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THE
SHIP AND SHORE
PHYSICIAN AND SURGEON.

BY

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PREFACE

TO THE SHIP AND SHORE PHYSICIAN.

For several years, the writer has been contemplating preparing this little work, and he knows of no circumstances under which it could more favorably appear, than in the same volume, and directly following the valuable "Primitive Physic," and the additions which he has made to that little work of the celebrated John Wesley.

It is designed for that numerous class of useful persons who follow the seas, or, who are Pioneers in the settlement of new lands in the vast West, and who cannot readily obtain properly qualified, nor, indeed, any Physicians.

It gives a brief description of the most common diseases, with their symptoms and treatment, and a domestic Dispensatory, in which may be found the remedies named under each disease.

It is, also, designed that a medicine chest, containing the most useful medicines herein named, for ships and families, shall accompany the book, though it is not indispensable that they should go together.

Besides, by being comprised in the same volume with the "Primitive Physic," many of the remedies there named, both by Mr. W. and himself, can be available, also, for this work. Such a book seems pre-eminently needed.

THE AUTHOR.

BOSTON, No. 630 WASHINGTON STREET.

June 20th, 1858.

SHIP AND SHORE PHYSICIAN AND SURGEON.

Abdomen — The Belly. — In this is contained the stomach, liver, bowels, kidneys, spleen, pancreas, bladder, omentum, mesentery, and the great artery called the aorta. The abdomen is separated from the chest by the midriff. From the fact that the cavity of the abdomen contains so many organs, it will be readily supposed that its diseases are numerous.

Colic.

Symptoms. — Severe pain in the bowels, principally about the umbilical region, often extending up to the stomach, and frequently accompanied with vomiting and spasms.

The *Windy* Colic is characterised by costiveness, griping, a rumbling noise, distension of the stomach, severe pain, and attempts at vomiting.

Its *treatment* is a teaspoonful or two of the fluid extract of rhubarb; or the same quantity of the aqueous extract of senna. A drink of spearmint or peppermint

tea should be used, and brisk friction over the stomach and bowels. In some cases, a teaspoonful of the emetic powder may be given, in hot water, and followed by an ounce of castor oil. A fomentation of hops may also be applied over the abdomen.

Bilious Colic. — Symptoms. — A bitter taste in the mouth, fever, thirst, vomiting of bilious matter, and costiveness.

Treatment. — Take two tablespoonfuls of the *neutralising mixture*, once in an hour; or two or three of the *compound cathartic pills*; or two teaspoonfuls of the fluid extract of senna. An injection of lukewarm water may be given, and, if the pain is great, a teaspoonful of laudanum in it. A fomentation of *hops* may also be applied.

Painters' Colic. — Symptoms. — Obstinate costiveness, and partial paralysis, in addition to several of the above-named symptoms. It takes its name from the supposition that *lead* is imbibed into the system.

Treatment. — In addition to the remedies named under bilious colic, if the stomach is very irritable, an *opium* pill may be given; or the physic pill of croton oil, one, to be repeated, if necessary, in one hour; or two teaspoonfuls of the fluid extract of senna and jalap.

Dropsy of the Abdomen.

Symptoms. — This is a gradual swelling of the abdomen, attended usually with thirst, fever, and scanty urine.

It generally arises from some disease of the liver, or a sudden check of perspiration by a cold, or, it follows fever and ague, or is brought on by intemperance.

Treatment. — The first thing is to evacuate the fluid by cathartics of cream of tartar, drank freely ; or a teaspoonful of the fluid extract of jalap and senna often ; or by applying a fomentation of foxglove over the whole abdomen, or rubbing on the tincture with some ointment, and covering it with oiled silk ; or half a teaspoonful of nitre may be taken twice a day, largely diluted with water. A light bandage may be applied round the abdomen. Take Dover's powders every four hours, from three to five pills. To prevent the water from again accumulating, use spices freely and tonic medicine, such as quinine and iron, or the fluid extract of quassia, in doses of half a teaspoonful, gentian, &c., and live on a light and nourishing diet. General Dropsy and Dropsy of the Chest will be treated of under their proper heads.

Inflammation of the Bowels.

Inflammation of the bowels may be known from colic by the steadiness of the pain in one spot ; whereas, in colic it is shifting. In inflammation, pressure hurts ; in colic, it relieves. In inflammation, the pulse is quick and hard ; in colic, it is quick, but not hard. Inflammation is also attended with nausea or vomiting, failure of the strength, thirst, heat, and great pain in the bow-

bowels. It should be carefully distinguished from hernia, or a rupture.

Treatment. — Make warm applications to the bowels; apply leeches to them; drink flaxseed or mullein tea, or gum arabic water; apply cloths to the bowels, dipped in hot water; take an emollient injection. Rochelle powders may be taken, the cream of tartar, or the aqueous fluid extract of senna, two teaspoonfuls at a dose, or castor oil.

Inflammation of the Peritoneum or Covering of the Bowels.

This arises from the same causes as the last-named disease, and requires similar treatment; but it differs from the above, in that the bowels are not so much disturbed by it.

Acute Inflammation of the Liver.

The symptoms of this disease are pain in the right side, under the short ribs, often reaching to the chest and right shoulder, always increased by pressure; a dry cough, and inability to lie on the right side.

This disease prevails much among seamen who visit the East Indies.

Treatment. — Leeches should be freely applied over the region of the liver, and small doses of wine of ipecac, or tincture of lobelia, or a small quantity of the

emetic powder, should be administered, keeping the patient under their nauseating effects. A dose of the aqueous extract of senna should be given every other day. Half a teaspoonful of nitre should be given two or three times a day, in a tumblerful of water. The employment of nitric acid, rubbed over the liver, and a foot-bath of the same, may be tried. The acid should be so far diluted with water as to cause only a little irritation when applied. Equal parts of nitric and muriatic acid may be mixed, and then enough of this mixture put into a tumbler of water to sour it, and then drunk. If an abscess forms and points outwardly, it should be poulticed. The leptandrin and podophillin, fluid extract, or concentrated powder, is the best physic.

Chronic Inflammation of the Liver.

This often follows intermittent fever. Its symptoms are a dull pain in the right side and at the top of the shoulder, the stomach disturbed, an enlargement of the liver which can be sometimes felt, jaundiced skin and eye, low spirits, clay-colored stools, tongue coated, bowels costive and urine high-colored.

Treatment. — A teaspoonful of the emetic powder may be given, followed by three or four doses of the fluid extract of queen's delight, for several days. The diet should be attended to.

Inflammation of the Spleen.

Seamen are not very liable to this disease. It much

resembles inflammation of the liver, but may be known from that by the pains being on the *left* side. The treatment is similar to that employed in inflammation of the liver. A mustard plaster may be applied to the affected side, and sudorific medicines freely administered, such as the Dover powder pills, and small doses of the fluid extract of senna.

Inflammation of the Stomach.

The symptoms are heat and pain in the pit of the stomach, increased when anything is taken into it; vomiting, hiccup, cold hands and feet, small, hard and quick pulse, and cold sweats. The symptoms are very much aggravated if anything is taken very hot or cold. It is a very distressing, and often quickly fatal disease.

Treatment. — Cooling and mucilaginous drinks — slippery elm bark makes a good drink. The Rochelle or soda powders are good to stop the vomiting, or walnut-leaf tea. Sweet oil, an ounce at a dose, once a day, has often an excellent effect. The feet should be bathed in warm water, and a mustard plaster applied to the stomach. The neutralising mixture may be taken, two tablespoonfuls, three times a day. If vomiting continues, the creosote pill may be given, once an hour, till three have been taken. Leeches should be applied over the stomach. The warm bath may be used till fainting takes place. Injections of warm water should be employed. If poison has been taken, an emetic of

thirty drops of blue flag fluid extract, immediately followed by twenty grains of the emetic powder, or half a teaspoonful.

Vomiting.

Common vomiting may often be checked by an opium pill ; or by a creosote pill ; or by a cup of strong green tea, or spearmint, taken as hot as can be sipped.

Cholera Morbus ; or Vomiting and Purging.

The symptoms are pain at the pit of the stomach, vomiting and purging, short breathing, thirst, a small, quick, feeble pulse, and great prostration of strength.

Treatment.—Copious draughts of warm water. Flannels wrung out of warm water, well saturated with poppy heads, in which a tablespoonful of the fluid extract of opium has been mixed, should be applied to the stomach, as hot as can be borne. When free vomiting has taken place, an opium pill may be given, and repeated once in two hours, if necessary. But if the irritation is kept up by something which has been taken into the stomach, an emetic, a teaspoonful of the powder, should be given. When the stomach is well emptied, if the opium pill is rejected, a teaspoonful of the fluid extract of opium may be given in an injection of flaxseed tea or gum arabic water, and repeated once an hour, if necessary. In obstinate cases, leeches may be applied to the stomach. A mustard poultice applied over the stom-

ach is often useful. If the hands and feet are cold, twenty drops of the fluid extract of cayenne may be put into half a teacupful of water, and a teaspoonful often given. Peppermint and other stimulants in this case are good. In some cases, three or four of the opium pills must be given. The compound of leptandrin and podophillin may be given in pill, or the powder.

Asiatic or Malignant Cholera.

The "premonitory symptoms" of this disease are a furred tongue, pains in the stomach and head, and a watery discharge from the bowels. A few drops of laudanum, five or six, or spirits of camphor, or both combined, taken at this stage of the disease, generally will arrest it. Perhaps, in nine cases out of ten, when this epidemic is prevalent, these admonitory symptoms show themselves. If the disease is not checked, it soon runs into the second stage, when vomiting commences, rice-colored discharges from the bowels are greatly increased, cramp in the hands and feet, the stomach, and of the whole body, come on, the countenance is distorted and the body bathed in a cold sweat, the tongue is cold and moist, collapse comes on, and death soon closes the awful scene.

Treatment. — Of all the modes of treatment, (and they are numerous,) that of *stimulants* has been the most successful. The fluid extract of capsicum may be taken, five drops every half hour; or three of the

opium pills may be taken at once, or one at a time every hour ; or two or three of the opium pills, and one of the physic pills, made of leptandrin and podophillin, or the common dose of the fluid extract, may be taken at a time. The cayenne and other warm and stimulating medicines, with brandy, should be administered freely in the cold stage. Rochelle powders are often serviceable in the great thirst which attends this disease. A mustard plaster should be applied over the stomach and bowels, and brisk friction with the extract of cayenne, or spirits of turpentine properly reduced.

Sour Stomach, or Heart Burn.

The symptoms are a burning sensation at the pit of the stomach, acid and windy eructations, and, sometimes, nausea and vomiting.

A weak state of the stomach and undigested food are the usual causes of this complaint.

Treatment.— The neutralising mixture, a tablespoonful, after each meal ; or rhubarb root may be chewed. Lemonade, or a teaspoonful of the spirits of nitre may be taken in a glass of the infusion of columbo, or the fluid extract of quassia may be taken ; or, in place of the neutralising mixture, ten grains of the soda and rhubarb powder may be taken.

Vomiting of Blood.

The preceding symptoms are a sense of weight and

dull pain, and great anxiety. The blood is usually clotted, and sometimes mixed with the undigested food.

The usual cause is a violent blow, or strain, or some injury ; sometimes the cause is unknown.

Treatment. — The skin should be kept cool, and all cause of irritation avoided. If the bleeding continues, small doses of the fluid extract of matico may be taken ; after it ceases, take a tablespoonful of castor oil, or a teaspoonful of cream of tartar, or a teaspoonful of the extract of senna. The diet should be light. After the trouble has subsided, take the quinine-pill, or the fluid extract of blood root, usual dose, three times a day.

Looseness of the Bowels, or Diarrhea.

The symptoms are copious and repeated discharges from the bowels, often attended with griping pains, thirst, nausea, and a bad taste in the mouth.

It is usually occasioned by bad water, the application of cold to the surface of the body, new wine, cider, or spruce beer, or a sudden change from salt to fresh provisions.

Treatment. — The neutralising mixture or powder, in doses of one or two tablespoonfuls two or three times a day, or ten grains of the powder, or a dose of the fluid extract of rhubarb, or castor oil. After these, an opium pill may be taken, or three or four of the Dover's pills may be taken. After the disease has subsided, the

quinine pill may be taken, three or four a day, or the fluid extract of quinine, usual dose.

Dyspepsia, or Indigestion.

This is not a common disease among sea-faring men, but still a few words may be said of it in this connexion.

Its symptoms are, want of appetite, nausea and vomiting, or spitting up of the food, or rising of it in the throat, wind and costiveness.

It arises from errors or irregularities in diet, cold and moisture, hard study, sedentary habits, depressing passions, the use of tobacco, opium or spirits.

Treatment. — The diet must be strictly attended to ; it must be nourishing, but easy of digestion. Coarse wheat bread, well baked, or ship bread, should be eaten. The emetic powder is an excellent remedy. The fluid extract of blood root, or the queen's root, may be taken three times a day. Ginger tea is often serviceable. Half a teaspoonful of pulverised white mustard seed is a good medicine, when troubled with sour stomach and flatulence, or some of the neutralising powders. An established habit of going regularly to stool every morning is of signal benefit. Kneading the bowels, also, answers an excellent purpose. A little French brandy often assists digestion much, or good ale or porter, when they agree with the stomach.

Dysentery, or Bloody Flux.

The symptoms of this disease are a discharge of bloody mucous by stool; violent griping, usually at the lower part of the bowels; a constant sense of bearing down, or wish to go to stool, without any discharge, or with a bloody one void of any fecal matter, pain and fever.

It is caused by anything that irritates the bowels, as putrid food, bad air, cold, strong cathartics; and when it prevails as an epidemic, it is induced by any exhausting labor, either of body or mind.

