

## **Directions for taking Crosby's Balsamic Cough Elixir / James M. Crosby.**

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ENCAMPMENT OF GUM AND BALSAM MERCHANTS IN THE ORIENTAL REGIONS.

## DIRECTIONS FOR TAKING CROSBY'S BALSAMIC COUGH ELIXIR.

The dose of the Balsamic Cough Elixir for an adult person is half a teaspoonful, to be gradually increased to two teaspoonfuls in a wine-glassful of water, once, twice, or three times every day, according to the urgency of the case. It must be borne in mind that old confirmed complaints, such as Asthma and Winter Cough, can only be cured by persevering regularly in the use of the medicine for some time; when a cure, in all curable cases, may be most assuredly reckoned upon.

### ASTHMA.

In ordinary cases a dose of the Cough Elixir may be taken every night just before going to bed; but in very severe cases a dose ought to be taken every morning and night. When the paroxysm of pain and choking comes on during the night a dose of the Cough Elixir should be taken immediately in water, and speedy relief will be obtained. During the attack the head and shoulders should be propped up with pillows, and if in summer, open the bedroom windows. It is very essential, in order to speedily effect a cure in this disease, that the diet should be properly regulated, and that rich food or pastry should be avoided; likewise keep the bowels regular, by means of a gentle aperient medicine taken occasionally.\*

### BRONCHITIS.

When this disease is very violent a dose of the Cough Elixir must be taken in a wine-glassful of water every six hours, day and night; at the same time apply a strong mustard poultice; to the chest, and allow it to remain there sufficiently long until it has taken well hold; repeat the poultice every twenty-four hours until the severity of the symptoms has abated. Fomenting the breast well with warm water and flannel, previous to applying the poultice, will be found serviceable in allaying the acute pain in the chest. When the disease has been mitigated by these means, the Cough Elixir need only be taken two or three times daily until a cure is effected. In ordinary cases of *Bronchitis* a dose of the Cough

\* If the invalid suffering from this disease is desirous to know the best Tonic and Alterative Treatment he will do well to read the article *Asthma* in the last edition of the *ANTI-LANCET*, in which will be found all the information that may be required on the subject. A copy of this work can be obtained *gratis* from any Chemist, or post free from Dr. Rooke, Scarborough, England.

† The following is the best method of making a strong and efficient mustard poultice: Take a sufficient quantity of the best Durham mustard, and mix it with vinegar until a paste is formed, then spread it thickly on a piece of calico and apply it to the skin. A mustard poultice may be kept on from ten minutes to half an hour, or more, according to the urgency of the symptoms; in all cases, however, it should be kept on sufficiently long until the skin becomes red and painful.



## CROSBY'S BALSAMIC COUGH ELIXIR.

Elixir may be taken every night and morning; but should the disease not yield to it, then take an extra dose during the day: by so doing the complaint will soon disappear. Occasionally put the feet into hot water previously to retiring to rest; this will assist the medicine in throwing off the morbid matter from the Bronchiæ. Avoid the cold night air and a damp atmosphere. Dr. Rooke's Oriental Pills should be taken every second or third day until the violence of the disease has abated.

## COUGHS AND COLDS.

**COUGHS: TREATMENT.**—Take the Cough Elixir twice daily, morning and night, in a little cold water; should the cough be very severe it may be taken three times daily. Put the feet into hot water every evening just before going to bed.

**COLDS: TREATMENT.**—First take a dose of the Cough Elixir, then put the feet into hot water just before going to bed; after being in bed an hour take a basinful of hot gruel, or sago, with two tablespoonfuls of rum in it, which, in connection with the medicine, will cause a profuse perspiration, and the next day, in most cases, will find the cold gone; but if not, take a dose during the day, and repeat the same plan for a night or two until a cure is effected.

## CONSUMPTION.

The most suitable treatment for this disease is of a strengthening character, such as the use of powerful tonic medicines, a liberal and nourishing diet, sponging the body well daily with cold water, followed by gentle walking open-air exercise. For further information upon this head the author would earnestly urge consumptive invalids to peruse the last edition of the *Anti-Lancet*, where they will find ample rules laid down for its treatment, which have been most successfully used for the last fifty years; as witnessed by the numerous cases and testimonials of those who have been cured of this terrible scourge of mankind.

The most distressing symptom of this complaint is the harassing and racking cough which generally wears the invalid's life away; and it is for this peculiar and distressing cough that the Balsamic Cough Elixir has been found to give the greatest and most lasting relief, it being not too much to state that it has never yet failed in relieving and soothing the sufferings of the most dangerous and agonizing case. This statement is fully borne out by those who have been relieved through its means in nearly every part of the United Kingdom.

