a day. Very good relief for a hard dry, cough.

TINCTURE FOR FEVER AND AGUE, ETC.

No. 42. Peruvian bark, and wild cherry bark, each two ounces ; cinnamon, cloves, and nutmeg, each one drachm ; wine, two quarts. Let it stand for a few days to extract the strength.

Dose.—A wine-glassful every two or three hours.

Use.—A very good remedy for intermittent fever, or fever and ague, after suitable evacuants. It frequently removes the disease when all other means fail.

ANTI-SPASMODICS.

MISTURA CAMPHORÆ. (*Aqua Camphoræ, U. S.*)

No. 43. *First.*—Camphor, two drachms ; alcohol, forty drops ; carbonate magnesia, four drachms ; distilled water, two pints.

Dose.—One to two table-spoonful.

Use.—In typhoid conditions, with delirium, for after-pains.

TINCT. CAMPHORÆ COMP. (*Paragoric Elix. Tinc. Opii Camph.*)

Second.—Pulverized opium, one drachm ; benzoic acid, one drachm ; oil of aniseed, one drachm ; sugar, two ounces ; camphor, two scruples ; diluted alcohol, two pints. Macerate for fourteen days. Half a drachm contains less than one grain of opium.

Dose.—For infants, from five to twenty drops ; adults, one to two table-spoonful.

Use.—To allay cough or nausea, to check diarrhœa, to relieve pains.

MOSCHUS. Preputial secretion of the musk animal.

Dose and form.—Five to ten grains, in pill, bolus, or emulsion.

Use.—Hiccough, epilepsy, asthma, cough, palpitation.

TONIC AND CATHARTIC.

No. 44. Aloes, gentian, orange peel, juniper berries, and bruised aniseed, each one ounce ; gin, one pint. Mix. Macerate for two weeks, and then strain.

Dose.—A table-spoonful once or twice a day. Good for bilious habits.

DISCUTIENT OINTMENT.

(*For scrofulous and glandular tumors.*)

No. 45. Bark of bitter-sweet root, stramonium leaves, cicuta leaves, deadly nightshade, and yellow dock root, each two ounces ; lard, one pound. Bruise and simmer the roots and leaves in spirits ; then add the lard, and simmer till the ingredients are crisped or thickened into an ointment.

COUGH MIXTURE.

No. 46. Syrup of tolu, one ounce ; syrup of squills, half an ounce ; wine of ipecac, two drachms ; paregoric, three drachms ; gum arabic mucilage, one and a half ounces. Mix.

Dose.—Take a tea-spoonful occasionally.

GARGLES.

No. 47. *First.*—Raspberry leaves, geranium, blackberry root, and leptandrin root, each one ounce. Mix and make three pints of strong decoction. Suitable for a gargle.

Second.—Geranium, golden-seal, marsh-mallow, wild indigo root, and rosemary, each half an ounce. Mix, and make one pint of strong infusion. After straining, add two drachms of powdered borax, and one gill of honey. An excellent astringent gargle.

HONEY BALSAM.

No. 48. Balsam of tolu, balsam of fir, each two ounces; opium, two drachms. Dissolve all three in one quart of alcohol.

Dose.—A teaspoonful occasionally. Valuable for the relief of pulmonary diseases.

ANTI-DYSENTERY CORDIAL.

No. 49. Birch bark, and peach pits, each two pounds; bayberry bark, half a pound; wild cherry bark, one pound; water, two gallons. Boil down to one and a half gallons, after which add a gallon of good brandy, and loaf sugar sufficient to make it palatable.

Dose.—A wineglassful three or four times a day.

FOR GRAVEL, DROPSY, ETC.

No. 50. Queen of the meadow, milk-weed, juniper berries, dwarf elder, spearmint, wild carrot seed, of each two ounces. Put all in a mortar and bruise, and boil the whole in a gallon of water, till half a gallon of the liquid is left, and then strain.

Dose.—Half a pint of the decoction is to be taken several times during the day.

COUGH SYRUP.

No. 51. Acetate of morphine, four grains; tincture of blood-root, two drachms; antimonial wine, three drachms; ipecacuanha, three drachms; syrup of wild cherry, three ounces; Mix.

Dose.—A teaspoonful two or three times a day.

FOR THE LONG ROUND WORM OF CHILDREN,

No. 52. Pulverised rue, ten grains; santonin, five grains; podophyllin, one grain. Rub well together; divide into eight powders, and give one every night and morning.

DIARRHŒA.

No. 53. Tincture of catechu, half an ounce; spirits of

camphor, tincture of myrrh, and tincture of cayenne, each two drachms. Mix.

Dose.—From half a teaspoonful to a teaspoonful in Diarrhœa
INJECTION.

No. 54. Castor oil, one gill; pulv. cayenne, ten grains, table salt, one teaspoonful; molasses, one gill; warm water, one pint. Inject.

THE BLUES, OR LOW SPIRITS.

No. 55. A pleasant cordial for low spirits is the following:—Aniseed, four drachms; oil of angelica, one drachm; oil of cassia, forty drops; oil of carraway, thirty drops; proof spirits, two gallons. Mix well.

Dose.—Half a tablespoonful in water.

SKIN DISEASES WITH MUCH IRRITATION.

No. 56. Decoctions of bitter-sweet and mallows, of each half a pint; mix and make a liniment. Use the Renovating Pills internally.

CHILBLAIN OINTMENT.

No. 57. Lard, two quarts; turpentine, one pint; camphor, quarter of a pound. Rub into the parts. This will be found a capital remedy.

ACIDITY OF THE STOMACH.

No. 58. Hard wood ashes, one quart; common soot, half a gill; water, six pints. Digest, settle, and filter.

Dose.—Take one tablespoonful three times a day, in acidity of the stomach.

HEMORRHOIDS. PILES.

No. 59. Opium, one scruple; pulverised nut-galls, one drachm; ointment altheæ. Mix, and anoint the parts.

SORE THROAT.

No. 60. Those subject to sore-throat should make a wash of warm water, in which wood-ashes have been dissolved, and apply externally every morning. The "Herbal Ointment" should be applied at night, and well rubbed in. If the disease has become permanent or chronic, the "Acacian Balsam" must be used according to directions. (See page 308.)

INJECTION FOR COSTIVENESS.

No. 61. Castor oil, two ounces; tincture of prickly ash bark, half an ounce; compound tincture of Virginia snake root, two drachms; infusion of boneset and senna, equal parts, half a pint. Mix, and inject. It is, by no means, however, as good as the "Renovating Pills." See page 317.

TO PRODUCE PERSPIRATION.

No. 62. Blood-root, golden-seal, sumach-berries, bayberry bark, of each two drachms; all pulverised. Mix.

Dose.—Make an infusion in a pint of hot water, and give table-spoonful every half hour.

POULTICE FOR A FESTER.

No. 63. Boil bread in the settlings of strong beer; apply the poultice in the common manner. This has saved many an hour of suffering.

CATAPLASMS, OR POULTICES.

No. 64. May be made by moistening bread crumbs with milk. They may also be made of flax-seed, roasted onions, snake-root, hops, etc.

Poultices are useful in nearly all cases of local inflammation.

TOOTHACHE.

No. 65. Gum opium, gum camphor, spirits of turpentine, each one scruple. Rub in a mortar to a paste. Put it in the hollow tooth.

Use.—This will cure and ever prevent the toothache.

A FRAGRANT BREATH.

No. 66. Take sherry wine, one gill; ground cloves, and grated nutmeg, each one drachm; cinnamon, and bruised caraway seeds, each a quarter of an ounce. Place all these dry substances into the wine or spirits, in a half pint bottle, and let them stand for several days, shaking the bottle every night and morning. Strain off the tincture through linen to get it bright, then add about ten drops of lavender, or five drops of the otto of roses.

A few drops on a lump of sugar dissolved in the mouth, will secure a breath of flowers.

It may be also used with advantage on the tooth-brush, in lieu of tooth powder, or, mixed with water it makes an excellent gargle.

FOOT BATH.

No. 67. A bucket of warm water ; pulv. cayenne pepper, one tablespoonful ; ground mustard, two tablespoonful. Mix.

Use.—As a foot bath in suppression of menses.

TO IMPROVE THE VOICE.

No. 68. Beeswax, two drachms ; balsam of copaiba, three drachms ; powdered liquorice root, four drachms. Melt the copaiba with the wax in a new earthen pipkin. When they are melted, remove them from the fire, and while in a liquid state, mix in the powdered liquorice.

Make pills of three grains each. Two of these pills to be taken occasionally, or three or four times a day, if necessary.

Use.—This is a good remedy for clearing and cleaning the voice and is much used by professional singers.

HEADACHE. NEURALGIC PAINS.

No. 69. Take of opodeldoc, spirits of wine, salamoniac, equal parts, and apply like any other lotion.

STINGS.

No. 70. Bind on the place a thick plaster of common salt or pearlsh moistened ; it will soon extract the venom.

A STOMACHIC.

No. 71. Fresh ground cubebs.

Dose.—From five to twenty grains.

Use.—As a stomachic in disorders of the digestive organs.

MUSTARD POULTICES.

No. 72. These are prepared by adding one tablespoonful of mustard to three of flour, mixing with equal parts of water and vinegar.

Use.—They are beneficially employed to attract the blood from the deep-seated or inward, to the superficial or outward capillaries, or hair-like veins or arteries.

OFFENSIVE BREATH.

No. 73. Solution chloride of sodium, six drops ; water, two ounces. Mix.

Use.—A sure remedy for an offensive breath emanating from a deranged stomach.

ANTIDOTE FOR RATTLESNAKE POISON.

No. 74. The Medical Journal says the following is an infallible cure for the poison of a rattlesnake bite. Iodide of potass, four grains ; corrosive sublimate, two grains ; bromine, five drachms. Mix together, and keep the mixture in a glass-stoppered vial, well secured.

Dose.—Ten drops of this mixture, diluted with a tablespoon-full of brandy, constitutes a dose. The quantity to be repeated, if necessary, according to the exigencies of the case.

FOR CANCER.

No. 75. Take equal parts of fresh poke-weed, yellow dock, and blood-root ; evaporate the juice by the means of a sand bath, to the consistency of tar. The ointment should be applied, after the cuticle has been removed by a blister, three times a day. The parts should be washed with good French brandy after each application of the ointment. If the reader finds it impossible to make this remedy, please write me full particulars of the case.

FOR HIP DISEASE.

No. 76. Take Iodine, one ounce ; phosphate of lime, two ounces ; water, one pint. Dissolve the iodine and lime the water, and add twenty grains of tannin. Inject with a small syringe three or four times a day.

Use.—A valuable injection in hip disease, where the head of the bone is decayed.

FOR BRUISES.

No. 77. Take pulv. slippery elm, and pulv. indigo weed, each one pound ; gum myrrh, half a pound ; pulv. prickly ash, a quarter of a pound. Wet with good brewer's yeast and apply. A very good poultice for bruises.

FOR DIPHTHERIA.

No. 78. Saturated tincture of serofulaire, one drachm, added to half a tumbler of water.

Triturated macrotyn, twenty grains ; added to a tumbler full of water.

Dose.—One teaspoonful of each every hour.

GARGLE FOR THE ELONGATION OF THE UVULA.

No. 79. Fluid extract of rhusin, one drachm ; fluid extract of bayberry, two drachms ; water, two ounces. Mix, and gargle the throat three or four times a day. Also bathe the throat upon the outside in strong salt and water.

OINTMENT FOR THE ITCH.

No. 80. Take of sublimed sulphur, two parts ; of subearbonate of potash, one part ; of lard eight parts. Make into an ointment and apply freely.

TO REMOVE WARTS AND CORNS.

No. 81. Apply the juice of the leaves of the great celandine or tetter-wort, and keep applying until the fungus growth is removed.

FOR THE TEETH.

No. 82. Make charcoal of bread, pulverise it until it is reduced to an impalpable powder, then apply daily, morning and evening, with a soft brush and pure cold water.

Use.—This will keep the teeth white, and cure diseases of the gums.

A GOOD MEDICATED WINE.

No. 83. Take of powdered colchicum seed, two ounces, of sherry wine, twelve fluid ounces. Put them together in a close glass bottle, and let them stand for fourteen days, giving a good shaking every day. Filter through a fine muslin cloth, and drink as required.

INJECTION FOR ASIATIC CHOLERA.

No. 84. Take of water, one fluid ounce ; tincture of prickly ash berries, one fluid drachm ; tincture of opium, twenty drops. Mix together. Injeet in ordinary quantity until the desired effect has been produced.

BLEEDING AT THE NOSE.

No. 85. Powder of rhatany, (for internal use,) ten grains.

FOR OLD ULCERS.

No. 86. Take of red chickweed, which is common both in America and Europe, the leaves and flowers, and apply in the form of a poultice, frequently changing them.

FOR PARALYSIS OF THE BLADDER.

No. 87. Make from the leaves of the poison oak, a tincture with alcohol.

Dose.—From two to five drops three times a day. Children should never use it.

FOR NERVOUSNESS.

No. 88. Fluid extract of cinchona, one ounce; fluid extract of valerian, one ounce; essence of cardamom, two drachms. Mix.

Dose.—One drachm every three hours. This will generally save much suffering until a permanent cure can be procured.

FOR DECAYED TEETH.

No. 89. Dissolve, in a well-stopped bottle, a quarter of a pound of gum mastic, in a quantity of sulphuric ether barely sufficient for the purpose. Saturate, with this solution, a small piece of cotton of the size of the cavity in the tooth, and then, having cleansed and dried the cavity, gently press the cotton into it. This will be found useful where there are no dentists at hand.

TO KILL AND EXPEL TAPEWORMS.

No. 90. Solid extract of male fern, two scruples; gamboge, fourteen grains; scammony, eighteen grains. Mix, and divide into twenty pills.

Dose.—Two pills morning and night.

PALLIATIVE FOR DROPSY.

No. 91. Take of the oil of juniper berries, five drops; sweet spirits of nitre, one drachm. Mix.

Dose.—From two to five drops, three times a day.

FOR EXTREME WEAKNESS.

No. 92. Fluid extract of rhubarb, two ounces ; fluid extract of gentian, half an ounce ; diluted alcohol, two pints. Mix.

Dose.—From half an ounce to an ounce, morning and night. Begin with half an ounce and note the effects.

WASH FOR SORE MOUTH.

No. 93. Take of fluid extract of cranes-bill, two ounces ; fluid extract of black cohosh, two ounces ; fluid extract of golden-seal, two ounces ; fluid extract of witch hazel, two ounces ; water four quarts. Mix. Use as a wash as often as may seem to be required.

FOR DIARRHŒA.

No. 94. Take of fluid extract of colombo, two drachms ; fluid extract of rhubarb, two drachms ; fluid extract of ginger, one drachm ; water, one quart. Mix.

Dose.—One drachm every one or two hours.

GARGLE IN SCARLET FEVER.

No. 95. Take of fluid extract of cayenne pepper, two ounces ; common salt, two drachms ; boiling vinegar, one quart ; boiling water, one quart. Use as required.

CHALK MIXTURE.

No. 96. Take of prepared chalk, half an ounce ; sugar, and powdered gum arabic, each two drachms ; cinnamon water, and water, four fluid drachms each. Rub all together, until thoroughly mixed.

Dose.—A tablespoonful often repeated. This is valuable for acidity of the stomach.

FOR INTERMITTENT AND REMITTENT FEVERS.

No. 97. Take of the solid extract of butternut, one and a quarter drachms ; solid extract of jalap, three quarters of a drachm ; castile soap, ten grains. Mix, and divide into sixteen pills.

Dose.—From two to five pills, according to the age of the patient and the severity of the disease.

FOR COOLING THE BLOOD;

No. 98. Take of cream of tartar, two scruples; of water, one quart. Mix, and flavor to suit, and drink as a beverage.

FOR AN AFFECTION OF THE KIDNEYS.

No. 99. Take the buds of the tree known as the balm of gilead, (gathering them at the proper time, and under the proper influences,) and with alcohol make a tincture.

Dose.—From one to two fluid drachms a day.

FOR FELONS AND TUMORS.

No. 100. Gather poke root under the proper planetary influences, (see article on "Poke," in another part of this book,) and bury it in hot ashes until it is soft; then mash it and apply as a poultice.

STOMACH AND BOWELS

No. 101. Place pumpkin seeds in water without bruising them, making an infusion. The infusion may be drunk freely. It is very efficacious in inflammation of the stomach and kidneys, and scalding of the urine.

FOR BOILS AND CARBUNCLES.

No. 102. Get the leaves of the "round-leaved pyrola," or *pear leaved wintergreen*, and of the decoction make a poultice and apply to the parts affected. A very good preparation for temporary relief.

FOR MUSCULAR PAINS, NEURALGIA, ETC.

No. 103. Take of the extract of fox-glove, half an ounce; mix it with half a pint of tepid water, and then stir in as much flax-seed meal as will make a poultice of the right thickness. Be sure not to apply this poultice to any part where there is much skin off.

TO CURE BALDNESS.

No. 104. Take lac sulphur, one ounce; sugar of lead, half an ounce; sulphate of copper, five grains; pure water, half a pint. Mix and filter. Add seven ounces of rose water, and one ounce each of bergamot, cinnamon, jessamine and peppermint. Bathe the head in this twice a day, and give it a cold shower bath once or twice a week.

FOR LOCKED JAW.

No. 105. Take of dioscorine, twenty grains ; sentellarin, twenty grains ; quinine, twenty grains. Mix, and divide into ten powders, and give one every two hours until all are taken. The wound should be thoroughly cauterized, (if the disease be caused by a wound) and poultices applied immediately. An emetic and cathartic should also be administered.

FOR SALT RHEUM.

No. 106. Make a syrup of butternut leaves and root, and take a tablespoonful three times a day.

FOR CHRONIC ULCERS AND AGUE.

No. 107. Eat the root of star grass moderately. The root is edible.

FOR GRAVEL.

No. 108. Make an infusion of wild carrot, and chamomile blossoms, take a tablespoonful three times a day.

FOR FALLING OF THE RECTUM.

No. 109. Take of tannin, ten grains ; geranin, twenty grains ; white wax, one ounce ; glycerin, one ounce. Melt the wax and mix the glycerin, and add the tannin and geranin while it is cooling. Apply four or five times a day. The bowels should be kept regular by the use of my "Renovating Pills."

FOR WHOOPING COUGH.

No. 110. Take of pulverised alum, one ounce ; water, one pint. Heat the water until the alum is all dissolved, add one pound of refined sugar, and simmer until a syrup is formed, then strain and let it cool.

Dose.—From one to two teaspoonsful a day, as the case may require.

FOR DIABETES.

(The voiding of sweet urine in large quantities.)

No. 111. Take equal parts of beth root, black cohosh, cranes-bill, wild cherry, and hemlock bark. Pulverise. To a tablespoonful of the powder add a pint of boiling water, and

let it be drank cool, or cold during the day. Take the "Renovating Pill" to keep the bowels regular.

ACUTE ERYSIPELAS, SCARLATINA, ETC.

No. 112. Take equal parts of cleavers, maiden hair, and elder-blows. Macerate in warm water for two or three hours, and drink freely when cold.

Use.—This is an excellent drink in acute erysipelas, scarlatina, and other exanthematous diseases in their inflammatory stages.

FOR HYDROPHOBIA.

No. 113. Take dried herbs of bears foot, wood betony, woodsage, agrimony, box, and rue, of each two ounces, with a small piece of nightshade. Cut these small and put them into a gallon of rain-water, and boil all together in an iron vessel until reduced to a quart. When the liquid has boiled some time, add one ounce each of antimony, and filed pewter. Half a pint to be taken three mornings, fasting, for an adult, and a smaller quantity, in proportion to the age, by younger persons. The same quantity to be again taken at the next full of the moon. The patient to abstain from any spirituous liquors, and to be very careful not to heat the blood by any violent exercise.


FOR PUTRID FEVER.

No. 114. Take of decoction of elder blossoms, ten fluid ounces; of pure acetic acid, one ounce; of extract of cinchona, three drachms; of clarified elderberry jelly, one ounce. Mix.

Dose.—A teaspoonful every hour.

FOR DROPSY.

No. 115. Take of volatile oil of meadow-sweet, twenty drops; of a strong decoction of peppermint, one ounce; of an infusion of hysop leaves, six fluid ounces. Mix, and take a spoonful every hour.

 THE above recipes, if made up from herbs and plants gathered at the right times and under the proper planetary and climatic influences, and not kept too long, will perform, in every instance the duties ascribed to them. If any of my

readers address me with referenee to any of these reeipes, they should givo the number. The main object of giving these reeipes is to enable peoplo to eure themselves of all ordinary affliotions ; where tho disease has becomo ehronic, or komplieated, I would refer them to page 408. It will there be seen that all such eases can bo satisfactorily treated, agreeably to the laws of nature, and so varied to suit tho temperament, that all who aro afflieted may look hopefully for a speedy restoration.

THINGS FOR THE SICK-ROOM.

BARLEY WATER.—Pearl barley two ouncees ; boiling water, two quarts. Boil to one quart and strain. If desirable, a little lemon-juice and sugar may be added. This may be taken freely in all inflamatory and eruptive diseases : Measles, Searlet Fever, Small-Pox, etc.

RICE WATER.—Rice, two ouncees ; water, two quarts. Boil one hour and a half, and add sugar and nutmeg to suit the taste. When milk is added to this it makes a very exeellent diet for children. Should the bowels bo too loose, boil the milk beforo adding.

SAGE TEA.—Dried leaves of Sage, half an ouncee ; boiling water, one quart. Infuse for half an hour and strain ; may add sugar if desired. Balm, Peppermint, Spearmint and other teas are made in the same manner.

A REFRESHING DRINK IN FEVERS.—Boil an ouncee and a half of tamarinds, two ouncees of stoned raisins, and three ouncees of eranberries, in three pints of water until two pints remain. Strain, and add a small peece of fresh lemon-peel, which must be removed in half an hour.

ARROW ROOT JELLY.—Stir a table-spoonful of arrow root powder into half a eupful of eold water, pour in a pint of boiling water, let it stand five or ten minutes, and then sweeten and flavor it to suit the taste.

IRISH MOSS JELLY.—Irish Moss, half an ouncee ; fresh milk, one and a half pints. Boil down to a pint. Strain and add sugar and lemon-juice sufficient to givo it an agreeablo flavor.

ISINGLASS JELLY.—Isinglass, two ounces ; water two pints. Boil to one pint. Strain, and add one pint milk and one ounce of white sugar. This is excellent for persons recovering from sickness, and for children who have bowel complaints.

TAPIOCA JELLY.—Tapioca, two large spoonsful ; water, one pint. Boil gently for an hour, or until it appears like a jelly ; add sugar, wine and nutmeg, with lemon juice to flavor.

RICE JELLY.—Mix a quarter of a pound of rice, picked and washed, with a half pound of loaf sugar, and just sufficient water to cover it. Boil until it assumes a jelly-like appearance. Strain, and season to suit the taste and condition of the patient.

GRAPES.—In all cases of fever, very ripe grapes of any kind are a beneficial article of diet, acting as both food and drink, and possessing cooling and soothing properties. They are also extremely grateful to every palate.

TOAST.—To make a most excellent toast for a reduced or convalescent patient, take bread twenty-four or thirty-six hours old, which has been made of a mixture of fine wheat flour and Indian meal, and a pure yeast batter mixed with eggs. Toast it until of a delicate brown, and then, (if the patient be not inclined to fever) immerse it in boiled milk and butter. If the patient be feverish, spread it lightly with cranberry jam, or calve's foot jelly.

RICE.—In all cases where a light and nice diet for parties who have been, or are afflicted with diarrhoea or dysentery is required, rice, in almost any cooked form, is most agreeable and advantageous. It may be given with benefit to dyspeptics, unless costiveness accompanies the dyspepsia. To make rice pudding, take a tea-cup full of rice, and as much sugar, two quarts of milk, and a teaspoonful of salt. Bake, with a moderate heat, for two hours. Rice flour made in a batter, and baked upon a griddle, makes a superb cake ; and rice flour gruel, seasoned to the taste, is most excellent for the sick-room.

BREAD JELLY.—Boil a quart of water and let it cool. Take one-third of a common loaf of wheat bread, slice it, pare off the crust, and toast it to a light brown. Put it in the water in a covered vessel and boil gently, till you find, on putting some in a spoon to cool, the liquid has become a jelly. Strain and cool. When

used, warm a cupful, sweeten with sugar, and add a little grated lemon peel.

RICE GRUEL.—Ground rice, one heaping table-spoonful; water, one quart. Boil gently for twenty minutes, adding, a few minutes before it is done, one table-spoonful of ground cinnamon. Strain and sweeten. Wine may be added when the case demands it.

WATER GRUEL.—Oat or corn meal, two table-spoonfuls; water, one quart. Boil for ten minutes, and strain, adding salt and sugar if desired by the patient.

SAGE GRUEL.—Sage, two table-spoonfuls; water, one pint. Boil gently until it thickens, stir frequently. May add wine, sugar and nutmeg according to circumstances.

ARROW ROOT GRUEL.—Arrow root, one table-spoonful: sweet milk and boiling water, each one half pint. Sweeten with loaf-sugar. This is very good for children whose bowels are irritable.

DECOCTION OF BRAN.—New wheat bran, one pint; water, three quarts. Boil down to two quarts, strain off the liquor and add sugar, honey or molasses, according to the taste of the patient.

TAPIoca.—Tapioca is a very delightful food for invalids. Make an ordinary pudding of it, and improve the flavor agreeably to the desire of the patient or convalescent, by adding raisins, sugar, prunes, lemon-juice, wine, spices, etc.

BEEF LIQUID.—When the stomach is very weak, take fresh lean beef, cut it into strips, and place the strips into a bottle, with a little salt. Place into a kettle of boiling water and let it remain one hour. Pour off the liquid and add some water. Begin with a small quantity, and use in the same manner and under similar circumstances as beef tea. This is even more nourishing than beef tea.

BEEF TEA.—Cut one pound of lean beef into shreds, and boil for twenty minutes in one quart of water, being particular to remove the scum as often as any rises. When it is cool, strain. This is very nourishing and palatable, and is of great value in all cases of extreme debility where no inflammatory action exists, or after the inflammation is subdued. In very low cases, a small tea-spoonful may be administered every fifteen or twenty minutes, gradually increasing the amount given as the powers of life return. In cases

of complete prostration, after the cessation of a long exhausting fever, it may be used as directed above, either alone or in conjunction with a little wine.

PANADO.—Put a little water on the fire with a glass of wine, some sugar, and a little grated nutmeg; boil all together a few seconds, and add pounded crackers or crumbs of bread; and again boil for a few minutes.

FRENCH MILK PORRIDGE.—Stir some oatmeal and water together, let the mixture stand to clear, and pour off the water. Then put more water to the meal, stir it well, and let it stand till the next day. Strain through a fine sieve, and boil the water, adding milk while so doing. The proportion of water must be small. With toast this is admirable.

COMMON MILK PORRIDGE will be found very palatable in ordinary cases. Everybody knows how to make it.

BUTTERMILK PAP.—Fresh buttermilk, four parts; water, one part, mix, boil, and thicken with Indian meal. Eat with butter, sugar, or molasses.

COFFEE MILK.—Put a dessert-spoonful of ground coffee into a pint of milk; boil it a quarter of an hour with a shaving or two of isinglass; let it stand ten minutes, and then pour off.

RESTORATIVE JELLY.—Take a leg of well-fed pork, just as cut up, beat it, and break the bone. Set it over a gentle fire, with three gallons of water, and simmer to one. Let half an ounce of mace, and the same of nutmegs, stew in it. Strain through a fine sieve. When cold, take off the fat. Give a chocolate-cup the first and last thing, and at noon, adding salt to suit the taste. This is very valuable in all cases of debility where animal food is admissible.

DRINK IN DYSENTERY.—Sheep's suet, two ounces; milk, one pint; starch, half an ounce. Boil gently for thirty minutes. Use as a common drink. This is excellent for sustaining the strength, in bad cases of dysentery.

TOAST WATER.—Toast slowly a thick piece of bread cut from the outside of a loaf, until it is well browned, but not blackened. Then turn upon it boiling water of a sufficient quantity, and keep it from half an hour to an hour before using. Be sure that the liquid is of a rich brown color before you use it. It is a most excellent drink in all cases of sickness or convalescence.

CRANBERRY WATER.—Put a tea-spoonful of cranberries into a cup of water and mash them. In the meantime boil two quarts of water with one large spoonful of corn or oat meal, and a bit of lemon-peel; then add the cranberries and as much fino sugar as will leave a smart flavor of the fruit—also a wine-glassful of sherry. Boil the whole gently for a quarter of an hour, then strain.

WINE WHEY.—Heat a pint of new milk until it boils, at which moment pour in as much good wine as will curdle and clarify it. Boil and set it aside, until the curd subsides. Do not stir it, but pour the whey off carefully, and add two pints of boiling water, with loaf sugar.

ORANGE WHEY.—Milk, one pint; the juice of an orange with a portion of the peel. Boil the milk, then put the orange to it, and let it stand till it coagulates. Strain.

MUSTARD WHEY.—Bruised mustard seed, two table-spoonful; milk, one quart. Boil together for a few minutes until it coagulates, and strain to separate the curd. This is a very useful drink in dropsy. A tea-cupful may be taken at a dose, three times a day.

SIPPETS.—On an extremely hot plate, put two or three slices of bread, and pour over them some of the juices of boiled beef, mutton or veal. If there be no butter in the dish, sprinkle over them a little salt.

CHICKEN BROTH.—Take half a chicken, divested of all fat, and break the bones; add to this half a gallon of water, and boil for half an hour. Season with salt.

VEGETABLE SOUP.—Take one potato, one turnip, and one onion, with a little celery or celery seed. Slice and boil for an hour in one quart of water. Salt to the taste, and pour the whole upon a piece of dry toast. This forms a good substitute for animal food, and may be used when the latter would be improper.

CALVE'S FOOT JELLY.—Boil two calves' feet in one gallon of water, until reduced to one quart. Strain, and when cool, skim carefully. Add the white of six or eight eggs, well beaten, a pint of wine, half pound of loaf sugar, and the juice of four lemons. Mix them well, boil for a few minutes, stirring constantly, and pass through a flannel strainer. In some cases the wine should be omitted.

SLIPPERY ELM JELLY.—Take of the flour of slippery elm, one or two tea-spoonsful ; cold water, one pint. Stir, until a jelly is formed. Sweeten with loaf sugar or honey. This is excellent for all diseases of the throat, chest and lungs, coughs, colds, bronchitis, inflammation of lungs, etc. It is very nutritious and soothing.

NUTRITIVE FLUIDS.—Below will be found directions for preparing three nutritious fluids, which are of great value in all diseases, either acute or chronic, that are attended or followed by prostration,—debility, whether general, or of certain organs only, derangement of the digestive organs, weak stomach, indigestion, heartburn, or sour stomach, constipated bowels, torpidity or want of activity of the liver, thin or poor blood.—They are highly nutritious, supplying to the blood in such a form that they are most easily assimilated, the various elements which are needed to enrich it, and thus enable it to reproduce the various tissues of the body that have been wasted by disease. In cases where the stomach has become so weakened and sensitive that the lightest foods or drinks cannot be taken, without causing much uneasiness and distress, these fluids are invaluable. They strengthen the stomach and neutralize all undue acidity, while, at the same time, they soothe the irritation by their bland and demulcent qualities. When carefully and properly prepared, according to the direction following, they very nearly resemble rich new milk in color and consistency, while their taste is remarkably pleasant. Care should be taken that all the ingredients are of the best quality. Soft water must be used in all cases. Fresh rain-water is to be preferred, but spring water may be used if perfectly soft. Hard water will cause the fluids to be of a yellow color, and if the milk is old, they are apt to separate.

Fluid No. 1.—Put one pint of new milk (the fresher the better,) and two pints of soft water in a vessel, perfectly free from all greasy matter, over a slow fire. Rub two even tea-spoonsful of superfine wheat flour and two tea-spoonsful of carbonate of magnesia together with a little milk into a soft batter, free from lumps ; add this to the milk and water as soon as they begin to boil. Boil gently for five minutes—*no longer*, stirring constantly. Pour

into an earthen or glass dish to cool, adding, at the same time, two tea-spoonful of loaf sugar, half a tea-spoonful of pearlash, and one tea-spoonful of common salt: stir until cold. The fluid must not be allowed to remain in a metallic vessel of any kind, and it must be kept in a cool place.

Fluid No. 2.—Put one pint of fresh milk and two pints of soft water in a vessel over a slow fire. Rub together with a little fresh cream into a soft batter, free from lumps, one table-spoonful each of good sweet rye flour, ground rice, and pure starch—which add to the milk and water as soon as they begin to boil. Boil for five minutes, stirring constantly. Remove from the fire, and add three tea-spoonful of loaf sugar, half a tea-spoonful of pearlash, and one tea-spoonful of common salt. Observe the same precautions as in No. 1.

Fluid No. 3.—Put in a vessel, over a slow fire, one pint of fresh milk and two pints of soft water. When they begin to boil, add one table-spoonful of wheat flour, two table-spoonful pure starch, and two tea-spoonful of carbonate of magnesia, rubbed together with a little milk into a soft batter, free from lumps. Boil gently for five minutes, stirring constantly. Pour into an earthen vessel to cool, and add one tea-spoonful of the best gum arabic, dissolved in a little warm water, half a tea-spoonful of pearlash, one tea-spoonful of common salt, and one table-spoonful of pure strained honey. Stir until cold. The same precaution must be observed as in preparing No. 1.

Directions.—One half pint or less of these fluids may be taken at a dose, and at least three pints should be taken during the day, and the amount gradually increased to two or three quarts. Commence with No. 1, and use two weeks: then use No. 2 for the same length of time, after which No. 3 is to be used for two weeks. Continue their use as long as necessary, taking each for two weeks before changing. In all the diseases enumerated above, the use of these fluids, in connection with proper herbal remedies, will ensure a speedy restoration of health.

GUM ACACIA RESTORATIVE.—Take two ounces of pure white gum Arabic,—procure the lump, the powdered is very apt to be adulterated,—pulverize it well, and dissolve by the aid of a gentle heat in a gill of water, stirring constantly. When it is entirely dissolved, add three table-spoonful of pure strained honey. Let





Yarrow



Wood Sorrel



Tansy

it remain over the fire until it becomes of the consistency of a jelly. The heat must be very gentle, it must not boil. If desirable, flavor with lemon or vanilla. This will be found a very pleasant article of diet for delicate stomachs. When the articles used are pure it will be transparent and of a light golden color. This will be borne by the weakest stomach, when everything else is rejected. It is *highly nutritious*.

MALT INFUSION.—Infuse one pint of ground malt, for two hours, in three pints of scalding water. The water should not be brought quite to the boiling point. Strain, add sugar, if desired; flavor with lemon juice. This is an excellent drink in inflammatory fevers, acute rheumatism, etc.

PEAS.—Take young and fresh shelled green peas, wash them clean, put them into fresh water, just enough to cover them, and boil them till they take up nearly all the water. Season with salt, pepper, and butter. This dish, if prepared according to directions, and eaten warm, will not harm any invalid—not even one suffering from diarrhœa.

MILK.—In some cases where a milk diet is advisable, owing to the peculiar condition of the patient's stomach, it will cause distress. This is frequently the case when there is undue acidity. In such cases let it be prepared in the following manner, and it will be found to set well:—Take a tea-cupful of fresh milk, heat nearly to boiling; dissolve in it a tea-spoonful of loaf-sugar; pour into a large sized tumbler, and add sufficient plain soda water to fill it. Prepared in the above directed manner it will be perfectly free from all unpleasant effects.

SOUPS FOR THE CONVALESCENT.—To extract the strength from meat, long and slow boiling is necessary; but care must be taken that the pot is never off the boil. All soups should be made the day before they are used, and they should then be strained into earthen pans. When soup has jellied in the pan, it should not be removed into another. When in danger of not keeping, it should be boiled up.

EGGS.—In cases of extreme debility, eggs are most excellent. They should never be boiled hard. The best way to prepare them is to beat them well with milk and sugar. Where it will be appropriate to the case, add some fine pale sherry wine.

MILK FOR INFANTS.—Fresh cow's milk, one part; water, two parts; sweeten with a very little loaf sugar. When children are raised by hand, it is always necessary to dilute the milk. As the child advances in age the proportion of water stated above may be gradually lessened.

WATER GRUEL.—Corn or oatmeal, two table-spoonsful; water, one quart. Boil ten or fifteen minutes, and strain. Add salt and sugar to suit the taste of the patient. This should be used freely, during and after the operation of cathartic medicines.

FOOD AND DRINKS.

MAN is an omnivorous creature, partaking of the nature both of the Carnivorous and Herbaceous animal. Hence, it is reasonable to suppose, that man should subsist on a mixed diet, consisting both of animal and vegetable substances. To settle this matter we must appeal to man's organization. His structure will tell us something we need not mistake. All the works of the Creator show design. Every thing he has made has a use, and is so contrived as to be adapted to that use. Lions, tigers, and other animals, for example, which feed on flesh alone, have a short second stomach—it being only about three times the length of an animal's body. Animals which eat no flesh—as that of a sheep—have very long second stomachs; while the *duodenum*, or second stomach, of the human being, is of a medium capacity, which fact, in connection with the peculiar formation of his teeth and his erect, or upright position, prove conclusively that man was destined to adapt himself to any clime, and to partake of any kind of food, animal or vegetable, as may be naturally supplied for his subsistence by the hand of Providence. For instance, the inhabitants of the Polar regions subsist principally on animal substances, and that, too, of the most oleaginous or fatty sorts.

Those tribes of men, laborers, hunters, etc., living in cold

climates, who subsist almost wholly on flesh, fish, or fowl, devour on an average about seven pounds per diem. In fact, the quantity of animal food consumed by some human beings, who are flesh-eaters in practice, seems almost incredible. Captain Parry relates the case of an Esquimaux lad, who at a meal, which lasted twenty hours, consumed four pounds of raw, as well as four pounds of broiled sea-horse flesh, one and a half pints of gravy, besides one and three-quarter pounds of bread, three glasses of raw spirits, one tumbler of strong grog, and nine pints of water. Captain Cochrane states in a "*Narrative of travels through Siberian Tartary,*" that he has repeatedly seen a Yakut or Largouse eat forty pounds of meat in a day; and it is stated that the men in the Hudson's Bay Company are allowed a ration of seven or eight pounds of ordinary flesh meat per diem.

Charles Francis Hall, in his work called "*Arctic Researches and Life among the Esquimaux,*" relates his strange experiences among the tribes of the country, with whom he became, as it were, naturalized. Speaking of the kinds of food they used, and the enormous quantity consumed, Captain Hall remarks: "The skin of the *Mysticetus* (Greenland whale) is a great treat to the Esquimaux, who eat it raw. The "black skin" is three-fourths of an inch thick, and looks like india-rubber. It is good eating in a raw state even for a white man, as I know from experience; but when boiled and soured in vinegar it is most excellent." The Captain afterwards saw the natives cutting up the *krang* (meat) of the whale, into such huge slices as their wives could carry; and as they worked they kept on eating, until boat-load after boat-load was sent over the ice to be deposited in the villages of the vicinity. All day long were they eating, which led the Captain to exclaim: "What enormous stomachs these Esquimaux have!" He came to the conclusion, however, that the Esquimaux practice of eating their food raw, is a good one—at least, for the better preservation of their health. To one educated otherwise, as we civilized whites are, the Esquimaux custom of feeding on uncooked meats

is highly repulsive ; but eating meats raw or cooked is entirely a matter of education. " God has made of one blood all nations of men to dwell on the whole face of the earth, and has determined the times before appointed, and the bounds of their habitations." Take the Esquimaux away from the arctic regions and they would soon disappear from the face of the earth.

The Esquimaux are a hardy and happy people ; are comparatively free from diseases, and are never known to die of scrofula or consumption, as one of the consequences of eating so enormously of oleaginous or greasy animal substances.

On the other hand, in contrast to the gormandizing propensities of the Esquimaux, there are many examples of people living in cold climates, subsisting on coarse bread, not exceeding the average amount of one pound of wheat, rye, or corn daily ; but such persons, unless exceedingly active in their habits, seldom escape from the penalties of scrofula and consumption, for the simple reason that they soon fail to supply themselves with the meats or fatty animal substances necessary for the heat and life of the body. The Canadian teamsters live almost exclusively upon bread and fat, which, in a temperate climate would produce nausea and skin eruptions.

In warm climates, as in China, Hindoostan, Africa, and the tropics, the food of the natives is principally composed of vegetables and fruits—rice being the general diet, with only animal or other food enough to amount to a condiment or seasoning. Though the amount of food consumed by some of the nations is very small, and their habits very temperate, we do not find that even they are any the less liable to many of the diseases which afflict those who eat largely of a mixed diet. It is reasonable to suppose, however that less food and lighter clothing are required in warm or hot climates than those of the temperate and frigid.

The negroes on the plantations of Mississippi and Alabama, grow sleek and live to an advanced age, by subsisting largely on fat pork and hominy, corn bread, sweet potatoes, rice, etc. In the pampas of Brazil and Buenos Ayres, where immense

herds of wild cattle are found, the hunters catch these bovines, strip them of their hides and horns, and, if hungry, will cut out a huge chunk of beef, half roast it, and eat it without salt or bread. In some parts of Brazil, the natives feed on a flour made from the roots of a certain plant or tree, moistening the same with the juice of the orange or lemon. Others find support in the yam, the banana or plantain, etc., while they are hugely addicted to drinking a species of whiskey called *aquadente*.

In Asia and Africa many of the natives derive their staple nutrition from gum acacia, and among us many an invalid has derived healthy nourishment from preparations containing gum acacia, when his stomach would neither bear nor digest any other article in the shape of food. In Peru the Indians will subsist for a month at a time by chewing a plant called erythoxylin coca, and in the meantime perform journeys of hundreds of miles. The Hindoos live principally on rice, and are considered a long lived and a very docile people. On the other hand, many of the Indian tribes of North America who live on roots, barks, berries, etc., are very savage and warlike in their habits. The Chinese drink strong tea, and the Turks coffee equally as strong, without apparent detriment to their general health. The laboring Scotch thrive partially on oatmeal porridge, without using a particle of meat. The Irish want nothing better than plenty of potatoes, cabbage, and buttermilk. The English, French, German, Italian, Spanish, and other civilized people of Europe, live upon mixed diet, though each have their peculiar likes and dislikes in the shape of dishes, and the average health of each nation is about the same. So in America, they eat every thing and any thing, without particular injury to the constitution, except when eating too fast and too much at a time, which is a proverbial national error.

People are liable to eat what they have been taught or educated to eat, without stopping to inquire concerning any physiological laws on the subject. Serofula is the most prevalent of all diseases,—this fact being justly attributed not to pork or

food of any kind, but to the manner in which the people are lodged, living in small or unventilated apartments, crowded together and breathing foul air and the pestiferous effluvia of their own bodies.