Treatment. — The ipecac and opium pill, one every hour, or a tablespoonful of castor oil with ten drops of the fluid extract of rhubarb in it; or the fluid extract of senna every two hours. I have cured some of the most severe cases of dysentery with this medicine. To relieve the pain, injections of cold water, about a gill at a time, should be frequently administered. I have known the external application of cloths, wrung out of warm, lukewarm, and even cold water, to the abdomen, of much service.

As little food as possible should be taken; slippery elm bark and mucilage of gum arabic, and a very small quantity of flour gruel, are the most that should be allowed.

The excrements, and all offensive odors, should be immediately removed, and the room well fumigated with vinegar.

Piles.

These are either internal, or external painful swellings, at the lower extremity of the bowel or anus. Sometimes they break and bleed, and then they have been called the *bleeding piles*.

The most common causes are strong purges, riding on horseback, costiveness and plethora.

Treatment. — Mild laxatives, consisting of equal parts of sulphur and cream of tartar, half a teaspoonful of each, mixed in molasses, taken morning and evening; or three of the copaiva pills, as often; or half a tablespoonful of Epsom salts; or a dose of the fluid extract of senna. Apply cloths wrung out of cold water and vinegar, or use cold water injections. An ointment of sulphur and hog's lard, equal parts, or tar water or alum water, may be applied to the swellings; or an ointment made of galls, two parts to eight parts of lard, may be applied to them.

Hernia, or Rupture.

This is of two kinds, called *inguinal* and *femoral*; in the inguinal, the tumor, or the part of the intestine or bowel, which descends, points towards the scrotum; in the femoral it points towards the thigh.

It is produced by blows, lifting, straining at stool, or carrying heavy weights.

Treatment. — The patient being placed on his back,

the feet raised considerably higher than the head, and the thighs bent towards the body, the hand must be directed, or the tumor pushed, *upwards* and *outwards* for inguinal hernia, and *backwards* and *upwards* in femoral hernia. Violent pressure must not be made, and as soon as it becomes painful it must be stopped. If this effort does not succeed, the warm bath should be tried, and an effort made to reduce the tumor while the patient is in the bath. If this fails, pounded ice, or equal parts of ether and salt, should be applied to the tumor. A tobacco injection, of a teaspoonful of tobacco boiled in a pint of water for fifteen minutes, may be given, and while the patient is under its nauseating effect another effort should be made to reduce the tumor. When done, a spring truss should be worn by day.

Fistula in Ano.

This is an abscess formed about the anus, or fundament, frequently, by the inflammation and maturation of the piles. After the abscess breaks it refuses to heal, leaving an opening which discharges an unhealthy watery matter. It usually begins with a hard, red tumor, near the anus or mouth of the outlet of the bowels. When the tumor first appears, it should be bathed with a gill of water, in which a third of a teaspoonful of sugar of lead has been dissolved. If this does not scatter it, it must be poulticed to bring it to a head — any of the poultices named under poultices will answer.

The bowels must be kept loose by sulphur and cream of tartar mixed with molasses, or by Epsom salts, or the mandrake fluid extract. When the abscess has fully formed, if it does not burst itself, it should be opened with a lancet. Three or four of the Dover powder pills may now be taken. Eight grains of nitre dissolved in water, and taken every two hours, will also be serviceable. Turner's cerate should be freely applied to the part. If the fistula is fully formed, nothing may cure it but an operation, and this does not always do it. I have succeeded in curing several cases, at this stage, by injecting *ley*, or a drachm of the *carbonate* of *potash* dissolved in eight ounces of water, and injected once a day. An issue may be thus kept up, which in the end will lead to a healthy and healing sore. The walnut leaf tea may be drunk, and, also, injected.

The Chest—Thorax and its Diseases.

The chest, or thorax, is above the abdomen, and separated from it by the midriff. It contains the lungs, or lights, the heart, part of the aorta or great artery, and eight pair of nerves and several large veins.

Cough.

The seat of coughs is usually in the chest, and therefore we commence the diseases of this part of the body with cough. Often, cough is a symptom of some other

[2*]

disease, and, as such, will be spoken of under those diseases. But in some constitutions this is not the case. If it commenced with a cold, or was at first caused by some other disease, from the irritability or mere sensitiveness of the lungs, it may remain when all the other diseases have disappeared.

Treatment. — The emetic powder may be first employed. After the emetic, if the cough does not cease, the cherry bark compound may be taken. Three of the Dover's pills may be taken at bed time. The cough mixture, consisting of an ounce of syrup of squills, an ounce of syrup of tolu, and half an ounce of paregoric, a teaspoonful at a dose, may be taken several times a day. Or the oxymel, made of equal parts of vinegar and honey, may be taken; or the *white* mixture of ammoniac, a teaspoonful at a time, often.

Asthma.

The symptoms are tight breathing, wheezing, sense of suffocation, fits of coughing and gasping for breath.

Treatment. — The emetic powder may be taken as a fit approaches; but a better remedy is the smoke of saltpetre, or of stramonium. The latter, however, must be used with great care, as too much of it may prove fatal. These are the best remedies known, and the last two are almost infallible. I have known ten grains of quinine, taken at a dose, effect a cure; or the concentrated hydrastin powder.

Dropsy of the Chest.

The symptoms are difficulty of breathing, especially on going up stairs, palpitation of the heart, sense of weight on the chest, intermitting pulse, and great paleness of the face.

Treatment. — Use the remedies named under dropsy of the belly.

Spitting of Blood.

The usual symptoms are a sense of tightness, weight, and anxiety in the chest, a discharge of florid blood, with or without coughing, from the lungs, of a saltish taste. This may arise from a ruptured blood vessel, or, in some cases, a small quantity may arise from the thinness of the coats of the vessels.

Treatment. — Nitre, in ten grain doses, every hour, in cold water, and swallowed while dissolving, may be given. Also, infusion of foxglove, half a tablespoonful taken cold every two hours. Common salt dissolved in water, taken cold, is a good remedy; or the fluid extract of matico — this is the best of all. Nothing should be taken warm; the patient should avoid all exertions calculated to hurry the blood through the lungs, and live on a spare diet.

Common Cold.

I name this under diseases of the chest, because,

though it often affects the whole system, yet it generally seizes the strongest upon the chest.

It is the same as catarrh or influenza. It is an inflammation of the mucous membrane of the nose, throat, and often of the air passages.

Treatment. — Sometimes all that is necessary to do is to keep within doors, use a vegetable diet, and drink flaxseed, mullein, or slippery elm tea. Where this does not answer, the emetic powder may be given, and, if necessary, repeated for two or three successive days. After the violence of the disease is past, three or four of the Dover's pills may be taken at night. One of the best remedies for a cold is the vapor bath, where it can be had ; it puts the whole perspiratory system into the most perfect order. As a preventive of colds, a free use of cold water to the face, neck, and chest is of vast importance. Exposure to chills should be avoided.

Pulmonary Consumption.

This is a hereditary disease, arising from scrofula. There are many diseases accompanied by cough, expectoration, emaciation, and hectic fever, which are not properly consumption, though by common people they are so called.

The *developing causes* of consumption are colds, inflammation of the lungs, pleurisy, eruptive fevers, such as measles, small pox, scarlet fever, &c., living in unhealthy localities, intemperance in eating and drinking,

suppression of natural evacuations, insufficient clothing and undue exposure, neglect of breathing pure air, (a chief cause,) abuse of mercury and other medicines, excessive mental exertion, various kinds of mechanical labor, such as manufacture of needles, filing of iron, laboring in cotton manufactories, where much dust must be inhaled, a stooping position of the body, either in sitting or walking, unnatural compresses about the chest, long and excessively loud speaking, playing on wind-instruments, excess of the venereal passions, &c., &c.

Consumption usually approaches insidiously upon young persons of "light hair, fair skin, blue eyes, florid complexion, long neck, contracted chest, and high shoulders." They are generally, though not always, descendants of those who have fallen victims to the same disease.

The first ostensible sign of the disease is a short dry cough, much resembling a common cold, and usually mistaken *for* a cold.

A person in this disease presents a picture at once deeply interesting and exceedingly distressing. The symptoms were well given by a physician who lived several centuries ago, and are the following,—"As soon as the hectic fever is established, wasting of the body becomes manifest, the cough, expectoration, perspiration and diarrhea are more abundant. The nose becomes sharp and drawn; the cheeks prominent and red, and appear redder by contrast with the surrounding paleness; the conjunctiva of the eyes is of a shining

white, or, with a shade of pearl blue; the cheeks are hollow; the lips are retracted, and seem moulded into a bitter smile; the neck is oblique, and impeded in its movements; the shoulder-blades are projected and winged; the ribs become prominent, and the intercostal spaces sink in; the nails become bent, and the large joints of the fingers more prominent."

These are the marked symptoms of the disease, as it appears in its worst form. Dr. James Johnson says, — "When consumption is regularly established, it forms one of the most distressing pictures which the human frame exhibits in its progress to corruption. The hectic flush on the cheeks, the vermillion lips, the burning heat in the palms of the hands and soles of the feet, with evening fever, are periodically changed for cold sweats, hollow, pale, languid countenance, sharpening features, augmented expectoration, and progressive emaciation. Such is the series of heart-rending symptoms which are daily presented to the agonised friends, whose distress is heightened by the never-dying hopes which perpetually spring in the hectic breast."

Nearly one-fifth of all the deaths which take place in Boston, in New England, and in Old England, are from this disease. The number of deaths in Boston has been as high as twenty-five in a single week.

It used to be customary to send these patients *South*, and, when the doctor could do no more for them, and they were fast sinking to the grave, they were sent abroad to die. Rarely did they ever return. More

than twelve years ago the writer entered his protest against this cruel custom, publishing the following,—“ I once thought favorably of sending the consumptive invalid abroad, but, I think, I have grown wiser on this subject. To send him *from* his home, when he most needs a home, is but to help him onward to his lasting home. He is but to leave the circle of his friends to die among strangers. But few can bear the shock of being wrenched from friends and home ; much less, the consumptive patient. The fatigue of travel, the cold, or the heat ; the worry and bustle of hotels ; the change in diet and drink, with, not unfrequently, the badness of both ; the risk of damp beds, and other inconveniences that need not be named, more than overbalance the good derived from going abroad. So thoroughly have I been convinced of this truth, that for some time past I have advised the consumptive patient to take his chance at home. The numerous lists of such deaths abroad are an alarming beacon to those who would thus venture. They seem to say, stand off ! for death is here ! ”

At the same time, I said, — “ If such patients must go from home, it is better to go *North* than South ; and gave the reasons, to wit, that the patient required a steady unchanging climate, which could be found only at the North, &c.”

This idea, twelve years ago, (when first broached by the writer,) was laughed at by three quarters of the physicians in the land. Now, there is scarcely a medical man, or a medical journal, but admits its truth, and most of them advocate it.

Another point, which the writer then advanced, was, that in *true pulmonary consumption*, "*spirit*, or alcohol, was a useful medicine." This, also, was then ridiculed and reviled. But, now, and for the last half dozen years, it has been promulgated in the journals, and recommended by the doctors, till some of them prescribe *whiskey*, even in palpitation, or disease of the heart. In fact, it has been prescribed for all, who have a cough, or a cold, and for many who have neither of these, nor any other disease. Thus, when a thing is once started, all jump at it, and, sometimes, the very persons who were the first to ridicule it. One other thing then recommended was, — "the application of remedies directly to the lungs, by *inhaling them*;" and, in the same book, it was stated that, — "if progress was ever made, in remedying consumptive patients, it would, doubtless, be in this way, — not by addressing medicines to the *stomach* to cure diseased lungs, but to the *lungs* themselves."

This plan some of the older physicians characterised as "racking one's brains to little purpose," and many wagged their heads at the idea. But, if any one will consult the medical journals since that period, (now twelve years,) and medical practice, both regular and irregular, he will find a wonderful change in this practice, and in the *talk* and *writing* about it within this dozen years here named.

When these points were then stated, every physician

advised going *South* for consumption ; only one, *then*, (within fifty years past, when Scudamore, Murray and Barton recommended inhalations, but very different from mine,) used inhalation at all, to my knowledge, and he learned it of the writer ; and, no one had recommended spirituous liquors, *as a remedy in this disease*.

Now, there is a "Lung Institute," and a "Consumption Doctor," at almost every corner, attempting to practice each of these ways, and the *very staid* old medical journals of the country advocate them,—sending patients *North*, recommending *whiskey* and *inhalation*.

The only things, I will here name, for the consumptive patient, are, to be out in the air as much as possible ; to drink spirit, *if* he has consumption, and can get that which is not poisoned with the vilest compounds ; and to *inhale* proper remedies, under the care of a skilful physician : and take the following medicine, (living well at the same time, upon good ripe fruit, beef, and a free use of ale,) infusion of cascarilla, seven ounces, citrate of iron and quinine (the English combination,) in proportion of five grains to one tablespoonful of the infusion, which spoonful is to be taken three times a day ; and apply *constantly* an alcoholic lotion, half alcohol and half water, or New England rum, over the lungs, wearing cloths wet in it day and night.

After an experience of many years with this disease, in my own family, and out of it, this is the best course, in my judgment, to be pursued.

Pleurisy.

This is an inflammation of the membrane called the pleura, which lines the chest, and covers or contains the lungs. Its symptoms are cold chills, very sharp pain in one side of the chest, much increased by coughing and breathing, or by lying on the affected side. The cough is short, dry, and very distressing, while but little is expectorated, and that a bloody mucous. The tongue is coated, pulse quick and hard, face flushed; thirst, anxiety and restlessness are present, the urine is scanty and of a red color.

Treatment. — Copious bleeding has been the first resort in the treatment of this disease. We have, however, treated some very severe cases of it with entire success by the following means: — tartar emetic, in doses sufficiently large, dissolved in water, to produce nausea, and repeated every two or three hours. Ipecac and lobelia are the next best medicines, or the emetic powder. Then the Dover's pills should be used, two or three at a time, till rest and a gentle perspiration are produced. Stimulating baths, fomentations to the side, or hot poultices, are often very good assistance to the medicine. The following treatment has been highly recommended in acute pleurisy: — the opium pills, four, with twelve grains of calomel, and three hours after, twenty grains of Dover's powders, or six of the Dover pills. This, upon high authority, will cure pleurisy the quickest of any remedy. The fluid extracts of the blood root, or of the pleurisy root, are excellent.