In all cases a dose should be taken in a wine-glassful of water, whenever the cough is troublesome, either night or day; but three hours must always be allowed to elapse between each dose. On an average three or four doses during the day will be found amply sufficient to relieve all distressing symptoms; should they not do so after being continued a short time, then the doses must be gradually increased every few days by half a teaspoonful at a time, until the dose taken amounts to one tablespoonful.

In protracted and severe cases of Pulmonary Consumption, when the stomach is much disordered and the system is weak, the medicine sometimes causes a little sickness on the first or second time of taking; when this occurs, the dose should be reduced one half, and as the stomach gets stronger and better able to bear it, the dose may then be gradually increased as before stated. It must, however, be borne in mind that occasional sickness in consumption is more beneficial than otherwise, as it relieves the oppression in the lungs, and promotes a more free expectoration of phlegm, or purulent matter—the latter so characteristic of the last stage of the disease—so relieving the difficulty in breathing, besides enabling the stomach to reject indigestible matter, so liable to accumulate as the disease progresses.

The doses for young people must be proportioned according to age, for which see the directions on the label attached to each bottle.

## DIARRHŒA, OR LOOSENESS OF THE BOWELS.

This complaint, common in summer, is frequently a distressing symptom of Pulmonary Consumption; if not checked it often proves fatal by inducing English Cholera and general debility. For its treatment get the following prescription made up by a respectable chemist:—

Recipe.	Tincture of Catechu . . . . .	One ounce.
	Infusion of Krameria . . . . .	Five ounces. Mix.

Measure two tablespoonfuls of this mixture into half a cupful of cold water, to which add two teaspoonfuls of the Cough Elixir, this take for a dose, which will have to be repeated twice daily until well. A few doses are generally sufficient to cure ordinary cases; but should there be very severe griping pains, then in that case a dose must be taken every four or six hours until the pain and looseness cease, after which discontinue the medicine.

## DISEASES OF INFANCY AND CHILDHOOD.

The Balsamic Cough Elixir proves extremely useful in these diseases, by soothing and relieving pain, cough, and strengthening the lungs so as to enable them more easily to dissolve and throw off the phlegm, by which means the complaints are soon thoroughly cured. The medicine may be given in water, three times daily—its peculiarly palatable and agreeable taste rendering it easily taken by the youngest and most delicate child. The dose for children, from one month to one year, is from 2 to 6 drops: from one year to five years, from 6 drops to 15 drops; from five years to ten years from 15 drops to 30 drops; from ten years to fifteen years, from 30 drops to a teaspoonful.



When a child has taken it daily for a fortnight, it should at the end of that time be increased to 10 drops; at the end of a month to 15 drops; and so on, increasing the dose by 5 drops for every fortnight.

### HEMOPTYSIS, OR SPITTING OF BLOOD,

Is generally the result of rupture of small blood-vessels in the lungs, occasioned by the advancing ulceration of those organs in Consumption. The quantity may vary from a teaspoonful to two pints. In all cases it is desirable to stop it as soon as possible; therefore, as soon as it is perceived, take a dose of the Cough Elixir in a wine-glassful of cold water, and let it be repeated every four hours until the bleeding ceases. Keep the horizontal posture, and bathe the chest with cold water. Take a dose of Dr. Rooke's Oriental Pills in the evening, so as to keep the bowels gently open.

### HOARSENESS, AND CLOSING OF THE CHEST.

**TREATMENT.**—As these diseases are very obstinate and difficult of cure, it will be requisite in order to produce a speedy and beneficial effect—for time is of the greatest importance in such cases—that the Cough Elixir be taken regularly, and the other auxiliary measures strictly followed, as stated below.

**HOARSENESS.**—Take a dose of the Cough Elixir every night and morning in a little cold water. Great benefit will often be derived by a little *finely powdered alum* blown through a quill into the throat once or twice a day.

Procure a calico bandage *three inches* in width, and sufficiently long to be wrapped three times round the throat; dip one-half of it into cold water, then gently squeeze it just sufficient to prevent the water trickling down the neck, after which wrap the wet half round the neck and throat, and then fold the dry half over that. Moisten afresh the bandage twice or three times daily.

Persons suffering from hoarseness should take a dose of the Cough Elixir previous to going into company, as it will strengthen the organs of the voice, and the effort of carrying on conversation will become easier.

**CLOSING OF THE CHEST.**—Foment the chest with hot water and flannel for about twenty minutes, after which apply a small piece of flannel steeped in turpentine to the fomented part, and allow it to remain on: this plan may be repeated two or three times daily, and a dose of the Cough Elixir taken morning and night. Generally speaking, this is sufficient for a cure; but if not, adopt the treatment recommended for Bronchitis.