There can be no doubt that many of the maladies incident to the human race, are produced through the agency of improper food, over-feeding, etc., on the internal organs; yet it can be readily shown that a far greater amount of maladies are induced through the medium of atmospheric impressions and vicissitudes on the external surface of the body. More diseases arise from breathing foul air, or from lack of the natural atmospheric air, than from the worst or poorest kind of food. Disease, therefore, is not so much a result of the kind of food we eat, as it is in the quantity and quality. What may be excellent for one man, may be very injurious for another; custom, habits, idiosyncracies, temperaments, etc., having a great deal to do in the digestion of food, and converting it into wholesome or nutritious blood, capable of supplying all the tissues of the body with their natural needs or stimuli. Very few people seem to know what their stomachs were intended for, or even know where they are situated. All sorts of deleterious substances are crammed into the stomach by thousands of people.

This ignorance of the uses of the stomach, or rather abuse of the functions, is sometimes the source of much suffering and disease. Besides the gastric tubes which supply the stomach with the gastric juice, which is necessary to dissolve the food before it can be converted into blood, it is extensively covered with a net work of nerves and blood-vessels, rendering the stomach very sensitive and very liable to inflammation. This inflammation sometimes becomes very active, producing vomiting, pain, fever, etc., all caused by imprudence in diet. It is a warning. If the warning be not heeded, this inflammation becomes chronic; the nerves lose their sensibility; the stomach becomes inactive, and, that most distressing of all diseases, dyspepsia, (and often epilepsy or fits) takes up its abode as a

permanent guest. Most frequently it comes on more slowly and without apparent warning.

The food we eat has to be properly digested. People are apt to suppose that digestion is performed in the stomach only. This is a mistake. The stomach performs the greater part of the work, but it is greatly assisted by other organs besides. Digestion really begins in the mouth. Besides the teeth, which are the true organs of digestion, there are situated in the cavity of the mouth three small bodies called salivary glands, which pour out a fluid called *saliva*, (or spittle,) which is just as necessary to the proper digestion of food as the gastric juice itself. The more thoroughly the food is mixed with saliva, the more perfect will be digestion. This should teach us to eat slowly and to chew so well that every mouthful of food may contain a proper amount of it. It should also teach us that this saliva is too valuable a substance to be contaminated with tobacco juice, or wasted in expectoration from smoking, especially where the temperament is nervous. Saliva is constantly being poured into the cavity of the mouth, whether we are asleep or awake. As a general thing in a healthy person, about five wine-glasses full of saliva are secreted in a day.

We eat that the body may be supported with blood, for our food before it can become a part of the body, must first be converted into blood. A full grown, healthy working-man consumes, in one year, about twelve hundred pounds of victuals and drink—that is about eight times his own weight; yet if he should weigh himself at the end of the year he would find that he weighs very little more or less than he did at the beginning. Now what has become of the twelve hundred pounds he has eaten? It has been wasted away. With every motion, every breath, every operation of the mind, the body has been wasted, and food has been required to support the waste.

The one great cause of the wasting of the body, and of the constant demand for food is action. If the muscles could be kept from moving, our lungs from breathing, and our minds from thinking, then we might not require food, for there would

be no waste. This condition of things, of course, could never exist, without death speedily following.

Exercising violently excites hunger, since it makes us breathe faster, and therefore causes us to inhale more air. A man of sedentary habits does not require so much food as a laboring man, because he does not waste away as fast. Much of the wasted material of the body is carried off by the lungs, in the form of *carbonic acid*. The skin too does its share of the work. It not only assists in breathing, but it also carries out of the system a large proportion of its dead particles.

Children require more food in proportion than adults, because they are growing, and therefore, so to speak, need more to build up their bodies. After we have attained our growth, we neither gain nor lose our weight, provided we are in health, for we consume as much food as the body wastes. This is called a state of equilibrium. As old age comes on, the body begins to decline in weight, and then we waste more than we consume.

Food may be distinguished into two kinds, viz—nitrogenized, and non-nitrogenized. The first class is called the plastic elements of nutrition, and is designed solely to make blood, and to form the substance of the tissues in the general structure of man; while the non-nitrogenized kind is necessary to keep up the animal heat, by yielding hydrogen and carbon to be exhibited in the lungs. The elements of human nutrition and recuperation, are vegetable fibrine, albumen, caseine, and animal flesh and blood; while the elements of respiration are fat, starch, gum, cane sugar, grape sugar, sugar of milk, wine, beer and spirits. The elementary principles, or proximate elements of food consist in water, gum, sugar, starch, lignin, jelly, fat, fibrine, albumen, caseine, gluten, gelatine, acids, salts, alcohol, etc. All these elements are found in sufficient abundance in either the vegetable or animal kingdoms, and are to be used according to the natural wants of man, or the supply of the waste. No precise rules, therefore, can be laid down to suit every particular state of either disease or health. Every one accordingly should eat and drink only those things which

he may find by experience, habits, or peculiarities to best agree with his condition, and reject all substances which he may find injurious to his health and general well-being. It is the provocative variety, or the over stimulation of the palate that does the greater mischief to health. The plainer the food, and the fewer the dishes, the greater will be the immunity from disease. Whether the diet be vegetable or animal substances, the result will be the same, in relative proportion to the nutriment yielded. Fish, for scrofulous and consumptive persons, is a most excellent diet, containing a principle called iodine.

Meats contain the most nitrogen, the nitrogenous portions of our food make flesh, and go to supply the wear and tear, and wastes of the body; these are ultimately passed from the system in the urine. If more nitrogenous food is eaten than is needed to supply these wastes, nature converts it more rapidly into living tissues, which are, with corresponding rapidity, broken down and converted into urine. This is when the food is digested; but when so much is eaten that it cannot be digested, nature takes alarm, as it were, and endeavors to remedy the trouble in one of three ways. The stomach rebels and casts it off by vomiting; it is worked out of the system by attacks of diarrhœa; or the human creature is made uncomfortable generally, and is restless both by day and by night; as a further punishment, his appetite is more or less destroyed for several meals afterwards. Little or no nitrogen is poured off with the perspiration, breathing, or fœces.

Whatever diet we use, whether animal or vegetable, the secret of its utility lies not only in the quantity and quality, but in the manner in which either kind is cooked, when so prepared for food. Much ignorance prevails everywhere in this matter of cooking the substances that are requisite for the sustenance of our bodies. Let any person, unable to eat broccoli or greens cooked in a quart of water, try the effect of having them cooked in a gallon of water; or of having the quart of water changed three or four times during the process of cooking, and he will soon discover the difference. If good potatoes are

“watery,” it is because they are ill-cooked. Fried dishes, rich gravies, and pastry, should be avoided, because of their tendency to develope fatty acids in the stomach.

We may reasonably suppose that the physiology of digestion is yet too imperfectly understood to enable us to lay down any precise laws as to what to eat, drink, and avoid. With a little vigilance, however, each person can ascertain for himself what foods do and do not agree with him. As before intimated, the peculiarities in this respect are remarkable. Some cannot endure fat; others cannot get along without it. Some cannot touch mutton; others are made ill by eggs. Let each find out his own antipathy. Suppose the case of a healthy man—so healthy that he cannot be healthier. We will say the quantity of blood in his body is thirty pounds, and that he loses one pound of this in every twenty-four hours. Is it not plain enough that he must eat as much food in the same time as will supply the waste of blood he has lost? But if he should eat as much as will furnish a pound and a half of blood, he will have half a pound of blood too much in his system. Should he go on adding an extra half pound of blood daily more than is required to supply the tissues, what then will be the consequences? Bursting of the blood vessels. But good Dame Nature has measurably guarded against any such plethoric catastrophe; for, after having supplied the waste of the body, the undue quantity of blood is converted into fat or adipose matter, thus restoring the blood's volume to a due standard. But this *quasi* fat is of no use to the body. It does not give it strength; on the contrary, it is an incumbrance to the machinery, and, in more ways than one, is an evil. He, therefore, who eats too much, even though he digests or assimilates what he eats, and should be fortunate enough to escape apoplexy, or some other disease, does not add a single particle to his strength. He only accumulates fat, and incurs the evils thereunto appertaining—one among many of which I will mention—I mean the accumulation of fat about the heart, and interfering to a most dangerous degree, with the heart's action. A man's strength resides in

his arterial blood—in his muscles, and bones, and tendons, and ligatures, in his brawn and sinew ; and his degree of strength depends upon the vigor, size, and substance of these ; and if he were to eat without ceasing, he could not add to their size and substance one atom, nor alter their original healthy dimensions. Therefore it is a most mischievous fallacy to suppose that the more a man eats the stronger he grows.

The quantity of food taken daily should just be sufficient to restore to the blood what the blood has lost in restoring the waste of the body, and that should always be proportioned to the degree of bodily exertion undergone. But how are we to know the exact amount of the waste that is daily going on in our system in order to apportion the quantity of food thereto ? Nature tells us not only when, but how much we ought to eat and drink.

For instance, when you are excessively thirsty, and when you are in the act of quenching your thirst with a draught of cold water, you know when you have drank enough by the cessation of thirst ; but there is another token which not only informs you when you have drank enough, but which also prevents you from drinking more, that is if you drink water only. While you are in the act of drinking, and before your thirst has been allayed, how rich, how sweet, how delicious is the draught, though it be but water ! But no sooner has your thirst been quenched, than behold in an instant all its deliciousness has vanished ! It is now distasteful to the palate. To him, then, who requires drink, water is delicious ; for him who does not require drink, water not only has no relish, but impresses the palate disagreeably. To a man laboring under the very last degree of thirst, even foul ditch water would be a delicious draught ; but his thirst having been quenched, he would turn from it with disgust. In this instance of water-drinking then, it is clear that the relish depends, not on any flavor residing in the water, but on some certain condition of the body. It is absurd to say that you cannot drink water because you do not like it, for this only proves that you do not want it ; since the

relish with which you enjoy drink depends upon the fact of your requiring drink, and not at all upon the nature of the drink itself.

Now apply this to eating instead of drinking. Place before a hungry workman stale bread and fat pork, flanked by a jug of cold water. While his hunger remains unappeased, he will eat and drink with an eager relish; but when his hunger has been appeased, the bread and meat and water have lost what he supposed to be their delicious flavor.

If we ate only simple and natural food, plainly cooked, there would be no danger of eating too much,—the loss of relish and the feeling of disgust, consequent upon satisfied hunger, would make it impossible. Indeed, this sense of satiety is as much and as truly a natural token intended to warn us that we have eaten enough, as the sense of hunger is a token that we require food.

As hunger instructs us when to eat, so disrelish teaches us when we should desist. It would seem that the very *ne plus-ultra* of the cook's art is to destroy the sensation of disrelish, which is almost as necessary to our health as hunger itself. Thus it appears the object of modern cookery is to make the stomach bear a large quantity of food without nausea—to cram into the stomach as much as it can possibly hold, without being sick.

The rule which should regulate the quantity of food to be used, is found in that sensation of disrelish which invariably succeeds to satisfied appetites. If you be content to live plainly and temperately, you will never eat too much, but you will always eat enough; but if you would rather incur the penalty of disease than forego the pleasure of dining daintily, all I can say is, you are welcome to do so—but do not plead ignorance—blame only yourself.

I have stated already that certain people have been known to eat from seven to forty pounds of meat or food in a single day. On the other hand, persons have lived on twelve ounces of food a day, and were actually exempt from disease. Dr.

Franklin, in his younger days, confined himself solely to ten pounds of bread a week, drinking water only in the meantime. Rev. John Wesley lived to a great age on sixteen ounces a day, although he led a very active life as a preacher of the gospel; and a celebrated Italian nobleman, who led a dissipated life till near fifty years of age, suddenly reformed his habits, and lived on twelve ounces a day with a single glass of wine, until he had reached the hundredth year of his age. Was the wine one of the means by which he prolonged his life? It no doubt served to cheer his spirits. And this leads me to consider somewhat the nature of stimulants. By stimulants, I mean ardent spirits, wines, and strong ales. Are they necessary as articles of diet? They are not always, but have their uses. They are pernicious to the general organism, if too freely indulged in. Liquids which contain or make solids, are better than wines, etc., yet both have their uses. Milk, the moment it reaches the stomach, is converted into curds and whey. The whey passes off by the kidneys—the solid curd nourishes the body. Now, if we evaporate a glass of wine on a shallow plate, whatever solid matter it contains will be left dry upon the plate, and this will be found to amount to about as much as may be laid on the extreme point of a penknife blade; and a portion, by no means all—but a portion of this solid matter I will readily concede is capable of nourishing the body—and this portion is only equal to one-third of the flour contained in a single grain of wheat! If we want nourishment merely, why not eat a grain of wheat instead of drinking a glass of wine? Yet, wine has its uses as an exhilarant to the mind and body.

Once placed beyond the reach of the seductions of the palate, the simple rule of drink what you want and as much as you want, will of itself suggest the needful limitation. Physiology tells us plainly enough, not only why liquids are necessary, but how all superfluous quantities are rapidly got rid of.

An interdict has been placed against hot drinks, which,

if directed against tea and coffee so hot as to scald the mucous membrane, is rational enough, but is simply absurd when directed against hot in favor of cold drinks ; the aroma of tea and coffee is produced by heat, consequently the pleasant, stimulating effect, is considerably diminished when they are allowed to get cold.

Great diversity prevails as to the kinds of drinks which should be used. Some interdict tea, others only *green* tea ; some will not hear of coffee ; others allow mild beer, but protest against the bitter. Whoever very closely examines the evidence will probably admit that the excessive variations in the conclusions prove that no unexceptionable evidence has yet been offered. By this, I mean that the evil effects severally attributed to the various liquids, were no direct consequences of the action of such liquids, but were due to some other condition. We often lay the blame of a restless night on the tea or coffee, which would have been quite inoffensive taken after a simpler dinner, or at another hour.

When a man uniformly finds a cup of tea produce discomfort, no matter what his dinner may have been, nor at what hour he drinks it, he is justified in the inference that tea disagrees with him ; if he finds that the same effect follow whether he take milk or sugar with his tea, then he has a strong case against the tea itself, and his experience is evidence as far as it goes. But we should require a great deal of evidence as precise as this, before impugning the wide and massive induction in favor of tea, which is drawn from the practice of millions. Had tea in itself been injurious, had it been other than positively beneficial, the discovery would long ago have been made on a grand scale.

The same may be said of coffee. Both tea and coffee may be hurtful when taken at improper times, or by bilious persons ; and a little vigilance will enable each person to decide for himself when he can, and when he cannot, take them with benefit.

I may briefly state my opinion that the great objection

against wines is its pleasantness, which is apt to lure us into drinking more than is needful. Wine is quite unnecessary for robust men living under healthy conditions; but to them it is also, when moderately taken, quite harmless. For many delicate men and women, living under certain unhealthy conditions, it is often indispensable. The physician must decide in all such cases.

Many think they cannot do without something to drink at regular meals. Cold milk at meals has the disadvantage, if used freely, of engendering constipation, biliousness, and the long train of minor symptoms which inevitably follow these conditions.

Warm drinks are preferable in moderate quantities. Field hands on cotton and sugar plantations find a wholesome drink in a mixture of molasses, ginger, and water. This is a safe drink for harvesters, as are many other temperate, household preparations. A recipe for many of these will be found in the proper department of this work.

Whatever we eat or whatever we drink, let it be only enough barely to appease the instincts of hunger and thirst. If we rigidly do this, we shall seldom or never be afflicted with dyspepsia, liver complaints, heart diseases, and the thousand ills to which flesh is heir, but will continue to enjoy unceasing rubicund health and vigorous old age.

CLOTHING.

CLOTHING must be adapted to the climate in which a person lives. Warm or heavy clothing is rendered imperative in a northern climate, while the lightest and thinnest can only be tolerated in the torrid zones. It is, however, a physiological fact that the more the whole surface of the body is exposed to the external air, within certain limits, the more vigorous is its functional action performed, and the better is it enabled to preserve its own proper temperature, as well as to resist all

unwholesome impressions from vicissitudes of weather, or the extremes of heat and cold. It should always be as light and loose as possible without bodily discomfort.

The substances principally employed for clothing, are linen, cotton, silk, wool, hair or down. Woolens or flannels being bad conductors of heat, afford the greatest immediate protection from cold ; and for the same reason are less debilitating to the cutaneous function than is generally supposed. The most healthy clothing for a cold climate, especially the year round, is undoubtedly that made of wool. If worn next to the skin by all classes in summer and winter, an incalculable amount of coughs, colds, diarrhœas, dysenteries, and fevers, would be prevented, as also many sudden and premature deaths from croup, diphtheria, and inflammations of the lungs and bladder. Of course, the clothing should be regulated in amount according to the degree of the heat of the weather at the time prevailing. In a very hot day, for instance, a single garment might be sufficient, but on a colder day an additional garment should be added, and in this way keep the equilibrium of the temperature of the body uniform as possible day by day, the year round. Winter maladies would be prevented by the ability of a woollen garment to keep the natural heat about the body, instead of conveying it away as fast as generated, as is done by linen, flaxen, cotton and silken garments. Indeed, the laboring classes, or those compelled to toil in the sun, would enjoy better health by wearing light woollen clothing, than by wearing linen or cotton fabrics. Among the Irish emigrants and others who arrive in the United States, during the summer season, we find many clothed entirely in woollen garments, frequently wearing heavy cloaks or coats, and actually feeling less discomfort from the heat than those of our native born citizens, who are in the habit of wearing linen or cotton next to their skin, and similar fabrics over these for outer clothing. It is more healthful to wear woollen next to the skin, especially in summer, for the reason that woollen textures absorb the moisture of perspiration so rapidly as to keep the

skin measurably dry all the time. It is curious to notice that the water is conveyed by a woolen garment from the surface of the body to the outer side of the garment, where the microscope shows it condensed in millions of pearly drops; while it is in the experience of all observant people, that if a linen shirt becomes damp by perspiration, it remains cold and clammy for a long time afterwards, and, unless removed at once, will certainly cause some bodily ailment, as palsy, rheumatism, etc. To sit down, or remain inactive with a linen or cotton shirt wet with perspiration, will speedily cause a chill to the whole body, leading not unfrequently to some sudden and fatal disease. In the night-sweats of consumption, especially, or of any debilitated condition of the system, a woolen or flannel night-dress, (light for warm weather,) is immeasurably more comfortable than cotton or linen, because it prevents that sepulchral dampness and chilliness of feeling which are otherwise inevitable. The British government make it imperative that every sailor in the navy shall wear flannel shirts in the hottest climates, a rule that should be adopted by all persons every where exposed to variable weather, to extreme heats and colds, merely regulating the amount of woolen garments worn to suit the variable temperatures of climates and seasons. In saying all this, however, we must remember that comfort is very much a matter of habit; and, therefore, we should make due discrimination between the natural sensation of health and the morbid sensitiveness produced by false customs. For instance, some keep their whole bodies constantly covered by many layers of woolen garments, and yet go into a shivering fit at every unusual breath of cold air. The reason is they never adapt their habiliments gradually to the degree of the heat or cold of the season. If it be deemed advisable to wear woolen clothing all the year round, whether summer or winter, it does not follow that we are to wear more than one or two extra folds of clothing in addition to the under garments. The true rule is not to cover all parts of the body equally with the same amount of clothing. The fleshy parts require the least clothing, and the limbs and feet, or less mus-

cular parts, the most. Yet we often wear, in addition to under clothing, a thick vest, coat, and overcoat; and to these will add heavy scarfs of fur or wool to the neck, etc., while the legs and feet are seldom clad in more than a single additional garment to the drawers and stockings. These parts require more clothing, especially in the winter season, than any other parts of the body. Furs are worn in the United States more for ornament than benefit. They are the warmest clothing materials known; yet, are not adapted for general wear, inasmuch as they are apt to overheat the body, and thus render it keenly susceptible to colds and other afflictions. By consequence, fur neck cloths, caps, etc., are very pernicious for the head and throat, inducing catarrhs, quinsy sore throat, and similar afflictions. On the contrary, a light woollen waistcoat worn constantly over the breast, summer and winter, would guard against these and other evils, and insure vigorous strength to the lungs or respiratory apparatus, and thus should not be dispensed with even in dog-days. The simple rule is to keep the head cool and the feet warm at all seasons of the year. Cheap and pretty silks, of which there are many varieties, are materials which are admirable for ladies' evening, dinner, or walking dresses, and cost less in the end than other fabrics.

While I contend that woollen or flannel clothing is the most suitable for the colder or even the more temperate climates, it is not for me to object to the use of linen or cotton clothing for those living in the torrid or tropical climes. Indeed, cotton and linen would seem best adapted to such climes. In the north, many persons cannot wear flannel next to the skin, on account of inducing some peculiar cutaneous affection; while others prefer such fabrics from choice, although exposed to all vicissitudes, never experiencing any evil effects from such a course. Such persons usually lead an active, out-door life, or are accustomed to exposing their bodies frequently, especially their chests, to atmospheric influences.

In a strictly hygienic regulation of dress, however, the color of the clothing is not to be disregarded. White color reflects

the rays of the sun ; black absorbs them. Light colored clothing is therefore more comfortable and sanitary in warm weather than dark colored, because the former repels the heat, while it is readily received and retained by the latter. The heat-reflecting or heat-retaining property of different fabrics varies exactly with their lighter or darker shades of color. This difference, however, is much greater in the luminous rays of light than in the non-luminous. When, therefore, we are not exposed to the sun, the subject of color is of very little importance. The absorbing power of dark surfaces renders the skins of dark-colored animals, as well as the darker persons or races of the human family, less liable to be scorched or blistered by the direct rays of the sun than are those of a lighter color.

As to the cut or fashion of garments, that is a matter to be decided by the taste or habits of the wearer. Fashion, however, is very arbitrary, and seldom consults hygiene in matters of dress. Of late years she has really much improved, as to the regulation of attire with regard to both health and elegance. The hooped skirt, which, at the outset of its career was so mercilessly ridiculed, has proved to be a great blessing to the ladies, as it enables them to dispense with a heavy drag of solid skirts, and gives their lower limbs free and easy play and motion. The hats or head-coverings, now worn by both sexes, are, in a sanitary point of view, far superior to those worn by our immediate ancestors, being very light, and affording free ventilation, which is indispensable for the avoidance of headaches, rushing of blood to the head, and many other afflictions.

I can therefore only say that the first physiological rule for dress is to have all garments as light in texture and as loose in fashion, as is consistent with bodily comfort ; or such as will admit of the most perfect freedom in the exercise of every muscle in the body. Inequality of clothing, as before remarked, is a far more frequent cause of colds, than deficient clothing. For instance, if a person exposes a part of the body usually protected by clothing to a strong current of cold air, he will

take cold sooner than by an equal exposure of the whole body. A great safeguard against disease, is to regulate the texture and quantity of clothing according to the temperature of the climate in which a person lives, avoiding extreme colds or extreme heats; keeping the clothing always fresh and clean, (especially that of the feet,) and wearing a different garment at night from that worn during the day, not omitting the cleanliness of the whole body in the general hygiene of wearing apparel.

EXERCISE.

PHYSICAL AND MENTAL DEVELOPMENT.

EVERYTHING tends to prove that man was destined to lead a life of bodily action. His formation—his physical structure generally, and that of his joints particularly—his great capacity for speed and laborious exertion—the Divine injunction, that “he shall live by the sweat of his brow”—the bodily imbecility, and enfeebled health invariably consequent upon a sedentary habit—all go to prove that he was destined to lead a life of physical activity. Most people are apt to despise many of the aids to health, because of their very simplicity. A sensible Dervish, in the Eastern allegory, well aware of this weakness of human nature to despise simple things, and venerate those they do not understand, when called to the Sultan to cure him of a disease, did not dare to simply advise him to take exercise; but he said to him:—“Here is a ball which I have stuffed with certain rare and precious medicines. And here is a bat, the handle of which I have also stuffed with similar medicines. Your Highness must take this bat and with it beat about this ball, until you perspire very freely. You must do this every day.” His Highness did so; and, in a short time, the exercise of playing at bat and ball with the Dervish cured the Sultan’s malady. But it should be remembered that there are a great many cases where medicines must be given to assist nature,

besides the employment of exercise to facilitate the recovery of the patient.

Nevertheless, exercise is one of the chief aids of all others I must recommend to be adopted as eminently essential for the remedying of bad health and of preserving that which is already good. It is impossible for a healthy adult to be otherwise than active in body or mind, or both; while it may be asserted, with abundant reason, that laziness is actually a disease, dependant on some abnormal condition of the organism. A variety of social circumstances may operate to produce an indolent disposition of mind, and inactive habit of body, but these also produce a primary condition of ill-health.

The function of respiration, by which the blood is vitalized, and the nutrition of the muscular structure, on which depend all the motive power or strength of the system, are intimately connected with the circulation of the blood, and this with active exercise. Without this, there must be unhealthy accumulation somewhere; and as the larger arteries are not permanently dilatable, while the veins and capillary arteries are so, this accumulation or congestion must take place in the veins and capillary or hair-like arteries.

When the circulation is feeble from lack of bodily exercise, or other cause, the blood creeps sluggishly along the minute vessels composing the elementary tissue of the body; these veins and capillaries become gorged, which engorgement operates as a still farther impediment to the free flow of the blood. The blood, when not circulated with due energy through the ultimate tissues, becomes deteriorated in quality, and so, in turn, fails to supply that proper nutrition, upon which, according to its degree of purity, all the tissues and functions of the body depends. If the propelling power arising from breathing pure air, and using active bodily exercise is not sufficiently energetic, the circulation through the elementary tissue is so slow that the blood loses its healthful arterial hue before it has reached the extremities of the hair-like arteries; and thus that part of the tissue which ought to be filled with arterial blood is gorged

only with black venous blood, from which the proper secretion necessary to the nutrition of the body cannot be separated, either in due abundance, or of a healthy quality. Hence, if this state of congestion be permitted to exist, from lack of active exercise and consequent free respiration, so as to vitalize the blood, there must needs be a speedy wasting of flesh, and all the other phenomena of consumption or any other disease. The strength of the system is intimately connected with the circulation of the blood, as stimulated in its flow, by means of active bodily exercise and pure air.

This principle is well illustrated in the effects of gymnastics and training, by which the muscles of any part of the body are remarkably invigorated by regular systematic exercise. People of all trades and occupations find those parts of the muscular system which are habitually the most exercised to be the most powerful.

For healthful purposes all that is necessary, is, any way, to exercise all parts of the body to a degree of fatigue without exhaustion ; that is, to a degree which will insure an energetic circulation of the blood throughout the entire economy. All exercises, however, to secure their full benefit, should be coupled either with some object of utility or amusement, otherwise the mind is apt to labor adversely to the body:

When I say that exercise is what is wanted to restore to health the weak and languid, I mean that it is not so much exercise that is wanted, as the exhilarating effect which the enjoyment of exercise produces. A man who exercises half an hour unwillingly in his wood-shed is not benefited in the degree that one is who takes an hour's walk for pleasure through a beautiful country.

It is the enjoyment of exercise in which consists its chiefest excellence. It is the diversion of the mind from the ailments of the body. The invalid is by this drawn away from himself.

What can better accomplish this object than amusement? Laughter and lively talk may be said to be a species of exercise—mental exercise—which is very often as beneficial to an

invalid as physical exercise. Anything that will induce a fit of laughter, must have an influence in promoting an active circulation of blood, and, as we have seen, it is necessary to health that the blood should be duly ærated and flow with energy through the system. Whatever means may be employed to give rapid circulation to the blood must be conducive to health. I believe then, most fully in using all proper means of amusement which will cheer the invalid and thus be a mental stimulus or auxiliary to the preservation and restoration of health.

So, not only are amusements which afford exercise to the mental faculties useful, but occupation—some useful business pursuit, which requires and hence secures attention and labor during several hours of each day—is absolutely essential to the high sanitary condition of the body, for nothing else will insure so constant, regular, and equally divided exercise for *both* mind and body.

Walking, running, leaping, hopping, dancing, rowing boats, etc., are physiologically adapted to strengthen the whole muscular system. Even boxing and fencing are to be advised when properly regulated. Wrestling is a dangerous method of developing muscular power. Ten pins, billiards, etc., are excellent exercises, but useful employment is better. Singing, declaiming, reading, etc., are admirable methods of cultivating the vocal powers, and increasing the capacity of the respiratory apparatus. Riding on horseback, hunting, fishing, etc., are all more or less beneficial in the prevention of disease and promoting good health. Riding in easy carriages, sailing in boats, swinging, and other passive exercises, are all to be duly considered as remedial expedients for invalids.

Amid the many vicissitudes of fortune, and the moral crosses to which female life is doomed, I recommend healthful exercise of the body, in order that the material fabric may be fortified against the thousand causes of disease continually assailing the sex.

Woman comes earlier to maturity by several years than man. The tree of life blossoms and bears fruit sooner in the one sex

than in the other. It also sooner withers and sheds its leaves—but does not sooner die. Female life; at any period is fully as good—perhaps a little better in respect to probable duration than that of the male. It is during the period of from fourteen to twenty-one years, that the seeds of female diseases are chiefly sown—or, at least, that the soil is specially prepared for their reception and growth. The predisposition to infirmities and disorders of various kinds is affected by acts of omission and commission. In the first class need I mention the deficiency of healthy exercise of the body in the open air, and of intellectual exercise in judicious studies. The hoop and the skip rope, even in city homes, might usefully supercede the piano, the harp and guitar, for one hour in the day, at least. In schools and seminaries there is no excuse—and, indeed, in many of them, this salutary point of hygiene is well attended to. In others, however, gymnastic exercises have been hastily thrown aside—partly, because some enthusiasts have carried them to excess—partly, because they were supposed to be inimical to the effeminacy of shape and features so much prized by parents and progeny—but chiefly, I suspect, from that languor and disinclination to exertion, which characterize the higher and even the middle classes of female youth. This deficiency of exercise in the open air, may be considered the parent of one half of female disorders. The pallid complexions, the languid movements, the torpid secretions, the flaccid muscles, and disordered functions, (including glandular swellings,) and consumption itself, attest the truth of this assertion.

The exercises of small children, consist in giving them the largest liberty and plenty of room. The cradle is a most pernicious method of exercising a child to sleep, and should be discarded from every family. For the ordinary or wakeful exercises of a child, the modern “baby jumper” will be found a preferable contrivance. Among the poorer classes, the children, for want of room to stir in, are apt to become sickly, puny, pceevish, and often idiotic.

The best time for exercise is, in the morning, an hour or so





Devil's Bit



Dropwort



Dock

before breakfast, when the stomach is partially empty. If it should happen to be entirely empty, or nearly so, it should be fortified with a cracker or two, or some other light aliment. Vigorous evening exercises may also be employed by persons of sedentary habits with great advantage. "Night work," when mental or physical is at once a violation of the natural order of things.

Thus, if you would preserve your health, you must take exercise, but not exercise exceeding your strength. Remember the body must be induced to throw off its waste by action before it can be nourished. Nevertheless, it should also be remembered, that exercises of extreme severity are never required in ordinary cases of health, while in disease it must be incompatible with the strength and circumstances which surround the patient. With plentiful bodily exercise you can scarcely be ill—without bodily exertion you cannot possibly be well. By "well," I mean the enjoyment of as much strength, as may be consistent with your natural physique.

Exercise should be taken to the extent of quickened breathing and sensible perspiration. If in health, walk, when possible, at least from one to two miles every morning before breakfast. The invalid should go out into the open air, and ramble to the degree of strength he may possess, avoiding fatigue.

Exercise gives health, vigor, and cheerfulness, sound sleep and a keen appetite. Indeed, the effects of sedentary thoughtfulness are diseases that embitter and shorten life—interrupt rest—give tasteless meals, perpetual languor and ceaseless anxiety.

Cheerful exercise, when at all practicable to be taken, whether active or passive, is absolutely an indispensable means to prevent or guard against disease, and to assist in the recuperative action of medicine when the body has become diseased.

REGULATING THE PASSIONS.

It has been truly said that we may religiously observe all the laws of hygiene in relation to air, light, drink, food, temperature, exercise, clothing, sleep, bathing, and the excretions, and yet lack one thing—one grand essential to human health and happiness. Yes, if our passions are our masters and not our slaves, they will rule and ruin us instead of obeying and serving our behests. There is, therefore, no single hygienic influence more conducive to health, happiness and long life, than a cheerful, equitable temper of mind ; and there is nothing that will more surely disorder the bodily functions, exhaust the vital energies, and stamp premature infirmities on the constitution, and hurry us on to an early grave, than an uneven, irritable, fretful, or passionate mental habit.

Medical men, at least, well know that a violent fit of passion will suddenly arrest, alter, or modify the various organic secretions. Excessive mental emotion will deprave and vitiate the secretions as readily as a deadly poison taken into the stomach. A paroxysm of anger will render the bile as acid and irritating as a full dose of calomel ; excessive fear will relax the bowels equal to a strong infusion of tobacco ; intense grief will arrest the secretions of gastric juice as effectually as belladonna ; and violent rage will make the saliva as poisonous as will a mercurial salivation. There are many persons whose rage, either thoroughly real or exaggerated, is so violent that they froth at the mouth, and are thrown into spasms or violent convulsions. These fits of anger are often assumed, however, by designing parties for the purpose of frightening stern parents and guardians and others, into the support of their own views and wishes. Such persons, finding their displays copied from nature, of no avail, will suddenly become tame as lambs, but the effect upon their general health is found in the appearance of many nervous disorganizations, which, if the cause be often repeated, become permanent.

Thousands of facts of the above kind could be mentioned, but enough has been presented to demonstrate the law, that a sound body cannot exist unless connected with a well-balanced mind. A vigorous exercise of the higher mental powers, a lively cultivation of the intellectual faculties, and the moral affections, will never fail to sustain and elevate the human character, while on the other hand the violent indulgence of the animal propensities and the lower order of the passions, will wear out the mental machinery and enervate all the physiological powers. Will not the inspiration of love exalt the soul to the realms of "bliss, exquisite bliss?" Will not the influence of hatred depress the soul, and sink it to the nethermost depth of misery and despair! Contrast the emotions of benevolence, or gratitude, or veneration, or conscientiousness, or mirthfulness, or faith, or hope, with that of envy, revenge, jealousy, fear, grief, remorse, or despair? The first are as refreshing to the soul as the gentle dews of morn to the tender blades of grass; the other as withering as the fiery blasts of a crater to the verdant vales. The one energises the mind and re-animates the body—the other sinks, chills, and enfeebles both; one manufactures, creates as it were, vital power—the other wastes and destroys body and soul.

Those who would maintain permanent and uniform health and live to an old age, will perceive the necessity for cultivating all the nobler impulses of our nature with unremitting care and judgment. When we "nourish wrath to keep it warm," we only add to the venom of a malicious heart. That anger which "dwells only in the bosom of fools," should have no inheritance in the bosom of the wise and thoughtful of our race. The "evils of life," whatever they may be, are often "blessings in disguise," and therefore should be met with a brave fortitude and courage, instead of wailing, complaining and lamentation. Fretting, seolding, and fault-finding, not only aggravate all the necessary evils of life, but greatly multiply them. When we indulge in these faults, we but sow the dragon's teeth to reap a harvest of greater sorrows. More than this, we dissipate

unwisely our best talents and energies, and render life a curse instead of a blessing. The grand essential, therefore, of a cheerful mind is self-control. This is the great law of mental hygiene. Before any one can acquire self-government, he must learn to govern the animal propensities, and make them subservient to the intellectual faculties and moral sentiments. It may require long, patient, and thorough discipline; it may cost much self-denial, and appear to demand great temporary sacrifices, but it is worth all it may cost. Occasionally it is acquired through long years of bitter experience; and sometimes the greater part of a life is spent in suffering disappointments, troubles, and crosses, ere the mind is found at peace with itself, and in right relations to all surrounding nature. Happy are they who can, even in such expensive schools, learn the art of adapting themselves to the invariable laws of the universe, which they cannot successfully oppose, or in any respect alter! Indeed, the only guarantee a man can have for a long life of health and happiness, is to constantly cherish and maintain an even, cheerful, and hopeful spirit.

LIFE, HEALTH AND DISEASE.

WHAT IS LIFE? In general terms life may be said to be a subtle emanation of Deity—a principle that pervades all the works of creation, whether organic or inorganic. It is a sort of ENTITY, whose nature is as mysterious and unfathomable as that of Divinity himself. Many scientific men have contended that life is *electricity*, and arguments and experiments have been adduced to show that such is the fact. For instance, a scientific body of France pulverized stone, and by the use of electricity produced from the atoms living insects. But this and similar experiments are accepted as evidence that electricity is not life, but is a leading phenomena of its actuality. Life is something neither physical nor spiritual. It is allied to both, but is neither. It is not soul, for soul is something infinitely

higher than life—a something of which life itself is but an inadequate, visible manifestation.

Health is perhaps a subtle thing, yet most importantly palpable to our senses and perceptions. It is that state of the human body in which the structure of all the parts is sound, and their functions regularly and actively performed, rendering the individual fit for all the duties and enjoyments of life. Or, in other words, it is that condition of the animal economy when the functions of all the organs, beginning with the heart and lungs, act in natural and harmonious relation, the one with the other, and the whole together, rendering existence not only a state of completeness, but a pleasure, a beauty, and a charm, and therefore the chiefest cause and leading feature of all from which the human being derives that phase of joy called bliss. In the various temperaments the phenomena of health are somewhat different; hence, what would at once preserve it in one, might not preserve it in or restore it to another, until some reasonable period of time had elapsed. Health varies much in people of the many occupations which necessity and circumstances compel them to adopt for a livelihood or for pleasure, and the acuteness of the senses which would be necessary in some recreative or productive occupations, would be morbid in persons otherwise engaged. But the general symptoms of health, are, in all temperaments, a sparkling eye, a clean skin, a white and rose-blended complexion, (unless where the temperament naturally prescribes a rich and glowing olive,) ruby lips, pearly teeth, untainted breath, glossy hair, expanded chest, elastic spine, muscular limbs, symmetrical waist, well built and firm pelvis, fleshy thighs and calves, and a buoyant grace of the whole body. Added to these we have a rich and melodious voice, (wherever the slightest hoarseness or discordance of tone is noticed look for danger,) and a calm and cultivated spirit in the old, a joyous spirit in the young. What munificent gifts are these, and who should fail, by every means in his power, to secure them? Disease is the opposite of health, and means any departure from the normal condition of the general organ-

ism, or any impairment or derangement of any function by which the regular action of any other one or of the whole, are made or forced to work in an irregular or unnatural manner—producing and entailing disorder, pain, misery, and death! We see disease in the lustreless and phrenzied eye, in the pallid and sunken cheeks, in the parched lips, in the jaundiced or yellow skin, in the contracted chest, in the difficult respiration, in the racking cough, in the expectoration of tubercles and sputa from the lungs, in the palpitating heart, in the scrofulous sores and ulcers, in the bloated or attenuated abdomen, in the disabled legs and arms, in decayed teeth and toothless jaws, in fetid breath, in crooked spine, in the deformed pelvis, in all derangements of the sexual organs, in baldness, in disordered stomach and bowels, in neuralgias, rheumatisms, leprosies, spasms, epilepsies, palsies, loss of the senses of sight, hearing, smelling, taste and touch, hypochondrias, manias, drunkenness, pains, aches, wounds, bruises, maimings, and in innumerable other agonies! With the simple methods by which health can be preserved by those who were born to health, how astonishing it is that disease and misery are the general rule, and health and pleasure the exception! Who of all the human race may now say, “I have health! I am actually living in a state of nature, or in that perfect mental and physical condition in which I was or ought to have been born.” Not one is my reply. We may therefore regard life as a negative rather than a positive quality of existence. Occasionally there may be freedom from the slightest degree of actual suffering, and yet that pleasurable condition which would be natural to the regular co-operative work of all the organs of the body will be wanting.

In health, our moments fly on lightning wing, and we are scarcely conscious of their rapid exit; in sickness, on the contrary, our moments are clogged with leaden heels, and pass in that lingering manner as to render our sufferings seemingly the more acute by reason of the slow or tardy march of time. To

the sick, time does not pass lightly, but with the heavy tread of a giant.

How inestimable is that state of being comprehended under the name of health!—yet how few are ever led to consider its priceless value and importance. Health, perfect health, is not to be found in our present age, among the races of men; yet even in its negative aspect, its most deteriorated quality, what were all the joys, all the riches, all the advantages of this world without its possession? Unless all, from the highest to the lowest, from the king to the beggar, learn to prize health and avoid disease,—death, who is no respecter of persons, will continue to reap his rich harvests among them all. Cæsar could not escape, nor could the renown of a thousand victories, diffuse an anodyne or soporific influence over the pillow of the great Napoleon, nor save the laurels of Marengo from the blighting mists of St. Helena! Intellectual cultivation often times sows the seeds of physical deterioration. When we see that the prince is equally liable to the same physical and mental miseries as the vagrant, it becomes every body to bear in remembrance the axiom that a sound body is the natural basis of a sound mind, and *vice versa*, and that every rational method should be adopted to preserve them. I have shown briefly that there is no condition or state of man that is exempt from disease and death. It may now be asked, Are there no means of preventing the ravages of the one, and postponing the sad triumph of the other? No means of restoring lost health, or of rendering sickness compatible with contentment, or even happiness itself. Yes. The severest diseases are and may be prevented; and are curable and cured—even consumption itself when judicious treatment is applied. All right thinking persons will admit that sickness may be obviated, disease mitigated, and even death robbed of his prey for years, by approved remedies rightly employed.

SLEEP.

SLEEP is as much a necessity to the existence of all animal organizations, as light, air, or any other element incident to their maintenance and healthful development. The constitutional relation of man to the changes of the seasons and the succession of days and nights, implies the necessity of sleep. Natural or functional sleep, is a complete cessation of the operations of the brain and sensory nervous ganglia, and is, therefore, attended with entire unconsciousness. Thoroughly healthy people, it is believed, never dream. Dreaming implies imperfect rest—some disturbing cause, usually gastric irritation, exciting the brain to feeble and disordered functional action. Individuals of very studious habits, and those whose labors are disproportionately intellectual, require more sleep than those whose duties or pursuits require more manual and less mental exertion. The waste of nervous influence in the brain of literary or studious persons, requires a longer time to be repaired or supplied, than in those even who endure the largest amount of physical toil, without particular necessity for active thought while engaged in their daily manual pursuits. But no avocation or habit affects this question so much as the quality of the ingesta. Those who subsist principally upon a vegetable diet, it is said, require less sleep than those who subsist on both animal and vegetable food. It seems certain that herbivorous animals sleep less than the carnivorous; while the omniveræ require more sleep than the herbivaræ, and less than the carnivoræ. Man, therefore partaking most of the omniverous, living on a mixed diet of animal and vegetable food, requires more sleep than the ox, the horse, or the sheep, but much less than the lion, the tiger, or the bear.

Physiologists are not well agreed respecting the natural duration of sleep. Indeed, no positive rule can be laid down on this subject; the statute of Nature, however, appears to read:—Retire soon after dark and arise with the first rays of

morning light ;—and this is equally applicable to all climates and all seasons, at least, in all parts of the globe proper for human habitations, for in the cold season, when the nights are longer, more sleep is required.