Diseases of the Head.

Inflammation of the Brain.

This is often called Brain Fever. The symptoms are severe pain in the head, great disturbance at both light and noise, wildness of the eyes, quick, hard pulse, restlessness, dry tongue, and flushed face.

Treatment. — This disease calls for blood-letting as much as any one, and a pint may be taken at once, and the operation repeated in three hours, if relief is not obtained. The compound fluid extract of senna and jalap should be given in a full dose. Then the patient should take the emetic powder in sufficient doses, say half a teaspoonful often. Cold water, or ice pounded and put in a bag or bladder, should be applied to the head. The feet should be bathed, or rather *soaked*, in warm water, and poultices of mustard seed and Indian meal, or onions, should be applied to them.

The diet must be of the lightest kind.

If all these fail, the patient should be seated, and a stream of cold water poured upon his head from the height of three or four feet.

Headache.

This may arise from an overloaded stomach, dyspepsia, too great flow of blood to the head, the hot sun, rheumatism or neuralgia, and the use of ardent spirits.

Treatment. — When it is occasioned by a foul or

overloaded stomach, a teaspoonful of the emetic powder should be taken in warm water ; or, the aqueous fluid of senna. If it arises from too great a flow of blood to the head, cold applications should be made to the head, and warm, or stimulating, ones to the feet. One or two doses of the fluid extract of jalap and senna may be taken, and the patient should live on a low diet. If the headache arises from rheumatism, nitre should be taken twice a day in half-teaspoonful doses ; or, the fluid extract of henbane may be taken twice a day, in the dose recommended under the extract in the domestic dispensatory.

Earache.

This is usually a disease of children, and is an inflammation. If it be severe, it must be treated like other inflammatory diseases. Generally, however, one of the opium pills at night, and a dossil of lint, wet with a few drops of sweet oil and cajeput oil, of each equal parts, or with laudanum, are sufficient. The best remedy will be three or four of the earache drops put into the ear, and then a little cotton to keep it in.

For a *discharge* from the ear, which often happens from a severe cold, or as a result of scarlet fever, a few drops of some astringent, four or five grains of sugar of lead, or nitrate of silver, dissolved in an ounce of water, dropped into the ear, or put into it on a piece of cotton, will soon stop it. Hickory sap, or a strong decoction of the green nuts, bruised, is a good astringent for this

complaint ; or, better still, a few drops from a preparation of two parts of oxgall to one of Peruvian syrup.

Toothache.

This very troublesome disease cannot be cured, if the tooth is much decayed, without extracting it. But, frequently, it will be relieved by applying a pledget of cotton, wet with the cajeput oil, or oil of cloves, or a pill of equal parts of camphor and opium, moistened with a little cajeput oil.

Bleeding at the Nose.

This is sometimes a very troublesome complaint, and requires prompt attention. During an attack of the bleeding, the patient should apply cold water freely to the neck and head, and put the feet in warm water. The cold hip bath is an excellent remedy where the bleeding is obstinate; it may be taken by filling a wash-tub half full of cold salt water, and sitting in it from ten to twenty minutes. A still better remedy is the powder of nitrate of silver, snuffed up the nostrils, or the fluid extract of matico. In some cases, simply holding up the arms for several minutes will stop the bleeding. The tincture or powder of matico, snuffed up the nose, rarely fails to arrest the bleeding.

Inflammation of the Eye, or Ophthalmia.

Inflammation of the eyelid is often occasioned by a

small ulcer, at the root of the eye-lash, and may be remedied by the citrine ointment; or an ointment of the nitrate of silver, four grains to an ounce of lard; or by an eye lotion of sulphate of zinc, or nitrate of silver, four grains to an ounce of pure water. If the eye-ball is inflamed, or, if the inflammation of any part of the eye is severe, two or three leeches may be applied around the eye. A dose of the aquaeous extract of senna may be taken. Lukewarm water, and afterwards cold water, may be often applied with a thin linen cloth to the eye.

Diseases of the Throat. — Croup.

This is an inflammation of the windpipe, and is known by a peculiar sound, which the child makes in breathing and coughing, which has been compared to the *crowing* of a cock, or the barking of a dog. The pulse is quick and hard, the mouth dry, and all the symptoms which usually attend any local inflammation. Sometimes the disease makes quick work, and the child dies in an hour after it is attacked; but, usually, it is two or three days after croupy symptoms appear, or the child seems "stuffed up," before the disease is fully established, and the sufferer lives till the third or fourth day.

Treatment. — From time immemorial, the first remedy usually given in croup has been an emetic. If no better one is at hand, a wine-glassful of lamp oil, or goose oil, may be given. A full teaspoonful of powdered alum, mixed in molasses, is a good emetic in croup. It

should be often repeated. Lobelia is sometimes an effectual remedy in croup. Leeches may be applied to the throat. Cold water bandages applied to the throat are sometimes of great service. Warm fomentations, or emollient poultices, to the throat, are often useful. Volatile liniment, made of sweet oil and water of ammonia, in proportion to a teaspoonful of the ammonia to an ounce of the oil, with half a teaspoonful of the oil of turpentine, may be spread upon cloth and applied to the stomach. Syrup of squills and castor oil, of each equal parts, in teaspoonful doses, is a good remedy. But I have often found the two following remedies the most effectual:—raw onions pounded and mixed with sweet oil, and applied to the throat; a teaspoonful of the juice may be given. A teaspoonful or two of it may be added to lukewarm water, and given in an injection. The other remedy is, a solution of nitrate of silver, forty grains to an ounce of water, and injected into the wind-pipe by the laryngeal shower syringe. This will sometimes save the life of the child when all other means fail. This operation may be performed by any person, and a *syringe* for the purpose will be sold with every medicine chest, if the purchaser wishes it. The emetic powder may be given; the fluid extract of blood root.

Quinsey, Inflammation, or Ulcerated Sore Throat.

These are not all precisely the same disease, yet they

have an intimate relation to each other, and require very similar treatment.

Treatment. — The general means to be used are the same as in other cases of inflammation. Leeches should be applied to the throat. A dose of Epsom salts should be given, or a dose of the aqueous fluid extract of senna, and the feet placed in warm water. The vapor of hot water may be inhaled ; but the best remedy is the solution of nitrate of silver, fifty grains to an ounce of water, thrown into the throat with the shower syringe.

Sore Throat, commonly called Clergyman's Sore Throat.

This is a very troublesome disease. It makes its appearance by a feeling of something lodged in the throat, which the person tries to *hawk* up, or *swallow* down. It usually arises from a depressed or weakened condition of the whole system, and is often brought on by indigestion and mental anxiety. But, the reason of its seating upon the follicles, or glands of the throat, is, the frequent over-exercise of this part from speaking. The reason why clergymen have it more frequently than lawyers, or others who speak much, is the use of notes, and the stiff and awkward manner of *reading* a manuscript. This brings much more strain upon the vocal organs than natural speaking does.

I have never known a case of this disease where the system, in point of health, was not *below* the healthy

standard. The remedy is, freedom from speaking and anxiety, a sustaining tonic course, by quinine and citrate of iron, in five-grain doses, good beef and plenty of ale to recruit the system, and a free application of chlorate of potash, five grains to a gill of water, with which the throat should be gargled three or four times daily. The plan of starving the stomach and burning the throat with caustic, should never be resorted to, as there is a more excellent way.

The fluid extract of the queen's root, (*stillingia*,) should be used, in the dose named in the domestic dispensary, a teaspoonful, three times a day.

Mumps.

This is a disease which shows itself by a swelling under the ear, sometimes under one ear, and sometimes under both. Its characteristic symptom is, the *pinching* upon opening the mouth to swallow. There is some fever, but the disease is slight, unless the patient takes cold, in which case the testicles are often affected.

The treatment is very simple, consisting of a mild cathartic, as Epsom salts, fluid extract of senna, and a light diet; but if the testicles or brain are affected, a solution of sugar of lead, or leeches should be applied.

Bronchitis and Laryngitis.

This consists in inflammation of the bronchial tubes, or the larynx. It prevails much among public speakers.

The cough in bronchitis is harder and more severe than in laryngitis, or even in consumption. What is called latterly "clergyman's sore throat," is thought to be a new, or at least a distinct disease from these, and I have treated it as such before.

Give the emetic powder, and the fluid extract of blood root.

Scarlet Fever.

The name of this disease has been given it from the scarlet, or florid color which the skin assumes when it is present. It is often a very fatal disease. It commences with symptoms very similar to those of other fevers ; — chills, shiverings, lassitude, pain in the back and loins, sickness, and vomiting. Sometimes the skin is hot and dry, and the extremities very cold. As the disease progresses, the skin grows florid, till it has the appearance of scarlet, or, as some have expressed it, the color of a boiled lobster. But the most characteristic symptom of the disease is, the soreness of the throat, tongue, and whole lining membrane. This state of the throat soon shows ulceration. I have given enough of the symptoms to enable any one to detect the disease.

Treatment. — Without giving the numerous and contradictory modes of treatment by men of equal science and skill, we will briefly describe that which we have found the most successful. Upon the first appearance of the disease, the feet should be soaked in hot water

well seasoned with mustard, cayenne, or salt. When the fever is fully established, and when *on*, the skin burning hot, washing the whole surface in cold water is of signal service. This should never be done during the *cold* stage. In some cases, where the stomach seems oppressed, a third, or half a teaspoonful of the emetic powder may be given, and followed by a teaspoonful or two of Epsom salts, or castor oil, or a Rochelle powder. For a child ten years old, (and it scarcely need be said, that this disease generally attacks children,) small doses of nitre, a quarter of a teaspoonful, may be given often, dissolved in water. A good drink may be made by dropping forty drops of the nitric or muriatic acid into a tumbler, and filling it with water. Cayenne, the fluid extract, both as a gargle and as medicine, is an excellent remedy in this disease. The following preparation is highly recommended : — two tablespoonfuls of cayenne pepper, a teaspoonful of salt, add half a pint of boiling water, and, in fifteen minutes after, add half a pint of vinegar ; dose, two tablespoonfuls every half hour, both to take and for a gargle. The belladonna fluid extract is, in my opinion, the best medicine in this disease. It is also an excellent preventive, where there are children exposed to it, but not yet taken sick. The dose for a child ten years old, when *sick*, is five drops every two hours ; for a *preventive*, three or four drops three times a day. It should not be continued more than a day or two.

Inflammation of the Kidneys.

The symptoms are chills and rigors in the back and loins ; sometimes the pain is very severe, and extends to the bladder, loins and thighs. The urine, if any, is scanty, red, comes away in drops, and is sometimes bloody. The skin is usually dry, or moist and smells of the urine.

Treatment. — Warm bathing, fomentations of bitter herbs, the warm bath, stimulated with mustard or salt, hot mustard poultices to the affected parts, a dose of the fluid extract of senna, followed by the Dover's pill, two or three, injections of warm water, nitre in small doses, slippery elm, flaxseed, and a tea of the upland cranberry, are the best medicines ; or, the concentrated powder, piburin, of the domestic dispensatory.

Inflammation of the Bladder.

The symptoms are a sense of fulness, pain in the lower and front part of the abdomen, difficulty in passing water, pain, heat, soreness, sickness at the stomach, thirst, restlessness, &c.

Treatment. — If the bladder is full, the water must be drawn off with the catheter. But little drink should be taken, and nothing that will increase the quantity of urine. Water, not very cold, is as good as any liquid. Leeches should be applied over the region of the bladder

freely. The bowels should be moved by a spoonful of Epsom salts or castor oil, or the fluid extract of senna. Warm injections of soap and water, and the warm bath, should not be omitted. It is a rapid disease, and what is done must be done quickly.

Bloody Urine.

This may be caused by a blow, or any injury to the parts, or by gravel stones. The urine is bloody, and settles at the bottom.

Treatment. — If caused by injury, apply leeches; give a dose of Epsom salts, and drink freely of flaxseed, quince seed, or water melon seed tea, or of all of them combined. The opium pill may be given; a quarter of a teaspoonful of nitre every hour, in a gill or more of water, or weak alum water.

Suppression of Urine, or Stranguary.

If *no* urine is passed, this disease is called *suppression of urine*; if *some* is passed, but with difficulty, it is called *stranguary*. It is caused by gravel, any obstruction in the urethra, blisters, or by wounds and bruises. Often, no other medicine is required but mild teas, made of flaxseed, barley, gum arabic, water melon seeds, pumpkin seeds, winter-green, and the warm water or vapor bath. In the feverish state, cooling laxatives, as castor oil, cream of tartar, and Epsom salts, should be given; and when the fever has subsided, one of the

opium pills, or two or three of the Dover's pills, may be taken.

Incontinence of Urine.

This is an involuntary discharge of urine.

Treatment. — If it arises from a relaxation of the sphincter of the bladder, a mustard plaster, or blister, applied to the lower part of the back, is often a good remedy. The cold bath, or cold water dashed upon the genitals, is often useful. The tincture of cantharides, in doses of ten drops every four hours, has often effected a cure. Half a pint of alum whey, night and morning, often cures it. I have often cured this troublesome complaint by giving from ten to thirty grains of benzoic acid in phosphate of soda or in water. The fluid extract of cranesbill is a good remedy.

Gonorrhea, or Clapp.

This disease is infectious, and is communicated by sexual intercourse. It makes its appearance sometimes in a day or two after the infection has been received, and sometimes not till six weeks after. The first symptoms are a sense of heat and itching in the urinary passage, and scalding in passing water. The urethra is sore, and a whitish matter is discharged from its mouth. The discharge increases daily, and the soreness and redness. The color of the discharged matter grows darker and thicker, and the stream of water smaller. Blood is oc-

casionally passed, and a stricture sometimes takes place, which prevents all passage of water.