### HOOPING COUGH.

The Balsamic Cough Elixir proves extremely useful in this disease, by soothing and relieving the cough, strengthening the lungs, so as to enable them more easily to throw off the phlegm, by which means the complaint is soon cured. It should be taken three or four times daily, and in the same doses as directed in the diseases of Infancy and Childhood (which see).

A teaspoonful of *Ipecacuanha Wine*, administered just as an attack of cough is commencing, will be found very efficacious in shortening the duration of the attack, and will materially assist the Cough Elixir in totally eradicating the complaint.

### INFLUENZA.

A dose of the Cough Elixir may be taken every six hours, day and night, in half a wine-glassful of port wine; and the strength at the same time must be kept up by a liberal administration of beef-tea, and brandy and wine if required. The object of keeping up the strength is to gain time, so that the violence of the disease may pass off; by this plan recovery is more speedy, and the sufferer is not so liable to be attacked by the epidemic again. The diet should be very plain, nourishing, and easy of digestion. Keep the bowels well open by taking a gentle aperient.

### NIGHT SWEATS OF PULMONARY CONSUMPTION

Tend materially to diminish the strength, and thus hasten a fatal termination of this disease unless speedily checked; for this purpose a dose of the Cough Elixir may be taken in cold water every night and morning. Should the sweats be very profuse, an extra dose had better be taken during the day. After a few doses the sweats will soon begin to decrease, and then disappear; but the medicine should be continued a short time longer, in order to prevent a recurrence of them.

Sponging the *whole* body over with tepid water (in which has been mixed a teacupful of common malt vinegar) just before going to bed, and then being well rubbed with a coarse towel until a gentle heat is produced, will be found to be an excellent adjunct to a course of the Balsamic Cough Elixir, as it materially assists in checking the disease.

### PAIN IN THE CHEST

May arise from various causes; but from whatever cause arising a dose of the Cough Elixir must be taken three times daily, and in a few days the pain will be either entirely gone in the cases of Bronchitis and Cough, or considerably alleviated in Consumption; though



for the latter complaint it will have to be persevered in for some length of time before the disease itself begins to give way.

Should the pain in the chest be very acute, foment the part with hot water and flannel for ten minutes, after which apply a strong mustard poultice, which will help the medicine to relieve it. A poultice may be applied every 24 hours should the severity of the pain continue.

### SHORTNESS OF BREATH.

The best method of treating this symptom is by attending to the disease producing it and to adopt the treatment recommenced for that particular complaint. Bathing the chest with hot water, and applying strong mustard poultices, will prove valuable auxiliaries to a more active treatment.

### SINGERS AND PUBLIC SPEAKERS

Will find the medicine of inestimable service, as it speedily and effectually allays all Huskiness and Irritation in the Fauces and Bronchiæ, rendering the voice clear and sonorous. A dose to be taken in water prior to speaking or singing.

### SORE THROAT.

Take a dose of the Balsamic Cough Elixir in water every night and morning: and a dose of Dr. Rooke's Oriental Pills every second or third day, just sufficient to keep the bowels regular. Gargle the throat with the following mixture two or three times daily.

Recipe.	Powdered Alum .. .. .	Two drams.
	Tincture of Myrrh .. .. .	One ounce.
	Pure Water .. .. .	Nine ounces. Mix.

Shake the contents in a bottle until the alum is dissolved. Wrap a flannel dipped in hartshorn round the neck. For further treatment (if necessary) see Hoarseness.

### TICKLING IN THE THROAT.

Persons affected with Tickling in the Throat, depriving them of rest night after night by the constantly recurring cough which it produces, will, by taking a dose at bed-time, find certain relief, and if the dose be repeated for a few nights in succession, a cure will soon be effected.

### WINTER COUGH.

A dose of the Cough Elixir may be taken two or three times daily, or when the cough is troublesome; it will suit best if taken in water.

If the cough is very severe the medicine will sometimes cause sickness, which may be regarded as a good sign, the cough being generally much easier after sickness has occurred. A slightly aperient medicine should be taken occasionally.

## NOTICE TO INVALIDS.

A NEW EDITION of Crosby's Prize Treatise on "Diseases of the Lungs and Air-Vessels," &c., has just been printed for **FREE DISTRIBUTION**, in which simple and definite rules, easily understood by everyone, are laid down for the treatment of all diseases of the Chest and Air-Vessels, including Asthma, Chronic Bronchitis, Pulmonary Consumption, &c., a Copy of which can be obtained **GRATIS** of all Chemists and Patent Medicine Dealers.

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