History shows that those who have lived the longest, were the longest sleepers, the average duration of sleep being about eight hours. The time of sleep of each individual, must depend on his temperament, manner of life, and dietetic habits. For instance, John Wesley, with an active nervous temperament, and a rigidly plain vegetable diet, and who performed an immense amount of mental and bodily labor, slept but four or five hours out of the twenty-four; while Daniel Webster, with a more powerful frame but less active organization, and living on a mixed diet, had a “talent for sleeping” eight or nine hours. Benjamin Franklin used to say that seven hours sleep was enough for any man, eight hours for a woman, and nine hours for a fool! Nevertheless, the invariable rule for all whose habits are correct is to retire early in the evening, and sleep as long as the slumber is quiet, be the time six, seven, eight, or nine hours. Those who indulge in late suppers, or eat heartily before retiring, are usually troubled with unpleasant dreams, nightmare, and are oftentimes found dead in the morning. Restless dozing in the morning is exceedingly debilitating to the constitution. Persons addicted to spirituous liquors and tobacco, in connection with high-seasoned food, are in danger of oversleeping even to the extent of very considerably increasing the stupidity and imbecility of mind, and indolence and debility of body naturally and necessarily consequent upon those habits. Sleeping in the day-time, or after meals is not a natural law of the physiology of man. No one requires to sleep after a meal unless he has eaten more food than his system required. Sleep may be indulged in during the day, when sufficient sleep is not had at night; but this sleeplessness at night need seldom occur, were our habits made conformable to the general hygienic requirements of Nature. Children may sleep all they are inclined to. The position of the body is of some importance, It should be

perfectly flat or horizontal with the head, a little varied by a small pillow. Sleeping with the head elevated by two or three pillows or bolsters is certainly a bad habit. The neck is bent, the chest is compressed, and the body unnaturally crooked. Children are made round-shouldered from their heads being placed on high pillows. The beds should be made of straw, corn-husks, hair, various palms and grasses; never of feathers, which can only be mentioned in reprehension. The bed clothing should always be kept scrupulously clean, and adapted to the season of the year, while the bed-rooms should always be sufficiently large and airy as best conducive to sound sleep and general vigorous health.

BATHING.

WERE all to follow the natural laws of their organization, in respect to eating, drinking, clothing, exercise and temperature, an occasional bath or washing would be sufficient; but as the laws of life and health are transgressed in a thousand ways, the sum total of all the unphysiological habits of civilized life is a condition of body characterized by deficient external circulation, capillary obstruction, and internal congestion or engorgement. To counteract this morbid condition of the system, bathing of the whole body, on regular occasions, cannot, or should not be omitted. For hygienic purposes, the particular process is merely a matter of convenience. You may bathe in a river if you like, or may employ the shower-bath; but these modes are no more beneficial than the towel or sponge bath. After the ablution, in whatever manner performed, care should be taken to thoroughly rub the body with a crash towel. The best time for such purification of the body is on rising from bed in the morning. The temperature of the water should be adapted to suit different circumstances of constitutional health and disease. Cold or cool baths are best for those in robust health, but those who are deficient in blood, or have a low vitality, should use tepid water. Extremely feeble persons should com-

mence with warm water, and gradually reduce the temperature as reaction improves. Sponging the body with spirits or vinegar, may prove highly beneficial in many cases of debility, where water would be injurious. Excessive bathing tends to make the skin harsh and scaly by diluting the secretions of the sebaceous glands, the oil of which is intended to be regularly and naturally poured out to the surface of the skin in order to keep it smooth, glossy, and soft. Bathe as often as may be necessary to keep the skin clean, and you will then have fulfilled the requirements of hygienic bathing.

AIR AND SUNSHINE.

AS AIR may be said to be the very pabulum of life, it is highly essential that it should be pure—inasmuch as any deterioration of it never fails to render the blood impure, and thus ultimately to affect both mind and body.

Air covers the entire globe, pressing alike upon land and water, having a depth of about forty-five miles. This vast ocean of air we call an atmosphere, from two Greek words, signifying vapor and space—it being an immense fluid sphere or globe. This atmosphere presses upon man and upon every object on the surface of the earth, with a force equal to fifteen pounds to every square inch. A man of average size has a surface of two thousand five hundred square inches; accordingly the air in which he lives presses upon him with a weight of eighteen tons. This would of course crush every bone in his body, but for the fluids within him, which establish an equilibrium, and leave him unoppressed.

Pure air contains seventy-nine parts of nitrogen and twenty-one parts of oxygen. If we add a single part more of oxygen to the air, it would no longer be atmospheric air, but *aqua fortis*, an element capable of destroying every thing coming beneath its terrible power.

The quantity of air consumed by a man of average size at each inspiration, is from fifteen to forty cubic inches, according

to the capacity of the lungs. Thus, in about an hour, a person consumes about six thousand and sixty-six pints, or two hog-heads of air. This air meets in the lungs in one hour, about one half of that amount of blood, or twenty-four in twenty-four hours. In other words, the quantity of blood which circulates through the system, is estimated to be about one-eighth of the weight of the body. So that a man weighing one hundred and fifty pounds will have in his circulation about eighteen and three-quarter pounds of blood. The whole of this large quantity of blood has been proved, by careful experiment, to circulate through the blood vessels in the almost incredible brief period of sixty-five and seventy-six one-hundredths seconds of time, and that is very little over one minute! This indeed seems wonderful, when we consider the vast extent of vessels it has to travel through; the arteries, the veins, and the minute capillaries through which it must be urged with no little force.

The physiology of the respiratory functions explains the relation of an abundant supply of air to the maintenance of health and the attainment of longevity. Fresh air in the lungs is so immediately essential to life, that most animals in less than one minute, when deprived of it, suffocate, become unconscious, and appear to be dead,—real death occurring in a few minutes, if air is not supplied.

There are at least three objects to be accomplished by breathing, namely: the renewal of the blood and the taking of impurities out of it; the warming of the body; and the finishing up of the process of digestion, and the change of chyle into nutritive blood. That carbonic acid and water are borne out of the lungs with every breath, may be easily proved. If we breathe into lime-water, it will become white. This is owing to the carbonic acid in the breath uniting with the lime, and producing carbonate of lime. Then if we breathe upon a piece of glass, it becomes wet, showing that there is watery vapor in the breath. That the blood receives oxygen from the air we breathe, is proved by the fact that the in-going breath has one-fourth more oxygen in it than the out-going.

The lungs then take out of all the air we breathe one-fourth of its oxygen. If we breathe it over a second, a third, or a fourth time, it not only has less oxygen each time, and is less useful for the purposes of respiration, but it becomes positively more hurtful by reason of the poisonous carbonic acid, which, at every out-going breath, it carries with it from the lungs.

Equal in importance with the quantity of air we breathe, is its purity. The supply of air for an ordinary man to breathe each minute, is from seven to ten cubic feet. Now, suppose a hundred persons to be confined in a room thirty feet in length, breadth, and height, the room containing nearly thirty thousand cubic feet, it follows that the whole air of the room would be rendered unfit for respiration on account of the vast volume of carbonic acid thrown out of the lungs and skin of the one hundred persons thus crowded together. This proves the importance of always having an abundant supply of pure atmospheric air always kept in circulation in crowded assemblies, churches, school-rooms, theatres, factories, workshops and dwellings.

Consider the effect of sleeping in a small room, seven feet by nine, not furnished with the means of ventilation. If a person sleeps eight hours in such a room, he will spoil during the time one thousand nine hundred and twenty cubic feet of air, rendering the air of the room positively dangerous to breathe. Every disease is aggravated by the breathing of bad air ! Yet it is common to close all the doors and windows where sick persons are confined, lest the patients should take cold. This is a bad practice. The sick should have plenty of fresh air. Their comfort is promoted by it, and their recovery hastened. It is utterly impossible for the lungs to be expanded in an impure atmosphere, because the air-passages irritated by the extraneous particles spasmodically contract to keep them out. The consequence of this is, those persons who reside permanently in an atmosphere charged with foreign ingredients or miasms, find their lungs continually contracting.

All sedentary habits weaker the abdominal muscles, and

thereby lessen the activity of the breathing process. Intense mental application, if long continued, powerfully diminishes the respiratory functions. Persons habitually in deep thought with the brain laboring at its utmost capacity, do not breathe deep and free, and are consequently short lived. All crooked or constrained bodily positions affect respiration injuriously. Reading, writing, sitting, standing, speaking, or laboring, with the trunk of the body bent forward, is extremely hurtful. In all mechanical or manual labor, the body should be bent or lean on the hip joints. The trunk should always be kept straight. Dispense with bed curtains, if you can. In sleep the head should never be raised very high, as that position oppresses the lungs; nor should the sleeper incline toward the face, with the shoulders thrown forward.

Grates and fire-places secure much better ventilation than stoves. No stove, especially furnaces, should be used without the means of the free admission of external air into the room. Lamps, candles, gasburners, etc., are so many methods of consuming oxygen and rendering the air irrespirable. Smoking lamps are a very common source of vitiated air. The bad air of steamboats, railroad cars, stages, omnibuses, etc., are a source of constant suffering to many. I may here remark that the general misapprehension of the theory of catching cold, frequently produces the evil sought to be avoided. More colds are taken in overheated than in too cold places, and still more are owing to vitiated or foul air. In sleeping and other apartments, where thorough ventilation is impossible, the air may be rapidly changed and materially freshened, by opening all the doors and windows, and then swinging one door violently forward and backward. The rules of ventilation apply to all rooms and apartments alike, whether in dwelling houses or travelling vehicles. There is no necessity for breathing air which has lost a part of its oxygen and acquired a portion of carbonic acid. The supply of good air is ample.

In connection with a full supply of atmospheric air to every human being, the importance of plenty of sunshine is not to be

overlooked. Pure air for the lungs and bright sunlight for the eyes, is a physiological maxim which should never be forgotten. The nutritive process is materially checked in all vegetable and animal life, when deprived of light for a considerable time. In the case of vegetables, they become etiolated or blanched. Almost the entire population of our large cities who occupy back rooms and rear-buildings where the sun never shines, and cellars and vaults below the level of the ground, on the shaded side of narrow streets, is more or less diseased. Of those who do not die of acute diseases a majority exhibit unmistakable marks of imperfect development and deficient vitality. During the prevalence of epidemics, as the cholera, the shaded side of a narrow street invariably exhibits the greatest ratio of fatal cases. A certain amount of shade is essential to comfort, but when it reaches the point of excluding sunshine to a large degree, it becomes a positive evil. Let us always welcome the visits of the healthful air and glowing sunshine, and look out continually for the essential conditions of vigor and cheerfulness.

OLD AGE OR LONGEVITY.

THE true philosophy of life is to live and enjoy—to use and not abuse the essentials to human longevity and happiness. As we read in Holy Writ, in the earlier history of man, when the air was free from infection, the soil exempt from pollution, and man's food was plain and natural, individuals lived, on the average, four or five hundred years; the maximum point of longevity recorded—that, in the case of Methuselah—being nine hundred and sixty-nine years. Without speculating upon the problem whether the years of the early historians included the same period of time as the years of our present almanac, it is sufficient for all practical purposes to know the general law, that human lives may be lengthened to one or two hundred years, or dwindled to the "shortest span," by our voluntary or individual habits. If it can be proved that any one man has

lived one hundred, two hundred, or even three hundred years, under favorable hygienic circumstances, it will be sufficient evidence of a physiological principle that most men may attain to similar extreme longevity, by a mere simple obedience to the natural laws of his being.

The examples of extreme longevity are too numerous to be detailed even in a book of many pages, but a few examples may be cited on this point. Haller, the celebrated English physician, during his time, collected more than one thousand cases of persons in Europe, who attained the ages from one hundred to one hundred and seventy years. In Baker's "Curse of England," we find a list of one hundred individuals whose ages ranged from ninety-five to three hundred and seventy ! Twenty-two of these reached the age of one hundred and fifty and upwards, and thirty exceeded one hundred and twenty years. Modern statistics exhibit numerous examples of persons in the United States and all parts of the world, attaining more than one hundred years. Indeed, it was common to the American Indians, previous to the introduction of "fire-water" among them, to live to one hundred years of age; although, as a general rule, the duration of life among the savage races is much shorter than among the civilized and cultivated people of the globe.

In our present artificial state of society, it is not probable that one in a thousand persons dies a natural death. Alas ! disease and violence, sweep, with few exceptions, the entire human family to an untimely grave. Even the celebrated Richard Parr, who died at one hundred and fifty-two years of age, came to an unnatural death by eating too heartily at a feast given in his honor by an English king ; while Richard Lloyd, who was in full health and vigor at one hundred and thirty-two years, died soon after from being persuaded to eat flesh meat and drink malt liquor, to which he had never been accustomed in all his life before.

On physiological principles, natural death results from a gradual consolidation of the structures of the body. In infancy

the fluids are in much larger proportion than the solids, but as we grow older the fluids decrease and the solids increase—thus gradually changing the flexibility and elasticity of youth to the stiffness and immobility of age. Thus in a perfectly normal condition of the organism, all the functions, powers and senses decline in the same harmonious relations in which they were developed. As the process of condensation goes on equally and imperceptibly, the motive-powers grow torpid, the nutritive functions are enfeebled, the sensibility becomes dull, the external senses are obtunded, and lastly, the mental manifestations disappear—death occurs without a struggle or a groan.

Certain political and social economists have attempted to prove that old age and a vast population are not desirable things, on the ground that, while population increases geometrically, the alimentary productions of the earth only increase arithmetically; hence, that some scheme of death or destruction is requisite or indispensable to kill off, or clear the ground of existing human beings as fast as the coming generations demand their places. In other words, that it is necessary that disease, violence, pestilence, murder, wars, and death should prevail, because of the earth's incapacity to produce sufficient food for the whole race of human beings, were all permitted to live out their natural lives, and die a natural death. A small amount of rational investigation will show the fallacies of all such theories. Indeed, under existing governments and social arrangements, more than three-fourths of all the lands and all the labor, so far as the production of the means of human sustenance is concerned, is literally wasted, or worse than wasted; while a large extent of the earth's surface has never yet been brought under cultivation, and that part which is cultivated the best admits of vast improvement.

Casting all speculation aside, it will not be denied that this earth was made the residence of man, and that God expressly enjoined upon him to be fruitful, and to occupy and replenish

the earth, giving him at the same time dominion over all the vegetable and animal kingdoms, as a means for subsistence and happiness, while progressing through the gradual stages of his natural or terrestrial existence. Hence, the creator did not bring man into existence, without first furnishing him with the means of an abundant supply of all the elements requisite for a long life of health and joy. Man, however, has grossly violated the laws of nature, and blundered on in his perversity, till life has actually become a grievous burden, and extreme old age a great and moral curse instead of a divine and special blessing.

Were it necessary, a thousand reasons might be given for believing that the earth now has, and always will have, room and food enough for all the population that can be produced by human beings who live agreeably to the laws of their natural organism. Indeed, it is a philosophical maxim that "intensive life cannot be extensive." The races of man have now a hurried, stimulated, forced and disorderly existence, marrying at too early an age, bringing myriads of children into the world, "scarce half made up," only to perish by thousands in the earliest infancy, or to draw out a miserable and unhealthy existence, if their lives are prolonged to manhood's estate, and sink at last, even then, into premature graves, from continued and perverse abuses of the hygienic and dietetic rules of life.

As already said, if the body develops itself slowly and healthfully, (as it always will in its natural state) it is only reasonable to suppose that the periods of infancy, childhood, and adolescence or maturity would be greatly prolonged, by the more simple conformity to the original laws of our being; the period of youth might and would be extended to what we now call "old age," say "three score and ten," and "three score and ten" would be but the beginning of vigorous manhood to be indefinitely prolonged, reaching on to a hundred, or even two hundred years!

The special means to insure sound health and a long life, are to avoid all errors in diet and personal habits. As the fluids

and solids of the human organism are formed from the materials taken into the stomach as food and drink, it follows that we all ought to abstain more than we do, from concentrated materials of aliment, and live more on fruits and vegetable substances, and fret ourselves less with the cares of the world; so all individuals would be able to maintain the juices of the body, and reduce, in a large degree, the solid elements which induce rigidity of muscles, thickening of membrane, contraction of organs, all leading to disease, premature debility, old age, and death.

Let us all then strive to return to the elementary principles of organic or human life. Let our diet be plain, simple and of a juicy nature. Let us refrain from excesses of all kinds, whether connected with our mental or physical powers, and thereby secure a long lease on life, attended with a thousand blessings, unknown to those who lead "fast lives," eat and drink immoderately, and indulge in the various forms of intemperate or luxurious habits. It is never too late to commence a reform in all these things. The oldest person now living might prolong his life to an indefinite period, by avoiding the errors named, and submitting himself to the prior-ordeal mandates of nature. To assist nature in her work of regeneration and recuperation of the human organism, my "Renovating Pills" will be found of most wonderful efficacy, in connection with the hygienic and dietetic requirements already indicated. They will thus prolong the period of youth to vigorous manhood, and vigorous manhood to the extremest limit of life ever yet vouchsafed to the human being. The already "old and feeble" so called, may be sure of having their lives greatly prolonged, and finally, in the inevitable ordinances of Heaven, or the laws of gradual progress and decay, passing away with cheerful resignation and peace to that mysterious bourne from which no mortal traveler ever has returned.

PROPRIETARY REMEDIES.

MANY persons have a strong prejudice against proprietary remedies. That this prejudice is entirely unwarrantable no individual who possesses a knowledge of the facts will deny ; but the majority of the people who entertain this prejudice have imbibed it without thought, and continue to hold fast to it as a matter of fashion. Indeed, the old clamor against proprietary remedies, and which still exists in a moderated degree, was and is attributable to a lack of proper inquiry. As regards the application of the title of "patent medicines" to all such remedies, I can but say that I do not know exactly how it originated ; but I *do* know that such a thing as a *patent medicine* was never placed before the public of this or any other country by issue of a patent right. The remedies which are so spoken of, are properly called proprietary remedies, and are protected by trade marks which it is forgery to imitate. The origin of the unjust and untenable prejudice against such medicines or remedies is very clear. For hundreds of years medical practice was shrouded in mystery, and the professors of surgery and physic had so long kept the secrets of their sciences hidden from the world, that they honestly considered any infraction of the rules of conduct by which they had bound themselves in council to be governed, to be heresy and humbug of the rank-est description.

Hence, when a few of these public benefactors, who had discovered, by hard study and benevolent experiment, certain specifics for many of the severest maladies which afflict the human race, put their discoveries up in bottles and boxes, and labelled them, and gained a demand for them by the powerful aid of the press and at a very moderate cost to the purchaser, the whole faculty became excited and at once set to work to alarm the people and save their former fees. If (in an obstinate and dangerous case,) for a few dollars a cure could be effected,

and the very costly attendance, for months, of a visiting physician could be dispensed with, what was to become of those who adhered to the old style of doing things? They would be ruined, they argued, and as self preservation is the first law of nature, they raised the cry of quackery. It was taken up and faithfully circulated by both the ignorant and the intelligent, and, in many communities it still forms a *traditionary* prejudice. Notwithstanding all this, the great economy, and physical benefit of truly good proprietary remedies have been making headway for nearly half a century; and the time is not far distant when it will not be considered, by any body of either high or low degree, unprofessional for a regular physician to bottle, box, and label his remedies, and sell them, (as other goods are sold) to all sufferers who have good reason to believe in their efficacy.

All the proprietary remedies which hold an unimpeachable position before the country, are the results of the studies, labors and experiments of rare skill and ability. It certainly matters nothing, then, whether I write my prescription, (a list of ingredients) in a sick chamber and send it to a druggist to be bottled, or boxed, and labled, or, selecting the purest and best materials, I make it up with the greatest of care, and bottle or box it myself. Indeed, the patient is protected by the latter course, for if I do not perform through my remedies all that I promise, my reputation is injured, my honor is impugned, and I suffer pecuniarily, for no medicine which does not possess undoubted merit can maintain its stand for any reasonable length of time, and consequently cannot yield its proprietor even a medium living. Therefore, if my preparations are worthless, they will be short-lived, and my practice, or business, will become a nonentity. If, on the other hand, they are what I claim that they are, they will become favorably known everywhere, and no prejudice in the world can materially retard their progress, or impede or impair their usefulness. Many preparations, or so-called remedies, both worthless and pernicious, have been placed before the people with great flourishes of

rhetoric and argument, and have "died and made no sign;" but this would never have occurred had it not been for the customary declaration of those who were not experienced in matters truly and honorably medical, that anything, however useless, in the shape of a specific or proprietary medicine, would, if well—or as the cant phrase is, "splendidly,"—advertised make its proprietors a fortune. That talk was a fatal mistake for many unprofessional capitalists. Very large sums of money have been lost by those who engaged in what was conventionally termed "the patent medicine business," under this mistaken and ridiculous estimate of public wisdom, confidence, and credulity.

To come to another point. There are hundreds of sick individuals of both sexes who listen to the silly talk of the prejudiced; and make up their minds, to grant without reflection, that such talk is true. For instance, one man acknowledges that the "Vervain Assimilant" cured his neighbor of fits, and that *he* is also subject to fits, but never tried the remedy. Upon being asked why he does not adopt the means and method of cure that restored his neighbor to life and happiness, he gives it as his opinion, that what would cure his neighbor would do him no good whatever. Somebody told him so, and he takes it for granted. This has been one of the arguments against proprietary remedies. Its folly is, I think, too apparent to require any refutation; but, I will say, by way thereof, that if a preparation purifies one individual's blood, it will purify the blood of any body else who uses it. A stimulant is a stimulant, a diuretic is a diuretic, and a tonic is a tonic, no matter who may use either. Would it be sensible for anybody to say, that although water had drowned his friend, or that gunpowder had blown up an acquaintance, that neither water nor gunpowder would have any effect upon him? The same rule of argument would be as reasonable in the one case as in the other.

I think that common sense teaches us very plainly that a proprietary remedy *will not be sustained* by general or particular patronage unless it is **POSITIVELY GOOD!** My readers may ask

how they are to know that the "ACACIAN BALSAM," "RENOVATING PILLS," "VERVAIN ASSIMILANT," and "HERBAL OINTMENT," are all that I claim them to be. (See pages 279, 285, 294, and 297.) I answer: first, they have been before the people of Europe and America twelve years, and that the demand for them, (without "splendid" advertising,) is greater now than ever, and continually increasing; next, that the most conclusive and flattering testimonials from nearly every part of both Hemispheres are in my possession, and that it would require a book larger than this to contain the one tenth of them. I have, consequently, for the better information of the general reader, selected a few of those which, I trust, may be carefully considered for the sake of suffering humanity. They were sent to me, without solicitation, by persons who may, at this present writing be readily communicated with. Some are in the form of sworn affidavits, bearing county seals and other official endorsements of their complete truth.

At the request of the English government, a proprietary stamp is affixed to every bottle, box, or pot upon which my name appears.

TESTIMONIALS.

HIDDEN SPERMATORRHEA.

SHEFFIELD, ENG., MAY 10th, 1867.

PROF. O. PHELPS BROWN:—

SIR—It is with great good will that I send you these few lines to advise you that your last course of medicines has completed my restoration. I am no longer a hopeless, sick man; but am as robust in appearance as I am in reality. I sleep, eat, think, walk, run, and work well, which I have not done before in seven years. I am satisfied that this is no temporary cure; but that you have *rebuilt*, as it were, my general organism, and have completely and for ever stopped, as you have said, that awful secret drain upon my powers that was surely rendering me imbecile both in body and mind, and dragging me by inches to the grave. I am yours truly, J. H. * * * S * *

REMARKS.—The above is from a middle-aged gentleman who for

many years has been the chief bookkeeper for a large manufacturing firm, and whose careful judgment and tried integrity are sufficient guarantees that he speaks from due conviction and not upon impulse. Although he had never been imprudent in his habits, or provoked sickness by any immoderate or improper indulgences, he was distressed beyond measure, some few years since, to find his strength gradually diminishing, and his mind growing weaker and weaker, while his digestion became more and more imperfect, the bodily organs generally were giving out in the performance of their functions, and emaciation slowly progressed to such an extent as to eventually make himself and friends despair of his life. During the whole of this prolonged term of suffering he liberally employed medical advice and treatment, and one physician after another assured him that he could never be restored to health—that he was the victim of consumption—that that fell disease was deeply rooted in his organism, and that nothing could extirpate it. Another said that the complaint was marasmus; another, cancer of stomach; another, chronic nervousness; another, hypochondria; another, heart disease, &c. They could not even afford him relief—and no wonder, for all the while they were considering *symptoms* for *disease*, and treating *effects* for *causes*. Not one of them discovered the source from whence all S——'s terrible troubles and distressing disabilities arose; and here again there is little room for wonder, inasmuch as his *real* disease can only be detected by one who has given up much time to its study, and who has made it the subject of all the ability derived from earnest and unflagging research and experiment. The disease is none other than Hidden Spermatorrhea—a form of seminal weakness which attacks old and young without any *apparent* reason, and which prevails to a most alarming extent among all classes of every community. My experience, from extensive practice, warrants me in declaring that a large proportion of cases in which *general debility, and all its horrible accompaniments*, assume chronic conditions, may be justly attributed to this mysterious scourge, and not to the causes which are usually assigned for them through either ignorance or carelessness.

Hidden Spermatorrhea consists of an *IMPERCEPTIBLE loss or unno-*



Privet



Saffron



Motherwort

*ticed discharge of the precious seminal fluid every time the patient makes water, and this is continually going on without the patient's knowledge, sinking him deeper and deeper into despair and misery; robbing him of his manhood, insidiously reducing his strength to the verge of uselessness, shattering his nervous system to nothingness, neutralizing and devouring his vital powers, striking him continually in every vulnerable part of the body, and, as a natural consequence, subsequently demoralizing and finally extinguishing the mental forces, leaving behind a mere wreck of what was once a mind of clearness, capability, and uncommon vigor, together with the poor remains of a robust and rugged frame. This is what it will do if permitted to have sway for any considerable length of time. In all cases where the disease is of very long standing, the result is sexual debility, or inability to perform those duties which belong to an union of the sexes. This is about the most humiliating and distressing condition to which a man can be reduced, involving not only physical suffering of the acutest description, but subjecting him to the contempt of those whose love he covets, and rendering any approach to domestic felicity impossible. My Sheffield patient, S——, applied to me as a last resort, only just before he had reached this state of wretched imbecility; but if he *had* reached it I could have cured him, for the human frame is full of *latent power* even when its energies seem most exhausted, and from this latent power may be re-developed, life and force, under favorable circumstances, even as grains of wheat that had lain dormant two thousand years in the Egyptian Pyramids were made to grow and yield fruit when placed in proper soil, and cultivated by an experienced person.*

As the *smallest unnatural loss* of semen is a *great loss* of electrical force, flesh, muscle and vitality, the reader may readily comprehend to what a terrible state of dependence a man will soon be reduced whose semen secretly leaves him *every time he expels urine* from his bladder, and even oozes away imperceptibly on each occasion of his going to stool! The well known form of Spermatorrhea is a dreadful affliction; but *this* form of it is still more dreadful, because of its *unsuspected existence*, its insidiousness, its secret, silent and radical workings, the almost impenetrable mystery that surrounds its origin, and the seeming impossibility, to those who

do not understand it, of detecting it, and of checking and banishing it after it has been detected.

From the very beginning of this disease the patient sensibly feels its cruel effects, while he gropes in the dark, not knowing what is sapping the very essence of his manhood and vigor. Although its work is comparatively *slow*, it is inevitably *sure*, if it is not brought to an end; and it is therefore the interest of those who suspect that their unaccountable symptoms or ailments, for which no reasonable cause is apparent, arise from Hidden Spermatorrhea, to lose no time in procuring a correct opinion in the matter, and if they find the dreadful enemy in ambush, to have him forthwith put to rout from his hiding place.

Hidden Spermatorrhea affects the lungs, heart, liver, stomach, kidneys, bladder, intestines, glands, joints, brain, &c., causes the nerve power gradually to disappear, wastes the flesh and muscles, and produces general and local debility, fits, flatulence and pains in the stomach, sickening unmanly lassitude, great derangement of the circulation, extreme emaciation like marasmus, palpitations and all other diseases of the heart, flaccid and feeble muscles, atrophy of the testicles, insanity, idiotcy, convulsions, corrupt blood evinced in pustules, blotches, pimples, fiery skin discolorations, and cutaneous affections generally; apoplexies, lethargies, palsies, [wasting of the spinal marrow, bilious diseases, and sallow complexion, or else a bleached, haggard, or livid complexion, sunken eyes and derangement of eyesight; stupid effeminate expression of countenance, dry harsh coughs, failure of nutrition, cold dry scurfy skin, nervous shakes and tremors of various parts of the body, sleeplessness, fearful headache, loathing of food, harsh, grating, or very feeble voice, spasms, twitching of tendons, bent bodies and weak limbs, suppressed insensible perspiration, night sweats, depressing languor, sometimes halting or shuffling gait, unaccountable feelings of shame, distaste for society, disinclination to look a fellow being in the face, confused understanding, inability to concentrate the mind upon a given subject, loss of memory, lack of the power of calculation, failure of vital heat, indecision, feeling as of impending great misfortune, confusion of intellect, unfounded suspicions, irritable and harrassing ill-temper, shifting or local racking pains,

horrible dreams, terrible noises in the head and ringing in the ears, creeping sensations upon the surface of the body, perverted judgment, entire lack of will-power, weariness of life, morbid sensitiveness, torpid bowels, foetid breath, decay of the bony structure, and many other symptoms and results, which are almost invariably *attributed to other causes than the right one.*

Had my patient, S——, years before he consulted me, taken a little trouble to discover the *real* character of his affliction, he would have avoided an untold amount of suffering, as also the damage and expense of being “doctored” for the *symptoms* of a secret drain upon him, which *could only disappear by the removal of their cause.* Any one who suspects, or has any of the above symptoms, should at once put his morning urine into a clean half-pint bottle and let it stand from twenty-four to seventy-two hours. If, after standing this length of time, there appears a peculiar cloudy sediment or deposit at the bottom, there can be no doubt of the development of Hidden Spermatorrhea in some one of its many stages. And bear in mind, that even boys, and the purest and best of men, may be afflicted severely by this impereceptible waste of the most precious fluid of the human body, *one drop* of which, lost in opposition to the laws of nature, is a powerful draft upon the vital sensibilities.

Having determined to make myself thoroughly acquainted with this disease in all its particulars, and to discover the means by which it could be quickly and permanently eradicated, and the patient restored to all the delights and advantages of perfect general and local health and strength, I did not rest until I became the possessor of this knowledge; and I also discovered an infallible test (apart from the urinometer or gravimeter), whereby I can instantaneously and accurately determine the existence or absence of Hidden Spermatorrhea upon receiving a confidential communication from the person presumed to be afflicted. Although the urine test as made by the patient is generally satisfactory as to establishing the fact of the development of the disease, my test is positive, and at once explains the degree to which it has advanced, and the special treatment that will be required to effect a speedy and permanent restoration. *The cause, nature, true loca-*

tion, extent, and hidden characteristics of every disease, however important or simple, must be thoroughly understood by any practitioner before he can hope to remove it; and it is because I do thoroughly understand this dangerous enemy of the human race that I never fail to conquer it, and obliterate every vestige of its evil effects.

Let me here take occasion to observe, for the benefit of suffering humanity, that any *violent* treatment for this disease is a sure aggravation of the symptoms. What I term *violent* treatment is that which is commonly adopted for those who are shattered and broken down by the above or any other cause. This consists of the administering of opiates, spiced and flavored alcoholic stimulants, destructive so-called invigorators made principally from the tincture of eantharidies, or Spanish flies, Metallic drugs (disguised) and poisonous injections, &c. To these are frequently added, in cases of ordinary Spormatorrhea, (and would be in Hidden Spormatorrhea if the practitioners knew what they were attempting to cure), mechanical contrivances which torture the patient by day and by night with no other permanent effect than to force him, degree by degree, lower into the abyss of almost hopeless misery. Indeed, the old, and soon-to-be completely exploded system of practice for various diseases, with its mercury, antimony, tin, arsenic, lancets, blisters, and aëro-narcotic drugs in general, has been a fruitful source of Hidden Spormatorrhea. I have had many cases of it in individuals who had undergone the old style treatment for Dyspepsia, Costiveness, Liver Complaints, Nervous Afflictions, &c., and who had been seoured out, and mercurialised, and bled, and sacrificed, and made drunken with *reactionary stimulants*, until their wretched bodies had scarcely a semblance of healthful vitality remaining in them. Better, in fact, let disease take its own course, than resort to such agents for either its amelioration or its removal. Therefore, if you do not throw yourself upon the unfailing and rational rejuvenating benefits of Scientific Herbalism, do nothing, for that were preferable to an increase of your afflictions at a ruinous expense of money and convenience.

N.B.—Hidden Spormatorrhea is often mistaken for diabetes,

Bright's disease of the kidneys, and other diseases of a similar character. To be sure that you are safe, or that if endangered you can be made safe, dispel your doubts by writing to me for advice, in obedience to rules laid down on page 408.

YOUTHFUL ERRORS.

UTICA, N. Y., MAY 30, 1865.

PROF. O. PHELPS BROWN:—

DEAR FRIEND.—Mr. G——, whose case of sexual debility, mental weakness, and extreme emaciation, caused by solitary habits, you undertook at my request, four months since, after many well-known physicians had declared that medical skill “could do nothing for him,” is a new man. His intimate friends can hardly believe him to be the same person. When he commenced your course of medicine he weighed but ninety-five pounds, now he weighs 135 pounds. I send you an account of two other cases, the symptoms of which are precisely similar; although the *causes* of those symptoms were very different in every respect, not arising from any bad habit.

ERASTUS THOMPSON.

REMARKS.—In this case I used a preparation of coca, (page 59) dragon root, (page 69) cryngo, (page 72) and other herbal tonic and invigorating remedies of foreign growth which are especially adapted to such cases. In addition, I required the patient to avoid the use of all exciting foods and drinks; but to live freely on plain nourishment; to use a cold sponge bath containing a table-spoonful of mustard, twice a week, until stronger, and then every day; to keep the bowels moving regularly with the “Renovating Pill,” and to avoid solitude, and court cheerful, and lively society as much as possible. The consequence of this treatment is before the reader. In cases of extreme debility of mind and body, accompanied by spermatorrhœa, I use a preparation of Bearberry, (pages 171 and 172) and gelsemin. Before I could effect this cure I was obliged to resort to this branch of the course also; and for the purpose of giving stability to the system ordered an unequalled

tonic, of which I am the discoverer. The "gelsemin course is a certain remedy for spermatorrhœa or loss of semen.

I would further remark that considering and describing the peculiar diseases to which we are all more or less subjected, a physician should be modest and delicate; yet, if he is not outspoken, to a certain necessary extent, his readers, or patients, will not thoroughly understand him. The above certificate and brief account of treatment concerning a particular case, is headed "YOUTHFUL ERRORS," and, so far as the *individual* case goes, the heading is correct; but it does not, (as may be inferred from the closing lines of Mr. Thompson's testimonial,) apply to thousands of other cases where sexual debility, or *loss of virile power*, involving mental weakness, and extreme emaciation, occur. My experience teaches me that nine-tenths of such cases are the results of habits and practices which are perfectly legitimate, and to which no shadow of blame or disgrace can be properly attached. It is a well established fact that too much mental application, also constant confinement within doors in a vitiated atmosphere, or habitual or sudden exposure to heats and colds, or the destroying influences of extreme grief and care, will produce all the evil effects upon the mental and physical organization, that are caused by, and attributed to, solitary habits. Nervous debility, which is quite a common and comprehensive name for all failures of the intellectual or physical organs or faculties to perform their functions properly, is originated and nurtured, in both sexes, by a variety of causes as countless as the leaves of the forest. Consequently, people should not be backward about making their deficiencies of mind or body known to physicians in such a clear and confidential way as to secure to them the full restoration of their normal health and vigor. Any course of life which is inordinately irksome, or involves heavy tasks, is liable to cause the loss of virile power, or especially in middle age, IMPOTENCY, which is the aggravated form of the same difficulty. Thus we find that clergymen, merchants, book-keepers, literary workers, women who are

overtaxed by care and labor, lawyers, judges, boys confined too closely at school, young ladies who seldom take out-of-door exercise, clerks, heads of public departments, and all others who are constantly wearing and tearing both mind and body without seeking the neutralising aid of *rest*, amusement, and change of scene, are subjected to some of the numerous ills developed in disabilities and ineapabilities which impose untold suffering. These ills are the inheritance of everybody physically and mentally overworked, no matter in what capacity they may labor. It is to be lamented that many of these innocent individuals, from the fear of being charged with guilt, suffer long years in silence and in sorrow, and at last go down to the grave without having made an effort for relief. The old class physicians have used the most powerful minerals within their reach, and, with the earnest and honest desire to do good, have accomplished much that has been of *temporary* benefit. But the reaction from the use of these minerals has been, in all instances, of a non-curative character, the patient purchasing for temporary enjoyment, many after-years of incapacity and local weakness.

And now I approach a branch of this subject which to many of the female sex is of the utmost importance. The same causes of local weaknesses in the man have a powerful and similar effect upon the woman. Impotency in the husband is a complaint which must be cured, or his healthy wife will regard him with sorrow and misery. The other side of the picture is a perfectly healthy man and a **BARREN**, (or *impotent*) woman. *Any* cause of debility, but more particularly want of pure air, confinement to small rooms, lack of judicious exercise, or of personal cleanliness, and of lively associations with cheerful people, will render the best of women incapable of competent and satisfactory childbirth. Barrenness, therefore, so long accounted incurable, is just as easy of remedy as any other human affliction, and is reached by the preparations which are made from the natural productions of the fields and the woods, as readily and as certainly as any of the incompetencies

of the sterner sex. Women therefore must not despair of becoming happy and joyous mothers, if such be their pleasure.

I shall close these remarks by summing up the facts that failure of the virile strength, (or IMPOTENCY,) and all its concomitants of loss of memory, inability to concentrate the mind, a tendency to insanity, nervousness involving a great distaste of life, loss of a desire for society and *companionship*, and a total lack of all business enterprise and calculation, which makes all such persons entirely unfitted for those energetical occupations by which men acquire both fame and fortune, are among the effects of this loss of manly vigor. *This proves that the disabilities we are considering are not to be always accounted the result of self-abuse.* Let me also impress upon the minds of my readers that *where power has once existed it can be restored*, no matter how great the loss may have been, or how long it may have existed; but this restoration can be achieved only by prompt and judicious means. I must take occasion to say that false modesty is a sin which never fails to punish severely those who indulge in its culture and development. No one need be ashamed of a misfortune, *whatever its origin*, nor should anybody hesitate to attempt to repair or banish it when means for so doing are both harmless, certain, and abundant. The remedies used by me in these cases are entirely original, and are prepared specifically and with great care. They are powerful for good and innocent for evil, and are positive to restore those who employ them to permanent health and original vigor. I have never failed to restore my patients to complete health where the instructions sent with the medicines were faithfully followed.

Persons addressing me on the subjects above spoken of may rest assured that their communications will be treated *confidentially*, as all letters upon such subjects are copied in cypher as soon as received and the originals burned.

No charge is made for advice. Write, giving full description of case, and I will promptly answer by return of mail.

CONSUMPTION.

CARLTON, ORLEANS Co., N. Y., JULY 15, 1864.

PROF. O. PHELPS BROWN :—

SIR.—After taking a little of your “Acacian Balsam” Mrs. Griffin is better—she sits up all day—and rides out occasionally. The soreness has gone from her lungs and she coughs very seldom, unless, in consequence of some fresh cold. Now and then there is some shortness of breath, and wheezing, but no comparison to what has past, or in times past. It has been the general impression here that she had the consumption and would die, and the physician said he did not believe she would live till spring. Once we called in the neighbors to see her die. And persons who saw her in her feebleness, and behold her now, will scarcely credit their own eyes.

P. GRIFFIN.

CATARRH IN THE HEAD.

WASHINGTON, D. C., APRIL 3, 1865.

PROF. O. PHELPS BROWN ;—

RESPECTED SIR.—My catarrh, which had almost destroyed my power of speech, had nearly lost me the senses of smell and taste, and was rapidly extending to the lungs, by dropping down, has disappeared. I owe this great blessing to your course of treatment. I had been so often humbugged by those who made great pretensions of curing me, and to whom I had paid large sums of money, that I applied to you by advice of acquaintances, with many doubts; but a “drowning man catches a straw” and I wrote you a full description of my sufferings. I cannot be too grateful to Providence for having directed me to do this. Use my name in any way you please for the benefit of others afflicted as I was, etc.

S. BROWN MILLS.

REMARKS.—This patient describes the effects of nasal catarrh, as developed in himself, but partially. He has omitted to say that his breath was so offensive that people could not sit in the room with him; that the matter was discharged so copiously that it descended into the stomach, causing vomiting, reducing him in strength and flesh to a comparative skeleton; that he had inflammation and elongation of the soft palate; (uvula) had lost his appetite; and was troubled with hectic fever. The great object to achieve in a case like this is first to

cleanse the parts affected and then to *heal* them. Great attention must also be paid to the general health which nasal catarrh even in its mild forms deranges so effectually. My instructions to Mr. Mills were to make use principally of light vegetable food; with now and then chicken or mutton broth; to bathe the feet each night in warm water, and upon going to bed, to keep the bowels open with the "Renovating Pill," to wear flannels next the entire surface of the body, and to use the "Herbal Ointment" plentifully at night upon the forehead, rubbing it gently and yet persistently in. I forbade the use of water internally, and prescribed toast tea or warm lemonade as a beverage. The main point of treatment was the beginning of the course I usually adopt for this disease, viz., a solution (with other rare herbal solutions) of narrow leaf Virginia thyme (pages 107 and 108,) which can be used either as an injection for the nostrils with a syringe, or it may be, as the phrase goes, "snuffed up" with force from the hollow of the hand. When this had produced the desired effect, I prescribed the second series of the course, viz., a solution of *English Daisy Root*, and other foreign roots, with herbs, (to be used as above) and a certain healing powder, both to be applied through the nostrils as often as circumstances required. I have never failed with this treatment. Mr. Mills' catarrh was a desperate and deep seated affair—in fact I have never known of a worse case; I can usually perfect a cure with the English Daisy Root preparation and the healing powder, where absolute *rotteness* has not been developed, as in the case of this patient.

CASES OF LEUCORRHOEA, OR "WHITES."

LIVERPOOL, ENG., MAY 10, 1866.

PROF. O. PHELPS BROWN :—

DEAR FRIEND—I am not much of a writer; but I wish to say to you that your advice and medicines have made me well, and that I do not fear a return of the distressing and loathsome complaint which had held me in its gripe for three years, and which was rapidly bearing me to an early grave. I

write this with my husband's consent. I have no false modesty, and do not care who reads this if it will induce them to be wise and try your remedies, etc.

MRS. J. B———.