Treatment. — If the part is inflamed, a soft bread and milk, or flaxseed poultice, should be applied to it; and, occasionally, it should be washed with a solution of the sugar of lead, four grains to an ounce of water. About a third of a teaspoonful of nitre should be taken every four hours, dissolved in water. A grain of the sugar of lead may be dissolved in an ounce of water, and a part of it injected into the urethra. The sweet spirits of nitre, in teaspoonful doses, with fifteen or twenty drops of laudanum, or a dose of the fluid extract of opium, at night, will assist in effecting a cure. If it continues more than eight days, three or four of the copaiva pills may be taken, three times a day. I have often cured this disease with powdered cubebs, either in substance, or in a tea drank freely, or use the ethereal fluid extract of cubebs. If there is *chordee*, or painful erection of the penis, and it is *curved* by the inflammation, a solution of sugar of lead, one drachm of the lead to a pint of water, should be applied to the under side of the penis by a wet cloth, and one, two or three of the Dover's pills may be taken. A homeopathic practitioner told me, a few days since, that he cured the worst stages of this disease with one drop of the *tincture of hemp*, given three times a day; but I did not believe him. The greatest evil in this disease arises from patients applying to ignorant and unprincipled empyrics, who always *sponge* but never cure him.

Syphilis, or Pox.

This disease is propagated by an animal poison conveyed from one person to another by sexual intercourse. It first shows itself in the form of a small red pimple, which soon breaks and forms a sore, with hardened edges, covered with a white coat at first, and then discharging a yellowish matter; sometimes, at first, the skin appears only reddened.

Treatment. — Within the first five days, one of these chaneres, or pimples, may be cured by a free application of the nitrate of silver, or lunar caustic, or they may be clipped off with the curved scissors. If thus managed at this early stage, the constitution will not be affected. The next best remedy is a wash of white vitriol, or sulphuric acid; a cloth wet in it should be applied to the ulcer for a day or two; then cover it with calomel or pulverised blood root, and wash this off with a solution of sugar of lead, and renew it once a day. I have often cured the disease with the pill of mercury and opium, one at a dose for four or five days. The mercurial treatment ought never to be pushed to salivation, as *that* remedy is worse than the disease. I know there are some cases in which mercury will not cure it; and I have not, for several years, during which I have employed other remedies, found a case where it has not been cured without mercury. Water, made as sour as can well be drunk with nitric acid, strong tar-water, decoctions of prickly ash, mesereon, sarsaparilla,

lobelia, and the juice of poke berries, are good remedies. I have found the mandrake fluid extract very useful.

For *secondary* symptoms, or when the constitution is affected, no better remedy can be used than the following alterative — the fluid extracts of queen's delight and mandrake.

Bubo.

In case of a bubo, or swelling in the groin, we must attempt to drive it away by applications of lead-water and ice, and cold applications. If this cannot be done, it must be poulticed to bring it to suppurate. Open it by a small puncture.

General Remark. — Nothing is more important in the treatment of gonorrhea, and the venereal disease, than absolute rest, and avoiding all spirituous liquors.

Gleet.

This is caused by a badly-managed clapp. It is a flowing of a limpid mucous from the urethra, upon making water, or at other times, without pain or scalding. The best remedies are a tea of the uva ursi, or the co-paiva pills, or nitre.

Stricture.

This, also, is caused by the clapp, especially if it has been accompanied with much inflammation, or been badly treated.

The only remedy is the introduction and wearing of a bougie, and it may be necessary to smear the bougie with caustic ointment.

Phymosis.

This is such a contraction of the skin around the head of the penis that it cannot be drawn back. In this case, warm soap and water should often be injected between the skin and head of the penis, to allay the inflammation and cleanse it. Warm flaxseed poultices and leeches may be applied, and a dose of cream of tartar taken. It is sometimes necessary to divide the stricture with the curved scissors, and to wash the wound freely and poultice it.

Paraphymosis.

This is the reverse of the former; the skin is so contracted that it will not cover the head of the penis. The same treatment as in phymosis should be employed to reduce the inflammation. Cold water, or ice and sugar of lead water, in the strength of fifteen grains of the sugar of lead to an ounce of water. It may be necessary to divide the skin on each side with a lancet.

Swelled Testicle.

In most cases this disease is induced by the mismanagement of the clapp, and is often occasioned by cold.

Treatment. — The first thing to be done is for the

patient to go to bed, and suspend the scrotum in a bag. If there is much inflammation leeches should be applied to the infected organ, sugar of lead water and ice. The patient should live low, and keep the bowels open with cream of tartar, and the fluid extract of senna, and take, at night, one of the opium pills. If there is an appearance of matter forming, the scrotum should be poulticed. If the trouble is occasioned by the sudden suppression of the clapp, warm mucilaginous injections of flaxseed and slippery elm tea should be administered.

General Diseases.

Under this head I shall class *acute* and *chronic* rheumatism, though they sometimes affect the trunk, as the membranes of the heart, and viscera, and head.

Acute rheumatism begins with a little pain, very sharp, usually some swelling of some one of the joints. The greater part of other pains subside when the patient is warm in bed, while that of *rheumatism* increases. It sometimes changes its place, as from one joint to another, and from the back to the head. There is usually a full hard pulse, white tongue, reddish urine, and a confined state of the bowels.

Leeches may be applied to the affected part, a dose of castor oil, or cream of tartar and sulphur, or the aqueous extract of senna, taken to operate upon the bowels. Then, two or three of the Dover's pills, once in three hours, may be taken. A free use of warm herb teas, barley water, or crust coffee is useful.

The *chronic* form of this disease often results from the acute, or comes on after the age of forty-five or fifty. The best remedy for this form of the disease is, the fluid extract of aconite root, as named in the domestic dispensatory. Sometimes, drinking freely of a tea made of the *mayweed*, and keeping warm in bed, will soon effect a cure. I have known mustard seed and horse radish, steeped in wine or good cider, with a few drops of the tincture of cayenne in each glass, prove an excellent remedy. The Dover's pills are also useful in the chronic, as well as in the acute form of rheumatism.

Fever and Ague.

This is generally called *intermittent fever*, because it intermits, or passes off, when the patient feels quite well. Sometimes, there is a fit every day; sometimes, every other day; and sometimes, only every third day. There is a cold, hot, and sweating stage. It generally attacks persons who are exposed to noxious exhalations from marshy districts, and, more especially, those who sleep near the ground.

Treatment. — The first medicine to be given is the emetic powder, or the cathartic fluid extract of senna. This may be followed by the tonic fluid extract of cinchona, according to the dispensatory. Finely powdered charcoal, in teaspoonful doses, is a good remedy. The *vapor bath* is an excellent remedy in this disease. The elixir vitriol, in doses of ten drops, three times a

day, in water, is useful. The diet should be light and nourishing. The mandrake fluid extract, three or four times a day, is a good remedy. If vomiting takes place, the neutralising mixture, in tablespoonful doses, every half hour, will usually stop it. The opium pill may be given at the commencement of the cold stage, and warm herb teas freely taken.

Remittent Fever.

This fever differs from the last-named in that the fever does not entirely leave the patient, with less fever than he has when the *fever is on*, as it is termed, and the fever-spells are not so regular in their return.

Treatment. — Take the emetic powder; it may be given in half a teaspoonful of warm water, at the commencement of the attack, and followed by the cathartic fluid extract of senna, of the domestic dispensatory; and this may be followed by two or three of the Dover's pills or powder, three times a day. One thing more may be properly added to the treatment, and that is, a free use of cold water, both externally and internally. This is a most comforting remedy to the patient, as a drink and applied to the skin, when hot and dry. The use of water should never be prohibited in the hot stage of any fever.

Nervous, or Typhus Fever.

Many writers have made a difference between *typhus*

and *typhoid* fever; but I shall not, as they are very similar.

This disease commences very gradually, with symptoms of lassitude, dejection, want of appetite, chills and heat; soon, a slow dull pain in the head comes on, with more or less nausea and looseness of the bowels, and pain through the back and loins. The pulse is weak and feeble, and often intermits. Nervousness, giddiness, delirium, and tenderness of the bowels, with diarrhoea, subsequently ensue.

It is occasioned by anything which weakens the powers of nature, or depresses the mind.

Treatment. — In this disease none but *mild* physic should be administered, as all drastic purges irritate and inflame the bowels, the glands of which are often the seat of this disease. The emetic powder may be given, and followed by a light dose of the aqueous fluid extract of senna. This, with occasionally a Dover's pill, when the head is not too much affected, is often all the medicine that is required. Cold applications should be made to the head, and draughts applied to the feet. The free use of cold water, when the skin is hot and dry, affords much relief. A good medicine to allay the feverish symptoms is the nitre, in doses of four or five grains, dissolved in water.

Ship Fever.

This putrid malignant disease has made sad havoc in

Boston within the last few years. Its attack is violent, manifested by fainting, severe pain in the head, hard-throbbing pulse, nausea and vomiting of black matter, offensive breath, and black, dry, cracked tongue. Soon, the pulse grows feeble, or intermits, putrid symptoms manifest themselves in the odor of the breath and stools, and the appearance of purple spots. It is supposed to be very contagious, but usually first shows itself where many persons are confined in ill-ventilated places, as in jails, ships, and over-filled hospitals

Treatment. — The emetic powder may be given at the commencement of the attack, to evacuate the stomach and bowels, and this may be followed by the cathartic fluid extract of senna. The bowels should be kept in a soluble state through the whole of the disease. Occasionally, two or three of the Dover's pills may be taken, to promote gentle perspiration, or the camphorated mixture, or the saline mixture of the domestic dispensatory. Where there are symptoms of putrefaction, a tablespoonful of yeast has an excellent effect, given once in two or three hours. It may, also, be administered by injection. The effusion, or thorough washing with cold water, has been highly recommended, when the skin is hot and dry, and should not be omitted, as it has been eminently successful in the hands of many practitioners.

Yellow Fever.

This fever, in many of its symptoms, resembles the *intermittent*; vomiting, however, distinguishes it from

most other fevers, for, though this symptom be present in many other kinds of fever, yet, in *yellow fever*, it is a most prominent symptom. This should be allayed by the remedies recommended under nausea and vomiting. Then, the only treatment which I would recommend, is, the use of cold water, as under ship fever, and a free use of the chlorate of potash, dissolved in water.

Inflammatory Fever.

This comes on suddenly, with dizziness, chills, pain in the head and loins, restlessness, great heat, thirst, hard full pulse, costiveness, red scanty urine, and many other of the characteristic symptoms of fever.

Treatment.—The stomach and bowels may be cleansed by the emetic powder, and the cathartic fluid extract of senna. After these, a free use of cold water, both externally and internally, is the proper remedy.

Scurvy.

Sailors are very liable to this disease, on account of their exposure to cold and wet, and confinement to salted provisions. One of the most prominent symptoms is the spongy, soft, livid, swollen state of the gums, so much so, that the teeth become loose or fall out. The spirits are depressed, breath offensive, and little dark-colored blisters appear, the legs swell and have a glossy whiteness, the body becomes emaciated, bleedings take

place from the nose and mouth, but the pulse is but little affected, even up to the close of life.

Treatment. — The patient must relinquish all salt provisions, so far as possible, and, as soon as he can get them, live on fruit, such as potatoes, cabbage, turnips, apples, &c. The potatoes and cabbage preserved in the form of *krout* can be usually had at sea. If vegetables cannot be had, acids, as lemon juice, cider, (good cider is an excellent remedy, and may be carried to sea,) pickles, tamarinds, pine apples, raisins and figs, should be used freely. And when these cannot be had, small doses of nitre, dissolved in vinegar and water, and sweetened, are a good remedy. Cream of tartar, a teaspoonful to a pint of water, sweetened, is very useful. The fluid extract of senna, is a good remedy. Alum-water should be applied to the gums, or the fluid extract of cinchona, or any kind of astringent tooth powder. If bleeding takes place from the bowels, small doses of alum, or sugar of lead, or the opium pill, or two of these combined, should be taken. The common soda powders are a useful remedy in this disease. Every ship going to sea should be well supplied with dried fruits and herbs. Sometimes the scurvy is met with among landsmen, but not often. The remedies are the same.

Jaundice.

This disease is caused by some obstruction of the bile. The most prominent symptoms are yellowness of the

eyes and skin, high-colored urine, and light or clay-colored stools. If it is attended with acute pain, it usually arises from a stoppage of gall stones in the gall-duct. Sometimes it is occasioned by hard drinking, and is immediately connected with an indurated, or enlarged liver. Jaundice is sometimes produced by nervous affections, and anything that renders the bowels costive.

Treatment. — The first thing is to give the emetic powder, to be followed by the cathartic fluid extract of senna, or the combination of leptandrin and podophillin, of the concentrated powders. The warm bath, or what is better, the vapor bath, is an excellent remedy. Sometimes, when there is great pain, three or four tablespoonfuls of olive oil will afford prompt relief. A teaspoonful of ether may be given; and the opium pill affords relief, when nothing else will. When the urgent symptoms are removed, the system must be invigorated by tonic or strengthening medicines, such as the fluid extract of cinchona, and the strengthening bitters, fluid extract of quassia.

Skin Diseases.

For diseases of the skin, such as pimples, eruptions, excoriations, unnatural redness, &c., known among physicians as eczema, impetigo, prurigo, &c., take glycerin one ounce, purified tar half a fluid drachm. warm this mixture, and then add enough powdered starch to make

a homogeneous paste, but not very thick. Apply a small portion morning and evening to the diseased skin. It removes the difficulty wonderfully. Or, take one part of the *oil of cade*, and two of cod liver oil, apply as above. It removes the skin difficulties very soon. With these simple applications eruptions will be cured in a few weeks which had long resisted many powerful remedies.

Arsenic and mercury are frequently employed in cutaneous diseases, both internally, as medicine, and externally as ointments or washes. But much more benefit will be derived from the above-named ointments, in this whole class of diseases of the skin.