REMARKS.—Before coming to the treatment adopted in the above case let me state, for the benefit of many persons ignorant of the fact, that no two cases of "whites" are *exactly* alike; and that the term "whites" is employed, to specify all variations of the disease, from custom, and because it is convenient. There are four kinds of discharges in this very prevalent affliction, viz: mucous, pus, mucous and pus combined, and a clear transparent secretion, which, when coagulated, looks like curdled milk. When thin and watery, or thick and *cream* like, it is from the passage which leads to the womb, or as it is technically called "the vagina;" bringing away patches and shreds of the membrane or lining of the passage, and causing the utmost distress and debility, both of mind and body. When it is ropy or gluey it is from the cavity of the neck of the womb, and if not soon checked, and the parts restored to a healthy condition, will result in ulceration, which, after inflicting numerous and prolonged agonies, ends in a painful death. It is also frequently the cause of falling of the womb, and there is no doubt that cancer in the womb, is, in a majority of cases the result of its ravages. There are many variations of whites, whether it be confined to the vagina or has extended to the neck of the womb. So there is a great difference in the color of the discharge, it being green, dark brown, yellow, or clear and white, as the age, size, condition etc., of the victim varies, or according to cause, progress and duration. It is essential that the physician should be acquainted with these particulars, and that he should carefully and minutely consider the age, habits, occupation, social standing, and temperament of the patient before prescribing. The causes of this disease are as various as the forms it takes. Among them are excessive indulgence in sexual intercourse, cold, gonorrhoeal virus, much stimulating food, giving way continually to morbid and depressing fancies, solitary enjoyments,

child-bearing, long continuation of the monthly flow, nursing, decline of life, great fatigue, such as frequently running up and down stairs, straining, indigestion, or too much confinement in impure air, and too little rational exercise, miscarriages, intemperance, etc. Sometimes neglect of the person, or uncleanness, is a cause. Ladies of very delicate organization, and those who are scrofulous or consumptive, are liable to it. Among the many symptoms of whites, are a pale, sallow or waxy complexion, which is occasionally altered by heavy flushings only to become more ghastly after they disappear. Also dull eyes, with heavy dark crescents underneath, capricious appetite, or scarcely any appetite, foetid breath, nausea, distress in the stomach, pains in the back, loins, groin, and chest; suffering in walking, headache, chills, restlessness at night, frightful dreams, disordered stomach, extreme nervous and muscular weakness, great emaciation, ill temper, disinclination for the other sex, etc. Not the least unpleasant effect of this disease is the smell it emits. To treat it with mineral preparations is merely to palliate it and produce other afflictions. Why use dangerous articles when the earth abounds with herbal remedies which are both healing and soothing, powerful and harmless, and which if rightly prepared by experienced physicians, who understand the medicinal properties of the vegetable kingdom, and used according to directions, *must* satisfactorily cure without leaving evils of any other kind behind them? Among the many plants and barks which skillfully and intelligently compounded with others which have to be imported, and their virtues extracted by a process known only to those who have made them a life study, will surely and quickly cure this diseases in all its varieties, are "Devil's Bit" (pages 67 and 68) "Balsam of Peru" (pages 122 and 123) "Life Root" and "Meadow Lily Root," (for both see pages 97 and 98,) "Privet" (pages 125 and 126) "White Oak Bark" (page 112) "Golden Seal" (page 81) etc. These are the principals of numerous well-known plants and barks employed by me for leucorrhœa, to give the names of *all* that I employ, especially those of foreign origin, would occupy more

space than I can spare, and would not benefit the reader, for the foreign ones can be procured only at great expense, in large quantities, and in out-of-the-way localities. From Mrs. Barton's copious description of herself and her symptoms, I was satisfied, after due deliberation, that the disease had reached the neck of the womb, and that if she did not at once obtain relief, ulceration would be the inevitable consequence. She was of a medium size, light complexion, hair and eyes, sanguine and lymphatic temperament, and was afflicted soon after marriage. She had been what is called a "wild" girl; that is, fond of romping and playing, but was always, from the age of puberty, more or less subject to an overflow of the menses, by which her frame had become somewhat enfeebled. I pass over the certainty of the "parts" having been injured during coition. I prescribed a wash made from some of the above plants and barks, and which I call the "Privet Wash," to be injected freely morning and night. In order to achieve the great object of restoration it is necessary to treat the disease generally as well as locally. I therefore ordered three of my Extra Tonic Pills to be taken each day, one before each meal. I also enjoined, for a time, strict abstinence from nuptial indulgences, and three tepid hip baths a week to begin with, gradually reaching the cold ones. The hygienic treatment was simple, viz:—moderate exercise out of doors in clear weather, light animal and vegetable food easy of digestion—nourishing *but not stimulating*; scrupulous cleanliness, and the cultivation of a cheerful spirit. This treatment, carefully observed, effected a permanent cure in three months. I would take occasion to say here, that in *all* cases of whites the most rigid system of cleanliness is indispensable to a speedy cure. For merely cleansing the parts pure cold, or tepid water, as the case may require, to which has been added a little salt, is excellent.

LEEDS, ENG., JAN. 5, 1865.

PROF. O. PHELPS BROWN:—

HONORED SIR.—Permit me on behalf of my daugh-

ter and her father, to return you our sincere thanks for the advice given in your last letter, and to state that we shall always treasure it, and act upon it too, *if it ever becomes necessary*. But at present we have no occasion to use it. *Our daughter is cured*. Perhaps this will not surprise you; but it has surprised us, and has shed the rays of happiness over a household that was before sorrowful and miserable indeed. If by referring persons to us who are suffering as our daughter did, you can do good, have no hesitation about it. * * * Mrs. G—— is progressing finely under your medicines.

MRS. H. B——.

REMARKS.—This was a case of vaginal whites, which had existed from the time the patient had commenced to menstruate. She was a girl of robust habit, with full bust, when first attacked; but was eventually reduced to a shadow of her former self. The *causes* of her affliction I need not specify. When she first applied to me for aid it was with great difficulty she could retain anything on her stomach, and nearly all the symptoms enumerated under Mrs. B——'s case were torturing her constantly. Her pains were of the most excruciating nature, causing distress to those around her as well as to herself. In fact it was a *very bad* case. Unskilful and reckless treatment had done much towards aggravating her miseries and rendering a cure a matter of the utmost difficulty, yet I was determined to take the matter in hand and make handsome work of it. My first care was to impress forcibly the utter impossibility of effecting a cure if all natural or unnatural excitements of the organs of generation were not *totally avoided*. The usual light but nutritious diet was ordered, also plenty of fresh air and sunshine, moderate and pleasurable exercise, cheerful associations, etc. I insisted upon total abstinence from all exciting liquids, and the abandonment of any course of romantic reading that would be likely to stimulate the imagination. I prescribed the cold hip bath to be taken every day, and an injection made from "Golden Seal," "Life Root," "Lilly Root," and two South American plants, to be used freely three times a day. For ablutionary purposes she used tepid or cold water

with a very little salt, according to the intensity of the inflammation or irritation. Instead of blisters, or issues, to the lower part of the back (*Sacrum*) I applied the "Herbal Ointment" freely, keeping it constantly there, in fact, in the form of a plaster. As she was badly constipated I used the "Regulating Pill" according to directions. With the exception of a slight relapse produced by one night's unwise exposure to damp air, and a very fatiguing walk, this case progressed steadily to a cure from the first day my treatment was adopted until I received the above letter announcing the patient's thorough and perfect restoration to unblemished health.

The above two cases are but types of hundreds, to cure which my services have been required, and usually at the last moment. I have cured many variations from these two cases, all bad enough, and have testimony to that effect; but the above will be quite sufficient to show to the impartial reader both the method and value of my Herbal system. The above certificate would not have been published without the permission of the writers, as I hold sacred all correspondence of this character.

BAD CASE OF LIFE-LONG SCROFULA CURED.

BIRMINGHAM, ENG., AUGUST 4, 1865.

PROF. O. PHELPS BROWN:—

MY DEAR FRIEND.— * * * * * words cannot express my delight at the cure you have effected upon me. You know what a condition I was in when I wrote to you last winter; I was covered *from head to foot* with sores, and as I had been more or less a sufferer in this way from childhood, and had spent thousands of dollars in the hope of getting, at least, a partial, if not a perfect cure, without success, I had but little faith in *your* ability to do me much good. Still, you had been so highly recommended that I concluded to make one more trial, and if that did not turn out as was desirable, to bear my wretched fate with philosophy until I could hide my disfigured form in the grave. I may say, that now, for the first time in my life, I have an unblemished skin; apparently a pure current

of blood in my veins, and the very best of general health. I owe this to you, or, more properly speaking, to your skill and ability and the plants which nature has provided for every physical ill. Should you ever come this way, you will confer a favor upon me by giving me a call. You may publish the fact of my cure if you like; but I prefer that you would keep my residence out of print, as I do not wish to be troubled with inquiries, etc.

J. R. M. DRAKE

REMARKS.—Scrofula is both hereditary and acquired. It attacks all parts of the body; but more especially the glands, bones, joints, and skin. When transmitted it is more difficult of treatment than when acquired; but in either event it is *certainly curable*. Consumption is the worst phase of scrofula, and generally the most fatal. Yet we can now not only *avert* consumption by timely and judicious treatment, but can *cure* it even after it has reached a stage which many years ago was sure to result fatally. The chief causes of scrofula, (apart from certain poisonous communications between healthy and infected persons which my treatment will positively cure in all its forms,) are insufficient food, the habitual breathing of foul air, exposure, intemperance, unclean habits, constitutionally-weak stomach; living too high, lack of exercise, or too much of it, etc. The basis of scrofula, in all its varied hideousness, is, no matter what may be the fundamental reason, *impurity of the blood*. In the case before referred to, the disease was undoubtedly hereditary; although the parents had never had a touch of it; but upon inquiry I ascertained that the grandfather on the side of the mother had been more or less troubled with it all his life. This is often the action of scrofula. It may fail to appear during one or two generations, and then again break out with extraordinary virulence in a distant branch of the original family, particularly if there be any syphilitic taint. Mr. Drake describes his condition as it was when he first wrote to me, in broad but expressive terms—he *was* literally “covered with sores from head to foot.” His appetite had gone, his strength was scarcely beyond that of an infant, he could sleep but very

little, nor could he walk, or talk, excepting with great pain, and as he said in a previous letter, he presented such a shocking appearance that "he was ashamed to show himself abroad," even if able to do so. In short, he was on the verge of dissolution—in fact, that without a prospect of recovery, speedy death would have been a boon. I ordered my *compound fluid extract of stillingia*, which is a preparation comparatively new; but which will soon usurp the place of all other medicines for serofula, hepatic and cutaneous affections, and *all impurities of the blood*, and a tonic pill made particularly to suit the individual case. The patient was advised to shun crowded or close apartments, to avoid exposure to wet or humid weather, to sleep with the windows open at all times, but out of the way of the draught; and to bathe daily in warm water and alcohol, or in salt water if he preferred it; but never in plain, fresh, or cold water. His diet was as invigorating as possible,—light, nourishing, and digestible, but never stimulating—consisting in the main of broth, solid lean meats, and stale bread—pastries, pies, and puddings being interdicted. Fish, especially the fresh cod, he was ordered to eat as often as was agreeable, for its iodine, as well as its nutriment. I sent Mr. Drake his first instalment of "the compound fluid extract of stillingia," and the tonic pill, with hygienic instructions, in the latter part of February. In the middle of March he was out, with a fair appetite, a moderate degree of strength, and a visible improvement in the strumous inflammation and discharge. He improved slowly but surely, and was pronounced cured by his friends, as early as June; but as doing things by halves is not my way, I continued treatment until August, when every vestige of the disease had, as near as I could judge, vanished, I am sure, never to return, unless through his own neglect and imprudence. The "stillingia" is the foundation of all my preparations for serofula, (see "queen's root," page 128) but it is embodied with several other rare plants and roots, according to the cause, location, or extent of the disease. Where it manifests itself in the glands, joints, or upon any part of the surface

of the body, in sores, rashes, or ulcers, I invariably prescribe the "Herbal Ointment" as an assistant whose services could not be dispensed with.

OBSTINATE NEURALGIA CURED.

ALEXANDRIA, VA., JAN. 12, 1865.

PROF. O. PHELPS BROWN :—

DEAR SIR.—I have the honor to inform you that your medicines have had all the effect you promised. My neuralgic pains and symptoms disappeared three weeks after I began using your "Lever Wood" preparation, and the ointment, but I refrained from writing to you for many weeks afterwards fearing that the relief was only temporary. I am now sure, however, that the cure is permanent, for since the pains ceased I have been constantly exposed to the weather, braving it in all its changes—have been out in storms, have been shut up in close places, and then suddenly sent forth in the bitter cold, and yet not the slightest approach to neuralgia has been visible in the operations of my nervous system. I have a sister in Vermont who suffers severely every winter from neuralgia of the face. I enclose ten dollars, for which, send to her address as much of your medicine and advice as you can afford.

L. J. McCOMAS.

REMARKS.—Mr. McComas was employed in one of the public departments, whose head-quarters were in Alexandria, Va., and was liable to be exposed at all hours to the weather, no matter how bad it might be. He was frequently compelled to lodge upon the ground, and sometimes could get no food for many hours, and when he did get it he was often compelled to eat it half cooked and in haste. He appears to have been constitutionally predisposed to diseases of the nervous system, and although only twenty-two years of age, had suffered extreme tortures from neuralgia. The pain occurred by jerks and starts, commencing at the back of the neck generally, running round to the ears and the jaws, and spreading over the entire face, as also in most instances the shoulders and chest. I ordered the "Lever Wood" preparation, (page 97,) which comprises

the extract of five different rare herbs, and the "Regulating Pill" one a day at going to bed, and required that the "Herbal Ointment" should be liberally used upon the affected parts morning and night. All forms of neuralgia may be cured by this treatment, if, in addition to the medicines, the patient will keep his stomach in good order, and use tepid baths in moderation.

REMEDY FOR GOUT.

BELFAST, IRELAND, APRIL 2, 1865.

PROF. O. PHELPS BROWN :—

SIR.—You merit all the gratitude I have to give. Shall I say that you have cured me of gout? Yes, I think I may safely say so, for I have been free from it *one year* for the first time in twenty-five years, and all since I began to take your remedies. I am now fifty-three years of age and am in the enjoyment of better health than has been my good luck for a quarter of a century. My children say that it is now a pleasure to spend an evening with me, whereas, before obtaining your godsend, it was their opinion that I was a most irritable and disagreeable companion. I would like to have a large number of your treatise for distribution. What will be the cost, etc., etc.

WM. RODMAN.

REMARKS.—Gout is always accompanied by disarrangement of the regular functions of the stomach and other internal organs. In either the acute or chronic stage it is indicated by the usual violent pain in the ball or first joint of the big toe, with shooting pains throughout the foot; sometimes every toe is involved. When the attacks have been frequent and of long standing, it in many instances falls into the stomach, when mortal skill is hardly equal to the salvation of the sufferer. This is when the patient has become very much reduced. If stout or fat, the disease after having been allowed its own way for a long time, usually falls into the head, and then proves fatal as often it does when located in the digestive regions. Gout is hereditary, but, even when it is so, can be averted by prudent living.

Its causes are numerous, among which may be enumerated excess in eating and drinking, dyspepsia, indolence, hard and unreasonable study, anxiety, despondency, excessive evacuations no matter of what character, cold, the suppression of any accustomed discharges, sudden exposure to cold when the body is heated, wet suddenly applied to warm feet, costiveness, and a climate to which the victim is not accustomed, especially if it be variable. A great many practitioners recommend the starvation process ; but this is nonsense. Every man, in order to preserve his health, should eat and drink moderately of that which readily assimilates with his system ; but to attempt to cure a man of gout, born with him perhaps, by feeding him on gruel alone, and bleeding him every now and then (such has been and still is the allopathic practice) is perfectly absurd. All gouty patients should use stimulating foods and drinks as sparingly as possible ; they require about the same diet that is enjoined for dyspepsia ; but to give them *nothing* nourishing and tasty is going to an extreme more dangerous than a moderate indulgence in table luxuries. For Mr. Rodman, considering the length of time he had been afflicted, and his age (fifty-three years,) together with the fact that he was very corpulent, and disinclined to take much exercise, I prescribed, at the outset, a very mild regimen, gradually bringing him around to the daily diet that would usually be found upon the table of a prosperous mechanic, ignoring, by-the-way, solid fatty substances. All spirituous drinks, and especially fermented beverages, were strictly prohibited. I directed cold water to be *douched* or poured from an elevation, upon the affected parts, (the disease was located in both feet, implicating all the smaller joints) as often as the shooting and "tearing" pains were made particularly manifest, and applied the "Herbal Ointment" freely and continuously. The principal remedy was, of course, "Tacamahac," conjoined with other herbal productions. "Tacamahac," in its inferior and spurious shapes is known as *Populus Balsamifera* ; (see pages 148 and 149) and is of little value. That

which I use is from the leaf-buds of the Siberian poplar, is hard to be obtained, and has to be affiliated with the accompanying ingredients with great care and after close study of its wonderful peculiarities. As a specific for gout, (and also for rheumatism of every phase, not omitting inflammatory of long standing,) it has no equal. The proof of this is to be found in the above letter.

PREVALENT DISEASES.

THEIR SYMPTOMS, ETC.

Typhoid Fever.—Precursory symptoms manifest themselves in depression, physical languor, pains in the head, back and extremities; loss of appetite, dullness and drowsiness through the day, and restlessness at night, violent shivering shows that the fever has got a fast hold. Now look soon for great heat of surface, furred tongue, pulse varying, heavy, sometimes as high as 120, headache, diarrhoea, and sometimes swelling of the belly, and nausea and vomiting. In a week eruptions appear upon the chest and belly, the tongue assumes a fiery red, or is dry and black, and there is delirium. There is little difference between this and typhus.

Bilious Remittent Fever.—For a day or two before the onset the victim feels languor and debility, with a headache, want of appetite, furred tongue, very bad taste in the mouth, especially at day-break, pains in the joints, head, back and limbs, and general uneasiness. When the fever has partly “set in,” there is a violent chill which rarely troubles the sufferer again. In bad cases the tongue is brown or black, dry, and red at the edges. The evacuations from the bowels are usually dark and uncommonly offensive.

Congestive Fever.—The first attack is generally mild, assuming the form of intermittent fever. The second is gene-

rally very severe and dangerous. The whole surface of the body is very cold, the extremities especially, and the pallor of the face is death-like. All the appearances of drowsiness and inertia are painfully manifest. Breathing hurried and difficult; tongue furred and black; mind lethargic or delirious.

Inflammatory Fever.—Sudden chills, debility, dizziness, pain in the head, back and joints, flushed face and eyes, dry and scarlet mouth, throat and tongue, great thirst, heavy throbbing of the arteries, hard breathing, bleeding at the nose, scanty urine, intense heat, and constipation of the bowels.

Simple continued Fever.—Yawning, stretching, heaviness, inactivity, weakness, cold all over, especially in the back, nausea, loss of taste, hurried and oppressed breathing, rapid pulse, and confusion of mind, generally occasioned by a heavy cold.

Putrid Fever.—Debility, depression of spirits, loss of muscular power, soreness, pain in the head, extremities and back, chills, inflamed eyes, dry parched tongue, laborious respiration, hot and offensive breath, pale urine, intense heat of the skin, small, quick, and hard pulse, great thirst, inarticulate speech and delirium.

Scarlet Fever.—Commences with chill and shivering, nausea, often vomiting, heat, thirst and headache; accelerated pulse, red eyes, swollen eye-lids, interrupted breathing, and swelling of the flesh generally. The bright scarlet eruption usually appears three days after the above symptoms have been manifested.

Hectic Fever.—Very slow and insidious. Emaciation, quick pulse, slight heat after meals, to begin with. Next, frequent small pulse, voiding of much pale urine, debility, red spots upon the cheeks, night sweats, weak stomach, flatulence, indigestion, and great derangement of the nervous system.

Small Pox.—The symptoms are divided into four periods. The period of invasion occupies about three days, and is marked by languor, lassitude, restlessness, stretching, gaping, pect-

lance, sullen mood ; these are followed by chills and rigors. Towards evening the skin becomes hot and dry, pain attacks the head, loss of appetite, nausea, and frequently lumbago. On the third day, heat, fever, flushed face, headache, and in children sometimes convulsions. The period of eruption commences on the fourth day, (often the third) with the appearance of a series of small, red, circular points (papulæ.) They do not rise above the surface then, but can be seen in it, and felt by the finger. They are situated in the substance of the skin, and roll about under the finger, the size that of a small pin's head. These gradually enlarge, the patient in the meantime suffering severely, until the period of suppuration arrives. The fever is now great, the hands, feet and face swell, and salivation is profuse and constant. There is hoarseness and pain, and the saliva emits a most disagreeable odor. Then comes the period of recovery. The pustules scab, the fever, and other unpleasant symptoms gradually disappear, and, if all goes right, the danger is over from the twelfth to the fifteenth day after the eruption.

Diphtheria.—After scarlet fever be careful to look for diphtheria. The symptoms, after scarlatina, are rigours and chills, debility, languor, gluey urine, a quick and jerky pulse, furred tongue, (light) hot, dry skin ; then comes congestion of the fauces, (or back part of the mouth and throat) thickening of the glands of the neck, and also symptoms similar to those of catarrh. This is followed or accompanied by a copious exudation from the mucous surfaces, or capillaries of the upper air passages. Diphtheritis, when not accompanied by or the result of scarlatina, presents similar symptoms ; the crowning one of which, in *all* cases, is the formation of a false membrane, like that observable in croup. In diphtheria the blood becomes disorganized, the muscles soft, the kidneys granulated, and the nervous system intensely prostrated. The stomach and liver are always deranged. If the disease is not promptly handled it is likely to terminate in suffocation, or in mortification of the affected parts, and death.

Ephemera.—This is a fever which lasts but one day. Symptoms, chilliness, loathing of food, hard and frequent pulse, hot skin, and flushed face. It subsides in a gentle perspiration.

Yellow Fever.—The premonitory symptoms are almost completely identical with those of typhoid, skin hot and dry, face flushed, breathing hurried, eyes red and watery, with nausea and vomiting. The advance of the disease is marked by an aggravation of all these symptoms, while the face becomes extremely sallow, with a harrassed and woe-begone expression, and the patient is subject to great prostration of both mind and body. The stools are dark and fœtid. If a change is not speedily made the sufferer soon dies.

Inflammation of the Brain.—Uneasiness of mind, dizziness, inclination to fall and faint, hard bounding pulse, poor appetite, wild stare of the eyes, singing in the ears, numbness of one side of the body, (this numbness is never on the side where the disease is located,) and great desire to lie upon the back. In the advanced stage of the disease the eye cannot bear light, the muscles are frequently convulsed, the mind wanders, the stomach is nauseated, and the bowels are obstinately costive. At this time relief must be obtained or the case will terminate fatally.

Infantile Sore Mouth.—Small white specks, with dark rings of inflammation around them, which continue to spread until the whole surface of the mouth is a mass of sore.

Nursing Sore Mouth.—Whitish small blisters on the salivary glands, which break, causing inflammation and ulceration of the mucous surface. In some cases the ulcers spread to the œsophagus and stomach, and produce general constitutional disturbance.

Quinsy.—Red and swollen tonsils; great pain and difficulty in swallowing, paroxysms of fever, hard and quick pulse, difficult breathing, mainly through the nose, chills, torpid bowels, watery eyes, swollen face; a thin but viscid mucous is also secreted and expectorated.





Crowfoot



Cowslip



Coltsfoot

Inflammation of the Ear.—The symptoms are mostly local, consisting of great pain, ringing in the ears, and fever.

Inflammation of the Stomach.—Vomiting, extreme thirst, distress in the region of the heart, quick pulse, tenderness of the belly, tongue dry and hard, scanty urine, constipated bowels. The countenance looks like that of one who is very much tormented in mind. When the substances vomited appear like coffee grounds, the disease will result in death.

Inflammation of the small Intestines.—Deep seated pain in the region of the navel, and in fact throughout the abdomen, soreness upon pressure. Great restlessness both night and day. Hard pulse, dry skin, dark coated tongue, and, if very bad, bloated bowels and diarrhœa.

Dysentery.—Heavy and dark brown coating of tongue ; variable pulse, uneasiness, soreness, and apparent heavy pressure upon the lower intestines. Constant desire to evacuate the bowels, hot and dry skin, and the voiding of slime mixed with blood.

Bilious Colic.—Costiveness and great thirst. Violent pain in the belly, followed by vomiting of bile. This is almost continual. The patient cannot stool, even with difficulty. When the pain is hardest the surface of the skin is covered with a clammy perspiration ; the pulse hard and resisting.

Whooping Cough.—Red face, soreness and uneasiness of the bronchia and throat—a long, suffocating, convulsive cough, marked by a peculiar sound, or “whoop” in the effort to recover easy respiration. It lasts from eight to fifteen days. The mucous expectoration is slight.

Inflammation of the Liver.—Chills, succeeded by all the symptoms of fever. Pain, shooting and acute, in the region of the liver ; sense of tension in the right side ; sometimes the pain is dull and fixed, and will extend to the breast, collar-bone and shoulder of the right side. In the later stages of the disease the cough and distress are similar to those observed in consumption.

Inflammation of the Kidneys.—Dull pain in the loins and sometimes in the thighs, heat and uneasiness in the region of the kidneys; red urine, sometimes bloody, and voided frequently, but not in large quantities at a time; cold extremities, vomiting, difficulty of breathing, and constipated bowels.

Inflammation of the Bladder.—Tension and pain in the bladder, great difficulty in voiding urine, with almost constant desire to do so; sometimes the suppression is total; inability to have a free stool; fever, nausea and vomiting, anxiety, restlessness, clammy perspirations, and in bad cases, delirium.

Dropsy of the Brain.—Fever, similar to remittent, restlessness, thirst, vomiting, flushed face, severe pain in the region of the disease, and red eyes. Children afflicted in this way will utter the most terrific cries. The symptoms of a later stage are some of these, with occasional stupor, heavy breathing, slow and intermitting pulse, eyes insensible to light; bowels and bladder discharge their contents involuntarily.

Apoplexy.—There are two varieties—one marked by a feeble pulse, and pallor, anxious and emaciated countenance; (serous apoplexy) the other by a flushed face, hard full pulse, and stertorous breathing. The approach of an attack is preceded by giddiness, drowsiness, dull pain in the head, nightmare, bleeding from the nose; loss of memory, inarticulate or hesitating speech.

Hysterics.—The warning signs are generally dejection of spirits, stretching, yawning, nausea, anxiety of mind, sudden fits of weeping when there is no palpable reason for them, palpitation of the heart, coldness of the entire surface, followed by hot flushes, etc.

St. Vitus' Dance.—The approaches are slow; variable and voracious appetite, hard, swelled belly, or else a belly very flabby and soft, *very great* constipation of the bowels, (supposed by some to be the main cause of the disease,) loss of cheerfulness, and twitching of the muscles against the will of the sufferer.

Croup.—Is manifested by a peculiar hoarse sound of the voice ; this is followed by a ringing cough, fever, hard breathing, thick expectorations, and, in the end, if relief be not obtained, suffocation and death.

Measles.—Preceded by shiverings, chilliness, uneasiness, heaviness of mind, sore throat, swollen eyelids, inflammation of the eyes, acrid tears, and sneezing, with a discharge of watery fluid from the nose. Then come fever, dry skin, hard rasping cough, feelings of suffocation, great oppression, pains in the loins, nausea, headache, extreme thirst, foul tongue, and sometimes profuse perspiration. The ruby eruptions, which look like the bites of a poisonous insect, spread over the surface of the body on the third, fourth, or fifth day. When the disease is extremely virulent spasms of the limbs and twitchings of the tendons supervene.

Milk Sickness.—Supposed to be communicated by milk taken from cows which have eaten of poisonous herbage. Putrid tongue, very foul breath, general lassitude and debility, thirst, burning in the stomach, vomiting, inability to evacuate the bowels, etc. The cheese or butter made from this milk is more poisonous than the milk itself.

Jaundice.—White, or clay colored stools, yellow skin and eyes, saffron colored urine, slow pulse, or often quick and hard, loss of appetite, languor, indecision as how to act, a desire for repose, sometimes looseness, sometimes costiveness, sickness of the stomach, pricking and itching of the skin, despondency, bad and bitter taste in the mouth, indigestion, pain in the right side and in the region of the bowels ; sometimes the stools are very dark ; feverish heat and dryness of the skin. The complexion is the most reliable symptom.

Wind Colic.—Feeling as if the intestines were twisted ; pain about the location of the navel ; violent tension of the bowels, extreme anxiety, rumbling, chilliness of the skin, frequent expulsion of wind, or flatus ; derangement of the functions of the stomach.

Incontinence of Urine.—Debility, sallow or very white complexion, costiveness, occasional fever, capricious appetite, emaciation, languor, lassitude, and depression of spirits. The involuntary discharge usually occurs more frequently in the night than during the day. If not checked, or remedied, it will run into chronic diabetes.

Nightmare.—Nightmare, which is developed in frightful dreams, is frequent among persons of studious and inactive habits. Its chief cause is indigestion and sluggish circulation of the blood, and the warning symptoms are mainly those of dyspepsia.

Worms.—There is the tape worm, the round long, and the round short worm. The symptoms are a voracious appetite, fainting spells, pale face, sometimes hectic flushes, itching of the nostrils, swollen abdomen, foul breath, peevishness, grating of the teeth, and sudden starts, while asleep; great thirst at times, urine frothy, colic, dry cough, unequal pulse, pains in the side, palpitations, cold sweats, paralysation of the muscular system; etc., etc.

Carbuncle.—Commences with a small pimple, which gradually deepens until the base becomes extremely broad; general inflammation, also chills, nausea, faintings, weak pulse, and great lack of vigor. It should be carefully treated when first discovered, particularly as a dark slough will appear on the centre of the tumor, which soon progresses to a condition of mortification.

Rickets.—Weakness, swelling of the glands, enlargement of the bowels, increased size of face, flaccid muscles and soft tissues, bent spine, protruding forehead, small neck, decaying teeth, enlarged joints, soft and weak bones, unnatural stools, etc. In the woman, all these with deformity of the pelvis.

Itch.—Shows itself first in small pimples about the fingers, waist, hands, and wrists; these soon break and discharge a fluid which causes the most intense itching; and if not attended to in the outset, will cover the whole body and ultimately form

small biles. Some authorities contend that the disease is caused by a microscopic insect, but I am induced to believe that the insect is the effect, not the cause of the affliction.

Hemorrhage of the Bowels.—Preceded generally by dysentery ; oppression of the abdomen, furred tongue, dingy complexion, disorder of the circulation, impaired appetite, either constipation or diarrhœa, low spirits, general debility, etc., followed by sudden gripings, sickness of the stomach, weak pulse, cold extremities, ghastly paleness, and a discharge of fœtid black blood from the bowels. If the bloody discharges are few and scanty there is internal bleeding, unnaturally suppressd.

Pleurisy.—Introduced by shiverings, which are shortly followed by severe fever, sharp pain, as if inflicted by a knife, in the side ; or in the region of the nipple, hurried breathing, darting pain in the shoulder and back aggravated by motion ; with a snappish dry cough. The patient is under constant restraint, as every movement renders his sufferings more intense and frequent.

Enlargement of the Air Cells.—Habitual shortness of breath ; great difficulty in breathing, dry cough, expectoration of frothy, or watery matter, and sometimes of mucus, stooping gait, dejected and dusky countenance, enlargement of the muscles of the neck, swollen lips, and great debility. If not cured the result will be a chronic disease of the kidneys, or death by congestion of the blood vessels of the head.

Palmonary Apoplexy.—Tightness and dull pain in the chest, great difficulty in breathing, and the raising of a bloody mucus, which is distinguishable by the peculiar *dirty* appearance of the blood.

Heart-Burn.—Gnawing and burning pain in the stomach, caused by acidity, and frequently afflicts pregnant women. Soda, magnesia, or chalk swallowed in warm water will afford immediate relief.

Chronic Inflammation of the Bowels.—Dull pain in the belly which is aggravated by pressure or emotion ; the

tongue is red on the tip and borders, sometimes the abdomen is swollen, at other times flat; the skin is rough and dry, small pulse, cold extremities, emaciation, red and scanty urine, and evacuations from the bowels of a peculiar slimy character, which occur several times a day.

Chronic Diarrhea.—Thirst, restlessness, very poor appetite, frequent discharges from the bowels of a watery character in which the undigested food will be found; yellow skin; dry and dark colored tongue; and occasionally great pain and griping.

Asiatic Cholera—Three Stages.—The symptoms of the first stage are a slight diarrhea with vomiting, preceded by rumbling in the bowels, twitching of the calves of the legs, pain in the loins, and a very low pulse. Symptoms of the second stage, vomiting, purging a rice-watery fluid, cramps of the muscles of the limbs, bowels, and stomach, feeble pulse, distress in the chest, hurried breathing, great thirst, internal burning sensation; no urine. Symptoms of the third and usually fatal stage, great prostration, shrinking of the skin as if it had been parboiled, especially of the hands and feet, bluish face, cold surface, sunken eyes, great thirst, and short difficult breathing.

Bright's disease of the Kidneys.—Is generally symptomised by cellular dropsy which spreads over the whole body, commencing usually with the face; loss of strength, pain in the back and loins, imperfect digestion, dry and bloodless looking skin, red, brown or dingy urine in which may be found albumen, blood, fat, mucous and salty sediments. There is also nausea, vomiting, giddiness, and much thirst. Costiveness and diarrhea prevail by times.

Green Sickness.—Absence of the monthly flow, pale and greenish-yellow skin, palpitation of the heart, capricious appetite, debility, headache, extreme nervousness, irregular and imperfect action of the bowels, throbbing of the ear and temples, sleeplessness, great depression; often violent hysterics.

Falling of the Womb.—Dull pain in the small of the back, dragging sensation of the groin, feeling of fullness and uneasiness in the vicinity of the anus. When the disease is fully developed the womb falls into the vagina and there is no longer any doubt as to the precise character of the trouble.

Child-bed Fever.—Chills, heat and dryness of surface, continually increasing ; full, frequent, and strong pulse, great thirst, restlessness, dry red-edged tongue, sickness of the stomach and vomiting, and very quick, short breathing. The eyes are red, and the face much flushed. The pain in the belly is intense, and the least motion produces exquisite torture.

Cancer of the Eye.—Preceded by headache, great sensitiveness to light, uncommon heat of the organ, itching of the ball and lids, and very sharp shooting pains, and a sensation of pricking. The eye enlarges and assumes a dull and livid hue. The cornea ulcerates and bursts, and a fungus growth projects from the opening. This, if not removed and the disease extirpated, will finally infect the surrounding parts and eventuate in death.

Necrosis, or death of a Bone.—Commences with deep-seated and sharp pain, and is followed by a rapid enlargement of the parts along the bone. Then we have inflammation, abscesses form, and the latter cannot be healed. The old bone is frequently discharged by an effort of nature, and a new formation takes its place. In many cases, however, it has to be removed by the surgeon.

The Plague.—The plague is a malignant fever, of a putrid and contagious nature. It is distinguished by buboes, or glandular swellings, extreme weakness, carbuncles, bleedings from the nose, anus, etc. ; diarrhea, and red, or more frequently purple spots upon the skin. It is ushered in by great languor and disinclination for mental and physical exertion ; nervous disorganization, headache, giddiness, heat of skin, heavy dull eyes, and a total change from the natural expression of the countenance, which change takes different forms according to the tem-

perament of the patient. Then we have irritable stomach, great desire to urinate, torpid bowels, white and moist tongue, small, hard and quick pulse; and frequent stupor. It usually proves fatal in from one to five days if not handled skillfully immediately after the appearance of the premonitory symptoms.

Chilblain.—A painful swelling of the fingers, toes and heels, of a florid, deep purple, or leaden color, the result of exposure to cold and damp. The pain is sometimes intermittent and pungent, obstinate itching; the parts often ulcerate, and are then considered next to incurable, but they can be cured by herbal applications.

Sprain.—An injury to the wrist, knees, ancles, or other joints. A sprain is not unfrequently sustained without the immediate knowledge of the sufferer, and may sometimes be mistaken for rheumatism. It is always accompanied by a painful and inflammatory swelling, and generally an effusion of serous fluid; and sometimes the swelling is discolored from the effusion of blood.

Fever and Ague.—This is also called intermitting fever, from the fact that it is composed of several distinct paroxysms, each one of which has three separate stages. It commences with a feeling of languor and weakness, and a distaste for motion. The face and extremities are pale, the finger nails blue, features shrunken, and there is coldness and constriction of the skin, and a wasting of the body. The skin, however, is warm to the feeling of another person. The cold increases to severe chills and rigors, in some cases becoming convulsive. Sometimes complete stupor, or an unsettled mind, will be noticed among the earlier symptoms. There are wandering pains over the whole body, the secretions are diminished, the appetite is gone, mouth dry, tongue very foul, pulse generally small and quick, urine pump-watery. These symptoms of the same stage are more severe in the old and weak than in the young and robust. The second stage is manifest with the abatement of the chill, which is substituted by a violent fever, headache, thirst, difficult res-

piration, rosy face, delirium, and excruciating pains in the limbs and back. After this has its run, and a profuse sweating occurs, the patient, although weak, irritable, pale, and disturbed in the region of the stomach, is temporarily restored to *comparative* health. In some cases this last condition will continue for one day, in others two, and in others three days.

Puerperal Convulsions.—Much like epilepsy. Preceded by more or less pulmonary symptoms; pain in the head; vertigo, and load and pressure in the region of the belly, and often nausea and vomiting; flashes of light before the eyes, numbness of the limbs, etc.

Hydatids, or bladders in the Womb—These are small bladders of water varying in size from that of a pea to that of a pigeon's egg. The symptoms are like those of early pregnancy; such as nausea, vomiting, enlargement of the womb, and breasts; suppression of the menses, and are often mistaken for those of genuine pregnancy. In from two to five months there is great pain in, and bleeding from the womb, and the hydatids are expelled.

Poisons.—Are divided into corrosive or acrid, the narcotic, and the narcotico-acrid. Acrid poison, in addition to its peculiar taste, is symptomised by violent efforts to vomit, sharp pains in the intestines and stomach, peculiar sensation of heat and dryness in the mouth, and at the root of the tongue, general irritation, intense thirst, feeling of tightness over the stomach, hicough, copious stooling with much straining, pain in the kidneys, cramps, tremblings, cold sweats, fainting, irregular pulse, and convulsions.

Narcotic.—Inclination to sleep, torpor, numbness, cold greasy and offensive perspirations; cold and stiff extremities, protrusion of the eyes, swollen face and neck, thick tongue, vertigo, defective eyesight, palpitation of the heart, debility, delirium, haggard countenance, intermitting pulse, paralysis of the lower limbs, swelling of the veins and body, and sometimes convulsions.

Narcotico-Acrid.—Many of the above symptoms, together

with extreme agitation, stupor, convulsive action of the muscles of the jaws, face, calves, etc., pain, sharp cries, vertigo, stiffness of the limbs, (not always,) a sort of shrinking of the muscles of the trunk, red staring eyes, foamy mouth, livid tongue and gums, nausea and vomiting, insensibility to external impressions, and frequent stools.

Gangrene or Mortification.—In wounded or inflamed parts the pain ceases; the matter discharged becomes acrid, little blisters or bubbles form and are discharged, the circulation of the blood cannot be restored to the affected part by reason of peculiar coagulation; the patient is very calm and quiet, although the countenance is expressive of great care and anxiety; quick, low, and oftentimes intermitting pulse, while the affected surface soon *melts* down, as it were, into a brownish or blackish offensive mass.

Acute Inflammation of the Eye.—The white of the eye becomes covered with blood vessels, as does also the lining of the eyelids. The organ feels as if it was harrassed by some foreign substance, and there is much heat and considerable darting pain experienced. There is a copious flow of tears, and great repugnance to light. When the disease is very violent the whole system becomes irritable and feverish.

Pneumonia Notha.—A peculiar inflammation of the lungs, which is known by this name, often attacks the aged or those whose constitution is broken down by any cause whatever. The mucous, or lining membrane of the lungs is principally affected. It commences in the same manner as catarrh; there is great languor, pain in the back and head, vertigo, and listlessness. Fever is not often apparent. When the disease is advanced there is difficulty of breathing, wheezing, rattling in the chest, and a sense of tightness about the breast. In the early stage the cough (which afterwards becomes violent,) is not severe; it is attended by the expectoration of a white frothy and viscid mucus, but when the cough is most severe the character of the sputa changes and it is darker and thicker; sometimes extreme stupor or drowsiness is manifested, and there is

always pain in the head, and occasional vomiting. The disease terminates in a copious secretion of the mucus, which impedes respiration by being poured into the air cells of the lungs; this must be freely expectorated or the patient will die of suffocation.

Hydrophobia, or result of the bite of a rabid animal, is first made apparent, (some time after the bite was inflicted,) by a painful sensation in the wounded part, a desire for solitude, heaviness, restlessness, uneasiness, frightful dreams, disturbed sleep, spasms, sudden pain in the muscles, and darting acute pains from the bitten part to the throat; a feeling of partial suffocation, horror at the sight of liquids, the touch of which to the lips will produce awful convulsions. Towards the termination of the disease the patient evinces great watchfulness, dislike of air and sunshine, and has much fever. There is also vomiting, delirium, hoarseness, and a continual discharge of saliva, or spittle. The scene generally closes on the fifth or sixth day with convulsions.

Mumps.—This is a painful swelling (inflammatory) of the parotid glands, appearing behind the angle of the jaw, and often extending lower down. It sometimes afflicts only one side; but more frequently attacks both sides. It is accompanied by various degrees of fever; sometimes stupor, but as a general thing does not require medical aid. The principal treatment is to keep the bowels open, the head and face warm, and, above all, to avoid exposure to cold. When a severe cold is taken with mumps it will often cause in the female disorder of the breast, and in the male diseases and sometimes loss of testicles.

Discharge from the Ear.—In infants or youths the discharge commences with little or no pain, the first indication being a slight soil upon the pillow; in persons of mature growth the introduction of the end of a handkerchief will detect a moisture of a slight yellowish color. Then follow a very unpleasant smell and a dullness of hearing. If not attended to the discharge becomes thick, ropy, and yellow; then thin, white flaky, and foetid, drenching the pillow during the sleep of the victim, and causing the ear to present a most repulsive appear-

ance. If the disease extends itself to the bony structure of the ear it will produce permanent deafness, paralysis of that side (or both sides) of the head, and great deterioration of the general health.

Amaurosis or Nervous Blindness.—This is at first distinguished by a haze or net-work before the eye ; threads, lines, or strings of globules seem moving in the air ; in reading a book the lines of type will appear to the sufferer confused and irregular, and there is frequently what is called double-vision. Sparks, flashes, or circles of fire are seen, particularly after sunset, and a rainbow-colored halo is observed around an artificial flame or jet. There is a dull pain in the head almost continually. It is usually brought on by overtaking the eye with work.


Breast Pang.—Acute constrictive pain at the lower end of the breast bone ; this inclines towards the left side ; it comes on in paroxysms accompanied by great uneasiness ; it often extends to the head, shoulders, arms, and legs ; and is frequently sudden and lancinating. The countenance is livid, the extremities cold, urine copious and pale, feeble and irregular pulse, loss of the power of sense and motion, palpitation of the heart, bowels constipated ; cold sweats, etc. The disease is generally produced by some organic affection of the heart, but this is not always the cause, which seems to be constitutional, and visible in a large head, short neck, heavy body, and natural habits of indolence.

Cholera Morbus.—Inordinate and continued discharges from the stomach and bowels of a thin watery fluid, tinged with bile ; spasmodic pains of the bowels and limbs, accelerated pulse, and hot skin ; chills, desire to sleep, pains in the head, vertigo, acid eructations, pain in the stomach, numbness of the limbs, and vomiting, which hardly ceases. Often the discharges from the stomach are yellow, green or black. The evacuations of the bowels are characterized by the same colors. There is great thirst, tension of the abdomen ; small pulse, succeeded by hicough, clammy surface, delirium and death.

Painter's Colic.—Produced by lead introduced by various

means into the system. Preceded for some time by costiveness, foul tongue, flatulence, sense of weight in the belly, taste as of bitter herbs in the mouth; dull and remitting pain at first; but this gradually becomes violent and continued. The pain is at first at the pit of the stomach, but finally extends to the arm, navel, loins, back, rectum and bladder. The external muscles are sore to the touch: so sore in fact that they cannot bear the slightest weight or pressure. Nausea and vomiting are early symptoms and increase as the disease makes headway. A tenesmus accompanies which is very distressing, and often produces discharges of bloody mucus. The pulse is not much affected until the fifth or sixth day, when it becomes very quick and hard.

Nerve Pang.—This is often called *tic douloureux*, and is usually produced by indigestion, or a low state of the general health. It occurs generally in the nerves of the face; but often affects other nerves. The pain is intense and indescribable. The common seats of the disease in the face are the forehead and temple, or fore part of the cheek. When in the forehead and temple, the agonizing pain darts into the eye and affects the whole side of the head. When in the forepart of the cheek, it strikes towards the mouth and nose, then backwards to the ear, and sometimes upwards to the forehead. Costiveness, or any irregularity of the bowels, with furred tongue, etc., both precede and accompany nerve pang.

 For symptoms and treatment of other most prominent diseases read from pages 302 to 323, and from pages 269 to 285. All the diseases mentioned above can be cured by preparations which may be made from herbs described in this book; but persons who do not wish the trouble of making them, will, in a majority of cases, find my four standard remedies (pages 362, 308, 317, 320, to 323) all that can be required. Such afflictions as demand special treatment in connection with the above named standard remedies are few, and are described elsewhere, with the particular treatment adopted, the reasons for its adoption, and its results.

RESTORATIVE ASSIMILANT.

For the Permanent and Speedy Cure of Fits, Indigestion, Dyspepsia, Liver Complaints, Mismenstruation, etc.

Boneset, - - -	4 oz.	Blue Vervain Stalks	
Chamomile Blossoms,	2 oz.	and Leaves, -	1 lb.
Smart Weed, -	3 oz.	Best Irish Whiskey,	1 gal.

Put altogether in a Tin receiver sufficiently large to hold about double the quantity. Arrange an arched tin cover with a trough encircling the entire inner edge, and of sufficient capacity to hold about two table-spoonful of any liquid. Put the cover over the receiver, and place the whole over a moderately hot fire. As the steam rises it will form in globules on the cover, and as they increase, will gradually trickle down into the trough attached to the cover. As fast as the trough fills with the distilled liquid, empty its contents into bottles and closely cork and seal them. Keep the vessel over the fire till the liquor has nearly or quite evaporated. N. B.—The *best* Irish Whiskey *must* be used. An inferior or adulterated article will not do on account of the preponderance of alcoholic properties, and the large amount of hurtful drugs in it.

I cannot dwell too strongly upon the importance of a remedy for Fits. Who that is subject to them can count with any certainty upon being alive an hour? They may be taken while descending a flight of stairs, while traversing the bank of a precipice, while crossing a street crowded with vehicles drawn at full speed, or while in a throng of people whose feet would trample them to death. But all those afflicted in this terrible way are acutely alive to the dangers of which they are the constant expectants. Epilepsy in its severer forms, is a terrible disease to witness. It is productive of great distress and misery, and liable to terminate in worse than death; as it is apt, in many cases to end in fatuity or insanity, and so carrying perpetual anxiety

and dismay into all of those families which it has once visited.

The leading symptoms of Epilepsy are, a temporary suspension of consciousness, with clonic spasms, recurring at intervals; but so various are its forms, and so numerous its modications, that no general description of the disease can be given. I will first describe the most ordinary type of the disease, and then note some of the several variations which occur from the standard type.

A man in the apparent enjoyment of perfect health, suddenly utters a loud cry, and falls instantly to the ground, senseless and convulsed. He strains and struggles violently. His breathing is embarrassed and suspended; his face is turgid and livid; he foams at the mouth; a choking sound is heard in his wind-pipe, and he appears to be at the point of death from apncea, or suspension of breath. By degrees, however, these alarming phenomena diminish, and finally cease, leaving the patient exhausted, heavy, stupid, comatose, or in a death-like condition. His life, however, is no longer threatened, and soon, to all appearances, he is perfectly well. The same train of morbid phenomena recur, again and again at different, and mostly at irregular intervals, perhaps through a long course of years, notwithstanding the best medical science has been exercised to prevent and cure the distressing malady. This is the most ordinary form of Epilepsy.

The suddenness of the attack is remarkable: in an instant, when it is least expected by himself, or by those around him, in the middle of a sentence, or of a gesture, the change takes place, and the unfortunate sufferer is stretched foaming, struggling, and insensible on the earth.

In this country, Epilepsy is commonly called the "*Falling Sickness*," or more vaguely, "*Fits*." The cry, which is frequently, but not always uttered, is a piercing and terrifying scream. Women have often been thrown into hysterics upon hearing it, and frequently it has caused pregnant females

to miscarry. Even the lower animals are often startled and appalled by a scream so harsh and unnatural, and parrots and other birds have been known to drop from their perch, apparently frightened to death by the appalling sound.

In most of the cases of Fits, which have come under my notice and treatment, the first effect of the spasms has been a twisting of the neck, the chin being raised and brought round by a succession of jerks towards the shoulder, while one side of the body is usually more strongly agitated than the other. The features are greatly distorted, the brows knit, the eyes sometimes quiver and roll about, sometimes are fixed and staring, and sometimes are turned up beneath the lids, so that the cornea cannot be seen, but leaving visible the white sclerotica alone; at the same time the mouth is twisted awry, the tongue thrust between the teeth, and caught by the violent closure of the jaws, is often severely bitten, reddening by blood the foam which issues from the mouth. The hands are firmly clenched and the thumbs bent inwards on the palms, the arms are generally thrown about, striking the chest of the patient with great force. Sometimes he will bruise himself against surrounding objects, or inflict hard knocks on the friends and neighbors who have hastened to his assistance. It frequently happens that the urine and excrements are expelled during the violence of the spasms, and seminal emissions sometimes take place. The spasmodic contraction of the muscles is occasionally so powerful as to dislocate the bones to which they are attached. The teeth have thus been fractured, and the joints of the jaw and of the shoulder put out or dislocated.

This is the most *severe*, yet the most *common* form in which an epileptic attack occurs. Fortunately, there is a large class of cases, in which the symptoms are much more mild. Sometimes there is no convulsion at all, or at least, is very slight and transient; no turgescence of the face; no foaming of the mouth; no cry; but a sudden suspension of consciousness, a short period of insensibility, a fixed gaze,

a totter, perhaps, a look of confusion, but the patient does not fall. This is but momentary. Presently consciousness returns, and the patient resumes the action in which he had been previously engaged, without always being aware that it has been interrupted.

Between these two extremes of Epilepsy, there are many links or grades. Sometimes the sufferer sinks or slides down quietly without noise ; is pale ; is not convulsed ; but is insensible, much like one in a state of syncope, or fainting.

As it is impossible to give any single description of Epilepsy which will include all its varieties, of course, it is still more difficult to offer a strict definition of the disease. We can only say it is a malady that causes a sudden loss of sensation and consciousness, with spasmodic contraction of the voluntary muscles, quickly passing into violent convulsive distortions, attended and followed by stupor, or sleep, recurring in paroxysms, often more or less regular. Yet all these circumstances may, in turn, be wanting. There may be no convulsion, no interruption of consciousness, no subsequent coma, or stupor, or even a recurrence of the attack.

The duration of the attack is variable. They seldom continue longer than half an hour ; the average duration may be said to be from five to ten minutes. Attacks that spread over three or four hours, generally consist of a succession of paroxysms, with indistinct intervals of comatose exhaustion. In the long-continued fits, or in the protracted succession of fits, the patient often dies.

The periods at which the paroxysms return are extremely variable. Most commonly they visit the sufferer at irregular periods of a few months or weeks ; sometimes are repeated at intervals of a few days ; sometimes every day, or every night, and very frequently, many times in the twenty-four hours.

The epileptic attack may come on for the first time, at *any age*. It may begin in infancy during the first dentition, or teething ; more commonly about the age of seven or eight

years, during the time of the second dentition ; more frequently still, from fourteen to sixteen, shortly before the age of puberty. It is apt to occur for a few years subsequently to this. The first fit may not occur till between thirty and forty ; or it may occur at sixty, or even at a later period of life.

I have here given a remedy, which will generally prove a simple and certain cure. You know what it is. You are aware that it is harmless. A fair trial will convince you that it is one of the most potent remedies ever discovered for the cure of every form of Epilepsy, Falling Sickness, or Fits. When this medicine is taken, the spasms gradually grow lighter and lighter, and finally disappear altogether, restoring the patient to the most perfect normal health. Its effect is truly wonderful. The time to accomplish a cure is usually from two to three months. Should you wish to have this valuable medicine, see the remarks at the end of this article.

And now as to *Dyspepsia* ! This is a malady which embraces, in its symptoms and consequences, nearly every physical and mental torture known to mankind. It prostrates like Consumption, (and is often mistaken for that disease) ; it unstrings the nerves, and renders its victim insane ; it deranges the liver, bowels, kidneys, and bladder : it poisons and corrupts the blood ; it vitiates the secretions ; it strips the flesh from the bones, and if not conquered, it eventuates in a death involving miseries indescribable. Happiness, even in a modified form, is altogether incompatible with Indigestion.

There is something so harassing in *Dyspepsia*—the disease is so eccentric and erratic—that I do not wonder the faculty have been so completely baffled in their attempts to gain mastery over it.

RESTORATIVE ASSIMILANT operates directly upon the stomach, neutralizing all undue acidity, imparting strength and efficiency to the vitiated gastric juice ; healing all inflammation of the coatings ; cleansing it of all foreign or morbid matter ; regulating its tone to accord with the best of health, and so bracing and invigorating it, that it cannot

fail of performing its functions with unfailing propriety. This is indeed, the most reliable cure for Indigestion, Dyspepsia, Liver Complaint, and all other afflictions arising from a disordered or inert and weakened condition of the system ever prepared. It has been used in every part of the world, without once failing to effect a complete restoration to health and happiness. It will eject tape-worm—one bottle having in several cases, dislodged and destroyed them—after they had attained a length of many feet. All diseases of the bowels, as well as the stomach, yield to the powerful yet pleasant influences of Restorative Assimilant, as thousands of people in different parts of the world are willing to testify. Restorative Assimilant is the only medicine ever discovered that will speedily and surely check, and ultimately eradicate entirely, Epileptic and other Fits, no matter how produced, or of how long standing. In three months it cured over seven hundred persons.

There are a few more complaints which this medicine has complete control over, and I would not like to close this article without mentioning them; as it affects a large class of sufferers. Restorative Assimilant is a most certain cure for sexual debility, whether induced by excessive indulgences or other causes, impotence, sterility, gleet, and all diseases of the urinary and procreative organs, and is equally efficacious in all obstructions or irregularities, incident to the female system. There is no herb so well adapted to cure all sexual derangements as the Blue Vervain, as it produces a brisk circulation of the natural secretions, thereby throwing off all impurities and curing internal ulcerations and other morbid difficulties of the parts, where all other remedies fail.

To those afflicted with any of the above complaints, I confidently recommend Restorative Assimilant as a positive and speedy cure. Those who have tried other remedies in vain are requested to test the truth of this assertion. Its beneficial effect will be apparent after a bottle or two has been used. The principal article in this remedy is the Blue

Vervain, the wonderful medical virtues of which will be found under the heading of "Description of Plants," in another part of this volume.

The reader will perceive that Restorative Assimilant is composed entirely of simple herbs, but they are none the less effectual; its great power however is derived from the peculiar mode of the distillation. Many of the herbs composing the Acacian Balsam are of foreign growth.

Those who may find any difficulty in obtaining the pure ingredients, can procure the medicine prepared with the utmost care, and of the choicest materials the world affords, from me. I manufacture it in large quantities (I must do so to meet my constantly increasing orders,) and will send it carefully packed, by Railway, to any part of the United Kingdom, on receipt of price, viz: 10s. per large bottle; three bottles, 24s.; six bottles, 42s.; twelve bottles, 77s.

DIRECTIONS.

Take a tea-spoonful of Restorative Assimilant in a little water, three times a day, before eating. If not effectual, gradually increase the dose to a table-spoonful. For children the dose should be reduced one half. Shake it well before using.

THE ACACIAN BALSAM.

For the Speedy Relief and Permanent Cure of Consumption, Bronchitis, Asthma, Coughs, Colds, all Diseases of the Lungs, Chest or Throat, and General Debility.

I do not propose to give a minute formulæ of all my remedies—the public could not expect it—for they have cost me years of labor, and numerous miles of travel; at the same time I want them to distinctly know what they are taking, or recommended to take. The Acacian Balsam is

composed exclusively of HERBAL and MUCILAGINOUS products, more powerful for good than all the *mineral* medicines ever compounded since the world began—yet as harmless for evil as the God of Nature who formed them. I therefore offer it in confidence to my afflicted fellow creatures as a wonderful remedy in all pulmonary affections and kindred maladies, arising from an impure and exhausted state of the constitution. It is administered with decided success from the start; soon after the patient commences its use, the process of invigorating and building up of the enfeebled system takes place. I ask no one to trust to anything here presented, if my remedies do not perform all I have promised on fair trial.

Here I will enumerate a few of the leading and persistent symptoms which will be met with in all cases of Pulmonary Consumption or Tubercular Phthisis. To descend into the various, numerous, and abnormal symptoms of such a changing and diversified disease would indeed be a work of supererogation, as there are no two cases of Consumption, which present the same symptoms. Each case differs according to the *temperament, constitution, hereditary predisposition, idiosyncrasy, and age* of the patient.

For the sake of convenience, I will, however, class the symptoms of Consumption, into four general stages, viz, *the Incipient stage; the Solidification stage; the Maturation or Softening stage; and the Ulceration and Suppuration stage.*

The first stage of Tubercular Phthisis, is generally stated to be that in which the *physical* signs indicate a *deposit* in the lungs. Evidently, however, there is, and must be an antecedent state of disordered health, before the most skilful observer can detect the *sound* which indicates the least shade or degree of solidification of the lungs, whether by means of the *stethoscope*, or other methods usually resorted to by the profession for such purpose. When the *physical signs* are observed, the *use* of the stethoscope, etc., may be regarded as little more than *professional* display, without a

particle of advantage, except as developing in some degree, the *actual* amount of *lesion* or *injury* then sustained by the tissues of the lungs. There must be a *causative* agent that *originates* the predisposition or tendency to the deposit of tubercles in the tissues; or which *elaborates* or *prepares* the *material* in the system from which only tubercle is formed. *But we should not wait to see the physical signs developed, if we would expect uniform and hopeful treatment of Tubercular Consumption.*

From my own long experience in the *speciality* of Thoracic Diseases, I do not hesitate to say that the *actual first set of symptoms* of Consumption consists simply in the *wasting of flesh*, particularly if this is attended with, or by, a low scale of health and strength. Such loss of muscle plumpness, as well as juices and fat, is first noticed in three principal places. The first region of flesh consuming is usually the *face*; the second, the *hands*; the third, over the sacral or hip bones. The sacral region, where it first gives out, is lame and sore. The hands look poor and "scrawny;" the muscles of the arms and legs are soft and flabby.

If the face shows it first, the eyes stare; the brow, temples and scalp look lean; the muscular tissues of all the limbs soon waste, and the *pectoral muscles*, as also all the chest muscles waste away, and then the breathing is already become imperfect and weak.

The *diminished respiration* is soon attended with *cough*; then pains are felt all through the breast or thorax.

The patient next is sensible of something wrong, and is conscious of a sense of general debility. The fact is, *nutrition* is lost. The vital powers are flagging, for the *wasting of the body* in spite of eating, is *more rapid than the repair*.

Then comes a state of *spirit* depression; not the *cause* of Consumption, but caused by the already deficient vitality, and all the more helping on the grand catastrophe; for it is a law of our being, that where *nerve* structure is not itself

nourished, it, too, will fail in its work, just as surely as muscle fibre fails of power from the same cause.

To recapitulate :

1—*Incipient stage.* This may present itself at a very early age, or may appear in middle age, and the first indications are generally, a subdued and saddened feeling, the former buoyancy of spirits subsides, and the person becomes languid. The face begins to assume a sickly hue, and to a practiced eye tells a tale. The skin becomes whiter, and a nervousness and sometimes irritable disposition of mind appears ; and if any hint be given about Consumption threatening, the person rebels against it and will not tolerate such an idea. The appetite and digestion frequently become impaired, and may manifest itself in capricious fancies for certain sorts of food. A slight cold or any excitement will bring on diarrhoea. The breath is short and the breathing hurried ; running or walking up an incline, or ascending a flight of stairs, is unpleasant and attended by fluttering and palpitation of the heart. The strength and weight of the body diminish, but this varies. The sleep is disturbed, the skin becomes hot, burnings of the palms of the hand, and cold feet ; a short, dry, teasing cough, or tickling, or hawking up of mucus from the throat appears. There is also a feeling of *feverishness* and uneasiness after meals, which are unfavorable symptoms, indicating the first *mal-assimilation* of the food, which if not rectified, will inevitably deposit the germ of tubercles, and hence no time should now be lost in opposing the disease, before it lays siege to the citadel of the body.

2—*Solidification.* The cough which at first appeared very trifling, now begins to assume an anxious aspect, and becomes troublesome. It may not as yet be attended with expectoration, and if it be, the matter expectorated is of a ropy and viscid nature. The breathing becomes more impeded ; hectic fever sets in, with chills and heats, while the weakness of both body and mind increases, although the intellect is sometimes extremely bright or sound to the very last. Pains, like those of *pleurisy*,

about the chest trouble, and are indications of those *inflammatory* effusions and adhesions which attest the *progress* of the disease, and the infraction of the lung structure and the impeding of the access of air to the cells of the lungs. The blocking up of the air cells, constitutes the stage of *Solidification*, and thus interferes with the due motives or functions of the chest, and if not arrested creates an afflux of fluid to the parts, thus promoting congestion and fresh deposits in the lungs.

3—*Maturation and Softening*. In this stage, all the former symptoms are aggravated, and Consumption is now confirmed. Fresh deposits in the lungs occur and hasten the maturation and softening. These *local* lesions, in their turn, react on the system at large, aggravating the general infection and depressing the vital powers. Hence, the advancing inertia of all the *vital* powers—the universal languor, lowering, loss of flesh, and strength, and weight. The cheeks and lips become blanched—painfully contrasting with the circumscribed *hectic* patch of the former. The expectoration is changed, and becomes more copious, opaque and viscid, more massive and frequently streaked with blood, or mixed with flocculent, wool-like, or curdy particles. It is most troublesome in the mornings, and when going to bed. The feverishness and general exhaustion increase; restless nights, with perspirations, hurried breathing, change in voice, and emaciation also increase. The appetite fails, either constipation or diarrhœa, more frequently the latter, comes on with great increase of cough and vomiting after meals. If the disease advance to this stage, it will require much vigilance and judgment to arrest its progress, as the mischief in the lungs is now very great, and *ulcers* rapidly forming, constitute what is called tubercles.

4—*Ulceration and Suppuration*. The disease now assumes a totally different aspect, and becomes exceeding formidable in its nature and results. The cough becomes more severe, and the expectoration greenish, yellow, or even sometimes like tufts of wool, chewed, appearing when viewed in water, like

jagged round balls. Hemorrhage, or bleeding from the lungs, is liable to come on, and the difficulty of breathing is very great. The patient can scarcely lie down; many times he must be kept with his head bolstered up in a chair, or in his bed, when sleep is desired. Sometimes the voice is reduced to a mere whisper, while in others it remains quite strong to the last. The perspiration, or night sweats are very copious and very exhaustive of the vitality of the organism. The *ulcers*, or tubercles in the lungs increase, causing large excavations, from which issue copious expectorations, sapping and undermining the foundation of the entire system.

The most unpracticed eye can now at once detect the ravages of this disease in the altered appearance of the whole frame. The body is reduced to a mere skeleton, the eyes are sunken; cheek-bones prominent, with sunken cheeks; the head bends forward; the chest is wasted; and the breathing becomes distressingly painful. The mental faculties too, generally become impaired; yet a gracious God amid all this suffering, frequently permits the faculties to remain intact, until the last ember burns out.

I will draw a veil over the last agonies of the sufferings of the Consumptive patient, as my object is not to portray the horrors of dissolution, but to aid, so far as I can, in *ameliorating* this sad condition of the invalid, at least; if not always positively restoring him to good health, by means of the *specific* medicine which I have so successfully prepared for every shade and variety of Consumption or Tubercular Phthisis.

There is not a single symptom of Consumption that the ACACIAN BALSAM (with proper hygienic adjuncts) do not take hold of and dissipate. Encouragement is given without delay, and there is no fear that anybody who commences to take it, and observes the accompanying directions will feel the slightest shade of doubt or disappointment with regard to it.

The object to be attained, is to cleanse the system of all impurities, to nourish and strengthen the vital organs, which

have become impaired and enfeebled by disease, to renew and invigorate the circulation of the blood, and strengthen the nervous organization. The ACACIAN BALSAM does this to an astonishing degree, being (unlike any other medicine now before the public,) a healthful invigorator of the system, without any re-action after the first effects have passed away. It is eminently adapted to soothe and allay irritation of the throat and bronchial organs, caused by severe colds; it promotes a healthful appetite, and assists digestion; is active, but mild and congenial, imparting functional energy and natural strength to every organ of the body.

As many people ask what are the exact properties or ingredients of the ACACIAN BALSAM, I here give the names of the more important of the plants of which it is composed, and refer the patient to the description of them and a great many other Plants, for a knowledge of their medical virtues, in another portion of this volume.

The principal ingredients which compose the ACACIAN BALSAM, are *Aya-pana*, (a species of Eupatorium or Lungwort, only found growing in Paraguay, South America); the *Nicaya* (which grows near *Medingo*, Matte-Gross, Brazil, a sort of *natural confection*, much used by the natives for Pulmonary affections,) *Throatwort*, which all know is excellent for Bronchitis; *Dropwort*, or *Fila-pendula*; *Pocalima* or *Fleawort*, admirable for Dyspnœa or shortness of breath; *St. John's-wort*, *St. Peter's-wort*, *St. James'-wort*, *Mother-wort*, the *Arabian Master-wort*, a wonderful medicine for morbid inflammations, difficulty, or clogging of the respiratory tubes; the *Saracen's-wort*, much esteemed in Germany; Austria, Bavaria, etc., in pulmonary affections—a peculiar *Lung-wort*, or species of *Iceland Moss*, which, containing mucilaginous matter, is wonderfully soothing for irritated or ulcerated lungs.

Hence, here is the grand combination of plants, with certain gums and muelages, which compose my preparation of ACACIAN BALSAM, whose remarkable virtues may be summed up as follows :

It is a superior exhilarant.

It purifies all the fluids and secretions in the shortest reasonable period.

It nourishes the patient who is too much reduced to partake of ordinary food. It will supply the place of food for a month at a time.

It strengthens, braces, and vitalizes the brain.

It heals all internal sores, tubercles, ulcers, and inflammations.

It stimulates, but is not followed by re-action.

It at once obviates emaciation, building up wasted flesh and muscle, as the rain vivifies and enhances the growth of the grass.

It is without a rival as a tonic, and it immediately supplies electricity or magnetic force, (as if it were a battery) to every part of the enfeebled and prostrate body.

It affords *oxygen* to vitalize the blood, and *nitrogen* to assimilate the matter, and distributes the necessary elements to all the tissues of the body; equalizes the "*nervous influence*," and causes all the organs of the system to work in perfect harmony together, giving the fullest health possible to be enjoyed by the human species.

In short, it dissipates night-sweats, peevishness, irritation of the nerves, failure of memory, difficulty of expectoration, sharp pain in the lungs, colloquative or chronic diarrhœa, dyspnœa, or shortness of breath, and cures the most inveterate cases of Consumption, no matter of how long standing, with the most miraculous celerity or shortness of time. One trial of this superior preparation will convince the most sceptical as to its extraordinary virtues as a remedial agent in Consumption and all other diseases of the respiratory organs.

It is to be hoped that all those who suffer, or have reason to believe that they are predisposed to suffer from any of the maladies here mentioned—will not allow this opportunity of restoring or preserving their health and happiness to pass by unheeded. The ACACIAN BALSAM is prepared with great

care expressly by myself, and it will cure the most hopeless invalids, if given with care and properly persevered in.

It must be understood, however, that, notwithstanding the ACACIAN BALSAM is a great renovating agent in itself, yet if there be costiveness, or constipation of the bowels, the RENOVATING PILL must also be used in connection with it, and likewise, so must be used the HERBAL OINTMENT when the patient is troubled with pleuritic pains, tightness of the chest, soreness of the pectoral or other muscles, of the breast, back, and sides, or the region of the heart and liver. A full description of my prepared remedies will be found further onward.

As a few bottles always make a marked improvement, there is no fear that you will discontinue its use until you are restored to perfect health. All of my medicines are sent to any part of the United Kingdom, securely packed in neat wooden boxes, accompanied with full directions for use, on the receipt of price.

The Balsam is an infallible cure for ASTHMA in all its stages, one half bottle giving relief of such a character that the sufferer before *most hopeless* will persevere in its use until perfectly and permanently cured. It has *cured cases* which were considered beyond the reach of mortal power even to *palliate*. The Balsam should also at once be resorted to for the speedy and pleasant cure of all COLDS and COUGHS, (which are but precursors of very dreadful maladies), and it should likewise be administered to all persons who wish to be rid of BRONCHITIS *in any of its forms*. The Balsam will avert confirmed consumption by obliterating in a short time all traces of coughs, colds and bronchitis. Full directions for taking the "Acacian Balsam," will be found upon each bottle.

One bottle of ACACIAN BALSAM 5s. ; six bottles, 24s. ; twelve bottles, 42s. Sent to any part of the United Kingdom by Rail, upon receipt of cash order. Call upon or address PROF. O. PHELPS BROWN, No. 2 King Street, Covent Garden, London, Eng. American Office, No. 19 Grand Street, Jersey City, N. J.

THE RENOVATING PILL.

A purely Vegetable Concentration for keeping the bowels in natural motion, and cleansing the system of all impurities, a cure for costiveness, and a general blood purifier.

THIS PILL is composed of a variety of Herbs that have no equal in cleansing the bowels of *all* impurities, and keeping them in a healthy and vigorous action and condition. One of these ingredients is a valuable imported root, which added to water, and shaken, will produce a foam resembling that of pure Castile Soap, which, while it has a powerful purifying effect on the bowels, causes no irritation or pain, but soothes and heals every thing as it passes. It is more convenient to carry about, and more agreeable to take, than a potion.— It will regulate the bowels when all other preparations fail. It will, in a very short time, eradicate what is termed chronic costiveness or constipation, and it will cure, as surely as there is a sun that shines upon us, all the sufferings and annoyances that have had their rise in want of proper stools. It should also be distinctly understood that the Renovating Pill is not to *open* or *move* the bowels merely. It must be used in all cases of DIARRHŒA, DYSENTERY, COLIC, BILIOUS OVERFLOWS, leading to violent purging, etc., all of which afflictions it will gently, safely, and surely remedy. The greatest feature among the many valuable characteristics of this wonderful Pill, is the quiet and easy method by which it works its miraculous changes in the suffering human system. It is not one of those remedies that make people sick, in order that they may partially get well. From the moment it commences its searching and purifying, but almost imperceptible operations, until you feel the same healthful promptings and impulses that animated you before sickness of any sort had lain its touch upon you, it im-

parts a sense of relief, a feeling of contentment, and a buoyant energy and activity, worth thousands of dollars to those who would live for unalloyed enjoyment. Cleansing, bracing, rejuvenating the sources from whence emanate the best of health—*setting both the physical and mental house in order*—how can illness of any character prevail where this pill is used? It has been used in the severest cases of typhoid fever—it has been given among the Asiatics, in the most terrible cases of black vomit, (ten times more malignant than our yellow fever)—it has been prescribed in small-pox even, and, in no one of such cases—they are countless—has a patient been lost.

If the spring is foul, the rivulet will be impure. If you place a log across a railway, travel thereon will be impeded. If rubbish be thrown into the machinery of a steam-engine, it will no longer work properly, but must stop or be broken into fragments. If an atom finds its way into the inside of a watch, it must be taken out, or the watch will no longer accomplish its duties. The human system is more delicate in its complications, its manifold springs and currents, than the most exquisite piece of machinery ever invented by mortal. Like the watch, it may be deranged by almost impalpable minutæ. Any person of common sense must know that he cannot possibly have good health when his bowels are constipated or clogged up with the various acrid, biliary or morbid secretions of the general system, any more than that any other machinery can work regularly when it is clogged up as above illustrated.

Soldiers, sailors and travelers generally, will find in these Pills an article which can be conveniently carried in the smallest possible space, and which will preserve the system from all diseases produced by change of climate, water, air, and diet.

Females are requested, if they would escape years of suffering, if they would preserve youthful beauty and youthful energies, to use this pill systematically—to keep it always on hand, ready for any emergency. Its constant regulating influences will pre-

vent, as well as cure, the numerous ailments to which women are specially subjected.

It is necessary that every man, woman and child, to be in perfect health, should have a natural passage of the bowels *once in every twenty-four hours*. Those who do not have this, or who have a passage oftener, must be, or will soon get to be unwell. The Renovating Pill will *secure you this daily passage*. Indeed, everybody who does not have this daily passage, *is sick*, although they may not be "down" to their beds.

This pill is not designed for the exclusive use of the costive, or those persecuted by too copious evacuations. It is offered as a blessing to ALL INDIVIDUALS who wish to keep their bowels regular. By taking it as a matter of custom, the motion of the bowels may be perpetually kept in a natural condition of good health. It does not act as a merely temporary affair; it keeps the human system in a state of sound and vigorous health, by easily and almost imperceptibly CLEANSING IT OF ALL IMPURITIES. Indeed, it is a GENERAL PURIFIER of the blood, and as such it is offered to those who prize a blooming complexion, bright eyes, strong nerves, tough and serviceable muscles, pure blood, buoyant spirits, sound and refreshing slumbers, and all other items that go to make one's life a joy instead of a burden. Ask or send for PROF. O. PHELPS BROWN'S RENOVATING PILL. Full directions for using will accompany them; each box contains about sixty pills, sent by post, when not ordered with other medicines, upon the receipt of price, and an additional threepence for each box, to prepay postage. Price 2s. 6d. per box; three ditto, 7s.; six ditto, 12s. All orders must be addressed to PROF. O. PHELPS BROWN, No. 2, King Street, Covent Garden, London.

DIRECTIONS.

DOSE.—From one to four, according to the condition of the patient. For children, one pill is sufficient. The most convenient time for taking these pills is at night, before retiring, and they may be taken through the day, an hour before eating, should circumstances require it.

THE HERBAL OINTMENT.

A Vegetable Preparation for the Permanent Cure of Deep-seated Ulcers, Tumors, Pleurisy, Quinsy, Swellings, Sore Throat, Pains in the Chest, Heart Palpitations, Rheumatism, Neuralgia, etc.

IN the remedy which is here offered to the public under the name of "THE HERBAL OINTMENT," I am actuated by the motive of doing to others, what, under similar circumstances, they would do for me. Health is the object sought for by the invalid, and who can render a greater blessing to the sufferer, than by pointing him to remedies that will surely make him well. How important it is to be judicious in selecting the medicine that will accomplish this desired end.

"THE HERBAL OINTMENT," is a "*Pain Eradicator*" in the most extensive sense of that phrase. It does not banish pain by producing another irritation, or by benumbing the parts to which it is applied; but by removing the cause of the torture, and restoring the afflicted portions to their pristine condition of good health. Its ingredients embrace subtle herbal powers, the precise nature of which it would require a large volume to explain. Suffice it to say, that where there is bodily pain, or a soreness, or inflammation, there is disorganization of the tissues. The flesh is no longer in a natural state. Chemically, it has lost something necessary to its healthful existence, or is suffering from the invasion of some foreign and corrupt matter. The Herbal Ointment is so compounded that it immediately supplies what is wanting, and also with the greatest precision, certainty, and celerity, expels, absorbs, destroys, and banishes all corrupt and morbid humors, discharges, gatherings, sores, inflammations, etc. In short it acts chemically upon the parts, and by giving what is lacking, and neutralizing that which is superfluous and destructive, makes the flesh as it was when in

its original condition of soundness. Applied over the spot where internal soreness or pain exists, its properties exert a magical change. Its unparalleled power of penetration enables it to reach the remotest spot in a few minutes. For instance, it is a grand aid in the cure of Consumption. Rubbed, according to the directions, upon the chest, it withdraws and absorbs the tuberculous matter from the lungs as if by a charm, and as it withdraws and absorbs these, or any other corrupt and poisonous deposits, it soothes and permanently *heals*. Applied directly to the stomach, it is a grand circulator of the blood and secretions, for which object it should always be used in connection with my Renovating Pills, which is the great purifier. Their mode of action is separate and distinct, yet their operations are in harmony with the great laws of nature, in promoting the expulsion of impurities through the capillaries, or pores of the skin. The OINTMENT eliminates all poisonous humors from the system, by drawing them to the surface, and in many cases where the stomach is too enfeebled to bear internal medicines, has proved powerful to cure where all other means were unavailing. Every form of disease is necessarily attended by impurity of the blood, and attention should be paid to its restoration to a healthy condition through the use of the Herbal Ointment and Renovating Pills. Among the many afflictions for which as a remedy they have no equal are Rheumatism in all its varied and distressing forms, pains in the hips and knee joints, Lumbago, or pains in the lower part of the back, Scrofulous Eruptions, Skin Diseases of every form, Cramps, Glandular Swellings, Ulcers and Tumors, White Swelling, Croup, Pleurisy, Quinsey, Bruises, Chilblains, Cuts, Corns, Sprains, Burns, Scalds, Sore Lips, Sore Nipples, Neuralgia, Heart Palpitations, and all other Heart Affections, Blotches, Boils, Worms, Scald head, Mumps, Salt Rheum, Mercurial Sores, Fever Sores, Piles, Fistula, Spinal Affections, etc.

Soldiers will find this Ointment to be a most speedy cure for wounds, cuts, bruises, rheumatism, soreness or tenderness of the feet, etc., with the advantage of being easily applied, and con-

venient to carry on the march. It can be sent (as also the Renovating Pill), by mail, pre-paid, to any part of the country.

The Herbal Ointment is used in their practice by the best physicians in the world. Price 2s. 6d. per pot; three ditto, 7s.; six ditto, 12s. Sent by post, if not ordered with other medicines, upon the receipt of price, with an additional ninepence for each pot, to prepay postage. All orders must be addressed to PROF. O. PHELPS BROWN, No. 2, King Street, Covent Garden, London, England.

DIRECTIONS.

HOW TO APPLY THE OINTMENT.—Spread it evenly and thinly on soft oil-cloth, oiled silk, or linen of sufficient size to cover both the wound and the surrounding inflammation. If oiled silk or linen are not at hand, it may be spread on a piece of clean silk, linen or cotton cloth. A fresh dressing of the Ointment should in all ordinary cases be applied every twenty-four hours. Do not bandage tightly, and be sure to dress the affected parts regularly.

Burns, Ulcers and Tumors.—If the discharge in these cases be free and copious, it would be well to apply fresh Ointment night and morning. After the ulcer or sore begins to show indications of healing, a new dressing once every two days will be sufficient—cleansing the sore every twenty-four hours.

Scald Head.—Cut the hair as short as possible, and rub the Ointment on sparingly with the finger; then draw on the cap made of oiled silk or oil cloth.

For Old Sore Legs—And all corrupt sores of long standing, and especially if the parts are much inflamed, the further the Ointment extends around the seat of the disease and the inflamed part, the better.

Ulcers and Tumors of a Scrofulous Character—Will sometimes need the application of the Ointment for months; perhaps, before a thorough cleansing and cure can be made; therefore, patience and perseverance, with great regularity in the dressing,


is required—and some attention paid to diet will prevent the system from becoming too gross. In these cases my Pills should always be used in connection, to purify the blood.


In early stages of Inflammatory Rheumatism, or Soreness about the breast, caused by cold or cholic, this Ointment has no equal, and will be found soothing, and yet so stimulating, that in the course of a few hours a gentle perspiration is produced, relieving the patient of all pain and soreness. For this soreness about the breast, apply a plaster large enough to cover the whole chest.

For Neuralgia, Rheumatism, Sore Throat, Pains in the Chest and Lungs, Croup in Children, which it never fails to relieve immediately, if applied to the throat and chest, *Cramps and Pains in the Stomach, etc.*—apply with the bare hand to the parts affected. The Ointment must be well rubbed in with gentle friction for five or ten minutes at each application.


PATIENTS TREATED AT A DISTANCE.

I am treating, daily, a large number of cases in all parts of the country, with my four standard herbal remedies, and always with promptness and success. I am also continually sending special courses of treatment for special cases of chronic, or so-called *incurable* diseases. These medicines, general and specific, are conveyed to their respective destinations with great promptness by Railway. The arrangements of the different Railway companies are now so perfect that the remotest localities can be quickly and regularly reached without difficulty or delay. Consultation by letter is, under these circumstances, quite as available and useful as consultation in office.

 **Should any Person**, after having become convinced that my medicines are really valuable, be disposed to act as my agent, I should be pleased to have him address me on the subject. I will furnish him with a goodly supply of pamphlets to distribute in his locality, also the medicines on the most reasonable terms.

 **No charge will be made for advice**—all are invited to call. All letters must be addressed to

**O. PHELPS BROWN, Professor of Medicine,
No. 2 King St. Covent Garden, London, Eng.**

 **SPECIAL NOTICE!**—All persons sending money, to any amount, for medicines, are requested to send post office money orders payable at the money order office in King Street, Covent Garden, London.

Palsy.—Palsy usually comes on with a sudden, though slight, loss of power in the affected parts, being frequently preceded by convulsive twitchings of the muscles, paleness, coldness, and numbness of the part, wasting of the flesh, and loss of sensibility. It frequently follows apoplexy, or, if in the lower limbs, may be almost always traced to a disease of the bones, ligaments, or interior of the spine. In the latter event the approach is slow and insidious, and is first exemplified in stiffness of the limbs, difficulty in walking, and a tendency to fall down. The bowels are costive, and the urine flows feebly, or else passes away involuntarily. Sometimes palsy attacks the Heart or Lungs, when it generally proves fatal before proper remedies can be brought to act upon it. A specific Herbal treatment is at all times required; but this must be assisted by plenty of exercise, warm baths, stimulating washes, liniments and persevering friction, and a perfect regulation of the functions of the stomach and bowels.

Inflammation of the upper part of the Windpipe.—This affliction commences with all the symptoms of fever, which are accompanied or followed by a hoarse and indistinct voice, laborious breathing, a suffocating or tight sensation in the throat, red and bloated face, eyes projecting and blood-shot, coated tongue, quick pulse, inability to swallow, and a constant and distressing feeling of suffocation. The back part of the throat is much swollen, and is of a very dark red color. In some cases it closely resembles croup. It should be attended to without delay, as it usually runs a fatal course in from three to six days if in the slightest degree neglected. Mucilaginous, soothing and healing herbs, properly prepared, with the “Renovating Pills” and the “Herbal Ointment” will effect a cure.

Caries of the Spine.—This is found, mostly in children, by too much confinement within doors, as at school, scrofula, rickets, a too rapid growth of the body, habit of sitting in constrained and unnatural positions; or it may arise from blows, or other injuries and accidents. The patient at first experiences listlessness and want of appetite; then the legs give way and cross each other in walking; or the knees bend forward when the patient attempts to stand erect. Soon cramps are felt in the thighs and legs, and afterwards there is an entire loss of the power of feeling and mo-

tion. A well known authority has truly said that the origin of this disease is frequently "the languid inflammation of scrofulous habits." My preparation of *Stillingia*, with other curatives which are applied according to age, sex, &c., will obviate the difficulty.

Falling of the Rectum.—One of the first symptoms of this torturing affliction is the exhibition of a large red tumor after going to stool. This must be immediately returned, and proper treatment adopted to remove the causes, or there will ensue pain, strangulation, fever, obstruction of the bowels, and general constitutional disturbance. Worms will produce this affliction in children, and in adults severe costiveness will often induce it. There are many other causes which it would be useless to mention. I prescribe a wash of golden seal and white oak bark, to be applied freely after the prolapsed parts have been returned; also my "Herbal Ointment," and a powerful tonic pill. Injections of cold water and salt are useful; and the bowels should be kept open by injections instead of by medicine taken into the stomach.

Enlargement of the Prostate Gland.—Demonstrated by inconvenience in passing water, enlargement also of the urethra, straining before evacuating the bladder, and, after it has been apparently completely evacuated, the involuntary escape of urine in small quantities or "dribbles." An unusual length of time is always required to complete the act of making water. After a while the urine will be retained, in spite of all efforts of the patient to void it, until the over pressure will cause the parts about the neck of the prostate to relax and allow it to pass. The causes of this disease are weakness of the muscles of the parts, seat worms, abuse of purgative medicines, low state of the general health, and constipation of the bowels. For this I use *Stillingia* and *Ammonia*.

Malignant Whitlow.—The victim goes to bed quite well, in most cases; but in the night feels a severe pain at the top of one of the fingers. From the commencement of the pain it gradually increases, giving the patient severe torture the whole night. When he looks at the finger in the morning, he fails to discover any apparent good reason for his suffering; there is nothing alarming to be seen. He is soon afterwards seized by inflammatory

fever, and the pain is sometimes so intense as to cause delirium and convulsions. Often the pain will extend along the arm, and all over the hand. It will, if not immediately treated with skill, cause the loss of the finger, and not unfrequently destroy the use of the hand and arm. The causes are impure blood, intemperate living, bruises, or other wounds. See article on "Poke," and Recipe No. 100.