For internal use, the *sylvatica stillingia*, or queen's root, made into a tea and freely drunk, or the extract, taken twenty drops at a dose, three times a day, will be found much safer and more efficient; or the fluid extract of the domestic dispensatory. In the debility attending these cases, take the following preparation:—compound tincture of bark two ounces, sulphate of quinine twelve grains, muriatic acid twenty drops; mix these articles, and take a teaspoonful three times a day. Another excellent remedy in old feeble constitutions, and skin diseases, is the *nitric acid*, taken in such quantity as will render the water drank agreeably sour, or, when sweetened, about as sour as good lemonade. This wonderfully invigorates the constitution. It should be taken through a quill, to prevent injury to the teeth.

Another excellent *tonic*, or strengthening medicine,

in such cases, is the *citrate of iron* and *quinine*, in five grain doses, three times a day, either made into a pill, or dissolved in syrup.

From a long experience with skin diseases, the writer has found these simple remedies very efficacious, and, hence, he can recommend them with confidence. He has known the most aggravated forms of chronic eruptions upon the head, face, and other parts of the body, wholly removed, and permanently to disappear, under the above-named treatment, without a grain of mercury or arsenic.

For *spots* on the skin, "liver spots," like patches of a light snuff color, or dark brown, looking like a dried oak leaf imprinted on the skin, see the wash for skin diseases in the Domestic Dispensatory at the end of the work.

SURGERY.

Dislocations.

These are displacements of the joints of the bones. Luxations are the same as dislocations. The sooner these bones can be replaced the easier it is done.

Dislocation of the Shoulder.

The shoulder-bone may be dislocated in various ways. Usually, it is *downwards*; rarely, *upwards*. The shoulder is the most liable to dislocation of any bone in the body, on account of the great amount of motion it possesses. *To set it.* — Put a strong bandage under the arm-pit of the injured side, and carry it over the opposite shoulder. A band or strip of cloth will answer. A strong handkerchief should then be tied round the dislocated arm, just above the elbow, and this last should be gradually drawn upon by some person, in a direction obliquely downwards and outwards, the body being kept fixed by assistants, drawing the first belt in an opposite direction. After keeping up this extension for a time, the operator must push the head of the bone into its place.

Dislocation of the Elbow.

The bones of the fore-arm may be dislocated in almost any direction. A protuberance will be observed on the side of the arm to which the bone is pushed. See if the patient can *bend* the arm; compare it with the other elbow. Remedied by assistants pulling in opposite directions, while the operator puts the bones into their proper place.

Luxations of the wrist and fingers are to be reduced in the same manner.

Dislocation of the Thigh.

When the femur is dislocated *forward* and *downward*, the knee and foot are turned *out*, and the leg is longer than the other; when it is displaced *backward*, it is usually pushed *upwards* at the same time, by which the limb is shortened, and the foot turned *inwards*. When the bone is displaced *forwards*, and *downwards*, the patient must be laid upon the back, and *fastened* there. Extension must be made by slings fixed about the thigh, a little above the knee. While this extension is being made, the operator must push the head of the bone *outward*, till it enters the socket. If the dislocation be *outward*, the patient must be laid upon the *face*, and, during the extension, the head of the bone must be pushed *inward*.

Dislocation of the Lower Jaw.

Put the thumbs into the mouth, upon the back ends of the bone, and the fingers under the jaw, and lift it up, pulling it forward, depressing the back ends with the thumbs. It will go in with a snap.

Sprains, Stretchings or Twistings of the Joints.

Worse than broken bones; can't keep them still. Rest, splints, warm fomentations, subdue inflammation.

Dislocation of the Patella, or Knee-Pan.

This bone may be thrown from its place either *sidewise* or *upwards*. If *upwards*, the ligament will be broken, and

the bone found several inches *above*, among the muscles of the thigh. Sight and touch reveal the nature of this dislocation. If the dislocation is made *sidewise*, the limb must be firmly extended, and pressure made upon the protruding edge — the bone immediately regains its former position. When the dislocation is *upwards*, it is to be treated as a transverse fracture of the bone, of which I will speak.

Dislocation of the Knee-Joint.

The principal bone below the knee, the *tibia*, may be partially dislocated, either *inwards*, *outwards* or *backwards*. In each case, it is obvious to the sight. This dislocation occurs but rarely. Extension must be made *upwards*, by the thigh, and *downwards*, by the leg, while the operator replaces the bone by pressure with the hand.

Dislocation of the Ankle.

A dislocation of this joint may take place either *inwards*, *outwards* or *forwards*. If it be *inwards*, or *outwards*, it may be readily ascertained by the inclination of the foot, and by the unnatural protuberance on one side, and deficiency on the other. When the end of the *tibia* or *fibula* — the two bones of the leg — is forced forward on the foot, the instep will be shortened, and the heel will form an unnatural projection. The bone must be replaced by extension, made in the same manner as in dislocation of the knee.

In dislocations of the thumbs, fingers, and toes, the bones are to be replaced by making extension, and, at the same time, gently bending the joint, and applying pressure with the thumb upon the end of the dislocated bone.

Fractures, or Broken Bones.

In fractures, the patient should be dieted, and an antiphlogistic treatment pursued. He should be kept dry and clean. The dressings should be applied anew as often as every three days, and oftener, should they become loose; and the lint moistened with some cooling lotion, as acetate of lead, or acetic acid and water.

In *Fracture* of the bones of the *Nose*, they may be raised to their place by means of a quill, or some other instrument, introduced by the nostril, and, usually, they will retain their position without further aid.

In *Fracture* of the *Lower Jaw*, the injury is obvious to the sight. All that is necessary is accurately to replace the parts, and keep them firm by an assistant, till the surgeon places a thick pad of lint over the seat of the fracture, and a bandage, by means of which the jaw may be firmly held *upwards* and backwards. The best way to do this, is to make a bag or purse to receive the chin, with four tapes, or ends, attached to it; the two inferior of which are tied over the top of the head, and the two superior are carried back of the head. The patient must be preserved quiet, and must not attempt to use his jaws in masticating his food.

In *Fracture* of the *Clavicle*, or *Collar-Bone*, the fracture may be known by tracing the clavicle with the fingers until one of the fractured ends is found to project over the other; and, upon moving it, a crackling noise of the bones will be perceived. In treating this fracture, the arms and shoulders of the patient are to be firmly drawn backwards by an assistant, when the fractured ends immediately come in apposition. The part must now be covered with a thick adhe-

sive plaster, and a bandage applied to retain the bones in their place. It should be a long bandage, and, commencing with it on the part injured, it should be carried under the arm-pit, across the back, and over the other shoulder; then under the arm-pit of that side, and back over the injured shoulder, thus describing on the back the figure 8. The turns should be repeated two or three times, and be tightly drawn; and the arm should then be supported with a sling.

In *Fracture of the Ribs*, the chief diagnostic mark is the crackling or grating of the bones, which may be both distinctly felt and heard, upon the patient's coughing, or making a deep inspiration, and by a sharp pain in the part at the same time. The principal attention of the surgeon is to be given to the general symptoms. Depletion may be necessary, and such means as are usually demanded to subdue or ward off inflammation. All stimulants must be avoided. An adhesive plaster should be applied over the fracture, and a broad bandage made to encircle the body.

The *Fracture of the Arm* between the shoulder and elbow is simple, and readily recognised. In order to bring the fractured extremities into their place, a slight extension should be made, while the elbow is bent at a right angle. The arm should then be encircled with a piece of soft flannel, and two splints applied, one on the inside, the other on the outside of the arm. They may be made of paste-board, or thin slips of wood, an inch and a half broad, and to extend the whole length of the bone, and bound on with a bandage. The fore-arm should be suspended with a bandage from the neck, in such a manner that the wrist may be more supported than the elbow, so that the weight of the arm counteracting the contraction of the muscles, may serve to keep the ends of the bone in their proper

place. The bones should be thus retained for two weeks, when they will usually be found united.

A *Fracture* of the *Elbow* may be readily known, as a piece of the bone will be found drawn upward. It is to be replaced, and confined by a bandage, rolled round the limb, making pressure upon the protruding edge. The arm should be kept nearly straight, by a splint bound upon the inner side, and extending nearly to the hand and shoulder. By persevering in this treatment, the knob of bone forming the elbow will be joined to the arm, from which it had been broken.

In *Fracture* of the bones of the *Fore-Arm*, the course of the bones from the elbow to the wrist should be traced with the fingers, and the limb should be compared with the other. Also, a crackling or grating of the bones against each other will be heard. The same treatment is required as in fracture of the arm between the shoulder and the elbow. The splints should be laid, one on the inside and the other on the outside of the arm, so as to compress both bones at the same time; the one on the inside should reach to the palm of the hand, by means of which the wrist will be kept steady, and the bones prevented from rolling on each other. They may be confined by a bandage rolled round the limb, and the arm worn in a sling. The splints should be loosened every day, and the arm bathed in cold water, or salt and vinegar.

THE
DOMESTIC DISPENSATORY,
DESIGNED TO ACCOMPANY THE
SHIP AND SHORE PHYSICIAN.

[The greater part of those medicines recommended in the *addition* by the compiler, in the former part of this work, "The Primitive Physic," when the manner of *preparing* the medicine was there given, are omitted in this dispensatory.]

Great improvements have recently taken place in the manufacture and compounding of medicine, rendering obsolete almost all the preparations formerly made in the domestic dispensaries. These improvements will be introduced in this little work.

Fluid Extracts.

This is an excellent way of preparing many medicines, as it renders them *compact*, the necessary dose small, and they will keep good for any length of time. Henry Thayer & Co. put them up in excellent style, at Cambridgeport, near Boston, and the author is permitted to make the following selection from their catalogue, as these "Extracts" are largely referred to in the "Ship and Shore Physician."

ACONITE ROOT. Used as an external application to deaden the pain of neuralgia, rheumatism, gout, &c. In-

ternally should be administered with *extreme caution*.
Dose — Three or four drops, diluted.

ARNICA FLOWERS. A valuable embrocation, possessing great efficacy in relieving pain.

BELLADONNA. Useful in neuralgia, fits, &c. *Dose* — Ten to twenty drops, cautiously increased.

BLACKBERRY ROOT. Astringent and tonic, much used in the bowel complaints of children. *Dose* — Thirty drops to one teaspoonful.

BLOODROOT. Emetic, stimulant, diaphoretic. Used as an addition to pulmonary compounds; or alone, in dyspepsia, or as an alterative. *Dose* — Six to ten drops, diluted.

BLUE FLAG. Cathartic, alterative, anthelmintic. An excellent remedy in humors and all diseases of the skin. *Dose* — Ten drops to one teaspoonful.

BOXWOOD BARK. Tonic and stimulant. Useful in debility from uterine complaints. *Dose* — Fifteen drops to one teaspoonful.

BUCHU. Used chiefly in complaints of the urinary organs, especially in chronic cases. *Dose* — Thirty drops to one teaspoonful.

BUGLE-WEED. Mildly narcotic, tonic. Useful in pulmonary diseases, and all kinds of debility. *Dose* — Thirty drops to one teaspoonful.

BUTTERNUT BARK. A gentle laxative, operates without producing debilitating effects; a good alterative. *Dose* — One to three teaspoonfuls.

CAYENNE. Powerfully stimulant. Very useful as an addition to irritating liniments. *Dose* — Five to ten drops, diluted.

CHERRY BARK. Tonic and sedative. A favorite remedy in pulmonary diseases. *Dose* — One to two teaspoonfuls.

CHERRY BARK COMP. For pulmonary affections. A compound of cherry bark, blood root, ipecac, and opium. Has been successfully prescribed heretofore in this vicinity, under the name of *cherry mixture*. *Dose* — Thirty drops to one teaspoonful. This is a very valuable medicine in coughs, colds, and the whole class of lung diseases.

CINCHONA, from Quill Bark. *Dose* — Fifteen drops to one teaspoonful.

CINCHONA RUBRA. *Dose* — As last.

CINCHONA CALISAYA. *Dose* — As last.

CINCHONA COMP. Formula like Tr. Cincho. Comp. *Dose* — As last.

COLUMBO ROOT. A valuable tonic. *Dose* — Fifteen drops to one teaspoonful.

CONIUM. A good remedy in neuralgia, and stomach complaints. *Dose* — Five to twenty drops, cautiously increased.

CRANESBILL. Astringent, of the same class as hardhack, oak bark, and blackberry. *Dose* — Thirty drops to one teaspoonful.

CUBEBS. Useful in diseases of the mucous membranes. This preparation sometimes deposits crystals of cubebin, and in such case requires to be shaken. *Dose* — Fifteen drops to one teaspoonful, diluted.

CUBEBS ETHEREAL. The oleo-resinous extract. *Dose* — Four to twenty drops.

CULVER'S ROOT, *Leptandra*. Laxative, with specific action on the liver. Useful in cases accompanied with torpidity of that organ. *Dose* — Fifteen to twenty drops.

DIGITALIS, or FOX-GLOVE. Narcotic, Sedative, Diuretic. Has peculiar cumulative effects, and should be cautiously administered. *Dose* — Five to ten drops.

GENTIAN. A well known bitter Tonic of great value. *Dose* — Thirty drops to one teaspoonful.

GENTIAN COMPOUND. Used as "Stoughton's Elixir." *Dose* — Thirty drops to one teaspoonful.

GINGER. (Jamaica.) Tonic, Stimulent, Carminative. Useful in exhaustion, weariness, gastric distress, flatulency, colic. *Dose* — Fifteen drops to one teaspoonful, diluted.

HARDHACK. A vegetable astringent, applicable for same purposes as Gums, Kino and Catechu. *Dose* — Thirty drops to one teaspoonful.

HENBANE, *Hyosciamus*. Narcotic. Good for nervous complaints. *Dose*—Ten to twenty drops.