Milk Abscess.—This comes on in from one to three months after delivery. It usually commences with a heavy chill, which is succeeded by sweating, and by thirst, heat, and other febrile symptoms. The abscess is not seen for one or two weeks; but its location is defined by the severest pain being in that place. Most generally the first one will burst, discharging pus and milk, and the patient will confess herself better; but if the treatment has not been careful and skillful, other abscesses will form forthwith, and frequently both breasts are dreadfully implicated. Apply tepid fomentations, and administer cooling laxatives.

Mercurial Diseases.—These manifest themselves in an enlarged and indurated condition of the various glands of the body: in rheumatic affections of the joints; in dropsies, anemia, tubercles in the lungs, disorders of the stomach, decayed teeth, loss, or imperfection of sight and hearing, heart diseases, convulsions, liver complaint, cutaneous eruptions, superficial inflammations, diseases of the eye, shattered nerves, palsy, and nearly all other physical, as well as mental, afflictions to which the race has been so long liable. See page 256 for treatment and description of scrofula.

Myalgia, or Exhausted Muscles.—The symptoms are manifested when the patient takes exercise, and consist of languor, lassitude, general debility, and aching pains in almost every part of the body. These pains are aggravated by exercise of the muscles and can be mitigated by rest and repose. Myalgia is often mistaken for neuralgia and rheumatism. The treatment consists in the employment of generous diet, of moderate out of door exercise, friction of the surface, regulation of the stomach and bowels, and whatever will tend to improve the general health and strengthen the body.

Biliary Calculi, or Gall Stones.—These are concretions

formed in the biliary ducts. Sometimes they consist of a single stone, and at others of a largo number of stones. They are irregular in shape, and in color yellowish, or reddish-brown. If they are in the gall bladder, they are not likely to do much damage for a length of time; but if they get into the duct, the result is evidenced in violent spasmodic pains, and the product is jaundice, inflammation of the diseased part, and other symptoms of active congestion of the liver. For a remedy, see article on the "Restorative Assimilant."

Congestion of the Liver consists of a preternatural fullness of the blood vessels of the liver, and is characterized by weight, oppression, and tension in the region of the liver. There is also constipation, or loosing of the bowels, loss of appetite, furred tongue, yellow appearance of the eyes, skin, and urine. The liver also increases in bulk, and is very dull upon being percussed. See article on "Restorative Assimilant."

Catarrh of the Bladder.—The most essential symptom of this disease is the secretion of a considerable quantity of mucus which is discharged from the bladder together with the urine. It is hard of cure, although not dangerous unless paralysis takes place. It is generally preceded by great irritation of the affected parts and may be produced by the irritation of blisters, wounds, the passage of instruments, and gonorrhoea. It is accompanied by great debility, a frequent desire to pass water, which, if left to stand in a vessel will divide into two parts; the upper portion will be clear, while the lower part will be a thick gummy mucus. If abscesses form, which is frequently the result if the disease be neglected, the cure, if accomplished at all, demands patience and perseverance. Women are often the victims of this disease when the womb is in a bad condition of disorganization. I use a grand and unfailing preparation of which yellow jessamine and white poplar are the chief, but not the only ingredients, for this and kindred diseases. It has never yet failed me.

Vertigo.—This attacks the individual suddenly, there being no direct premonitory symptoms. While the sufferer feels as if about to fall, or as turning around, or as surrounded by objects which are going about like a whirligig, he is perfectly conscious of all that is occurring, and will endeavor to steady himself by

braeing the body against some solid substance, by grasping some heavy object, or planting the feet firmly, and throwing the arms out to sustain, or regain, a proper balance. Nothing so frequently causes vertigo as an improper condition of the blood, as either too much or too little of it will produce the affliction. Persons with diseases of the heart are frequently the victims of vertigo. It is also induced by suppressed menstruation, hemorrhoids, etc. Too much loss of blood, from any cause, will likewise produce it, and it is not unfrequently the accompaniment of pregnancy, or the result of the pressure of tumors in the abdomen. All persons who have suffered from injury and diseases of the brain, or who have been, or are, epileptic, are often the victims of vertigo; indeed, it is in many instances substituted for the paroxysms of epilepsy. The treatment varies according to the cause, which, of course, must be removed, or greatly ameliorated in order that a positive cure may be effected.

Lochia.—For some time after child-bearing, a discharge takes place from the womb which is called lochia. It is at first red; but if all goes well, in a few days the red appearance subsides and gives place to an effusion of a greenish color and a peculiar odor. When the womb is reduced to its original size the lochia ceases. If it is checked before it should be—and in some women it ought to continue a month—or if the flow proceeds with irregularity, great distress and danger are the consequences. The immoderate flow of the lochia is not so disastrous as the suppression. The latter may be produced by cold, by chilled drink, by mental excitement, or, in fact, by any undue exertion of either mind or body. The results of the suppression of the lochia are great fever, restlessness, heat, pain in the head, back, and loins, delirium, inflammation of the womb, colic pains, costiveness, nervous excitability, muscular contractions, and, in fact, general distress. The first and only thing to be done is to restore the flow. For this purpose, if the patient can bear it, the warm bath must be used; fomentations should be applied to the abdomen; large emollient injections should be given in the rectum, and sudorific medicines (not of a mineral character) assisted by copious diluent drinks, should be administered. The acetate of ammonia will be found very useful. A profuse and general perspiration is the pro-

cursor of rapid recovery and safety. While the lochia is apparent the patient must not endeavor to get up, or to undergo any noticeable degree of exertion, or be exposed either to atmospherical changes, or imprudence in diet.

Still-Born Children.—When a child is supposed to be born dead, the first duty is to discover if there be any pulsation in the navel-string, or umbilical cord, and if there be, the cord should not be cut; but warmth should be applied by flannels, the nostrils should be touched with a little hartshorn, the breast should be rubbed with spirits, and the buttocks, and soles of the feet should be gently slapped with the open hand. If the after-birth should be detached (the elongation of the cord will show this,) separate the infant entirely, secure the cord by a slip-knot, and put the child in water, at blood heat, keeping the head uppermost and the mouth and nostrils out of the bath. Artificial breathing should be practiced. If the bath fails to restore the pulsation of the heart, place the infant before the fire, rub it carefully and wrap it in warm flannel. A teaspoonful of spirits in a few tablespoonsful of warm water may also be injected. If these means fail, nothing can prevent the child from dying.

Scurvy.—Scurvy is a disease which results from exposure, from wearing or sleeping in wet or damp clothing; from long abstinence from fresh vegetable food; depression of mind, &c. &c. It comes on gradually, with great dejection of spirits, debility, anxiety, aversion to motion, or to any exertion whatever. The countenance becomes bloated, and assumes a sallow hue, the teeth are loose, the breathing is hurried, the gums are spongy, and will bleed upon the slightest touch, and livid spots appear upon various parts of the body. Should the disease be permitted to progress, a dark colored blood issues from the nose, ears, and arms, the joints and tendons become stiffened and swollen, the stools become fetid, and diarrhoea or dysentery closes the scene. Low spirits, lack of fresh food, and insufficient shelter, are the chief causes of malignant scurvy. By supplying that, the want of which produced the disease, a cure may be effected even in the worst cases. I usually prescribe from two to four ounces of lemon-juice a day, with ripe fruits, plenty of ordinary fresh vegetables, and light fresh meat or poultry, for diet. The patient must

sleep in a dry and well-ventilated place, and must take moderate exercise every day. When the case is extremely bad, and of long standing, I check the diarrhoea with the "Renovating Pill," and purify the blood by the use of my preparation of Stillingia, for an idea of which, see description of Queen's Root.

Chicken Pox.—Chicken Pox, it is said, attacks persons only once in their lives; but, although I have no distinct proof to the contrary, I am inclined to believe that a person may have it more than once, yet in a modified form. Its premonitory symptoms are chilliness, nausea and vomiting, quick pulse, restlessness, thirst, and headache. After these symptoms, which are never heavy, appear small red eminences, or pimples, with a shining surface nearly flat, in the centre of which a small clear vesicle is soon apparent. This is filled with a whitish lymph, on the second day, and on the third day by a straw-colored fluid. These begin to subside (if they have not broken), on the fourth day. On the sixth or seventh day the vesicles have changed into brown scabs, and on the ninth and tenth days they fall off. They do not leave any pits or scars. There is no secondary fever in chicken pox, and unless cold be contracted, or the diet be of an improper character, there is very little danger about it. Sometimes, however, a severe cold taken before the disease has been eradicated will promote a great deal of mischief and suffering. Chicken pox may be treated successfully with any mild herbal laxative, and diluent drinks. Hot decoctions of simple herbs may be given, when the fever is more than usually severe, to promote perspiration. The diet should be plain and unirritating, and the bowels should be kept fairly regular. Some physicians contend that chicken pox and small pox are nearly identical; but they are vastly different.

Waterbrash.—This is a peculiar affection of the stomach, in which the patient frequently brings up a large quantity of thin watery liquid, which is sometimes intensely sour, but at others very insipid. It is brought about by whatever disorders the stomach, attacking mostly, however, middle aged or old persons—more especially females. Its immediate cause is a peculiar state of irritation. Persons thus afflicted should confine themselves to the use of a very plain, unstimulating and nutritive diet; should indulge in plenty of out-door exercise, keep the bowels

gently open, and use friction with hair gloves or coarse towels over the stomach and bowels. A moderate use of the extract of gentian will be found very serviceable in cases of waterbrash. "Restorative Assimilant" will cure it soon and perfect.

Inflammation of the Peritoneum.—The peritoneum is a serous membrane which covers nearly all the organs in the abdominal cavity. The usual symptoms of fever denote the inflammation. Soon the patient has an uneasy feeling, or pain, either in a particular part of the abdomen or all over it. Sometimes the pain is very severe, at others there is merely a feeling of soreness which is aggravated greatly by pressure. The abdomen becomes hard and swollen, the fever increases with the pain, which gets to be almost intolerable. Motion of any kind, or any attempt to urinate, or evacuate the bowels, causes dreadful suffering. In the worst cases nausea and vomiting are accompaniments, and the matter thrown off the stomach is dark, flaky, bilious and fetid. The breathing is short and laborious, and the countenance wears a wild and anguished look, pitiful to behold. The bowels are generally costive; but sometimes the patient purges often, or is afflicted by griping and a desire to stool which can not be gratified. The pulse is small, quick, and frequent; the tongue is white and dry, and there is great thirst. In some cases the fever symptom is wanting; but the pain and soreness are always present. When these *suddenly* disappear, the pulse becomes quicker, the skin is covered with a cold clammy moisture, and the extremities become very cold, the danger of death is imminent. Inflammation of the peritoneum may be produced by the ordinary causes or other inflammations; by external or internal injuries; diseases of the bowels, stomach, liver, or rupture; and in females soon after severe labor and delivery. Fomentations of aromatic herbs should be placed upon the belly, or if these are not at hand, flannels steeped in hot water should be applied without loss of time. No food should be allowed; but the thirst may be quenched by small quantities of water and gum acacia, toast, or barley water. Tincture of veratrum viride in five to ten drop doses, repeated every hour, is a good remedy. What is called Consumption of the Bowels is the chronic form of peritonitis.

The Iliac Passion.—Such is the name given to one of the most

severe and painful affections of the bowels to which mankind are subjected. It is marked by the most intense racking pain, costiveness, and vomiting. The costiveness, with pain in the region of the navel, often precedes the full force of the disease for several days. In vomiting, the contents of the stomach are not only ejected, but also large quantities of bile, and even matter from the intestinal tube. The downward motion of the bowels is completely inverted, and in some instances articles injected into the rectum have found an outlet at the mouth. This disordered action of the bowels is symptomised by great irritation of the nervous system, inflammation of the intestines, fever, etc., and if relief be not obtained, there will be heat, thirst, restlessness, quick pulse, and agonizing pain experienced continually. The *Iliac Passion* is caused by cramp occurring in some portions of the intestines, or, as a medical author who has given the matter especial attention says, "by one part of the gut being drawn within the other." It may, however, be brought on, in certain temperaments, by the use of food which will not properly assimilate, or by constitutional costiveness (that fruitful origin of dangerous maladies) or *by the absorption into the system of metallic or mineral poisons*. The removal of the spasm of the bowels may, at the outset, be accomplished by the use of the warm bath, and by external fomentations. If the stomach will retain them, cathartics should be administered. Triturate podophyllin (mandrake) with ten times its weight of pure white sugar, and give three grains at a dose every two hours until the proper effect is produced. If a speedy operation is required add twenty or thirty grains of cream of tartar, and one fourth of a grain of capsicum (red pepper) to each dose.

Drunkenness.—That drunkenness is a *disease* no one who has studied human frailties will for a moment pretend to deny. It is, in fact, so well defined a disease that it is transmitted from sire to offspring as is scrofula, or any other physical or even mental peculiarity. Persons afflicted by this disease stand upon the brink of a precipice, and there is no avoiding an ultimate fall into the abyss below, but by the practice of the utmost care and circumspection. I am not one of those who denounce a judicious employment of ardent spirits as utterly useless and thoroughly

demoralizing, because I have had many experiences which prove to me that, used cautiously, and under particular or peculiar circumstances, it has often helped materially in restoring lost health, and in imparting and keeping up vigor where nothing else would operate so quickly, and with such permanency. Employed, however, by persons in good health as a pleasurable beverage, it is pernicious in the highest degree, and is the cause of "such a book of follies in a man that it would take the tears of all the angels to blot the record out." All things that have a tendency to accelerate, beyond the natural standard, the performance of the vital functions necessarily shorten life. Now and then an old toper attains a good old age, and is held up to "fast livers" as an example of the beauties and excellencies of dissipation, but the old topers who attain longevity are the exception instead of the rule, and for one of those we have hundreds, yes, thousands, who drop, destroyed in mind and body, into premature graves. The habitual dram-drinker's motto is usually "a short life and a merry one." The first part of the motto he generally realizes; the latter part of it is *never* truly reached; for the life of the most jovial of convivialists is seldom or never distinctively *merry*. An artificial exhilaration is of course gotten up from day to day; but the pangs and miseries of its reaction are the very reverse of merry. Ardent spirits, habitually taken, are productive of slow inflammation of the stomach. This is indicated by a loss of appetite, nausea, vomiting of bile, or a discharge in the morning of a frothy and viscid phlegm, fetid breath, many belchings of flatus. Enlargement and disorganization of the liver, jaundice, dropsy of the belly and limbs, chronic inflammation of the lungs, hoarseness, husky and deep seated cough, diabetes, and eruptions on the skin, more especially on the nose and face, epilepsy, palsy, gout, obstinate colic, and delirium or madness, are among the dreadful consequences of an habitual use of alcoholic beverages. In order that intoxicating liquors may induce and nourish these afflictions it is not necessary that he who partakes of them should get drunk. Many an individual who never staggered under the weight of heavy ardent potations has suffered all the horrors I have catalogued, and wondered why he was so sorely and fatally afflicted. Persons who suffer in this way are prevented from being what

the world calls drunkards by their peculiar temperaments and sensitive nervous organizations. *They die* before they have become sots. Others are completely besotted, are plunged into the gutter, or thrust into the charity hospital or alms house before their final exit from the world is made. There is no *cure* for drunkenness but *total abstinence*. Its consequences must be treated as independent diseases. The wear and tear of habitual intoxication may be repaired by the perfect abandoning of the pernicious habit, and a resort to tonic, bracing, anti-spasmodic and invigorating herbal preparations, a strict regard to diet, and other hygienic requirements, as laid down elsewhere in this book. Together with the preparations of proper herbs (not disgusting drugs which are often recommended, but effect no good), the influence of respectable society and other moral means will, if persistently experienced, culminate in a thorough reformation.

Tobacco Diseases.—The sickness, suffering, and even death to which the unaccustomed users of tobacco have often been subjected will not deter millions of people from indulging in the disgusting and pernicious practices of chewing, smoking, and snuffing it. These practices are gained by the most frightful sacrifices, and the only recompense they afford for the diseases they engender and nourish, seems to be a narcotic property which temporarily soothes irritability and induces serenity. Opium will do the same things; and I am of the belief that an inveterate tobacco-slave is in more positive danger of shortening his life, and rendering what there may be of it miserable, than one who adheres strictly to the inebriating and soothing effects of the various preparations of the poppy. When we take into consideration the fact that two or three drops of the essential oil of tobacco will prove almost immediately fatal if inserted into a raw wound, we need not wonder that its habitual use in the common forms of cigars, “*fino cut*” or “*Macaboy*” will destroy the digestive powers and tone of the stomach, disorganize the nervous system to an almost unlimited extent, impair the strength, partially destroy the senses of smell and taste, and the faculty of sight, and cause the memory to be wandering and imperfect. The cure for these tobacco afflictions is, as in the cure for the results of a steady use of ardent spirits, *abstinence*, and special treatment. In all my practice I have found

it next to an impossibility to perfect a speedy and permanent cure of any disease which afflicted a patient who would persist in the habitual use of tobacco *in any form*. In corpulent people, smoking pipes or cigars of tobacco will produce the most obstinate phases of apoplexy, while, in all persons, chewing will bring on chronic dyspepsia, liver complaints, hypochondriasis or monomania, afflictions of the bowels, and general debility. I hope those who may desire to profit by my advice and preparations will make up their minds to discard, as far as possible, the habitual use of the noxious weed in all its seductive shapes. If they do they will be the gainers.

Syphilitic Ulcers of the Eyelids.—Syphilitic ulcers of the eyelids may be distinguished from other ulcers very readily. They progress very rapidly, and are of a dark copper color, *while they do not affect the general health* to any perceptible degree. These are all the symptoms by which they may be distinguished. The usual treatment for secondary syphilis is applied for the cure of these annoying and tell-tale eruptions. Cauterize with mild nitric acid, and take yellow dock as an alterative.

Inflammation of Larynx.—At the top of the windpipe is the larynx, which is composed of a few strong cartilages which unite to form a curious and convenient box across which are extended the vocal ligaments. These are two remarkable cords from one-half to three-quarters of an inch in length, and are connected with small muscles which hold them in check. Above the cords are two cavities, and these, with the ligaments, form the voice, or make and modulate the sound. The larynx, in fact, is something like a flute, and gives out various sounds according to its structure, size, and condition of health. The cords are lubricated by a fluid which, when disease reaches the cavities, becomes acrid—hence we have hoarseness. If the first symptoms of disease in this organ are not speedily removed, we have an alteration of the structure of the ligaments by ulceration or inflammation, and the voice is gone—in other words the patient lapses from laryngitis, which is bad enough, into *aphonia*, which is worse. When *aphonia* sets in (which is developed in the inability of the victim to speak above a harsh and confused whisper), a cure can only be effected by the patient and judicious employment of Herbal reme-

dies, numbers of which the reader will encounter if he reads this work carefully. In order to decide whether or not the larynx is seriously affected, press upon the protuberance in the throat known as Adam's Apple. If that is very sensitive, or sore, lose no time in availing yourself of nature's remedies ; for if neglected the disease will reach the lungs.

Inflammation of the Spleen.—When you have a pain just under the short ribs, on the left side, together with swelling, soreness to the touch, and considerable fever ; a short dry cough ; something like constriction about the heart, nausea, sometimes (not always), vomiting, bloody black stools, and scanty and high-colored urine, be sure you have acute inflammation of the spleen, which is an organ in the upper part of the belly, on the left side, opposite to the liver, with which it has material connection. The treatment is the same for that as for liver complaint. (See Vervain Assimilant.) When the inflammation becomes chronic (which it is likely to do where chills and fever prevail) there is a feeling of tension, weight and dull pain in the left side, and the organ enlarges so much that it can be felt externally by the hand. Thus we get the common name of “*aguo cake.*” Palpitation of the heart, numbness of the limbs, dyspepsia, shortness of breath, wheezing, costiveness, and piles, weakness of the pedal extremities, extreme constipation, depression of mind, and either local or general dropsical affections are among the symptoms and consequences. Counter-irritation is excellent, (see Herbal Ointment) and the free use of a gentle purgative is also necessary to relief and cure. (See Renovating Pills.)

Obesity or Fat.—The idea that the fatter, the healthier a person is, constitutes one of the most popular mistakes of mankind. Too much fat is just as much of a disease as any of the maladies we have mentioned in other pages, and is incidentally, as well as directly, the cause of any amount of inconvenience and suffering. Many people *inherit* fat, or adiposo matter, but more acquire it, and increase it by indolence, gluttony, and the intemperate use of malt liquors. A strictly vegetable, dry, and scanty diet, arduous out-of-door exercise, a hard bed, only six hours sleep in every twenty-four hours, and a moderate degree of mental application will serve as palliatives ; but nature has provided certain spe-

cifics for the reduction of *adipose* matter which I shall be happy to send to any individual so afflicted.

Polypus.—A polypus frequently forms in the nose, rectum, vagina, &c., and is both painful and dangerous. The common polypus is “pendulous, and hangs by a small pedicle.” In the nose it is moveable, and it protrudes, or increases in size accordingly as the weather is more wet, hazy, and damp. When not colored exactly as the skin is, it is of a faint red tint, and is semi-transparent. It is then that it begins to ulcerate and affects the bone; and at this stage it also fills the nostrils, alters the voice, almost continually suffuses the eyes with tears, produces a constant headache, and is the source of slight febrile symptoms. It is not a mistake to hold that this affliction may speedily become of a decided cancerous character if neglected. Bayberry bark and bloodroot properly pulverized and mixed, and snuffed up the nose frequently, will effect a cure. Where the snuffing process is not available, by reason of the great size of the polypus, the powder may be wetted and applied by means of a clean linen rag. The same treatment will apply as a *palliative*, to polypus of the rectum and vagina; but I have a specific cure which does away with the necessity of surgical operations, which are too often resorted to in such cases.

Hip Disease.—This may be the result of scrofulous, mercurial, or syphilitic taint, as well as of falls, dislocation of the joint, or other injuries immediately affecting it. In the commencement of the disease it is difficult to make an accurate diagnosis, as the pain, and apparent inconveniences generally, are seldom experienced at the seat of the trouble, and from the patient's complaints one not thoroughly versed in the matter would locate the affliction in the knee, foot, or some portion of the leg. When the hip disease is suspected, press the thigh bone firmly upwards, and if that causes acute pain it is one strong evidence that the suspicion is well founded. The general symptoms are hectic fever, disturbed sleep, irregular bowels, and capricious appetite, and often night-sweats. Soon the hip swells and is extremely painful, and the limb becomes deformed and useless. In later stages the membrane covering the head of the bone will become so affected as to pour out large quantities of pus and serum. When this is the case, the bone

will leave the socket, and the limb will become shortened, and will turn inward. In most instances the pus will make an opening, or openings, for escape in some part of the leg. Alcohol, camphor, and oil of hemlock form a very good bath for the diseased portions. The health and strength of the patient should be kept up by a nourishing diet, plenty of fresh air in dry weather, and frequent bathing. This, with the employment of appropriate herbal remedies, will remove the disease from the system.

Spotted Fever.—This dreadful fever was not known in America until about the beginning of the present century. At times it has raged with fearful virulence, particularly in the New England states. It is very difficult to give the symptoms for general information, as they vary in almost every individual attacked. The causes are not well defined, but are supposed to center in a vitiated condition of the atmosphere. One writer, who has given the disease special investigation, remarks: "The paleness of the surface, which sometimes attends the disease, and the partial or total want of reaction, show that the blood is forcibly and powerfully driven from the surface to the internal organs. The congestion, or accumulation of blood, is sometimes so great that the heart and arteries are incapable of exerting the least power to counteract the cause of disease; hence they sink immediately under its withering influence." The heart and lungs, with their contiguous membranes, are found to be badly affected in persons who have died of spotted fever. As for the symptoms; some patients suddenly experience almost unbearable pains in the stomach, head, and limbs; in other cases the pain is felt only in the locality, or organ; some have no heat; some are seized by violent chills and ague, and yet do not feel cold. In some instances the victims were for a time totally deaf or blind, while in others sight and hearing were unaffected. Some are stupid, lethargic, and torpid, others gay and hysterical; some are unnaturally sharp and shrewd, others idiotic or delirious. Some are sensitive to the slightest and lightest touch; others will bear the flame of a candle, or the thrust of a penknife without wincing or feeling. Some can not retain anything upon the stomach, while others lose all sensibility of that organ which nothing seems powerful enough to restore. Scarlet, black, and purple spots, large and small, appear

upon various parts of the body, and sometimes there are copious and fatal bleedings from the relaxed vessels of the skin. In many instances the patient is dead before the fever or hot stage has time to establish itself. There is, in the majority of cases, great difficulty of swallowing, loss of taste and smell, slow and feeble, or quick and rampant pulse, etc. The tongue is generally furred, and brown or black. If immediate relief be not obtained, the fatal termination is reached, in at least one half the cases, in from ten to sixteen hours. The attacks are always sudden, or instantaneous. The treatment is similar to that employed for Asiatic cholera. The main result to be gained in order to effect a cure is the restoration of the natural circulation of the blood. To this end a small quantity of cayenne pepper in four ounces of pennyroyal tea should be given internally every hour, and the surface of the whole body should be frequently bathed in, and rubbed with red pepper and brandy or alcohol. Where the stomach is affected severely, keep a mustard plaster over it. A vapor bath, as hot as it can be borne, should be the very first remedy. The chiefest means of salvation is a copious, prolonged, and unchecked warm perspiration.

Miliary Fever.—This fever is generally the result of a too generous style of living—I mean of an indulgence in too much high-seasoned food and stimulating drinks. It is often symptomatic of small pox, putrid or nervous fever, inflammation, measles, or other similar malady; but is as often a primary disease. It makes no distinction of age, sex, or constitution. It begins with violent chills and rigors, which are followed by burning sensations of the surface, anxiety, depression, etc., and after the sensation of heat has reached its climax, the patient is covered with perspiration, which is accompanied by a profound pricking of the skin. The sweat emits a strong and disagreeable odor. There is restlessness and delirium, shaking hands, white tongue; and, at some stage of the disease, small pustules, or bladders, red and white, appear upon all parts of the body excepting the face. These last about a week, at the expiration of which time they dry and fall off. Miliary fever frequently attacks women in child-bed, and suspends the flow of milk, and all other discharges. Sometimes the pustules are only red and assume the appearance of a

rash. When these are white or yellowish, the fever is in its most malignant form. Snake root and saffron made into tea are very useful in this fever. Ley-water baths for the feet and body are strongly recommended. Every care must be taken to prevent the sudden disappearing of the eruption. Indian meal gruel, panado, light dry bread, weak broths, etc., form good diet, together with ripe and wholesome opening and cooling fruits. If apples are used, roast them. If the pustules are backward, drink wine whey, and use plenty of orange juice. When the fever reaches a putrid stage, which it sometimes does, Peruvian bark, properly compounded with other ingredients, will be found beneficial.

Quinsy Sore Throat.—All persons, young or old, male or female, are liable to have this distressing and dangerous disease. It occurs most in the fall or spring. Quinsy is a malignant inflammation of the mucus membrane of the throat and the tonsils. It will, if neglected, or only partially remedied, recur upon the slightest exposure of the patient, and if not thoroughly eradicated before it becomes chronic or deep-seated, will eventually in consumption, bronchitis, laryngitis, and many other alarming and destructive maladies of a corresponding character. Quinsy sore throat may be caused by intemperance, sudden check of perspiration, improper food, wet clothing of any kind, exposure to storms or to the night air, sitting in a draught, too free and harsh use of the vocal organs, etc. There are medical men of undoubted great ability who aver that quinsy sore throat is infectious; but this I do not believe; at least I never could procure any evidence in favor of the assertion, and I have searched for it carefully. The first symptoms of quinsy are a difficulty of swallowing and breathing, dry throat, foul tongue, and fetid breath, feverishness, and hoarseness; a difficult but frequent excretion of tough andropy mucus, thirst, and a full, hard pulse. Soon either one or both of the tonsils exhibit high inflammation, and small tumors form in them. The pulse then becomes very quick, it is almost impossible to swallow or breathe, the pains in the parts affected are acute and unremitting, and the patient speaks only at the expense of the most excruciating torture. In aggravated forms the eyes and face become inflamed and swollen, and lethargy or delirium are remarkable consequences. Wormwood, hops, and cat-

nip may be boiled, and the steam inhaled by the patient. This will afford temporary relief. Sage, also, with alum and honey, makes a good gargle, and any ordinary volatile liniment will palliate the disease if nothing better is at hand. The bowels should be kept well open, and the feet and legs should be frequently bathed, or *soaked*, in ley-water, or in water to which has been added a moderate quantity of mustard. The gargles and the inhalation of herb steam are very good; but the "Aeaeian Balsam," with the "Herbal Ointment" and the "Renovating Pill" will *cure* soon and permanently. All persons subject to quinsy, should keep these remedies constantly on hand. A brief description of Quinsy is given elsewhere.

Putrid Ulcerous Sore Throat.—Cankers, ulcers, sores, etc., cover the entire throat, and the glands are severely affected. This is unquestionably infectious, but it will develop itself in persons who are constitutionally predisposed to disease, or who have been recently afflicted by fevers and have caught cold. The complaint is ushered in by stiff neck, chills, fever, and the usual soreness and inflammation of the entire throat. The difficulty of swallowing and speaking is not, however, so great as in quinsy, but is by no means slight. As the disease progresses, spots of an ashen color appear upon the inflamed parts, and these soon deeply ulcerate. Great anxiety, nausea, vomiting, and partial diarrhoea are among the earlier symptoms. The breath is so offensive that it is with difficulty persons can approach the patient closely. The countenance is affected in two ways—being sometimes pale and haggard, and sometimes full and red. When the ulcers become livid or black, and bloody discharges take place from the mouth and nose, the patient is in great danger. The treatment is the same as for quinsy, so far as my three specific remedies are concerned; but in the absence of these use a judicious combination of infusions of sumach berries, snake root, and the barks of white oak and white elm.

Pericarditis.—This is known, commonly, as inflammation of the heart. That organ is surrounded by a bag of membrane, which prevents it from adhering to the pericardium, and the inflammation occurs in this bag. The disease is indicated by very violent palpitations, pain in the region of the heart; disturbance

in the aorta or great artery, sense of constriction in the chest, wheezing, feeling of suffocation, and an irrepressible desire to avoid all weight or pressure upon the heart and ribs. The pulse is irregular, rapid, and "bounding." As in the majority of heart diseases the face is either pale, haggard, and emaciated, or florid and bloated. Fox-glove is strongly recommended by some for this disease; but I do not use it. Any herbal infusion which will promote perspiration, and induce sleep, together with the continuous application of the "Herbal Ointment" upon the chest, and bathing the feet daily in warm water and red pepper, will prove highly beneficial. However, a regular course of treatment should be designed for each particular case if a sure cure be the object.

Dropsy of the Ovaries.—This disease is very insidious in its approaches, and rarely inflicts much pain, or creates much general disturbance, until it has manifested itself in a large swelling on the one side or the other. This swelling, or dropsy, will be found moveable when the patient lies down, and may be felt by passing the finger up the vagina. I have described *hydatids* elsewhere. Dropsy of the ovaries is generally occasioned by the fluid in these bladders or tumors. When the disease is considerably advanced the flesh wastes, the appetite is very poor, the strength perceptibly diminishes daily, and the leg and thigh on the side affected, become numb or very painful. The direct causes of this disease are not satisfactorily developed. The treatment is nearly the same as that for general dropsy.

Chronic Inflammation of the Bronchia.—Acute bronchitis, if neglected, will produce this fearful affliction, the symptoms and characteristics of which are of the most distressing and dangerous nature. Neglected colds or catarrh will also result in chronic inflammation of the mucus membrane of the bronchia. The bronchia are two tubes, with their ramifications, which arise from the forked part of the trachea, and carry air into the lungs. The acute disease is very insidious and often approaches in the same forms as an ordinary cold or catarrh, commencing with a little fever, lassitude, occasional chills, light tickling cough, sense of weight and tightness in the chest, and shortness of breath. The chronic form is known by a troublesome and harrassing cough, great difficulty of breathing, the spitting of a white and frothy, or a viscid

and purulent matter, disorganized stomach, uncommonly difficult respiration, somewhat resembling that in asthma, want of appetite, costive or loose bowels, etc. The nervous system is much shattered and depressed, the kidneys secrete red and scanty urine, the pulse is rapid or fitful. The cough is severest in the morning or when the patient experiences a sudden change of air, or inhales any irritating substance or vapor. Prolonged affections of the stomach and liver will sometimes produce it; but its origin may almost invariably be traced to the neglect of what are generally termed "common" coughs and colds. An occasional emetic is an aid in palliating this complaint; but a cure can only be effected by keeping the bowels regular, applying constantly and freely the "Herbal Ointment" externally and upon flannel, and using a compound of many Herbal remedies, for a full description of which, see article on "Acacian Balsam." On no account resort to the destructive treatment which involves blistering, and the application of nitrate of silver or other cauterizing agents.

Influenza.—This is an epidemical disease which is evidently caused by some poisonous condition of the atmosphere, for its mischievous effects will be visible among the inhabitants of thousands of miles of territory at one and the same time. It causes unusual secretion of mucus from the bronchia, nose, and mouth, fever, listlessness, loathing of food, sometimes stupor and slight delirium. At the commencement the patient finds himself hawking, coughing, and sneezing, and soon experiences hoarseness, sore throat, and pains in the stomach, lungs, chest and head. Heavy pains are likewise felt in the back and shoulders; the whole system is prostrated, expectoration is difficult, the eyes are red and watery, and the sight is obscured and vasculating. The treatment should be the same as that for a severe cold. Although influenza rarely proves fatal, excepting where other diseases exist, it will, if not carefully and promptly remedied, lay the foundation for maladies which can not be so easily got rid of.

Dropsy of the Chest. (*Hydrothorax*.)—This is a collection of water in the pericardium, (which as I have explained elsewhere, is a membrano surrounding the heart,) or in the cavity of the thorax, or so-called "trunk." Again the water may be confined in small bladders, or cysts, which form in the cavity, and

are attached to the pleura, or membrane which lines the chest. One of the commonest causes of this disease is bleeding for other diseases, and the use of mercury and other minerals. It may also be the consequence of general dropsy. One of the premonitory symptoms is a sense of great uneasiness at the bottom of the breast-bone (sternum), together with inordinate difficulty of breathing, great disinclination to indulge in motion, because of the pain it produces, and inability to lie down with ease or comfort. A cough is an accompaniment; but is usually dry; where there is expectoration the mucus is thin and scanty. After a while the face is pale, the feet and legs are swollen, the flow of urine is very moderate, albeit the thirst is great; the body is weakened and emaciated, and there is much nervous trepidation. In the more aggravated stage of the disease sleep becomes an almost unattainable luxury, the patient is obliged to sit up through a sense of suffocation which follows a recumbent position, or a fit of coughing. Palpitations are induced upon the slightest exertion, and the patient suffers torture day and night. The body is now usually covered with a clammy sweat, the face is cadaverous and anxious, drowsiness and delirium appear towards the closing of the scene, and the expectorations are streaked with blood. The bowels are generally costive, and digestion very much impaired. Infusions of fox-glove, parsley, spearmint, dandelion roots, and elder flowers are freely administered, and the use of mandrake as a steady cathartic is recommended by some. I have a specific treatment, however, (embracing the "Renovating Pill") which is better; the basis of which is found in rheumatism root, large flowering spurge, fig wort, robin's eye, and two foreign plants which are imported only by myself.

Cirrhosis of the Liver.—This is a disease which is generally pronounced by practitioners of various systems of medicine to be incurable. It is demonstrated by a morose and vicious temper, sallow skin, jaundice, bleeding from the bowels, stomach, and nose; fever, and either a voracious appetite or no appetite at all; also dropsy near the seat of the disease, and sometimes a dropsical condition of the whole body. The disease consists in the development of yellow corpuscles, varying in size from that of a pea to that of a pin's head, in the substance, and upon the surface of

the liver. According to the observations of those who have studied the disease, it is the result of the pigmentary degeneration of the hepatic lobules, by which the hepatic cells become filled with a peculiar adipose matter. The declaration that cirrhosis can not be cured is erroneous. Mandrake, (podophyllin) combined with other herbal preparations, according to the extent of the affliction, the length of time it has existed, and the age, sex, and temperament of the patient, will eventually accomplish a permanent and satisfactory cure.

Hydatids, or Bladders in the Lungs.—Scrous formations of this character sometimes occur in the lungs, and their effects are often mistaken for pleurisy. The symptoms, however, if carefully observed, will enable the examiner to distinguish the one disease from the other. The main symptom is a peculiar difficulty of breathing, which is so severe in advanced stages of the disease as to terminate in death. On striking, (or percussing) over the affected parts, a dull muffled sound will be perceptible; the pains in the afflicted region are frequent and acute. Breathing occasions no sound, and constitutional symptoms are wanting. An active tonic, and supporting course of treatment is required. See descriptions of my four standard remedies.

Inflammation of the Absorbent Glands. (*Lymphadenitis.*)—Wherever absorbent glands exist inflammation is liable to occur; it is most frequently found, however, in the regions of the arm-pit (axilla), neck, and groin. The first symptom is a swelling of the gland, which becomes hard and painful. Sometimes the inflammation will attack the sub-cellular tissue, and when the tumor becomes very large, several glands will be implicated. When the disease is of an acute character the tumor will soften in from ten to fifteen days, after which the skin will become absorbed, and the tumor will discharge of its own accord. It will, if simple, heal after discharging without any treatment whatever, or can be induced to do so by the use of the commonest remedies. Scrofulous or syphilitic constitutions are liable to the chronic form of the disease, in which the tumor is filled with tuberculous and scrofulous deposits, the swelling is more gradual in its development, and is harder and more painful. When it suppurates the discharge is thin and vicious, and can not be checked either in a

short time or without much difficulty. The face is pallid, the appetite poor, the digestion very much impaired, and the system generally very greatly enfeebled. In acute inflammation of the absorbent glands keep the bowels gently open, the liver active, and apply the "Herbal Ointment" to the parts affected, changing it often. The diet should be plain and wholesome, and personal cleanliness should be rigidly observed. In the chronic form the disease may be treated in the same manner, with the addition of building up or supporting diet and medicines.

Gangrene of the Mouth.—The cheek at first swells, and is not at all painful. The absence of pain and redness frequently causes the patient to think that the trouble is not at all serious. The skin of the cheek assumes a shiny and stretched appearance, and the gums are pale and spongy. A pale, or ashen scab appears in the mouth, and is particularly noticeable, from the fact that it is not surrounded by the usual inflammatory circle, or scarlet development. A little feverishness, together with disinclination for exertion, is about all the derangement of the general health usually observable in the outset. As the disease progresses we find sore gums, and sloughing of the interior of the cheek and lip. The saliva flows freely, is yellowish, and emits a disgusting smell. Then a snowy, livid spot is seen on the outside of the cheek, and, in a short time complete mortification is apparent. The pulse is now weak but frequent; from a eostive state the bowels become very relaxed; the extremities are cold; and all the organs of the body are more or less disorganized. Sometimes the disease attacks both sides of the face, and in a few cases all parts are involved, producing disfigurement if not death. The causes, so far as known, are weak and serofulous habit, living in impure air, and close quarters, uncleanliness, improper or scanty food, dwelling in swampy locations, or where rains are frequent, etc. Cod liver oil, in combination with ordinary herbal tonics, is beneficial. The general health should be carefully restored to a normal condition. The local application should vary according to the progress of the disease, the peculiarities of the patient, his or her social position, and habits of life.

Hay Fever.—This disease, although not frequently fatal, is very distressing, and should be carefully avoided by those who

are subject to it. It combines some of the most prominent peculiarities of influenza and asthma, but proceeds from very different causes. Its attacks are dispensed to only a few persons, and are not made excepting when hay is in blossom, or is being prepared. The symptoms are very similar to those of a severe cold, common sore throat, and *phthisic*, or light form of asthma. There is much sneezing, copious and continual running from the nose, irritation and watery condition of the eyes, great constriction in the chest, much difficulty of breathing,—the effort producing a husky whistling sound,—and slight soreness of the throat, accompanied by a pricking sensation in the fauces, (or back part of the mouth,) and a tickling at the top of the windpipe. When the fever is violent, and the above symptoms are severe (and in nine cases out of ten they assume a very violent form), the disease is as distressing as it well could be. The reason why this complaint should attack certain individuals at just such a season of the year has never been satisfactorily established. The supposition generally accepted as correct is the grasses, weeds, blossoms, etc., give forth a peculiar emanation which gets into the throat, eyes, nostrils, etc., and violently irritates the mucous linings thereof. The usual treatment for influenza may be adopted with great advantage. Keep chloride of lime in the room, and wash the hands and face occasionally in a weak solution of chloride of soda. Persons subject to these attacks should not live in the country, or anywhere, indeed, where hay or grass are to be encountered in any quantity. A distinguished writer recommends them to live near the seashore; but this might prove, in my opinion, productive of other complaints to which such a peculiar temperament would be liable.

Sick Headache.—This is produced by a disordered stomach, and by whatever greatly irritates the nervous system. The “ache” is constantly attended by great nausea or sickness of the stomach. The complaint makes its attack most generally early in the morning, especially if the victim has been indulging in a heavy lethargic sleep, or has been shut up in a close, ill-savored, or damp apartment. If a hearty and rich dinner, or supper, has been partaken of previous to retiring, or any improper food has been swallowed, even sparingly, the day previous, the attack will be

the more intensely violent. The onset of the complaint is distinguished by a dull oppressive feeling in all parts of the head, which gradually merges into a sharp and rugged pain in the temples. The eyes have a sensation of fullness, and are very tender to the touch. Finally the most distressing pains extend from temple to temple across the forehead and over the top of the head. The hands and feet are cold, and covered with a clammy sweat, the tongue is furred, the breath is fetid, and as offensive to the sufferer as to others, the mouth has a most unpleasant taste in it, and the patient is so wretched as to feel it to be a necessity to sit or be alone—and in the dark if possible. The pulse is usually very feeble. Almost immediate relief may be obtained by the use of a strong boneset emetic. To prevent a recurrence of the complaint, keep the liver active, the bowels free and regular, the mind cheerful, and avoid the use of anything that in the slightest degree irritates or otherwise disagrees with the stomach.

Incubus.—This (of which I have spoken elsewhere in four lines) is generally regarded as a very simple complaint which is more annoying than dangerous. This, however, is a mistake. We have all had evidence, over and over again, that lone people have died in their beds from the effects of nightmare, or incubus. The sleep is usually disturbed by some frightful vision which, to the sufferer, has all the appearance of reality. The usual dream is that of traveling some horribly rude section of country beset by every imaginable difficulty and danger, and being followed either by robbers, wild beasts, serpents, demons, etc, until one of these seizes the victim, or else the latter escapes from them only to be precipitated over the brink of a frightful precipice, or rolled down a giant-mountain. The dream will, however, assume all varieties of horrible shapes and circumstances. The sleeper endeavors to move; but the muscles will not obey his will, and in his endeavors to protect himself against the injuries which menace him, and to escape to a place of safety, he makes the most uncouth and unnatural noises. In other cases the dream is not of a rambling character; but imparts an impression that a gigantic monster, a huge rock, or some other enormously weighty substance, lies upon the chest, and is suffocating and crushing the sleeper to death. Persons subject to nightmare should never sleep alone if they can

help it. The spell of incubus is at once broken if the sufferer be shaken, or spoken to in a loud tone of voice. When the mind is depressed, the brain is oversensitive, the nervous system in a state of feebleness or irritation, the blood is impeded in its circulation, the stomach is overloaded or torpid, or the bowels are costive, nightmare, or severe approaches thereto, will be one of the inevitable consequences, particularly in aged persons. Of course whichever of these causes exists in the patient must be removed. When a person thus afflicted gives me a correct description of his general health, I can invariably remove the disease by the use of herbal remedies, especially designed to eradicate the causes. All persons so afflicted should eat sparingly of light food, and should eat the last meal of the day at least three hours before going to bed. They should also indulge in plenty of out door exercise, and bathe often in tepid water, with which a little mustard has been mixed.