HOPS, *Humulus*. Tonic and Sedative. This preparation contains the Lupulin, Bitter Extractive, and Essential Oil of the original material. *Dose* — Fifteen drops to one teaspoonful, diluted.

HOREHOUND, *Marrubium*. Tonic, Aperient. A useful remedy in coughs, colds, &c. *Dose*—One teaspoonful.

MANDRAKE, *Podophyllum*. A drastic Cathartic. In small doses, alterative. A useful addition to Butternut, Dandelion, &c. *Dose* — One-half to one teaspoonful; as alterative, five to ten drops.

MATICO. An excellent Tonic, with marked effect to increase the appetite and promote digestion. *Dose* — Thirty drops to one teaspoonful.

OAK BARK. *Quercus Alba*. Astringent, useful in bowel complaints. Diluted with soft water, forms an excellent astringent gargle, lotion or injection. *Dose* — Fifteen drops to one teaspoonful.

OPIUM, AQUEOUS. A preparation of Opium, which produces less cerebral distress and excitement than the alcoholic preparation, with little tendency to produce constipation. *Dose* — Ten to forty drops.

ORRIS ROOT, *Iris Flor.* This extract is a delightful addition to perfumes for the handkerchief, Colognes, Ointments, &c.

PAREIRA BRAVA, *Pareira.* For diseases of the urinary passages. *Dose*—Thirty drops to one teaspoonful.

PEPPERMINT, *Mentha Piperita.* Stimulant, Carminative. Used as the "Essence of Peppermint."

PINKROOT AND SENNA. A valuable officinal vermifuge. *Dose* — One to two teaspoonfuls.

PIPSISSEWA, Wintergreen, Princess Pine, *Chimaphila.* Tonic, Diuretic, lessens irritation of the bladder and kidneys. *Dose* — Thirty drops to one teaspoonful.

PLUERISY ROOT. Useful in low stages of Fever, Pneumonia, Pleurisy, Dropsy, &c. *Dose* — One teaspoonful.

PRICKLY ASH, *Xanthoxylum.* Stimulant, Tonic, Alterative. *Dose* — Ten to twenty drops.

QUASSIA. A bitter Tonic without astringency, particularly adapted to feeble states of the digestive organs. *Dose* Fifteen drops to one teaspoonful.

QUEEN'S-ROOT, *Stillingia.* *Dose* — Thirty drops to one teaspoonful. One of the best alteratives, and very useful in diseases of the skin.

RHATANY, *Krameria.* Powerfully astringent. Useful in diarrhœa, passive hemorrhages, leucorrhœa, &c. Also, when diluted, as a local application. *Dose* — Fifteen to thirty drops.

RHUBARB, India. *Dose* — For adults, one to two teaspoonfuls.

RHUBARB, Turkey. *Dose* — as last.

RHUBARB AND SENNA. An excellent combination, and will be found a valuable cathartic in all cases where such a medicine is required. *Dose*—One to two teaspoonfuls.

SCULLCAP, *Scutellaria*. A valuable Nervine. Used like Valerian, Hops, &c., for its sedative properties. *Dose* Thirty drops to one teaspoonful.

SENNA, AQUEOUS. From the cold Infusion. Aqueous Extract of Senna is agreeable to the taste, operates in a small dose, and in its action is as mild as Castor Oil. It may be given alone, or mixed with tea, coffee, syrup, &c. *Dose*—One to three teaspoonfuls, repeated if required.

SENNA AND JALAP. A combination forming a strong drastic cathartic. *Dose*—One to two teaspoonfuls.

SNAKEROOT. A stimulant Tonic, useful in low stages of disease. *Dose*—Fifteen to thirty drops.

STRAMMONIUM, or THORN APPLE. From the leaves. Narcotic; in large doses, poisonous. Useful in Epilepsy, and other nervous diseases. *Dose*—Four to six drops, cautiously increased.

THOROUGHWORT, *Eupatorium*. Diaphoretic, Aperient. A favorite remedy in colds accompanied with febrile symptoms. *Dose*—One to two teaspoonfuls, in hot water.

UVA URSI. It has been used with success in chronic affections of the bladder. In this form the patient is more sure of receiving the full effect of the remedy than where the domestic infusion is used. *Dose*—Thirty drops to one teaspoonful.

VALERIAN. Nervine. A popular remedy, promoting sleep, relieving pain, allaying the distress of Neuralgia, &c. *Dose*—One teaspoonful.

Concentrated Powders.

The great convenience of these medicines, is the small doses which are required, and the little room they occupy. The following, are chiefly in the form of powders.

1. **APOCYNIN**—common name, dog's bane, bitter root, &c.

It is alterative, tonic, aperient, and diuretic. Used in dropsy, dyspepsia, upon recovering from fevers, and in dysentery. The dose is from one to four grains, three times a day.

2. **ASCLEPIN** — common names, pleurisy root, white root; botanical name, *asclepias tuberosa*. It is diaphoretic, diuretic, tonic, and is used in pleurisy, inflammation of the lungs, rheumatism, catarrh, consumption, flatulence, indigestion, and in measles, scarlet fever, and small-pox. The dose is from two to four grains.

3. **CAPSICIN**—made from the cayenne pepper. It is one of the purest, best and most powerful stimulants, to be taken for pain in the stomach, dyspepsia, lethargy, palsy, scarlet fever. One drachm of the oil to an ounce of alcohol, makes an excellent liniment, to be applied in rheumatism, paralysis, sciatica, neuralgia, &c. The dose internally, is from one to two drops, in sugar and hot water.

4. **CYPRIPEDIN** — ladies' slipper, nerve-root. It prevents spasms, is nervine, tonic, and slightly narcotic. In cases where opium cannot be taken, this is a good substitute. Dose, from two to four grains.

5. **EUONIMIN**—burning bush, waahoo. It is tonic, laxative, alterative, and expectorant. Used in dyspepsia, torpid liver, constipation, and dropsy. Dose, from one to three grains, three times a day.

6. **EUPATORIN**—queen of the meadow, gravel-root. It is diuretic, tonic, stimulant and astringent. Useful in stranguary, dropsy, bloody urine, gravel, gout, and in all urinary disorders. Dose, two to four grains.

7. **GELSEMIN** — common names, yellow Jessamine, woodbine,—febrifuge, anti spasmodic, and narcotic,—used

in all fevers, acute and chronic rheumatism, pleurisy, and inflammation of the lungs, &c. The dose is from one-half a grain to one grain. The concentrated tincture is as good as the powder, and the dose is from five to thirty drops, in a wine-glass full of water.

8. GERANIN--botanical name, *geranium maculatum*—common names, crane's bill, crow foot, &c. It is a powerful astringent, used in diarrhea, dysentery, spitting blood, ulcers, sore mouth, gleet, the whites, excessive flow of urine, &c. Dose, from one to three grains.

9. HELONIN—false unicorn root—it is tonic and diuretic. It is very valuable in uterine complaints. Dose, from three to six grains.

10. HYDRASTINE—common names, golden seal, golden root. It is an excellent tonic and strengthening medicine, but little, if any inferior to the quinine, and may be used in all cases where a tonic is necessary. Dose, from one to two grains.

11. LEPTANDRIN—common names, black root, Culver's Physic, &c. It is alterative, laxative, and tonic, combined with equal parts of the podophillin, and taken in ginger tea, it is the best alterative in jaundice, dyspepsia, and all obstructions of the stomach and digestive apparatus. Dose, from two to four grains.

12. LOBELIN—*lobelia inflata*. It is emetic, diaphoretic, and expectorant. It is used in fevers, croup, asthma, hernia, and uterine rigidity. Dose, from one to two grains. For an emetic, the wine or tincture of Lobelia is the best preparation, to be given in teaspoonful doses, till the desired effect is produced.

13. MACROTIN—black cohosh, squaw root—anti-spasmodic, narcotic, emenagogue, &c., used in uterine dis-

eases, leucorrhea, dysmenorrhea, sterility, hysteria, chorea, and as a parturient, and in neuralgia, asthma, delirium tremens, and gonorrhea. Dose, from one to three grains, from three to six times a day.

14. MYRICIN—babery—astrigent, stimulant, and alterative. It is used in scrofula, dysentery, diarrhea, mixed with two grains of leptandrin. The dose, is from two to four grains twice a day.

15. PODOPHILLIN—May apple, mandrake—alterative and cathartic. As an alterative, from one-fourth to one-half a grain, and from two to four grains, as an active cathartic. It is best, as already stated under Leptandrin, to combine it with equal parts of that. In this way, it is one of the best alteratives, answering all the purposes of mercury without its injurious effects. It is an excellent remedy for the round worms, and for pin-worms in children.

16. PHYTOLACIN—garget, poke-root. It is alterative, narcotic, and emetic. It is a good remedy in chronic rheumatism. Dose, from one to three grains. The juice of the berries may be taken in teaspoonful doses.

17. RHUSIN—common names, sumach, upland sumach—tonic, astrigent, and antiseptic. It is very useful in dysentery, diarrhea, fevers, leucorrhea, and especially in chronic diarrhea, occurring in consumptive patients. Dose, from one to two grains.

18. SANGUINARIN—common name, blood root—a very valuable medicine. Used in diseases of the chest, influenza, rheumatism, diseases of the liver, cramp, and as a caustic. Dose, from one to three grains.

19. SCUTELARIN — scull-cap. It is anti-spasmodic, nervine, and tonic. In many cases it will succeed much better than the preparations of opium, especially is this the

case, with children. It is a valuable remedy in nervous excitement, chorea, neuralgia, convulsions, restlessness, and wakefulness. Dose, from two to four grains.

20. **STILLINGIN**—common name, queen's delight. In dyspepsia, and old broken down constitutions from disease and the imprudent use of mercury, it is one of the best remedies known. It relieves the constitution of all old standing impurities, whether arising from syphilis, the itch, Jackson itch, poisons, &c, and cures all kinds of pimples and eruptions upon the skin. It should be continued in small doses for some time. Dose of the stillingin powder from two to four grains; of the fluid extract, from twenty to thirty drops, three times a day.

21. **VIBURIN**—high cranberry, cramp bark. It is very useful in hysteria, asthma, cramp of the limbs or stomach, convulsions, &c. Dose, from one to three grains.

22. **ZANTHOXYLIN**—common name, prickly ash. It is stimulant and alterative—used with great benefit in rheumatism, colic, dyspepsia, derangements of the liver. Dose, from one to three grains.

Acids.

23. **AROMATIC SULPHURIC ACID**—Very strengthening dose, sufficient to make a tumbler of water a little sour, or ten drops at a time.

24. **NITRIC ACID**—Tonic—useful in weak constitutions. Dose—of the diluted, ten drops, or sufficient to sour a gill of water, taken two or three times a day.

Balsam.

25. **PULMONARY BALSAM**—Take syrup tolu, one ounce, wine of squills. one ounce, and paragoric half an ounce mix. Valuable in common cough or colds.

26. ANOTHER FOR THE SAME — Spikenard root, one ounce ; elecampane root, one ounce ; comfrey root, one ounce ; Blood root, one ounce ; Horehound, of the tops, a handful. Mix these and boil them in a quart of water—pour off the decoction, add half a pint of spirits, and white sugar, a pound, boil again ; let it stand twenty-four hours, then bottle it. Dose—a wineglassful three or four times a day.

27. ANODYNE BALSAM—Take of white Spanish soap, one ounce ; opium, unprepared, two drachms ; rectified spirit of wine, nine ounces. Digest them together in a gentle heat for three days, then strain off the liquor, and add to it three drachms of camphor. This balsam is intended to ease pain. It is of service in violent strains and rheumatic complaints, when not attended with inflammation. It must be rubbed with a warm hand on the part affected, or a linen rag moistened with it may be applied to the part, and renewed every third or fourth hour, till the pain abates. If the opium is left out, this will be the *Saponaceous Balsam*.

28. PERUVIAN BALSAM, or Hair Tonic.—Take prepared lard, two drachms ; white wax, one and a half ounces : melt these together. Then add Peruvian Balsam, two drachms, and oil of lavender, twelve drops. This Balsam is useful for the hair.

Bitters.

Bitters are often useful as tonics.

29. QUININE—Dissolve twenty-four grains in a drachm of alcohol, then add three ounces of simple, or orange-peel syrup. Dose—one teaspoonful three times a day, to give an appetite. But a better preparation is the citrate of iron and quinine, as follows : *Ferocitrate* and *Quinia*, one drachm dissolved in proof spirits, and add an ounce and a

half of orange-peel syrup. Dose—a teaspoonful. See its use in the Physician. This is the best way to take iron and quinine.

30. RED CENTAURY—Put an ounce dried into a pint of good spirit—let it stand eight days. Dose—a teaspoonful or two in a wine-glass of water ; tonic and good for females in suppressed menses.

31. COLUMBO BITTERS—Take of Columbo bruised, one ounce ; boiling water, one pint. Dose—a large wine-glassful every two or three hours. This is very useful in weak stomach and bowels.

32. Dutch Bitters.

Gentian	240 grains.
Orange Peel	240 “
Cinnamon	70 “
Calamus	70 “
Birch Root	30 “
Coriander	180 “

Reduce all of the ingredients to powder, macerate them eight days in good gin, and then add four ounces of simple syrup and three ounces of sugar. These bitters are useful in many cases of indigestion and loss of appetite.

Boluses.

33. ASTRINGENT BOLUS—Take of alum in powder, fifteen grains ; gum kino, five grains ; syrup, a sufficient quantity to make a bolus. In an excessive flow of the menses, and other violent discharges of blood, proceeding from relaxation, this bolus may be given every four or five hours, till the discharge abates.

34. DIAPHORETIC BOLUS.—Take of gum guaiacum, in powder, ten grains; flowers of sulphur and cream of tartar, of each one scruple, simple syrup, a sufficient quantity. In rheumatic complaints, and disorders of the skin, this bolus may be taken twice a day. It will be of service in the inflammatory quinsy.

Caustics or Escharotics.

These are applied to fungous flesh, sometimes called *proud flesh*.

35. LUNAR CAUSTIC.—This is nitrate of silver, commonly called *Lunar Caustic*. It is applied in the form of the stick, or by a solution of a certain number of grains to an ounce of water.

36. CAUSTIC POTASH. This can be obtained at the shops. It is a powerful escharotic, and should be cautiously used. It must be kept in closely corked bottles. If allowed to come to the air, it deliquesces, and it may be used in this liquid state upon warts, or fungous flesh, or small wens, by dipping a small glass or iron spatula in it, and applying it, carefully confining it to the affected part. A milder article to be used in the treatment of fistulas and indolent ulcers, may be made by boiling hickory or oak ashes, till it makes a strong ley. It must be preserved in closed vessels. It is a very valuable caustic for common use.

37. BLOOD ROOT.—Applied in fine powder, or the extract either dry, or fluid, is often a useful caustic, applied to old ulcers or “proud flesh.”

38. WHITE VITRIOL.—A small quantity applied answers the same purpose.

39. RED PRECIPITATE.—This is a mercurial preparation, and is often useful in old indolent ulcers. A small quantity of the powder may be strewed over the sore.

Clysters, or Injections.

40. LAXATIVE CLYSTER.—Take of milk and water each, six ounces ; sweet oil, or fresh butter and brown sugar, of each, two ounces—mix them. If an ounce of Glaubers' salt, or two table-spoonfuls of common salt, be added to this, it will be the *Purging* Clyster.

41. CARMINATIVE CLYSTER.—Take of camomile flowers an ounce ; anise-seed, half an ounce. Boil in a pint and a half of water to one pint.

42. STARCH CLYSTER.—Take jelly of starch, four ounces, linseed oil, half an ounce. Liquefy the jelly over a gentle fire, and then mix in the oil. In the dysentery, or bloody flux, this clyster may be given, to heal the ulcerated intestines. Forty or fifty drops of laudanum may be added, in which case, it will generally supply the place of the *Astringent* Clyster.

43. STIMULATING CLYSTER.—Lobelia, one drachm ; inner bark of large hemlock, half an ounce ; cayenne pepper, one drachm. Make a tea, and use half a pint as a clyster, in colic, costiveness, or strangulated hernia.

44. TOBACCO CLYSTER. — Tobacco one drachm, warm water one pint ; infuse for twenty or thirty minutes ; this is used in strangulated hernia or rupture.

45. LIME WATER CLYSTER.—Common lime water, not too strong for the mouth. This is used to destroy the ascarides, or "pin worm in children." Many other clysters are used for this purpose, such as salt and water, soot and water, &c. But the lime water is the best.

Drops.

46. ANODYNE.—Take of the extracts of opium, of belladonna, and of stramonium, each *one part* ; of distilled cherry

laurel water, *twelve parts*—Dissolve and filter. Though this is an extemporaneous preparation, yet, if kept cool, it will be preserved for a long time. In cases of *ear-ache*, and *facial neuralgia*, from four to ten drops put into the ear, and kept in with a little cotton, and the head inclined to the side opposite to the seat of the pain, or, the ear into which the anodyne is dropped, the most prompt relief is obtained.

47. DIURETIC.—Sweet spirits of Nitre, two ounces.

Oil of Almonds, two ounces.

Balsam Copaiva, one ounce.

Spirits of Turpentine, one ounce.

Mix these, and add thirty grains of camphor. Dose—from one-half to a teaspoonful, given in mucilage of slippery elm or gum Arabic. Useful in scalding of the urine, inflammation of the bladder, kidneys, &c.

48. EYE DROPS, for virulent apthalmia. Take nitrate of silver grains, eight, vinous tincture of opium, two drachms, pure water, two ounces. Make a wash—five or six drops to be put into the eye three or four times a day. It effectually destroys the poison, and saves the eye.

Gargles.

These are certain liquids designed for washing the throat and mouth to produce a stimulating or detergent effect. They are often very useful.

49. GARGLE FOR SORE THROAT, FROM SECONDARY SYPHILIS.—Decoction of hemlock, three and a half ounces; corrosive sublimate, from one-half to three and a half grains. Apply often.

50. GARGLE FOR INFLAMMATION OF THE THROAT.—Take sage, one ounce; hyssop, one ounce; mix, and

pour upon them a quart of boiling water ; let it stand half an hour ; strain, and add one drachm of finely powdered borax. This is useful for canker and for any acute inflammation. Use it several times a day.

51. FOR COMMON SORE MOUTH AND THROAT.—Put a pint of hot water to two drachms of chlorate of potash ; when cold, gargle often with it.

52. FOR ULCERATED SORE THROAT.—Take creosote, thirty-two drops, syrup of gum Arabic, two ounces, water four ounces—one gill. Gargle the throat often.

Mixtures.

Mixtures are often convenient for giving medicine in a liquid form.

53. NEUTRALIZING, OR RHEUBARB AND SODA MIXTURE.—Take rhubarb and soda, or salæratuſ, equal parts, one teaspoonful ; peppermint leaves pulverized, two teaspoonfuls. Put half a pint of boiling water to this powdered compound ; sweeten with sugar, and add half a wine-glassful of brandy. Doſe—a table ſpoonful, often. This is a valuable mixture for ſour ſtomach, diarrhœa, cholera-morbuſ, &c.

54. MIXTURES FOR SPASMS.—Take camphor and ſpirits, four ounces ; eſſence of peppermint, four ounces ; tincture of cayenne, one drachm ; ſyrup of ginger, three drachms. Mix, and take a table ſpoonful often ; if for threatened cholera, every half hour.

55. NERVOUS MIXTURE.—Liquid carbonate of ammonia, half a drachm ; diſtilled mint water, one and a half ounces ; compound tincture of cardamon, half an ounce.

Mix these, and take two table spoonfuls three times a day, for faintings, debility, and nervous weakness.

56. WHITE MIXTURE.—Make an emulsion of gum-ammoniac, four ounces; syrup of tolu, syrup of squills, wine of antimony and paragoric, equal parts, one drachm. Mix, and take a table spoonful night and morning. This has long been a celebrated mixture for cough.

57. Liniments, or Ointments.

Take veratria, seven grains; dissolve it in a few drops of spirits; then mix it with one ounce of lard. Rub a piece of the size of a pea or two, upon a commencing white swelling—rub it for an hour each day. It is often of more value than all other treatment.

58. RHEUMATIC LINIMENT.—Spirits of camphor, tincture of aconite, and spirits of turpentine, equal parts—mix, and apply.

59. FOR THE SAME.—Cayenne, three drachms, powdered camphor, one drachm; soap, three ounces; new rum, half a pint—simmer together, and apply.

60. OINTMENT FOR A FEELING LIKE ANTS CRAWLING.—Take iodide of potassa, half a drachm; simple cerate, four ounces. Make and apply it. Simple cerate is made of one part spermaceti; two parts white wax; and one part olive oil. It cures this very troublesome complaint, called by the doctors, *Prurigo Formicans*.

61. MIXTURE PHYSICAL.—Sulphate of magnesia, one ounce; nitrate of potash, twenty grains; sulphate of iron, one and a half grains, dissolved in a pint and a half of water. This physic is to be taken in three parts, upon an

empty stomach in the morning, at intervals of half an hour. A cup of tea is then to be taken. This is the best remedy known for the *gout*, and when succeeded by the following, rarely fails to cure: three ounces of the juice of the field chicory, (succory,) with an ounce of the syrup of wild strawberry, also, upon an empty stomach.

Pills.

This is a good way to give some medicines, as a pill will be more likely to be retained than a liquid in nausea and vomiting; and it, also, conceals the unpleasant smell and taste of some medicines. A pill does not act so soon as liquid medicine.

62. PILL OF MERCURY AND OPIUM. — Take calomel, half a drachm, opium and tartar emetic, each five grains; crumbs of bread a small quantity; syrup, or mucilage enough to form a mass, make it into twenty pills, one pill may be taken night and morning in derangement of the liver.

63. COPAIVA PILL. — Take one ounce of copaiva, magnesia half a drachm. Mix and set the mixture aside till it forms into a pilular mass, which may be divided into one hundred pills. From two to six of these may be taken at a dose in all cases where a full dose of this medicine is needed.

64. PILL COMPOUND CATHARTIC. — Take compound Extract of Colocynth one quarter of an ounce, Extract of Jalap and Calomel, each, one drachm and a half, Gamboge in powder, one scruple. Mix them together, and with water form a mass. Divide it into ninety pills. Dose, from two to three as a purgative.

65. CROTON OIL PILL. — Mix one drop of Croton oil

with crumb of bread, or conserve of roses. Take one, or two, in stoppage, obstinate costiveness, or when any brisk or active physic is necessary. It operates thoroughly.

66. OPIUM PILL.—Take half a grain of Powdered opium for a pill: make it up with crumb of bread, or conserve of roses, or gum Arabic, one or more may be taken, as the case requires.

67. IPECAC AND OPIUM PILL.—Take one grain of Powdered Ipecac, half a grain of Powdered opium and make it into a pill, with liquorice. Take from one to two, as they may be needed. They are valuable in diarrhœa, or dysentery; or any weakness of the bowels.

68. PILL FOR HEMORRHAGE, OR FLOODING.—Take sugar of lead six grains, powdered opium, three grains, syrup sufficient to form a mass. Make into six pills, one every hour till the bleeding stops.

69. CREOSOTE PILL.—Take three drops of Creosote, mix with liquorice enough to make a mass, and divide into three pills. One to be taken every hour for colic, or nausea and vomiting.

70. HEPATIC PILL.—Take extract of dandelion, powdered mandrake and blood root, of each equal parts, to form a mass, add a few drops of peppermint, and make into four grain pills. Take three at night and morning. This is very useful in disease of the liver, and in all derangements and torpidity of that organ.

71. NERVOUS, OR NEURALGIC PILL.—Take assa-fœtida half an ounce, opium half an ounce, carbonate of ammonia half an ounce. Dissolve by beating the medicine, make into four grain pills; take one or two for hysterics, and all nervous complaints.

72. ANOTHER FOR THE SAME.—Take sulphate of

zinc, powdered valerian and extract of Hyosciamus, of each, twelve grains, and make into twelve pills. Dose, one or two, a day. Considered one of the best remedies for neuralgia. I have the Recipe from Dr. H. G. Barrows of Boston.

73. PILL OF DOVER POWDER. — Make the Powder into four grain pills. Dose, two or three. These answer the same purpose as the Powders, and are for the convenience of those who prefer a *pill* to a *powder*.

74. DEOBSTRUENT PILL, or for obstructed menstruation, take salts of steel, aloes, myrrh, ergot, equal parts, all powdered, one drachm — mix; make 50 pills — take two morning and evening.

75. STOMACH PILL. — Take extract of Gentian two drachms, powdered rhubarb and vitriolated tartar, of each one drachm, oil of mint thirty drops, simple syrup sufficient, make into four grain pills. Take three or four night and morning, to strengthen the stomach.

76. COMMON PHYSIC PILL. — Take powdered compound extract of Colocynth one drachm; best Turkey Rhubarb one drachm, and simple syrup to make forty eight pills. Dose, two, at 4 o'clock, P. M. daily, as the most convenient Physic.

77. PILL FOR GLEET. — Take extract of nux vomica twelve grains, Sulphate of Quinine and extract of Hyosciamus, equal parts, twenty four grains. Mix, make pills twenty four. Dose, one three times a day.

For Poison.

78. If by opium, take extract of belladonna, eight grains; water, two ounces. Mix — give it in teaspoonful doses

every few minutes. Or, as soon as taken, give mustard, or the emetic powder; sulphate of zinc, five grains, or thirty grains of Ipecac, or a table spoonful of tincture of lobelia. After vomiting, give brandy and strong coffee, and keep the patient awake by walking, shaking or whipping him.

79. If by *Strychnine*, give sweet oil as much as can be got down. Or, give camphor freely internally, and apply mustard externally.

80. BY CORROSIVE SUBLIMATE.—Drink salærated water; or, take magnesia—use the whites of eggs freely.

81. FOR ARSENIC.—The same treatment as for Corrosive Sublimate. Or, a drink composed of equal parts of lime-water, and sugar and water may be freely given.

In cases of arsenic, an emetic should be immediately given; it may be six grains of sulphate of zinc, or a spoonful of the emetic powder, or a table spoonful of mustard in half a pint of water, or thirty grains of Ipecac. The application of tobacco leaves to the stomach externally, or infusion of it by clyster, or by swallowing a small quantity of the liquid will assist the operation of the emetic.

The same treatment as that for corrosive sublimate, or arsenic, may be used for poisoning by any other metallic salt.

82. FOR THE POISON OF A MOSCHETOE BITE.—Apply oil, or vinegar, lime-juice, or spirits of camphor, or camphor mixture.

83. BITES OF VENOMOUS SERPENTS.—Apply the caustic potash to the wound; or, *eau de luce* is said to be a certain antidote against the bites or stings of the most venomous serpents or spiders. Lint wet with either of these should immediately be applied to the injured part, and renewed as often as it becomes dry. Or, a poultice made of quick-

lime and soap should be applied to the bitten part, and as much cayenne, or red pepper, mixed in spirits, swallowed every hour, as the stomach will bear. Or, a free use of whiskey may be made. Or, the juice of plantain and borehound, in doses of a table spoonful may be taken every hour. Or, the blood may be freely sucked from the wound. A tight ligature should be put around the leg or arm when a person is bitten in the leg or hand. If a toe or finger is bitten, cutting it off, may save the body.

Plasters.

84. COMMON STICKING PLASTER. — This can always be procured at the shops, and is useful for many purposes. When this is used in dressing a wound, it should be applied by straps, one half being fastened on one side of the wound, and the other upon the skin, on the other side of the wound, drawing it tight, and holding it firmly, till the warmth of the part secures it.