Hiccough.—This spasm of the diaphragm, or muscle which divides the cavity of the trunk from that of the abdomen, is generally caused by indigestion, or by anything which irritates the nerves distributed to its vicinity, and may be removed by giving the patient a sudden shock, by a quick surprise, by holding the breath as long as possible, or by swallowing quickly a large draught of cold water. If caused by wind in the stomach, a few drops of essence of peppermint, or of spirits of red lavender, in a little water will give relief. When hiccough occurs at the close of some severe disease, by which the patient has been much reduced, it may almost certainly be regarded as the forerunner of death.

Inflammation of the Tonsils.—The tonsils are glands situated at each side of the throat, and aid in secreting the fluids which keep the throat moist. The tonsils are frequently called “the almonds of the ear.” Acute inflammation of these glands is marked, at first, by soreness of the throat, difficulty of swallowing, fever and chills. The tonsils begin to swell, and in three or four days have reached such a condition of enlargement that it is almost impossible to speak or swallow. If carefully nursed, and steamed with decoctions of aromatic herbs, the tonsils will suppurate in four or five days and discharge an abundance of matter,

when relief is immediately experienced, and a so-called cure is soon effected. Frequent attacks of acute tonsilitis will bring on the disease in the chronic form. The tonsils are then permanently enlarged and hardened, and discharge a fluid, which is thin and acrid, and which, if allowed to go unchecked, will disease the entire inner surface of the throat, as well as of the mouth. Often the disease affects the nose and the ears, impairing the senses of smell and hearing. With every fresh cold, or whenever the patient is guilty of any imprudence affecting the general health, the enlargement of the glands increases until respiration becomes a task of extreme pain and difficulty; and if this enlargement is not reduced, and the glands restored to their normal condition, suffocation must necessarily follow. It has been the fashion to *cut off* these glands, after having lanced, burned, and otherwise tortured the patient, and even to this day many of our most eminent and skillful surgeons maintain that excision is the only cure. I can, however, conscientiously affirm to the contrary. Nature has provided an herbal remedy for this affliction, as she has for all others. It consists in the application of mucilaginous, soothing, and stimulating barks, herbs, etc.; for a description of some of which see "Acacian Balsam."

Venereal Diseases.—It is with great delicacy and reluctance that I approach this subject; but as I wish to make this book as complete as possible, and many persons are innocently the victims, indirectly, if not directly, of the diseases mentioned, I can not exclude at least a brief consideration of their symptoms and effects.

Syphilis is occasioned by a specific poison which is conveyed by contagion or actual contact. It first shows itself upon the genital organs in the form of a small yellowish pimple, or pimples, the presence of which is at first made manifest by itching and slight soreness. The pimples (called chancres) break, and gradually change into a red, hard-edged, shallow ulcer. This ulcer is circular or oval in form, and is surrounded by a ragged border. The skin and tissue in the immediate vicinity become inflamed, and unless proper remedies be immediately applied, the virus is absorbed into the system, and the consequences are of the most deplorable character. There are many kinds of chancre, viz:—

inflammatory; indurated or hard; sloughing or perishing; phagedenic, or eating; and gangrenous, or likely to mortify. Next in order, if stringent curative measures be not adopted, is the *bubo*, which is a swelling of the glands of the groin, caused by the absorption of the poison. The *bubo* will usually make its appearance in about a fortnight after the sore is discovered. It advances to suppuration, and also becomes a sore, when it receives the name of "glandular chancre." Sometimes growths resembling certain vegetables appear, in the male, upon the head of the penis, and on the membrane lining the foreskin. In the female they will be found in, and at the entrance of the vagina, and sometimes on the neck of the womb. These are primary symptoms, and if quickly but radically extirpated or cured, will not result in any very serious constitutional derangement; but if neglected, the virus is absorbed into the blood, and the infection reaches the entire system. When the disease becomes constitutional the results are most deplorable. The entire body and all its most important organs are affected, filthy and fetid ulcers form in various places, and these eat away the bones, flesh and cartilages, until the sufferer becomes an object of disgust, a disfigured and loathsome burthen to himself, and a candidate for the grave, which, in many cases, is welcomed as a place of happy refuge. The affections of the skin and mucous membrane are called *secondary*—those appearing upon the bones, etc., are *tertiary*. When a woman has syphilis, or copulates with a man who has been imperfectly cured of it, and in whose system the poison of the disease is lurking, and she becomes pregnant, she either gives birth to a dead child, covered with sores, or else the infant is born to suffer and present a horrible appearance as long as it lives. *Mercury should never be used, even in the smallest quantity, for any stage of this awful affliction,* because the herbal kingdom furnishes remedies equally efficacious, while mercury will produce afflictions almost as painful, dangerous, and loathsome as the disease for which it is administered.

Gonorrhœa.—This is a disease of the mucus membrane, which lines the private parts of the male and female, and is communicated as is syphilis, by contagion, or actual contact. It is also known by a vulgar name. It commences with itching and uneasiness about the private parts, and a peculiar feeling of sore-

ness in the urethra, or urinary canal. A scalding sensation is also felt when the patient makes water. In a day or two a whitish matter makes its appearance at the orifice of the urethra, and this will soon increase greatly in quantity, and assume a greenish-yellow color. The parts will be much inflamed, and the urethra will become thickened and very sore. The consistency and quantity of the pus-like discharge vary in different persons. When the inflammation is great the patient is the victim of painful erections called *chordee*, which can only be allayed by the external application of cold water, and the taking of alleviating, mucilaginous, and cooling medicines. When gonorrhoea first appears, it can be readily cured; but if allowed to gain headway it will often prove one of the most afflicting and obstinate diseases to which humanity is liable. In such event it not unfrequently affects the neck of the bladder to such an extent that the happiness of a life time is destroyed.

Gleet.—This is one of the results of abused or neglected gonorrhoea. It is a continued discharge of a thin and clear character, after the inflammatory and painful early symptoms have disappeared. It is caused by debility of the parts, or by unhealthy action of the glands in the urinary passage. It is sometimes, especially in persons of a scrofulous habit, a fixture for years, and constitutes a drain upon the system, the effects of which can only be obviated by the most scrupulous care and attention. The old style of treatment involved the use of cauterizing injections, and the bougie, together with blisters applied to the perineum. It had the effect of imperfectly remedying, or else of aggravating the complaint, and rendering it next to impossible of cure. Cubeb and spearmint, digested in the best Holland gin, and administered according to the duration and extent of the disease make a good remedy; but no specific will reach every case.

Stricture.—Stricture is another of the painful, annoying and dangerous consequences of severe gonorrhoea, and the old style treatment. It constitutes a partial closing up of the water-pipe, which always renders urination difficult and painful; but frequently, at intervals, prevents the patient from making water at all, excepting a very few drops at a time, and these are tinged by blood and matter. A stricture is something like a corn—it is

a thickening of the lining membrane, and a hardened, or callous condition of the tissues underneath: When a stricture forms at the base of the urethra, it is the most distressing of any, and the most difficult of cure. It can be removed by patient herbal treatment, without any resort to caustics, knives, or bougies.

In all venereal diseases, the use of ardent spirits, malt liquors, stimulating food, and tobacco, should be abstained from totally if possible.

Pregnancy.—The first sign of pregnancy is a cessation of the menstrual flow. This will generally be noticed between two and three weeks after conception, and about the same time the woman will discover her breasts to be enlarging, and notice that the rings around the nipple are darker, and cover more space than usual. She will also, to a greater or lesser degree, experience nausea in the morning, and often be afflicted by vomiting, while she will experience dull pains in the “small” of the back, a decided disinclination for exertion, and considerable nervousness. As the womb increases in size and weight, (which becomes apparent between the second and third months after conception,) it sinks lower into the cavity of the pelvis (or part of the trunk which bounds the abdomen below), and produces much suffering, especially when the pelvis is small or narrow. After the fourth month, the womb, finding insufficient accommodation in the pelvis, mounts higher, and seeks room in the more capacious and yielding belly. Then the distress in the back, and the sickness and vomiting are somewhat modified, or in some comparatively disappear altogether. When the condition of pregnancy is first discovered, the woman, no matter how robust, should avoid all over exertion or excitement, and should bear in mind constantly St. Paul’s motto of “moderation in all things.” A state of indolence is productive of disastrous, or, at least, painful consequences. Judicious exercise, and a determination to be cheerful and contented, will do much towards suppressing the usual annoyances of pregnancy, while moping and idling will increase them, and will almost invariably bring about a hard labor. Thus the poor working woman, providing she does not labor *too* hard, or expose herself imprudently to the vicissitudes of the weather, rarely suffers so much in child-bed as the woman who lives only to be pet-

ted and admired, and who seldom breathes the air of Heaven in its delicious purity. Among the many incidental afflictions of pregnancy, are costiveness and piles. These are produced by the pressure of the enlarging womb upon the lower bowel. This, becoming filled with hardened matter, in turn presses upon the womb, and endeavors to crowd it out of the way. The combined and continual pressure of the womb and bowel upon the water-pipe, causes great difficulty in making water, and their uninterrupted weight upon the ascending veins, produces congestion in the lower bowel, and hence the appearance of painful and disagreeable piles. The stomach and bowels should be kept in the best possible order. To prevent or ameliorate piles, use seidlitz powders every day, and inject into the bowels half a pint of pure cold water every morning. With regard to nausea, if it continues after the first three months, eat nothing but plain, yet nourishing food, and use chamomile flower tea as a beverage.

The habit of swathing or bandaging during any period of pregnancy is decidedly injurious, unless the woman be of a very fragile form and debilitated constitution. The child quickens about the end of the fourth month, when its motions will often produce hysterics and fainting fits, and the mother (for such she then is) becomes peevish, irritable, thin, and weak. Great care must be taken to combat this peevishness and irritability by fixing the mind upon pleasant thoughts, and mixing with lively company, if it be available. It will be as well, too, for the woman to lie down a little while, two or three times a day, and not to remain in an erect position too long without taking a little rest. During the last three months, the woman will generally suffer much uneasiness "all over," and will experience trouble in the attempt to get a perfect night's rest. They should not touch opiates under these circumstances. When varicose swellings of the veins of the legs are produced, a good plan is to wear a laced stocking over the affected parts, and this should be adjusted so as not to press too tightly upon the limb. It should be arranged so that the pressure will be equal throughout its length. Sometimes delicate women have convulsive fits in the last stage of pregnancy. These are dangerous, and no time should be lost in calling in an experienced midwife to take charge of the case. However, a

two-grain opium pill administered internally, an injection of warm suds, and mustard plasters applied to the feet, and between the shoulders, will not fail of giving speedy relief. Also bathe the feet in warm water. The habitual use of the warm bath will often prevent these convulsions.

Palpitation of the heart, cramps of the legs and thighs, tooth-ache, puffy swellings, suppression of urine, (use parsley tea for this) lethargy and headache are always accompaniments of pregnancy. For cramps and swellings, bathe the parts with warm water and red pepper, or mustard. If the swellings are very troublesome, apply fomentations of bitter herbs. In order to prevent sore nipples, (which, if neglected, merge into caked and broken breasts,) bathe them daily several times with alum-water, or a decoction of white oak bark. This bathing should be commenced about six weeks before confinement. Fox-glove (*digitalis*) is recommended by many for palpitation of the heart; but I discountenance its use. A little compound spirits of lavender, in water, and moderate doses of Turkey rhubarb will alleviate the attacks.

All pregnant women should wear flannel drawers and keep the feet warm.

An infusion of hops is a very good article to promote sleep in pregnant women. Nothing is better than my "Renovating Pill" to keep the bowels in as good an order as can be gained by medicine.

Teething.—Many children are lost from teething. The process of dentition often occasions fits. Its symptoms are swollen and inflamed gums, fever, pain and heat in the head, sore mouth, etc. Scarification of the gums is often resorted to; but if proper attention be paid to the ease in its inception no such barbarous and injurious method of palliation need be embraced. Bathing the head with diluted spirits, and the feet with warm mustard water; keeping the bowels free and regular by the simplest of herbal laxatives; and placing a plaster (composed of two-thirds flour mustard, one third flour, and sufficient vinegar to produce the requisite moisture) between the shoulders will generally obviate all danger and mitigate the pain and suffering. When the speckled sore mouth incidental to teething makes its appearance,

treat the child as above, but wash the mouth with a mild solution of borax, and use for diet (if the child be weaned) gum arabic water, and barley or rice water. If the stomach is acid, and the bowels are griping, administer mild doses of magnesia. Warm baths are always beneficial to children who are teething; but great care should be taken that the little ones do not catch cold after the baths.

Hypochondria.—No disease is more obstinate of cure (under the old practice) than this, nor is any the result of a greater variety of causes. To picture *all* its curious effects would be to fill a volume like this, and, indeed, I doubt if a copious and *complete* history of its vagaries and consequences were written, whether a book twice this size would be sufficient to contain it. Among the causes of this distressing complaint are disappointment, misfortunes of a heavy character, care, masturbation, excessive mental labor, undue anxiety, costiveness, neglect of cleanliness, indigestion, sedentary occupations, living in close and gloomy apartments, or wet and marshy localities, excessive indulgence in sexual pleasures, or anything which tends to weaken and disturb the nervous system, or over-stimulate the brain. The mental symptoms are countless. The chief one is a constant dread of some unexplainable evil; the patient fears that his wife, if he has one, is unfaithful, or hates him, or that his business is going to ruin, and he will be reduced to beggary, or that his friends despise him, or that he will be charged with the commission of some monstrous crime; or that he has all, or a majority of the worst physical diseases that surgeon or physician was ever summoned to treat. These are the lightest symptoms, and if not immediately attended to, will become aggravated, and go on increasing in violence and extent until the sufferer dies naturally from exhaustion and misery, gets hopelessly insane, or perhaps commits suicide. The organs of sense are more or less deranged, and external sensations are magnified and corrupted even as those of the mind are. Thus, the eye appears to see all sorts of forms which it *does not see*; the smell detects odors which do not exist; the touch demonstrates to the brain objects with which it does not come in contact; the taste is perverted and disordered to an extent which seems, to an uninterested observer, impossible; and the ears con-

vey imaginary sounds of the most perplexing and terrific character. The queer fancies of the hypochondriac are often of such a character as to obliterate pity for the unhappy individual, and provoke both disgust and laughter. Cases have been known where the victim imagined that he was a teapot, or had glass legs which would break upon the lightest exertion, or was made of jelly, and could not move without dissolving into an undistinguishable mass of gelatinous matter, or was as large as an elephant, or as small as a pipe-stem; or had horns growing from the head, or a bottle attached to the end of the nose, or was covered with creeping and venomous insects. Hypochondria is also productive of fainting spells, cold surface of the body, an eye either glassy and unnaturally brilliant, or without any lustre, palpitations, pains in the stomach, pale and livid countenance, and occasional paroxysms of fever. A cure may be effected by the employment of such medicines as will restore tone to the stomach and nervous system, and also by removing, as far as is possible, all the causes which lead to the origin and perpetuation of the malady. Where it is within the scope of the patient's means he should be kept continually on the move, (without fatigue) a constant change of scene being one of the most desirable of self-acting remedies. All allusions to his real or fancied miseries should be avoided, or, if found necessary, of the kindest and most consoling description. It is always the case that the hypochondriac will be the harshest, the most suspicious, and the most ungenerous in every way, towards his best friends. This is an unfailing type of the disease. The friends must bear these annoyances patiently and self-denyingly. To lose one's temper with such a sufferer is to commit a great crime; out of door exercise must be as constant as is consistent with the weather and the patient's circumstances. Leave the hypochondriac alone as little as possible. Let him eat and drink but moderately of nourishing but easily-digested food, and above all things keep him from the use of stimulating drinks and tobacco. Music has been found highly beneficial in these cases—anything is good, in fact, which affords lively amusement. A cold or tepid sponge bath should be taken morning and evening, and the rule of "early to bed and early to rise," should never be violated. The bowels must always be kept open—a good passage

every twenty-four hours being required—and where the patient is extremely weak, a good substantial tonic, such as “Restorative Assimilant,” should be administered three times a day. When the patient has a fainting spell, and thinks he is dying, give him motherwort tea, with spirits of camphor in it, if no other assistance happens to be at hand. This is only general treatment for temporary benefit. To eradicate the disease thoroughly it is necessary to know all about the individual case, and the chief causes of its origin and development. Nature’s remedies may then be applied without fear of failure.

Stricture of the Œsophagus, or Gullet.—This is produced by various causes, the most frequent of which is chronic inflammation, producing enlargement of the mucus membrane. It is sometimes the result of infiltration of scrofulous or cancerous matter. The patient experiences great difficulty in swallowing; and when food passes the stricture there is a feeling at that point as if something very hot, or scalding, were in contact with it. When the disease is of any considerable age the patient is very much reduced in flesh, is very weak, has low spirits, and suffers from derangements of the stomach and bowels. There is a great deal of dispute as to the proper methods of treating this affliction, some are for introducing nitrate of silver by the use of the probang; others use a preparation of cocculus-indicus and muriate of ammonia, and others put the parts upon a thorough stretch, with a bougie made especially for the purpose. In my opinion these remedies are about as bad as the disease. My preparation of stillingia, if used according to directions, will effect a cure without the accompaniment of any painful or violent treatment.

Inflammation of the Tongue.—This is often produced by mercurial medicines, but may be produced by an habitual indulgence in the use of very hot drinks, or it may result from injuries, or the usual causes of inflammation. The patient has a quick, strong pulse, hot and dry skin, fever, and disorganized stomach, liver, and bowels. In many cases the disease appears suddenly—the tongue becoming red, sore, and enlarged, and this enlargement increases so rapidly that the tongue fills the entire mouth, and the patient is prevented from speaking and eating, and almost from breathing. If the attack be light, the inflammation will

gradually terminate without suppuration, if properly treated; if not, it will result in suppuration, or, perhaps in gangrene and mortification. Hot ley-water baths, and full doses of veratrum viride (American hellebore) are advised for the disease if it be the result of ordinary inflammation. The dose of tincture of white hellebore is five or ten drops every three hours. It is best not to administer it, however, without the advice of a competent physician. The mouth should be frequently rinsed with warm water. Keep the bowels open, the stomach cleansed (by emetics) and the liver active. A gargle of peruvian bark and baptisin (wild indigo) will be found effectual in the gangrenous stage.

Erysipelas.—This is an inflammation of the skin alone, or of that together with the subcutaneous cellular tissue. Erysipelas proper is marked by great redness of the skin, considerable swelling, and a pain similar to that which proceeds from a burn. There is also the appearance of blisters of various sizes; and in aggravated cases where the skin and the cellular membrane are both inflamed, there are extensive collections of matter. Soon after these are discovered the parts will slough away if the process is not checked by proper treatment. Erysipelas is generally found upon the head, face, and limbs, and attacks all ages and both sexes. It is produced by the same causes as other inflammations. Cold, or various irritants applied to the skin, or irritating conditions of the stomach and bowels, will originate it. The worst cases, however, are the consequences of extreme exposure, or from neglected, or unskillfully treated wounds, and bruises, or ordinary sores. A great number of lives and limbs were lost in the late American Rebellion by erysipelas. Circumstances would not allow of its prevention, and the lack of ordinary hospital supplies in the field (conjoined with the ignorance of the surgeons concerning herbal remedies, which were growing all around them, especially in Virginia,) rendered cures next to impossible. Simple erysipelas is ushered in by fever, which continues, according to the age, sex, and constitutional peculiarities of the patient, and the extent of the infected parts, to a greater or lesser degree until the complaint is obliterated. There is great loss of muscular strength, pain in the head, often irresistible inclination to sleep, foul brown tongue, nausea, constipation,

and rapid but feeble pulse. Sometimes the skin bursts, and portions of the cellular substance, together with matter, are discharged through the openings. Wherever erysipelas locates, there is much deformity to be observed. This will not altogether disappear, even after a cure, unless prompt and excellent treatment has been adopted. Abstemious diet, (unless the patient is old and feeble) and perfect rest, avoidance of impure and heated air, and continual bathing of the parts in warm water, when not under the influence of any healing application, are among the rules to be observed. Whatever will give vent to the matter and the dead portions of the flesh, will accelerate a restoration to health. The bowels are, of course, to be kept regular and free. In ordinary cases I use the "Renovating Pill;" and the "Herbal Ointment." In aggravated cases I use these, with a particular preparation of my own, comprising, among other herbal medicaments, stillingia, sanguinarin, (blood root) rhusin, (upland sumach) geranin, (cranesbill) etc.

Scalled Head.—This is an eruption on the head, known medically as *Porrigo favosa*. The eruption takes the shape of large flattened pustules, which have an irregular edge, and are surrounded by inflammation. Sometimes they appear first behind the ears, and at other times upon the face, spreading thence to the scalp. The face is usually involved to some extent wherever the eruption may originally show itself. Scalled head is mostly confined among children. In the outset of the disease the pustules on the scalp are generally distinct;—on the face they rise in irregular clusters. They are attended by much itching, and the efforts to relieve this torment hasten their breaking. When broken they discharge a viscid matter and run together, gradually forming sores of a vicious character. These sores are covered by yellowish-green scabs which present a revolting appearance. If these be neglected the disease will soon attack the entire face and head, the hair will become filthy and matted, and if vermin are bred, (which is almost always the case) the soreness, and itching are aggravated to such a degree as to be almost intolerable. The poison of the finger-nails, which are employed to allay the terrible itching, increases the irritation, and does much towards spreading the ulceration. When the ulcerations have made

considerable headway, they are accompanied by swellings in the neck and behind the ear, which, suppurating and discharging acrid matter, help to inflict additional tortures. Sometimes the eyes are implicated, and become very much inflamed, while the lids also ulcerate. The discharges from all these ulcerations are most offensive—so offensive to the smell that vomiting is often the consequence. The matter, if applied to any portion of the body, will communicate the disease, and thus we often see those who have charge of children thus afflicted, (especially nurses) sadly and badly inoculated. The diet of a scalled head patient should be very light, and should consist chiefly of milk, gruels, plain puddings, and animal broths, sparsely seasoned. Keep the bowels regular. Cleanliness and the “Herbal Ointment” will lead to a speedy cure. The usual requirements of pure air and judicious exercise must, of course, be attended to.

Neuralgia of the Womb.—When the uterine function is deranged the fact is not unfrequently developed in a sharp violent pain in the organ. The pain is of a rheumatic character, comes on very suddenly, and usually attacks girls shortly after they reach the age of puberty. There is scarcely any notice given of this disease. The patient is apparently in good health, when the excruciating pains are felt without warning, and are continued for fifteen or twenty minutes, and then as suddenly subside. They soon return, however, and become regular and periodical in their occurrence, gradually increasing in intensity. In severe cases the patient becomes very nervous and hysterical, and the pains shift to various parts of the body, maintaining their position as well, however, at the seat of the affliction. A preparation of garden lettuce, *dioscorin* (wild yam), and gelsemin (yellow jessamine) is a remedy for this and all similar afflictions. I make this when it is ordered.

Fungus Hæmatodes, or Spongy Inflammation.—This is a cancerous affection of an extremely alarming nature. Cancerous tumors, accompanied by violent heat and pain, and with bleeding, and fungus excrescences, are developed, and seem to resist, almost invariably, the ordinary methods employed to destroy them. The common practice has been to extirpate them with the knife; but those who have adopted this practice are compelled to frankly

acknowledge that the operations are "rarely followed by recovery." The disease is sometimes called spongy inflammation, from the fact that the parts affected have a very peculiar elastic feel, which is not discoverable in other diseases of a similar character. The disease does not confine itself to any particular location; but will attack the upper and lower extremities, the eye-ball, the testicles, the breast, the womb, ovary, liver, spleen, brain, lungs, and the joints of the hip and shoulder. The general treatment should be much the same as that employed in scrofula, and the local treatment should be entirely innocent of steel and caustic. Where the ulceration is great, charcoal poultices may be applied with considerable benefit. Such an affliction, however, must be carefully considered by a good herbal practitioner, with reference to the patient's age, sex, habits, etc., before a cure can be reasonably expected. For temporary relief see recipe No. 75.

Night Blindness.—This is a curious disease which can not be satisfactorily accounted for. The sufferer usually possesses sound general health, but can see only in the daylight, or during the period when the sun shines. The eye is incapable of distinguishing objects in the twilight, or by the aid of the flame of candle, lamp, or gas. Night blindness is usually observed among those who are living in a new or uncultivated country, or in a climate to which they are unaccustomed; but it is impossible to define the causes with the least certain approach to the facts. When eyes so afflicted are examined with the utmost care and patience, nothing to indicate disease of the lightest character, or of any character whatever, can be discovered. This curious truth having become known in the Union army during the late rebellion, night blindness suddenly became very prevalent among such soldiers as were fonder of sleeping than of doing guard or picket duty. It was so difficult to tell who was shamming, and who was not, that many of the imposters gained the pond for which they lied so lustily. There is no established cure for night blindness. It sometimes disappears as suddenly as it makes its attack, and quite as unaccountably. The use of ordinary eye lotions is a positive injury, and may result in total and unremitting loss of sight.

Intussusceptio.—This is the medical name of a disease of the intestinal canal of not very frequent occurrence. It consists of

the introduction of one part of the canal into another, which acts as a sort of sheath. "Generally," says a good authority, "it is the upper part of the small intestine which is received into the lower, and is then called progressive; but at times it is retrograde." There are no symptoms by which this disease can be positively detected, and it therefore has to be treated upon general principles. It is a dangerous affliction on this account, but is not beyond the reach of remedies.

English Sweating Sickness.—This is a rare disease—an epidemic—which was first developed in England in the fifteenth century, and has since made its appearance many times. It has not been seen, excepting in a modified form, for a long period. It was characterized by profuse sweating, coldness, excessive loss of muscular and nervous power, nausea, giddiness, palpitations of the heart, frequent and unequal pulse, and prostration of the mental faculties. The patient either died or recovered in a day or two. Sometimes it was accompanied by an eruption which now marks miliary fever. (See article under that head.) The French physicians investigated the disease carefully, and concluded that it was the result of a simultaneous state of inflammation of various tissues, and classed it with scarlet fever, measles and small pox.

Solitary Worm, or Tenia Solium.—This worm, a species of tape worm, is said to exist in the small intestines, and to inhabit its chosen quarters entirely without company. If it grows sometimes to the remarkable length of five and six hundred feet, as we are told, we are not surprised that it lives alone, for companions would have hard work to find room to remain in. It is said to have an "almost hemispherical head, an obtuse beak; the neck full anteriorly; all the joints slightly obtuse, the anterior very short; the next almost square, and the rest oblong." It is very seldom met with, for which the human race ought to be thankful. In Abyssinia it is found more frequently than elsewhere, and the natives expel it by the use of a decoction of the flowers of the *Hagenia Abyssinica*, a tree which grows in that country. The decoction is called "Koussou." A preparation is sold by some druggists in England and America as an equivalent; but it is not. I have imported the flowers and also the native recipe for compounding the "koussou," and use it with extracts from pumpkin

seeds, male fern and pomegranate for the destruction and expulsion of all kinds of worms in the human body.

Trichina Spiralis, or Worms in the Muscles.—This is a disease which sometimes afflicts whole communities, especially those who eat swine-flesh. From this fact it has been declared, but never satisfactorily proven, that the worms found in the muscles are at first taken into the stomach with the food, and that they rapidly multiply in the intestines, and from thence work their way to the muscles. The worms which are found thus are very small, having considerable resemblance, in size and color, to very young lice. Sometimes there may be discovered in vinegar minute animals which resemble these curious worms. Their presence in the muscles is not developed by any noticeable premonitory symptoms. When they have reached a certain stage, or taken possession of the voluntary muscles to a sufficient extent, the effect is the same, measurably, as that produced by an insidious and malignant poison. The symptoms of their presence in the intestines are very similar to those caused by the presence of other worms; hence when such symptoms become apparent, particularly in persons who eat largely of the flesh of the hog, either in its plain state, or in hams and sausages, no time should be lost in using a proper anthelmintic or worm-killer. (See article on Solitary Worm, or *Tenia Solium*.)

Nettle Rash.—This is an eruption which resembles that produced by the stings of a nettle. The elevations observed on the surface are called *weals*, or *wheals*, and have a white top. They are surrounded by extended patches of redness, and excite intolerable itching, when the person is in a very warm place, as in bed, or seated closely by a fire. It is supposed that derangement of the stomach and bowels is the main cause of this disease. The eruptions are not permanent, but appear and disappear once or twice every twenty-four hours. Sometimes they are the consequence of swallowing food for which the stomach has a particular antipathy. It is known that they have been the result of eating eggs, shell-fish, nuts, cheese, etc. The disease is more annoying than dangerous, and requires very little more than general treatment. External applications are of no particular benefit. The obnoxious food must be discontinued, and the stomach and

bowels kept in order by some gentle and purifying laxative, such as the "Renovating Pill," and the rash will disappear. So long as the digestive apparatus be well regulated no danger of the recurrence of the disease need be apprehended.

Varicocele.—This is a varicose condition of the veins of the scrotum (or bag which contains the testicles) and the spermatic cord. The disease is most generally located in the spermatic cord alone, and is then called, by many, Circocele. It seldom, or never, appears but on the one side, and most commonly on the left. It seems, to the touch, to be a doughy, knotty, unequal tumor, situated in the course of the cord, increasing in size from the lower end upwards. Upon feeling it carefully it gives one a vivid idea of a bunch of worms. When the patient is in a recumbent position the tumor, or swelling, is not so apparent as it is when he is erect. Exercise of a prolonged and fatiguing character will greatly aggravate this affliction. Many practitioners have a very peculiar method of curing this disease; they cut away a portion of the scrotum, and leave the edges of the wound to heal together. This forms what they call a "natural bandage" for the swollen and diseased cord. Sir Astley Cooper has the credit of originating this humane and sensible remedy. There is, however, no necessity for the application of the knife, a common suspensory bandage, and certain herbal washes being chiefly required to restore the parts to a normal condition. Of course a careful adherence to the laws affecting the general health is also indispensable.

Verugas, or Wart Disease.—This is a disease which prevails largely in certain parts of Peru, and is supposed to be the result of the use of the mineral waters peculiar to that part of the world. It has been caused in the United States and England by the use of impure food and drink. The disease is manifested by pains in the bones, soreness of the throat, headache, furred tongue, nausea, and fever. In about a week red pimples or small boils appear, which gradually enlarge until they become, in many cases, as large as a hen's egg. They finally discharge great quantities of blood, and gradually heal. The disease should be treated with cooling laxatives. The diet should be very light, such as broths, etc. Vegetables should be partaken of very sparingly.

Convulsive Voice.—A nervous affection of the voice, demonstrated in the production of discordant sounds, acute and grave. The will can not bring back the natural tones of the voice, and much annoyance and distress are the consequences. The disease is attributed to a contraction of the muscles of the larynx. For treatment see article on "Acacian Balsam."

Catalepsy.—This is an affliction of rare occurrence, and appears to be constitutional, or dependent upon some derangement of the nervous and muscular system which baffles inquiry. The sufferer is suddenly seized by it, and, although powerless to move, or speak, and to all appearance dead, is partially sensible of all that is going on around. In some cases, however, the senses are suspended. The body and limbs are not generally rigid, but will remain in the positions in which the bystanders may place them. Many years ago, when the light of science was not so bright, or shed so extensively as it is now, men and women were buried alive while cataleptic. The catalepsy, or trance, often lasts for weeks, the sufferer, in the meantime, partaking of no nourishment whatever. There is but little treatment for this, other than general. The age, habits, sex, and temperament of the individual must be considered, and that done only which will keep the general health as perfect as possible. That which will cure Epilepsy, (see article on "Restorative Assimilant") has more effect upon catalepsy than any other known remedy.

Dog Laugh.—This is a disease which produces certain effects which resemble movements in the upper lip of the dog. It consists of a spasmodic contraction of the caninus muscle, resembling a laugh of a very peculiar character. The spasms are reducible by ordinary anti-spasmodics.

Acne, or Stonespeck.—This is a small pimple or tubercle which appears on various parts of the face. The disease leads to no particular evil results, save that it is unpleasant, slightly painful, and disfiguring. It commonly afflicts the young and robust of both sexes, and generally indicates strong passions, and too great an indulgence in animal food, or neglect of ablutions and out-of-door exercise. It is sometimes, in its more severe forms, the consequence of solitary practices. The common form of the disease is an eruption of hard, distinct, inflamed tubercles which re-

main unchanged for a long time, or else slowly advance to partial suppuration. They are to be seen on the forehead, cheeks, and chin, and sometimes on the nose. It is not well to drive them in by lotions, as they are then liable to break out in some internal organ. Attention to diet, plenty of exercise, a pure imagination, and a clean body, together with open and regular bowels, will soon effect the disappearance of this troublesome enemy of good looks.

Asthmatic Spasm in Infants.—This disease is characterized by suspension of respiration at intervals; great difficulty of breathing, and a *crowing* sound when air is attempted to be drawn into the lungs. The crowing is more frequently observed when the infant cries, or upon its awaking, or swallowing; sometimes these spasms will end in a fit of suffocation, with convulsions. When the above symptoms occur, the fingers and toes will be rigid, and often the thumb will be forcibly drawn into the palm of the hand and held there until relief has been obtained. The inspiration is always incomplete, acute and hissing. There is a croupy voice, and the expiration of the breath is marked by a sort of hoarseness. The disease is said to be caused by enlargement of glands of the neck. The external treatment may be the same as that for croup—the internal that usual in Asthma, modified.

Calculi of the Stomach and Intestines.—The presence of calculi in the stomach, which is very rare, is announced by symptoms similar to those of a severe form of dyspepsia. It has been regarded as a truth that these are formed by eating food containing an uncommon amount of earthy particles; but the more reasonable supposition is, that they are carried to the stomach by the intestines. The causes of the formation of intestinal calculi are obscure; the most rational opinion is that they are the indirect result of biliary calculi. Sometimes they form in old ruptures. “They are light, hard, very fetid, and are formed, ordinarily, between the valvulæ of the small intestines.” Unless they become so numerous as to obstruct the passage of the alimentary mass they do not create distress, and are productive of but little and occasional uneasiness. By using habitually a gentle laxative—never allowing any hard accumulations to gather in the bowels—these calculi may be got rid of with the ordinary stools.

Chloasma, or Liver Spot.—This is a disease of the skin which makes its appearance upon the throat, chest, abdomen, and groins. The eruption is in yellowish-brown, broad, irregular-shaped patches, which seldom rise above the surface. They do not seem to affect the general health; but if not treated properly will itch intolerably, and become painful. Treat them as other cutaneous diseases are treated. See “Herbal Ointment.”

Muscular Stiff-joint.—This is the name commonly applied to a state of permanent rigidity of the flexor muscles, which, if long continued, results in their atrophy or wasting away. The disease is generally produced by rheumatism, neuralgia, venereal disease, convulsions, epilepsy, etc., of long standing. In some cases the muscles may be moved a little, in others not at all. The affected muscles feel like hard cords beneath the skin, and, upon dissection, appear like tendons, the fleshy substance having almost totally disappeared. Warm baths are recommended for the affliction; but there is no better remedy than frequent rubbing with the “Herbal Ointment.”

Cyanopathy, or Blue Disease.—This is a disease in which the surface of the body turns to be of a blue color. For many years a man peddled books in the vicinity of Barnum’s Museum in New York, who was, on account of having this, or an analogous disease, called “The blue man.” Dunglison describes it as being symptomatic, and commonly depending on a direct communication remaining between the cavities of the right and left side of the heart. Such communication does not, however, always occasion this disease; but it is generally thought that the disease never exists without some obstacle to the circulation in the right side of the heart. The blue disease has been produced by a free use of preparations of nitrate of silver internally.

Bucket Fever.—This disease originally appeared about a quarter of a century ago in the West Indies; but it has since been manifested in the southern United States. I am not certain that it has not appeared, occasionally, in some of the northern states of America. The symptoms are violent; but the disease caused death in comparatively few instances. It is defined as a rare variety of rheumatic fever, and this is undoubtedly the true definition. In the commencement the patient was seized by shiver-

ings, pains in and about the smaller joints, extremo languor, and giddiness, followed by nausea and vomiting, burning heat and redness of the skin, furred tongue, sharp pains and cramps in the muscles, headache, and sometimes costiveness or purging. It usually reaches the climax on the fourth or fifth day, or at the end of a week at the farthest, and terminates in profuse perspiration. What will produce this will break the fever.

Bronchocele, or Goitre.—This disease consists of a swelling in the neck, or enlargement of the thyroid gland. It prevails in all parts of the world, particularly at the base of high mountains, and is supposed to be produced by the use of snow-water for drinking and other purposes. This can hardly be relied upon as fact, for it is often found where there is neither ice nor snow, and in places where there is no mountains. There is no doubt, however, that a hilly, or mountainous country, favors its development. Whole communities in Switzerland are afflicted by it; but this is supposed to be caused by their intermarrying, which they are compelled to do, inasmuch as persons in good health refuse to associate or live with them. In many cases goitre is accompanied by idiotcy, when the sufferers are called *cretins*, a word derived from the Romanesque *cretina*—"a miserable creature." In cretinism the goitre assumes an enormous size, sometimes reaching, like a bag, to the knee. Ordinary goitre, unaccompanied by any mental defect, does not attain so large a form, although it is oftentimes sufficiently formidable to constitute a terrible disfigurement. All investigations as to the positive and curious causes of this disease have ended in vague *guesses*, with which it is unnecessary and unprofitable to meddle. The medical men of all times have almost universally pronounced it to be incurable. That it is a disease of a most obstinate character, especially if inherited, no one will pretend to deny. When it has made great headway, or has existed long enough for the tumor to have assumed a cartilaginous condition, the greatest skill and the utmost patience are required for its extirpation. The remedy most in vogue is *iodine*, which is applied in various forms, both internally and externally. In the very early stages this will sometimes cause the absorption of the tumor; but it is not equal to a cure in the advanced stages of the affliction. Goitre generally first ap-

pears as a painless swelling, the skin retaining its usual color, and no evidence of fluctuation appearing. As the tumor enlarges it becomes hard and irregular, sharp pains dart through it, the skin assumes a saffron color; the face frequently bloats and flushes, the patient has frequent severe headaches, and the veins of the neck present a winding appearance. The arteries which supply the tumor finally get to be very large, and this result prevents the application of the knife to it. Among the remedies which can be relied upon for the extirpation of goitre, if properly compounded and applied, are Queen's Root, Turkey Pea, and Wintergreen.

Tabes Mesenterica, or Disease of the Mesenteric Glands.—The mesentery is a term applied to duplicatures of the peritoneum, which maintain the different portions of the intestinal canal in their respective situations. The *tabes mesenterica* is an engorgement of the mesenteric glands, with tubercular degeneration thereof. The disease is marked by great emaciation, and general disorder of the stomach, bowels, and liver. It is caused by inflammation or irritation of the lining membrane of the intestines, which always gives occasion for the enlargement of the glands of the mesentery. Children who are weaned too soon from the breast, or who eat improper food, or who are naturally of a serofulous habit, are liable to this disease. Its chief symptoms are diarrhoea, voracious appetite, hard and swollen condition of the abdomen, wasting away of the flesh, weakness, pains in the belly, etc. If not promptly attended to, hectic fever will soon be visible, and the probability of a cure be very materially lessened. The treatment is that which is employed in dyspepsia, (see "Restorative Assimilant") and serofula, (see page 279.)

Ranula.—This is the name of a soft, nearly transparent tumor which forms under the tongue, owing to the accumulation of saliva in one of the ducts. It is very annoying, and will, if neglected, become painful. The shortest method of getting rid of it is to puncture it with a sharp instrument to let out the saliva, and then insert a small silver *eyelet* or cylinder so contrived as to be easily retained, or a part of the tumor may be excised by scissors and the parts healed and reduced by the use of washes made from astringent herbs.

Bashfulness, or Lack of Will: Want of Electrical Force. Modesty is a wonderful virtue in the young, but it has no affinity (although many people say it has) with bashfulness, which is a disease. The effects of this disease, or wretched embarrassment, are of more importance than one reader out of a thousand imagines. Bashfulness assumes many varieties of form. In the young man it shows itself in a distaste for society, or rather in a fear to mix socially with his fellow-beings, lest he should make some unfortunate blunder; a nervous dread, especially of the female sex, which prevents him from forming a matrimonial alliance where his chances are good and his heart most deeply engaged; disability to speak in public, which has kept in the dark many a good orator, and driven from the courts innumerable men who would have made good lawyers, and as such reaped fame and fortune. The failure to profit by the advantages of a good commercial alliance, which, by force of character and self-confidence is always to be had, is also too often the result of this affliction; so that many a man drudges his life out as a clerk, salesman, or book-keeper, who else, by the proper culture and practice of ordinary *confidence*, might have been a partner or a principal in some large establishment. Even supposing that none of these very serious consequences arose from the disease, the mere annoyance of feeling one's self awkward and gawkish in the presence of those who ought to be his familiar associates, and abject and afraid in the presence of those whom chance may have placed above him in the ordinary pursuits of life, is enough to produce positive and permanent unhappiness.

It is said that one of the most prominent musical composers now before the world was in his youth so bashful that when he presented his compositions to a publisher or manager for approval and acceptance, he was thrown into such a condition of nervous weakness and inquietude that he was utterly useless for sustained professional effort for weeks afterwards. His existence, even with all his triumphs, was a torture on this account, and no doubt he lost thousands of dollars by being too diffident to speak up and make good bargains for his compositions. We know that Daniel Webster was a confirmed bashful man in his early days, and that it was only by judicious treatment of both mind and body

that he became a Colossus in the halls of Congress and among the highest judicial geniuses in the land. I well recollect, too, a description of Charles Dickens, given by N. P. Willis, years ago. The description depicts Dickens as one of the most shrinking and servile authors Willis had ever seen offer a work to a publisher; and yet the work so offered, and published under the bashful name of "Boz," (for Dickens lacked the courage to use his own,) was the "Pickwick Papers," the foundation of a new school of fictional literature, and the basis of a name and fortune which are now surpassed by no writer on the face of the globe. It was, however, by a variety of earnest advice, and the most careful self-culture, that Dickens was enabled to get rid of his unfortunate weakness, and become a rich autocrat among those whom he feared in the outset of his career. It took him years to do this; whereas, had he adopted the true course of improving the nervous system, it would have taken him only weeks, or a few months at the furthest.

It is a well known fact that a bashful man, however well he may be qualified by study, cannot be either a good or successful physician or surgeon.

The effects of bashfulness in ladies are of the same general character, although in different degrees, of course, as those produced in men. At a party, for instance, where a bashful young man and a bashful young lady, are left to entertain each other, and they are fitted personally and pecuniarily, for conferring mutual happiness, and what a deplorable floundering and fluttering they make in their agonised attempts to appear at ease in each other's company. Although they may be well educated, and have an abundance of wisdom and gaiety stowed away in the recesses of their natures, their tongues cleave to the roofs of their mouths, and they are, in the eyes of the lookers-on, a pair of tortured nobodies.

It is not hard to give a definition of the term bashfulness. It is a LACK OF ELECTRICAL FORCE. The greater this force, or power, the more brilliant and prosperous the life and progress of the possessor. The world affords examples enough, dead and living, to show that men and women who possess electrical power to a great degree, are leaders of their fellow-beings, and according to

the degrees in which they possess it, exercise influence over everybody with whom they come in contact, no matter what may be their purpose. If they lack it naturally it must be supplied by science.

In order, then, to conquer the great EVIL of bashfulness, or self-imposed shame, it is only necessary first to determine upon being cured; next, upon using the best and only remedies, of which nature has provided such an abundance. The disease cannot be too carefully considered, or too speedily remedied. The process of cure is by no means disagreeable or difficult. Once the patient or sufferer makes up his or her mind to have that strong will at command which underlies, and can be brought out of, every temperament, however weak and nervous, or intellectually uncomfortable, and half the battle is won. This *strong will* is the governing faculty which others exercise over the diffident. The other half of the conflict is soon gained by the well-directed use of standard, rare, and intense *concentrations* of Nature's potent and life-prolonging products. I would be happy to hear from, and confer with, any of my readers afflicted by the above disagreeable and unprofitable impediments to pleasure and contentment, and will, if required, give such advice, and furnish such remedies, as will totally destroy all the above disagreeable symptoms. It is folly for people to be unhappy and obscure, when Providence has arranged the easy methods whereby they may be joyful, useful, and respected.

Easy Labor.—In another part of this book I have sketched the usual symptoms of pregnancy, touching upon all the stages from the first to the last, and showing the reader how the many troubles incidental to that period of woman's life may be ameliorated, if not obviated. I now proceed to speak of the natural *result* of pregnancy, viz., labor, or childbirth. Some few women, who are in perfect health, give birth to children with very little difficulty, and only the ordinary amount of pain; but the majority suffer tortures so fierce and peculiar as to defy description, and make them fearful of having offspring. When women discover themselves to be pregnant, their first, and it seems to me, their only, effort is to alleviate the *immediate* disagreeables consequent upon their condition—such as the morning sickness or nausea,

headaches, nervousness, cramps, sleeplessness, etc.; and the means and materials they thus employ, while affording temporary relief, in too many instances only aggravate the pains of labor. In other words, small difficulties are palliated, from time to time, by minerals and ancient usages, in order that the greatest and most inevitable difficulty of all may be ten times more severe than it ought to be with proper precaution. Most generally thirty-eight to forty weeks elapse between the time of conception and that of parturition, or childbirth; and during those weeks many women, feeling as they do not feel under any other circumstances, listen to everybody's advice, adopt everybody's prescriptions, try every baneful thing that is recommended, one after the other, and then wonder that they have a hard labor. In some instances where women thus tamper with themselves, especially in cases of first pregnancy, the labor is made not only hard, but *fatal*. Now, during the whole period of gestation there is nothing to be done excepting to keep the general health in order, yet this has to be done very judiciously. What will benefit one, if it is a *positive* benefit, will do good for another; but of course some slight variations in treatment are to be made to justly comply with differences of temperament, of form, and of social condition. The real object of treating a pregnant woman is not exactly how to *cure* cramps, convulsions, racking pains in the head, disturbances of the nervous system, hysteria, despondency, piles, womb complaints, etc., during the period of pregnancy, but how to *avoid* or *prevent* them. Of course if they exist we must banish them; but it is better to begin at the beginning and keep them from gaining footing or headway. The process is very simple, and yet how few practice or understand it. If we **PREVENT** these affections during pregnancy, and there is no malformation of the parts involved in parturition, we are certain to have an easy labor; and that, to a woman, or mother, is a blessing which cannot be too highly valued. What will prevent the afflictions of pregnancy will ease natural labor.

The signs of approaching labor are not at all obscure. A few days previously to labor the womb settles in the cavity of the body, or pelvis; the stomach is in consequence relieved by the removal of the pressure, and, in every case, the patient feels

better than she felt for months previously. Now is the time to be extra careful—to take exercise in the open air during clear weather without fail, (this should always be taken if possible,) to keep the bowels in a free or soluble condition, and to use nourishing food, and indulge in cheerful thoughts and conversation. As labor is about to commence the patient has a frequent desire to evacuate the bladder and the rectum. At once use the Renovating Pills. There will also be a mucus discharge from the vagina, which will be sometimes tinged with blood. This need give no uneasiness of mind—it is nature. Then the pains commence. They can be at once mitigated by the free use of the Herbal Ointment, which should be liberally applied throughout the nine months of pregnancy, wherever and whenever pains of an acute or spasmodic character are felt, let them be ever so slight, they are caused by the necessary contraction of the womb, aided by the abdominal muscles, in order that the child may be expelled. From slight and transitory, they become periodical, and denote what is called “regular labor.” The first stage is ended by the full dilation of the neck of the womb; the second stage is marked by the rupture of the membrane which contains the liquor amnii, or the escape of “the water;” after which comes the delivery. During all this time, if the child presents in a natural position, even if the mother has not been careful of her general health, the *agony and anxiety* attendant upon her labor can be so reduced, by the very free and proper use of the “Herbal Ointment,” that she will never dread another confinement. The soothing and relaxing qualities of this ointment not only affect the parts in labor, quickening and equalizing the circulation, making them pliant and easy in the performance of their duties, but exercise a soothing control over the mind and nerves, banishing anxiety and promoting calmness, resignation, hope, and contentment. The Renovating Pill should be used continually—not, however, in any number larger than to insure perfect regularity—throughout the period of pregnancy; so that fevers, neuralgic affections, piles, varicose veins, and other equally unpleasant and torturing afflictions, may be dispensed with from the first to the last, as these are all more or less produced and aggravated by constipation.

In securing easy labor the patient should adopt that position in which she feels the easiest, and should dispense altogether with the old-established drugs, which have entailed whites and other diseases quite as dangerous and offensive upon so many unfortunate mothers.

I must not omit to say here that for all maladies of the breast, or nipples, there is nothing to compare with the Herbal Ointment. If this is used freely upon the breasts during pregnancy, it will prevent all afflictions of that portion of the body.

Falling of the Womb (*Prolapsus Uteri*).—*Procidentia Uteri* is frequently used to designate a light attack of this too prevalent complaint; and the lightest of all attacks is professionally termed a relaxation of the womb, or *relaxatio uteri*. I acknowledge that there are degrees in this affliction as in all others; but my opinion is that falling of the womb is nothing but falling of the womb; whatever names we may give it; and my long experience teaches me that a *light* case will soon become a *heavy* one, if it is not very carefully and considerably taken hold of without delay. The functions of the womb are, first, to secrete mucus; second, to make and expel menses; thirdly, to receive and nourish embryo or conception, and finally to expel fœtus, or children. Now, women are variously constituted. Some are delicate; others are strong. Some can regard what is called a misfortune with a quiet resignation to the decrees of Providence; others are by nature nervous and weakly, and give way at once to any misfortune. Yet, notwithstanding these peculiarities of mind and body, the strong are liable to disease as well as the weak, and this disease attacks all without discrimination. I cannot give a history of the causes of falling of the womb, because they are so numerous that it would take more space than I can spare; but I can, in a few words, explain the symptoms, which is one of my principal objects, and then give an idea of what is necessary to be done to insure a perfect restoration to normal health. Falling of the womb is denoted by pain in the back and loins, by severe suffering at the bottom of the abdomen, by fever in the vagina, *painful coitus*, severe and irregular menses, constipation sometimes; often, however, diarrhoea, an irritable bladder, and a protruding and inflamed condition of the external genital organs. Dyspepsia, neuralgia, coughing,

hysteria, and fainting spells, are also among the symptoms and effects of this very prevalent disease. The affliction can be generally cured without personal examinations, and the treatment is not disagreeable or unnecessarily protracted. When a female is afflicted in this way she must lie down upon her back as often and as long as is consistent with her daily duties, and use such herbal astringents, *per vaginam*, as may be applicable to her individual case. Perfect quietude of body and mind is a great help to recovery. There are many herbal astringents which are applicable to cases of this character, and persons who read this book carefully will discover them; but, *one course* of medicine will not cure *all* such cases, and it is therefore necessary that I should have a *confidential* and *particular* description of each case, upon receiving which I can at once advise what will banish all trouble and difficulty without pain or personal inconvenience. In olden times an operation called *Episiorrhaphy* was practiced to cure falling of the womb; or, more properly speaking, not to cure, but to put a check upon its troubles. The operation consisted of using the knife, and making parts grow together contrary to nature by the application of bandages and ligaments, after the knife was laid aside. Such operations are barbarous and useless. My lady-readers need have no fear of this hitherto so-called incurable affliction. It can be easily cured by an herbalist, who, like myself, knows how to apply to advantage *all* the curative principles to be found in the unlimited kingdom of medicinal plants. A written description of any case will meet my prompt and earnest answer without charge, and will be treated as “strictly confidential.” I can send medicines by mail or express, securely and neatly packed, so as to reach their destination safely. Let me, however, have a full description of your case first, and I will at once return my *advice*, which will cost you nothing.

Gravel.—The urine, in a state of health, is one of the most compound fluids of the animal system, consisting of various acids, alkalies, calcareous earth, and other materials, and it is therefore not surprising that, under the injurious and often contrary influence of the many deteriorating causes to which human beings are incessantly exposed, the natural affinity between these various elements should frequently be subverted, and give rise to a do-

posit of one or other of them, thus producing the complaint called *gravel*. There are two kinds of gravel distinguished by the color of the deposit, called *white* and *red*. The nearer the deposit approaches to a perfect *red*, the more severe in general are the symptoms. White gravel is less common, but has long been observed to be attended by great irritability of the system, and derangement of the digestive organs generally. Sometimes the symptoms are analogous to those of diabetes, (for a description of which see another part of this book,) and debility prevails to a great extent. The urine is invariably pale, and voided in greater quantity than usual, and after standing for a greater or less time, always deposits a precipitate of a white, or red, or brown, or pink, impalpable powder. The urine, in all such cases, emits a most unpleasant odor. The causes of gravel, red and white, are sometimes hereditary; but usually indolence, sedentary habits, excessive indulgence in fermented liquors, and gluttony, or too much indulgence in the luxuries of the table produce it. The old faculty attributes a want of constitutional vigor to be the chief cause; and especially in the digestive organs. A cold and variable climate often becomes a cause of gravel, and the drinking of hard water sensibly influences the state of the complaint. Gravel, if treated by the mineral practice, will frequently degenerate into an ulcerated bladder, and consequent general debility, which requires restorative medicines of the most thorough and active character. The ulceration of the bladder is usually followed by a discharge of pus-like matter, which can only be checked by powerful extracts from the sea-weeds, and the liberal use of other mucilaginous plants. In extreme cases a preparation of Bird's Foot (see p. 46) is regarded as a specific. Persons afflicted by either red or white gravel should not use acids or acescent food, heavy bread, fatty matter, pastry, or hard boiled puddings, ardent spirits, or wines. They should indulge in the use of a moderate quantity of fresh lean animal food, and eat stale bread without butter, but with preserves or blackberry jam. Soda water should be the common beverage. The usual exercise in the open air, in clear weather, should not be dispensed with. There is an opinion prevalent that surgical operations are necessary in gravel. Most distinctly assert that the worst case of stone or gravel can be

cured perfectly and permanently, without the use of anything like a needle, a forceps, or a knife. The deposit can readily be broken and banished by the use of such herbal remedies as may be compounded by me to suit each individual case, and so are mentioned throughout the pages of this book.

Mis-menstruation, or Suppression and Retention of the Menses.—When a girl reaches the age of puberty it is necessary to her health and happiness that her arrival at that stage of her life be marked by the appearance of the inevitable flow which changes the child into a woman; and brings with it a wonderful development of both mind and body. The age at which the appearance of the flow is usually met, is fourteen years; but it has occasionally been observed, even in temperate climates, as early as nine. When delayed beyond fifteen in a moderate climate, or beyond eighteen or twenty in a very cold latitude, there is something surely wrong in the organization, or in the habits of the sufferer. When the menses have *never* appeared, we call it *retention*; but when they have appeared, and are afterwards checked, we call it *suppression*. And it is of suppression that I purpose to speak briefly and pointedly, although the same remarks apply to retention in all cases where physical malformation is not its cause. Mothers should be especially careful in training their daughters for the most important period of their lives. They should prepare them for this change in such a way as to give them a correct view of its vast importance, and show them how and why to avoid any imprudencies, or any accidents by which its natural operations can be retarded. Menstruation, proper and regular, makes of the girl a *new being*. The Creator has designed that each and every one of his creatures should be perfect, both in mind and body; and in no instance has he marked the line of conduct and habit so distinctly for reaching that perfection as he has in the case of the young girl. If this line is not followed, and this habit is not adopted, the consequences are of the most deplorable character. And now we come to our point. In many cases which are now existing, and which are filling our lunatic asylums, and our hospitals, and are also making private residences the habitations of woe, the causes of suffering are all traceable to one source—*mis-menstruation*. Where the constitution is

feeble, and the inherent powers of the system are just sufficient to bring about a first menstruation, it often happens that they seem to be spent by the initial effort, and that the evacuation fails to appear again for several months; or, it may be, years. Indeed, the whole organization may break down at this point, and become *blasted*; or, it may, by a proper recourse to remedies provided by nature, and approved by science, be restored to that condition of health which the great first power anxiously expects all his children to attain and enjoy if they will. Suppression of the menses is productive of nearly all the physical and mental evils with which I am acquainted. Now mark the list and don't forget it. It is a prolific source of Consumption, slow and hasty, of fits, dyspepsia, muscular pains, tumors, disfigurements of the skin, blemishes of form, insanity, idiotcy, particular innumerable weaknesses, for the names of which I have no room, and countless general troubles, and it is also a bar to that mutual happiness of marriage which is next to the loves of the angels, and without which no woman can be accounted truly happy, or really useful.

I say that, no matter what the cause of mis-menstruation or suppression may be, *there is a remedy*—a sure, safe, and speedy one—and I cannot understand why the malady should be so generally distributed, with this fact before me, and now before the world. My experience has been great, and I know that the young girls, now crawling about half alive, and suffering from countless diseases, produced *by the one great cause*, SUPPRESSION, or irregularity, can be made healthy and blooming, and can enjoy life in all its varied pleasurable shapes, without the adulteration of disease. My object in publishing this book is to do good. I therefore request all females, who are irregular, to send me a full description of their general health at the time of writing—also an account of their age, temperament, (meaning size, color of eyes and hair, etc.) habits, and occupations, and a statement as to whether married or single. It has long been a vulgar idea that marriage will do away with irregularities, and many a girl, under this impression, has neglected to use proper remedies and precautions, and died either a consumptive, an idiot, or a maniac. Marriage has little to do with the matter. In fact, it aggravates many cases. In no case is it a certain remedy. To all written communications

(which shall be strictly confidential) I will return faithful and honest advice, and will point out such remedies as may be gathered and prepared by the patient herself, or will send such medicines as will *at once* work a change for the better, and perfect a lasting cure in a few weeks.

I may say, by way of postscript, that there are many early cases of irregularity or suppression, (and these should be taken hold of at once) which can be removed or restored, simply by keeping the bowels open, and the nervous system gently stimulated and sustained. In such cases it is only necessary to use "Restorative Vervain Assimilant" and the "Renovating Pills" in reason, to insure unmitigated and painless regularity.

Dropsy.—Experience shows that dropsy is a disease consisting in the effusion and collection of a watery fluid in certain cavities and cells of the body, where it is not perceptible in the healthy state. Thus water may be accumulated in the ventricles of the brain, in the chest, in the belly, and the cellular texture generally; giving rise to a train of symptoms, different in each particular case, and requiring particular modes of cure. The disease to which the term dropsy is usually applied, however, is known by a general swelling over the whole body, which swelling is of a soft, doughy feel, accompanied by great weakness and much pain. Sometimes the fluid which is accumulated in the cellular texture, immediately under the skin, oozes out through the pores of the cuticle, but sometimes being too thick to do so it raises the outer skin in blisters. The attending symptoms of general dropsy are scantiness of urine, (and this always high-colored,) bad appetite, an unusual degree of thirst, debility with sluggishness, drowsiness and disinclination to motion, and oppression of the respiratory organs. Dropsy can surely be cured after we ascertain by what the unusual deposit of fluid is produced, and this we can always determine, either by a personal inspection, or by a full and intelligent written description of the symptoms, and of the patient's age, sex, social condition, the length of time he or she has been afflicted, and the probable reasons through which the disease originated. Increased effusion may be owing, either to a preternatural activity of the ordinary exhalent vessels, or from vessels which carry watery fluid being ruptured. Exhalation is invaria-

bly increased *by whatever prevents the free return of the blood from the arteries into the veins.* This obstruction to the free entrance of the blood from the terminating arteries into the eommeneing veins, may exist very far from the affected extremities—even in the heart itself, and hence diseases of the heart and great vessels are often known to occasion dropsy. Dropsy is also a disease of debility or diminished action; but inflammatory action, or increased fullness and activity of the vessels of the serous membranes, is now known to be a very common cause of the affliction. In curing dropsy, as I have before intimated, we have first to find out what causes the accumulated fluid, and next, we have to remove that cause. Then we are to get rid of the water accumulated. This covers the whole ground. I reject the whole system of puncturing or tapping to get rid of the fluid accumulations. I rely entirely upon such remedies of nature as will *restore the general health*, by equalizing the circulation, making the bowels, stomach, spleen, and liver perform their functions regularly, giving to the bladder and kidneys natural and unimpaired force, and causing the skin to act, so that all necessary and improper secretions are expelled through the pores without difficulty. Certain herbal preparations of a particular character, (for a description of which, read this book carefully,) are necessary to get rid of the main causes of the disease, and then the “Renovating Pills” to insure regularity of the bowels, proper assimilation of food, healthy biliary secretions, and correct circulation of the blood, are certain to effect a complete cure in a moderate course of time. In cases of long standing a powerful tonic, which I possess, will hasten restoration to sound health very materially. If you have dropsy, general or local, write to me, and I will cheerfully tell you what to do to get well.

Advancing Age Made Happy.—It is with great reverence that we approach this subject. The old of both sexes occupy a position to which the young should ever look with respect and admiration. I am not superstitious; but I really admire those superstitions which prevail so generally to the effect that those persons who do not honor old age will be punished for their disrespect, and lack of kindly feeling, by the avenging hand of Providence. The aged have claims upon us which all our generous

efforts can scarcely meet. It is through them that we have reached our pinnacles of happiness, and to them that we owe pretty much all we enjoy in the way of ordinary comforts and conveniences. They have watched over our infantile steps, borne patiently with our early pranks and our prattle, soothed our real and imaginary sorrows, supplied our actual and suppositious wants, and given the benefits of their great experience to our efforts in business, as well as to our religious hopes and aspirations; for these I include among all features pertaining to our social affairs. How, then, can we repay those veterans, male and female, whom the Creator has delighted to honor by prolonging their existences, but by doing all we can to make their declining days pleasurable, and to preserve to them, up to the last moment, all the promptings of health which they enjoyed when they were young and vigorous like ourselves.

Let us take a brief scientific glance at old age. Old folks are by necessity lonely, because their manners are quiet and retiring. They are to a certain degree helpless, because as they are left alone, and feel the heavy hand of time gradually falling upon them, they make no effort to attract the attention of their young and buoyant relatives; yet nobody should say that an old man or an old woman is helpless or dependent. They could not be if the young friends of the old are people of common sense, and will take measures to smooth the pathway of their ancestors and progenitors to the grave by such a method as to insure freedom from sickness. Human life comprises growth, maturity and decline. In early life, or during growth, we gain more in the deposit of new matter than we lose in the natural decay or waste of the body. In middle life, or at maturity, where disease does not exist, the waste and increase are about equal; but the decline of old age reverses the order of growth, and waste exceeds addition. In other language, the supply of vitalizing power, under the usual order of things, is not sufficient to the demand, and the loss is demonstrated in debility of muscle, nerve and brain, which comprehend, in their healthy forms, strength, contentment, and intellectual ability. I contend that this supply may be retained to a considerable extent, without difficulty, from the herbs and plants of which Nature is so prolific, and that old age may be readily

rendered, to those who bear it, a blessing instead of a curse; for as the latter too many thoughtless young people regard it.

In man, in this generation, *declining* ago extends from fifty to sixty years. In woman it extends from forty-five to fifty. It is then, or thereabouts, that she experiences the great change which is commonly called "the turn of life," and which, if not properly guarded and managed, is the precursor and source of many miseries. Yet these miseries can be averted, and I wonder daughters who love their mothers do not take pains to have those afflictions obviated. Once fairly over the disabilities of the "turn of life," there is no reason why, with a fair regard for the preservation of ordinary general health, a woman may not live to a good old age and escape many afflictions, the names of which I need not print here, as I have spoken of them elsewhere.

Early old age ranges from sixty to seventy years. I call it incipient, or early old age, from the fact that I am sure that real ripe old age, under proper culture, does not exist until eighty; and from that we go to decrepitude or second childhood, as it is commonly called. There is no occasion for old people to resume infantile habits. Time and time again we hear of men and women dying, in full possession of their mental faculties, at ages nearly and over one hundred years. Such people, investigation shows us, were always careful of their diet, particularly cleanly, active as to their daily exercise, and *positive as to the regular and healthy action of their bowels*. And here we have a secret which is worth knowing. The science of prolonging life seems very plain after we have learned it. Nature needs only simple *assistance* when, by long labor, she gives way to torpor and inactivity, and in my Renovating Pill all the gentle and decisive action will be found that is necessary to the preservation of good digestion, proper nervous force, and muscular vigor. So long as we keep these in play, health will not fail us, nor will life be a burthen, but a pleasure. Many laxatives deplete the sources of existence in the feeble, but my pill strengthens and regulates the flagging machinery of the worn and aged body, without in any degree producing weakening consequences. Sometimes there are degrees of debility manifested where the ago is *not so great as to warrant them*. In such cases I require a written description, upon

the receipt of which I will point out a concentrated restorative suited to the individual caso, which may be used with certain advantage in connection with the "Renovating Pill."

Sudden Death—Its Warnings.—There are thousands of people, both male and female, young and old, who are liable to die at any moment, and yet are not aware of the fact, because the symptoms of these sudden deaths are not always of a startling nature. Many people presume that a common headache, or a pain in the side, or an ordinary palpitation of the heart, or a few cramps in the muscles, or uncommon debility of nerve and brain, or ordinary disabilities of the stomach, liver and bowels, or a suspension or unnatural acceleration of the circulation, are merely temporary afflictions. Science and experience, as lately tested, both stamp the presumption, or supposition, a mistake. All the simple troubles I have just mentioned are among the warnings for mankind against sudden death. Sudden death is a terrible calamity under all circumstances, and is more especially to be dreaded than a death which is not sudden, and gives us a period, even of a day or two, to prepare for it, both in a worldly and a spiritual sense. Men and women often fall dead suddenly after getting up in the morning, and partaking of a hearty meal, and making preparations for either a hard working day, or a day of pleasure, for this terrible calamity visits alike the rich and the poor. All care for their families, and do not wish to be taken away at a moment's notice without having a chance to first provide for them.

All who die suddenly from diseases such as indicated by the above symptoms, may be said to have defied Providence, because they took no notice of his customary *warnings*, which are so numerous and distinctive that it is a *fatal mistake* to disregard them. It is indisputable that those who are careless—or neglect natural remedial influences—must die long before those who are careful. If they die suddenly, what a shock it must give to their friends and relatives! Nearly all of the causes of sudden death may be obviated and cured with proper care and attention. Any *warning* of organic or general disease, likely to lead to fatal results, can be easily comprehended if common sense and a little thought is brought to bear upon the subject.

The important functions of the body are those performed by the heart, (or circulation,) the stomach, the liver, the spleen, the bowels, the nerves, and especially the brain. All these functions must, through their organs, work harmoniously together, or we suffer either prolonged disease or sudden death. Every observer knows that sudden death, of late years, has been of very common occurrence, giving every neighborhood its frequent fearful shocks. The organic diseases producing these sudden deaths could have been prevented at the outset, by nature's herbal remedies. These should always be timely and understandingly administered. There are other causes of sudden death which seem to afford, to the *unprofessional* observer, only the symptoms of diseases which are *not* characterized by sudden mortality. When any of the above threatenings of sudden death approach, the patient should at once consult a physician who will administer Nature's herbal remedies, and continue the use of them until all disagreeable symptoms disappear. In this treatment is certain safety. Many of the most difficult diseases of the heart are quite manageable in their premonitory stages, and can be *averted* by prompt and efficient treatment. If allowed to become chronic, (aneurism, or enlargement of the ventricles, or of the arteries dependent upon the heart, being very difficult of remedy when permitted to have full range) too long, the chances for cure are deteriorated tenfold. How much better, then, it would be for persons who are warned in the beginning of their career of sickness to pay the strictest attention to those *first warnings*, and, by adopting nature's prolific, unequalled, generous, powerful and concentrated remedies, save themselves from the danger of falling dead instantaneously in the glow of *apparent*, (not real) health. There are many diseases, as of the heart, and I mention softening of the brain especially, which give but slight warning until the last stroke comes. These symptoms ought to be constantly and carefully considered and looked after, but more particularly when the *first* evidences of illness are made apparent. Sudden death may be produced by suffocation from dropsy (even if it is in the legs only,) if the disease has been allowed to gain injudicious and inexcusable headway. Sudden cessation of old gout, or of periodical bleeding in piles, or the

sudden healing, by minerals, of old sores, ulcers, abscesses, etc., are also a prolific source of sudden death.

I now allude to apoplexy, which has hitherto killed nine out of ten of its victims. It is the universal impression that apoplexy must destroy life at the third attack; and in a person of advanced years it most generally has that effect. But the third attack, or indeed *any* attack, will never come excepting where the warnings have been disregarded and the health of the general system has been allowed to take its own course without *assistance*. Neglect will promote sluggishness and impurity of the system, and these, if permitted to obtain the upper hand, will certainly result in some one of the many maladies which take away life, at one final blow, when we least expect it. The causes of torpor, or sluggishness, are numerous, and are sometimes mental in their character. (See article on "Regulating the Passions.") They do not, however, generally proceed from the mind; but often come from physical sources. The great physical cause of general torpor, or sluggishness, is costiveness. I have taken so many occasions in these pages, to show that habitual costiveness is the ruling power of almost every disease not epidemical, (including fits,) that I shall not waste time here to repeat my arguments. I can only say, briefly, avoid it by the use of a generous medicine, which will not only operate for good upon the bowels, but upon all other important organs of the human body. And here let me say that there is an intimate though mysterious connection between the mind and the body, and that they reciprocally affect each other. It is therefore of the greatest importance that cheerfulness should be at all times cultivated, and that faith in a judicious medicine should never be abandoned. Time and experience prove the value of this assertion. Languor of body is always produced by languor of mind, and leads to sudden dissolution, especially in the case of those who have cherished grief, or are in *fear*. There is a saying that Asiatic cholera is produced by fear and uncleanness, fear being predominant in its operations; and I know this to be true. Keep regular, keep active, and keep all the functions of the bodily organs in proper trim, as I have elsewhere advised, and you need have no fear of sudden death. But bear in mind that where the *warnings* have been disregarded

for years, and the general health neglected, *restoration* is barely possible.

I cannot close this article without a reference to paralytic "strokes." These give an abundance of warnings before they come; and the warnings consist of numbness, coldness and paleness of the parts to be affected. These symptoms are accompanied by loss of appetite, aches of the head, cramps and vomitings, and by general debility; and I would here remark, that all severe and dangerous diseases creep upon you simply and surely through such comparatively slight warnings. The circumstances predisposing to palsy, are advanced age, corpulency, fullness and grossness of habit, an inordinate indulgence in wines and fermented liquors, or in rich food; excessive heat, and whatever tends to unduly excite the nervous system. Always one side is affected—more frequently the left, or weakest. Paralytic strokes (or palsy) are, as things go, a fruitful cause of sudden death. These strokes are developed in a loss of the power of voluntary motion and feeling, and of a diminished action of the faculties of the mind. Such strokes are worse than death, because they involve the death of one portion of the body and impair the life of the other. They should be therefore prevented by all corrective, curative, and restorative means at your command. While the pastures, fields, roadsides, forests and prairies furnish you with the material for good health, and you are instructed how to apply it, do not neglect to secure that material. If you are so situated that you cannot get it, let me know, and I can promptly furnish it in every case; and will, too, to whoever and wherever it is required.

The disaster of sudden death is the fountain-head of much woe, often leaving wives unprotected, little children homeless, mothers disconsolate, and families broken up beyond redemption, and it should be avoided by all the natural and serviceable means which have recently been discovered.

Disfigurations and Blemishes of the Skin.—These are numerous, not only upon the face but upon other parts of the body, and are the results of birth, accident, exposure and disease. The list of common discolorations and disfigurations, leaving out *scars* from accidents, small pox, and other causes of a similar nature,

is large, and comprises worms, freckles, superfluous hair, moth patches, moles, chloasma, or liver spot, (described thoroughly elsewhere in this book,) red nose, ringworm, morphew, sun spots, tan, and acne, or stonespeck, which is also described in another page. These marks impair or blemish the personal appearance, and cause both inconvenience and unhappiness. A fair face and a fair form are what all should seek to have, and I am certain that they can be had if those who desire them will only be a little patient and adopt materials which are to be found and applied without much difficulty.

Pimples are generally considered of very little consequence, and yet upon a face that would be otherwise handsome and attractive, they are disfiguring to such an extent as to produce disgust in one who would otherwise be a lover, and the causes of their appearance are vitiated general health, no matter how healthy the person may look, or, in other words, bad digestion, imperfect circulation of the blood, and improper operations of the liver.

Moles are developed sometimes as soft, sometimes as hard masses, and appear upon various parts of the body, most generally, however, upon the face, neck and breast. They vary in size and color, as well as in location, and are most disagreeable. In many instances a mole, especially a *hairy* one, has essentially marred the beauty of the skin, and either prevented marriage, or rendered it unpleasant after it was consummated.

Morphew is a common term, vaguely applied to scurfy eruptions on the face; also to patches of a brown and yellow color which are not scurfy or scaly. In some cases it is characterized by white patches, which are surrounded by rose-colored marks; in other cases the scales are livid, about an inch in diameter, and sprinkled over the body as well as the face.

Moth patches are more or less the results of birth, but in some instances are the consequences of a deranged condition of the liver and stomach. Certain conditions of the blood—an impoverished state especially—will make moth patches very conspicuous.

The sun will impart marks to the face, neck, (and shoulders in the case of girls,) which will impair the personal appearance, and cause both inconvenience and unhappiness. Many persons

who go upon a sea voyage find themselves marked almost indelibly by the action of the sun and air; and others who make summer trips to the woods and fields, come back to their winter homes with complexions that are anything but clear and brilliant. Even tan is one of the disfigurements, to the eradication of which great attention should be paid; but by sun marks I mean something more permanently disagreeable than tan!

Superfluous hair is an unsightly blemish, which cannot be too speedily got rid of. This disagreeable annoyance has proved a bar to many a union that might have been, without it, cheerful and thriving.

Roseola, or Rose Rash, is an efflorescence in blushing patches, gradually deepening to a rose color, mostly circular or oval, often alternately fading and reviving, and chiefly appearing on the cheeks, neck and arms.

Ringworm consists of vesicles with a reddish base, uniting in rings, the area of the rings discolored, and frequently followed by fresh crops. It is often called tetter. When once it gains headway it is rather obstinate. It is always a destroyer both of beauty and comfort.

All these marks and disfigurements, whether the results of birth, accident, or disease, may, in most cases, be removed, or at least *modified*, by the aid of concentrated herbal applications, (the result of laborious experiment,) and a majority of such blemishes can be so much improved as to render them generally unnoticeable. I shall be happy to hear from any of my readers on the above subjects, at all times, and they may rest assured that I will promptly tender them the benefit of all my skill and experience in this class of affliction.

Insanity.—The general supposition has been that insanity is only a disorder of the mind, and has nothing to do with the physical structure, or body. It is also a disease, however, of the physical structure, a fact which is abundantly proven by the delirium of fevers, or the crazy pranks of confirmed drunkards. Insanity proceeds from diseases of the brain and nerves. At first it is probably only excitement of the brain; but this, if long continued, becomes deep-seated, or chronic inflammation, and requires the greatest of care and attention. My object in giving descriptions

of the symptoms of disease is to let people know exactly what is the matter, and to lead them to seek such simple and sure remedies as Mother Earth bears in almost every inch of her soil. In order to accomplish this object I must use plain language, and so I hope that when I say that insanity arises from *soreness*, or irritation of the brain and nerves, you will not feel troubled at the absence of scientific phrases. When the soreness of the nerves and brain subsides, the patients are calm and controlable. When it assumes a violent form they are furious and dangerous. There are many mental causes of insanity, the most important of which are Hereditary predisposition, painful subjects of thought or feeling, too much concentration of the mind upon one subject, perplexity in business, mortified pride, political, religious, or *social* excitements of a great calibre; sudden and heavy strokes of misfortune, etc.; and the physical causes are quite as numerous. These consist of convulsions of the mother during gestation, epilepsy, chorea, monthly disorders of women, blows upon the head, diseases of the spine, severe neuralgia, all forms of fevers, loss of sleep, worms in the intestines, and the excessive use of mercury. Persons liable to apoplexy are also liable to insanity; and a sluggish circulation of the blood, and persistent costiveness, will produce that condition of the brain which renders us incapable of knowing what we are about. Unless persons are *born* insane I do not think that there is any good reason for them to get or remain so. All disorders of the mind, as I have before intimated, are the results of physical disqualifications for which there are numerous remedies.

Tarantismus.—This is the name of a disease which prevails in many parts of Europe, but more especially in Africa. It is characterized by excessive avidity for dancing at the sound of instruments, and has been ascribed, by the vulgar, to the bite of the tarantula. Hence the famous “spider dance” of Lola Montes, in which she endeavored to portray, in a singular style, the peculiarities of the disease and its fatal result. It is, however a result of extreme nervousness, and does not depend upon the bite of any reptile or insect. Indeed, it may not be improperly classed under the head of monomania. That which will cure epilepsy will cure *Tarantismus*.

Tetanus, or Spasm with Rigidity.—This disease is commonly called locked-jaw, and consists in a permanent contraction of all muscles, or merely some, without alternations of relaxation. It is characterized by closure of the jaws, difficulty of swallowing, rigidity or immobility of the limbs and trunk, the latter of which is sometimes curved forwards, sometimes backwards, and sometimes to one side. The real name of Tetanus, as confined to the jaws, is *Trismus*. It is a most fearful affection; but can be removed by purgatives, copious bathings in warm water, and powerful doses of narcotics. When it is caused by a wound, every means must be taken to keep the wound thoroughly cleansed, and reduce the attendant inflammation. Locked-jaw is not of frequent occurrence, but may be produced by a wound severe or slight; even the prick of a pin has been known to cause it.

Milk Leg, (*Phlegmatia Dolens*.)—Occurs mostly in the second or third weeks after delivery, but may occur any time between the second and eighth week. It is ushered in by violent pain in the lower bowel, groin or thigh, the affliction being limited to one side. The leg swells, and becomes hot, white, glossy, and unyielding, and there is general febrile excitement. The heat, hardness and sensibility may diminish in a few days, when the leg becomes oedematous and swollen, as if severely dropsical and is almost useless. I have given this disease much attention, and can guarantee a cure in a reasonably short time, however severe the case may be, having successfully treated, by my exclusive method, hundreds of cases. For advice and treatment, see page 408.

Pellagra.—This is an Italian disease, which is said to prevail more extensively in and near Milan than even in any other part of Italy. It has, however, found its way to all other parts of the world in various modified forms. It is developed in a wrinkled and scaly appearance of the face, and such other parts of the body as are exposed to the air, and is denoted also by loss of strength, obscuration of the intellectual faculties and sensations, cramps, convulsions, etc. It is supposed to exist only in localities particularly unhealthy. We are assured, besides, that it is hereditary. There was an opinion in vogue, some years ago, that Indian corn produced this disease, but that opinion is now

justly exploded. It is produced by atmospherical influences in certain localities, in the same manner that we receive fever and ague from swamps and marshes.

Presbytra.—This is a disease which most commonly exists among old persons, but often afflicts the middle-aged, especially those who are troubled by dyspepsia or liver complaint. It is a condition of vision which consists in the circumstance of near objects being confusedly seen, whilst those at a great distance are clearly distinguished. The common name for it is *long-sightedness*, and the popular supposition is that it can only be aided or remedied by glasses. My belief is, however, that it can never exist excepting where the general health is imperfect, or the functions of the eye have been impaired at birth.

Retention of Urine.—This disease has two forms which are known as *complete* and *incomplete*. When the urine accumulated in the bladder cannot be evacuated at all, the disease is known as *complete*; when it can only be evacuated with extreme difficulty it is *incomplete*. Retention of urine may depend upon loss of contractility, paralysis of the bladder, (a very severe affliction,) or on some obstacle to the passing of the fluid, as in pregnancy where the womb presses against the bladder; or tumors may exist in the vicinity of the organ, or foreign bodies may lodge in its cavity. Inflammation of the urethra, or water pipe, swelling of the prostate gland, and stricture, will also cause this disease. The pain is of the most severe and agonizing character. The remedy usually adopted for immediate and temporary relief is the introduction of the catheter, and sometimes the bladder is punctured. In combatting the *cause* which has produced the retention, by particular herbal means adapted to each case, we can restore the sufferer to health without the use of knife or instrument.

Diseased Teeth.—The bad effects of diseased and unclean teeth are of the most serious importance, and should be carefully considered. It is estimated that we breathe twenty thousand times in twenty-four hours. Granting this, what must be the effect upon the delicate structure of the lungs in unremittingly receiving air through a depository of decay and uncleanness for months and years of such foul breathing, would surely be sufficient to poison the whole system beyond immediate redemption.

Diseases of the teeth are numerous. They rank with necrosis, or decay, and death of a bone, which is described on page 295. Dental surgery is one of those sciences which, if consistently exercised, ought to command our most earnest respect; but we should so regulate our teeth and mouth that the services of the dental surgeon need seldom be called for. In exercising cleanliness of the teeth and mouth we make a great advance towards the preservation of the general health, and we also render ourselves pleasant and agreeable to those with whom we usually associate. Sound teeth and a sweet breath are easily procurable, as I will prove to anybody who will write a description of their ease.

Pemphigus, or Bladdery Fever.—This is a disease which is generally defined as consisting of vesicles, or bladdery eruptions, scattered over the body. They are transparent, of the size of a hazel-nut, with a red, inflamed edge, but without surrounding blush or tumefaction. On breaking, they are disposed to ulcerate. The fever accompanying is very similar to typhus, and involves extreme debility and prostration of the whole system. This peculiar affliction is not a primary one, but depends upon a singular or accidental complication of ordinary fever and common affections of the skin and circulation. It is to be treated as typhus, together with applications to the eruptions, the same as if the latter were boils.

Synezisis, or Closure of the Pupil of the Eye.—Sometimes this disease is the result of a faulty conformation, or in other words, is born with the patient. It frequently, however, is originated by accident, or is the result of violent ophthalmia, which I have described on another page. It is often, also, produced by surgical operations for cataract or other diseases of the optics. Those who have it are perfectly blind. There is an operation called the “operation for artificial pupil” which sometimes cures it partially.

Epiphora, or Watery Eye.—This affliction consists of a constant and involuntary flow of tears upon the cheek. It is almost always symptomatic of a disease of the lachrymal passages, or stoppage of the tear duct. In some instances, however, it arises from a too free secretion of the tears, and severe ophthalmia will sometimes give rise to it.

PLANTS.

THEIR COLLECTION AND PRESERVATION.

A PHYSICIAN who would cure disease, or seek to assist nature to throw off all morbid accumulations from the body, should have a single eye to the perfection, purity, or quality of the remedial agents he may feel called upon to employ. Plants should be gathered at a proper period, and under correct planetary influences, and always chosen from those in a wild or uncultivated state.

The roots of an annual plant will yield their most active medical properties just before the flowering season, whereas this class of roots are erroneously gathered after the flowering season: in consequence, they are less active, and do not retain their qualities for any reliable time. The roots of the biennial plants are most energetic if gathered when the leaves have fallen from the plant, in the autumn of the *first* year; while the roots of perennial plants are most active when gathered between the decay of the flowers and leaves and the renewal of verdure of the following Spring. Bulbs are to be collected as soon as matured, or soon after the loss of foliage, in order to secure their most active principles.

Herbaceous stems should be collected after the foliage, but before the blossoms have developed themselves, while ligneous or woody stems should be collected after the decay of the leaves and previous to the vegetation of the preceeding Spring.

Barks are to be gathered in the Spring previous to flowering, or in Autumn after the foliage has disappeared. Spring is the best time to gather resinous barks, and autumn for the others.

Leaves are best when gathered between the period of flowering and maturation of the fruit or seeds. Biennial plants, however, do not perfect themselves the first year, consequently, their leaves should be gathered only during the second year of the growth of the plant.

Flowers are to be collected when about to open, or immediately after they have expanded, although I prefer the buds. Flowers, buds, and leaves are to be gathered in dry weather, after the dew is off of them, or in the evening before it falls, and freed from all impurities. Aromatics should be collected after the flower-buds are formed, while stalks and twigs are best if gathered soon after the decay of the flowers. Berries, succulent fruits and seeds, are to be collected only when ripe, except in some few cases where the medical virtue is contained in the unripe article. Roots are to be well washed, rejecting all worm-eaten or decayed portions. Bulbs are cleaned and dried as roots. Barks, stems, twigs, and woods are best dried in a moderate sun-beat, and should be taken every night into a well ventilated room, where the dew or rain will not touch them, and laid upon sticks, slats, or boards which are some few inches apart, so that the air may be well circulated through. The best method of drying leaves is to strip them from the stem, lay them loosely upon a flooring where the sun shines moderately and the air circulates sufficiently to avoid mould—keep them well stirred. The custom of steaming or moistening leaves in order to pack them more solidly after having been dried, is exceedingly improper, as the articles become thereby much deteriorated in quality and soon get musty.

Seeds are dried in the same manner as stems and leaves. Aromatic herbs and annual plants are dried as advised for leaves similarly prepared.

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THE COMPLETE HERBALIST.

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