85. STRENGTHNING PLASTER.—Take hemlock gum, add one fourth the quantity of white turpentine; dissolve, and strain it. This makes a useful plaster for rheumatism, or any kind of weak back.

86. ASTRINGENT PLASTER.—Take white oak bark, a sufficient amount; put it into cold water and let it stand a day; then put it into a boiler, and evaporate it to an extract. It is useful to be applied in hernia or rupture, spread on soft leather, upon the removal of a truss, or before a truss has been worn.

87. BLACK PLASTER.—Take white oak bark, bruise, add urine, let it macerate three days, then boil it till it becomes as thick as honey; add to every five pounds, one pound of honey, and one pound of turpentine strained;

add two drachms of white vitriol, powdered, to every ounce. Apply on a plaster to a cancer, or ulcer, or white swelling, if open. It acts as a caustic.

88. **BLISTERING PLASTER.**—Take mutton suet, beeswax, and white rosin, equal parts of each, melt them together, and add one part of finely powdered Spanish flies. This applied, soon draws a blister.

89. **BEACH'S IRRITATING PLASTER.**—Take mandrake, blood-root, Indian turnip, and poke-root, finely pulverised, of each half a pound, cover with alcohol, and let it stand till nearly dry. Melt four pounds of pure Burgundy pitch, and add half a pound of Venice turpentine. Then, stir in the powdered roots, and mix the whole thoroughly together, Simmer till it forms a very soft plaster, spread it on soft leather and apply it, keeping it on, as long as it can be worn. It is considered one of the best irritating plasters.

Poultices.

90. **TO STOP PAIN.**—Take rye flour and vinegar, as thick as for buck-wheat cakes, half a teaspoonful of mustard; grease the pan well and bake it—apply to the painful part.

91. **FOR GANGRENE.**—Take one pint of milk, warm, yeast one gill, and slippery elm bark finely powdered, enough to make a poultice.

92. **FOR SCROFULAR SWELLING.**—Take boiled carrots one pound, flour one ounce; mix with hot water enough to make a poultice—apply.

93. **FOR BRONCHOCELE.**—This is a tumor or swelling upon the fore part of the neck—make a poultice by steeping the bark of shell-bark trees in water, mix with flour, and apply warm, keeping it on day and night, and renewing twice a day.

Common Powders.

94. **EMETIC POWDER.**—Take equal parts of pulverized blood-root, green lobelia leaves and ipecac, mixed well. Take a teaspoonful in hot water. Repeat, if necessary in an hour. This is the best common emetic. It should be taken in hot pennyroyal or boneset tea.

95. **DOVER'S POWDER.**—Take ipecac and opium, in powder of each, one drachm, sulphate of potassa, one ounce. Rub them thoroughly together, and mix into a powder. The dose is from five to fifteen grains, according to circumstances. It is a good sudorific and used for many diseases. It can be obtained ready prepared, at the shops.

96. **POWDER OF CAMPHOR AND NITRE.**—Camphor two scruples, (40 grains); nitre, powdered, two drachms. Moisten the camphor with spirits, and, after reducing it to a fine powder, add the nitre. Divide it into twelve doses, one to be taken in every two or three hours.

97. **COMMON PHYSIC POWDER.**—Jalap one ounce, senna two ounces, cloves one drachm, all finely powdered and mixed, makes one of the most active cathartics in all billious difficulties. Dose, one teaspoonful in half a gill of hot water, and a teaspoonful of sugar.

98. **POWDER FOR CHILL AND HEAT.**—Quinine twenty grains, powdered cayenne fifteen grains, mix, and divide into eight powders. Dose, one every three hours, after taking the above named cathartic powder, for fever and ague.

99. **RHEUBARB AND SODA POWDER.**—Take of rhubarb powdered three grains, soda, or salæratum, two grains make a powder. Two or three of these powders may be taken, a day, one after each meal. They are for the same purpose as the neutralizing mixture, to correct acidity, or dyspepsia, and diarrhea.

100. STYPTIC POWDER.—Matico leaves powdered very fine, and applied to any bleeding surface. Or, snuffed up the nose for nose bleeding.

101. COUGH POWDER.—Cayenne pepper and ipecac, equal parts, powdered opium one half as much as either of the other, mix well. Dose, five grains often, mixed with honey or molasses. It quiets a cough wonderfully.

Syrups.

102. COMPOUND SYRUP OF PHOSPHATES; these are very nutritious in consumption. It is made of the *phosphates* in the following proportions—it should be taken immediately after eating, in a dose of one teaspoonful, three times a day—each teaspoonful contains 1 1-2 grains of phosphate of iron, 2 grains phosphate of lime, 1 1-2 grains phosphate of potassa, 2 grains phosphate of soda, and 2 grains of free phosphoric acid. This syrup can be purchased ready made.

103. COUGH SYRUP.—Iceland moss 2 ounces, 5 poppy heads, 1 table spoonful of barley, whole. Put these into three pints of water and boil down to two, strain, and dissolve in it one pound of brown rock candy. Dose, a table spoonful, when a cough is troublesome.

104. PECTORAL SYRUP.—Take sassafras pith 1 drachm, gum arabic 1 ounce, white sugar, 21 ounces, muriate of morphia 8 grains, water 1 pint. Put the sassafras pith and gum arabic into the water, and let it stand 12 hours, stirring it often; the sugar should be dissolved in the mucilage cold, which being strained, should be made up to one pint by adding water. The morphia is then to be added, a few drops of the oil of sassafras, also. Dose, one teaspoonful, often, for cough.

105. **AYER'S CHERRY PECTORAL**—Acitrate of morphine grains 3, tincture of blood-root 2 drachms, wine of ipecac, of each, 3 drachms, syrup of wild cherry bark 3 ounces, mix. Dose, one teaspoonful often, for cough.

Tinctures.

106. **COMPOUND TINCTURE OF BARK.** — Take of Peruvian bark two ounces, Seville orange peel and cinnamon of each half an ounce. Let the bark be powdered and the other ingredients bruised, then infuse the whole in a pint and a half of brandy, for five or six days in a close vessel, afterwards strain off the tincture. The dose is from one drachm to three or four, every fifth or sixth hour. It may be given in any suitable liquor, and occasionally sharpened with a few drops of the spirits of vitriol. This tincture is beneficial in intermitting fevers, also in the slow, nervous and putrid kinds.

107. **VOLATILE TINCTURE OF GUM GUAIAIACUM.**—Take of gum guaiacum four ounces, volatile aromatic spirit, a pint. Infuse without heat, in a vessel well stopped, for a few days, then strain off the tincture. In rheumatic complaints a teaspoonful of this tincture may be taken in a cup of the infusion of water twice or thrice a day.

108. **VOLATILE FÆTID TINCTURE.** — Infuse two ounces of asafœtida in one pint of volatile aromatic spirit, for eight days, in a close bottle, frequently shaking it; then strain the tincture. This medicine is beneficial in hysteric disorders, especially, when attended with lowness of spirits and faintings. A teaspoonful of it may be taken in a glass of wine, or a cup of pennyroyal tea.

Washes, or Lotions.

109. COOLING WASH.—Sugar of lead one drachm; soft water, half a pint. This wash is very cooling to an inflamed part.

110. FOR ERUPTIONS ON THE SKIN.—Take babery, lobelia and yellow dock, fine, add a table spoonful to one pint of spirits. Apply often.

111. EYE WASH, OR WATER. — Powdered borax, one ounce; pure water, one quart. Mix, and let it stand six hours. Useful in sore eyes, sore nipples, canker, &c.

For discoloration of the skin, or spots, which are often troublesome, either of the following washes may be used—

Sulphuret of potassa, commonly called “liver of sulphur,” one ounce, water, one pint.

Weak sulphuric acid—“white vitriol”—two drachms; water, one pint.

Sulphate of zinc, half an ounce to one pint of water. Or, the sulphur water may be used, half an ounce to a pint of water.

112. BLACK WASH.—Take lime-water, one gill, or about a small teacupful, add thirty grains of calomel to it. This wash has been much used in the venereal, or pox.

Waters.

113. WALNUT WATER.—Take two quarts of walnuts when about half grown, bruise them, and with four ounces of fresh angelica seeds, put them into an alembic, with a pint of good brandy, and sufficient water to prevent their burning. Distil one quart, called *walnut water*. Dose,

a wineglassful for nausea and vomiting. Or, a strong tea may be made of the green, or dried walnut leaves, and drank freely. Nothing is better to stop sickness, or for scrofula, and general weakness.

114. TOAST WATER.—Take a slice of fine stale bread, cut thin, and carefully toasted on each side—browned, but not burned. Put it into a stone jar and pour over it as much boiling water, as your wish. Cover the jar, and when cool, it is fit for use. It is nourishing and very valuable for weak stomachs.

116. ROSE WATER.—Take of fresh gathered roses, six pounds, water two gallons, distil off one gallon. It is valued chiefly on account of its fine flavor.

115. CINNAMON WATER.—Steep one pound of cinnamon bark, bruised, in a gallon and a half of water, and one pint of brandy, for two days. Then, distil off one gallon. This is an agreeable, aromatic water, possessing the fragrance and virtue of the spice.

117. WATER OF GENTIAN. — Take infusion of gentian, four ounces; aromatic spirits of ammonia, half an ounce; tincture of aurantii, half an ounce; tincture of cardamon half an ounce; mix — Take a table spoonful often, for loss of appetite.

118. INFUSION OF WATER OF CINNAMON. — Take red bark in powder one ounce, aromatic sulphuric acid a fluid drachm, water, a pint, macerate it for twelve hours, shake often, strain. Dose, three or four table spoonfuls, for weakness, whites, and general debility in females.

119. WATER, OR INFUSION OF QUASSIA.—This may be made in the same way, and of the same strength, as the infusion of bark, and taken more freely.

CONTENTS,

TO THE SHIP AND SHORE PHYSICIAN AND SURGEON

	Page.		Page.
Abdomen.....	3	Gonorrhea, or Clapp.....	38
Asthma.....	18	Gleet.....	41
Blood, Spitting of.....	19	General Diseases.....	43
Bleeding at the Nose.....	29	Heart Burn, or Sour Stomach	11
Bronchitis.....	33	Hernia, or Rupture.....	15
Bubo.....	41	Headache.....	27
Colic, Windy, Billious.....	3	Inflammation of the Bowels.	5
“ Painter's.....	4	“ “ Covering of the	
Cholera, Asiatic.....	10	“ “ Bowels.....	6
Chest.....	17	“ “ Liver.....	6
Cough.....	17	“ “ Chronic.....	7
Cold.....	19	“ “ Spleen.....	7
Consumption, Pulmonary...	20	“ “ Stomach.....	8
Croup.....	30	“ “ Brain.....	27
Dropsy of the Abdomen.....	4	“ “ Eye.....	29
Dyspepsia, or Indigestion....	13	“ “ Kidneys.....	36
Dysentery.....	14	“ “ Bladder.....	36
Dropsy of the Chest.....	19	Jaundice.....	49
Dislocation of the Shoulder.	53	Looseness of the Bowels....	12
“ “ Elbow.....	53	Mumps.....	33
“ “ Thigh.....	54	Piles.....	15
“ “ Lower Jaw.....	54	Pleurisy.....	26
“ “ The Knee Pan.....	54	Phimosis.....	42
“ “ Knee Joint.....	55	Paraphimosis.....	42
“ “ Ankle.....	55	Quinsey, Ulcerated Sore	
Earache.....	28	Throat.....	31
Fistula in Ano.....	16	Syphilis, or Pox.....	40
Fever, Scarlet.....	34	Stricture.....	41
“ and Ague.....	44	Scurvy.....	48
“ Remittent.....	45	Skin Diseases.....	50
“ Typhus, or Ty-		Surgery.....	53
“ phoid.....	45	Sprain, Stretchings, &c....	54
“ Ship.....	46	Toothache.....	29
“ Yellow.....	47	Throat, Sore, clergymen's ...	32
“ Inflammatory....	48	Testicle, swelled.....	42
Fracture of the Nose.....	56	Urine, bloody.....	37
“ “ Lower Jaw.....	56	“ Suppression of....	37
“ “ Collar Bone.....	56	“ Incontinence of....	38
“ “ Ribs.....	57	Vomiting.....	9
“ “ the Arm.....	57	“ and Purging.....	9
“ “ Elbow.....	58	“ of Blood.....	11
“ “ Forearm.....	58		

INDEX,

TO THE DOMESTIC DISPENSATORY.

THE FLUID EXTRACTS

	Page.		Page.
Aconite Root.....	59	Queen's Root.....	63
Arnica Flowers.....	60	Rhatany.....	63
Belladonna.....	60	Rhubarb	63
Blackberry Root.....	60	Rhubarb and Senna	64
Blood Root.....	60	Scull-Cap.....	64
Blue Flagg.....	60	Senna, Aqueous.....	64
Boxwood Bark.....	60	“ and Jalap.....	64
Buchu	60	Snakeroot.....	64
Bugle Weed.....	60	Strammonium.....	64
Cayenne	60	Thoroughwort.....	64
Cherry, Bark.....	60	Uva Ursi.....	64
Cinchonia.....	61	Valerian.....	64
Columbo Root.....	61		
Conium.....	61	CONCENTRATED POWDERS.	
Cranesbill.....	61	Apocinin.....	65
Cubebs	61	Asclepin.....	65
Culver's Root.....	61	Capcicin.....	65
Digitalis.....	61	Cypripedin.....	65
Gentian.....	62	Euonomin.....	65
Ginger.....	62	Eupatorin.....	65
Hardhack.....	62	Gelsemanin	65
Henbane.....	62	Geranin.....	66
Hops	62	Helonin.....	66
Horehound.....	62	Hydrastine.....	66
Mandrake.....	62	Leptandrin.....	66
Matico.....	62	Macrocin.....	66
Oak Bark.....	62	Myricin.....	67
Opium.....	62	Podophillin.....	67
Orris Root.....	63	Phytolacin.....	67
Parira Brava.....	63	Rhusin.....	67
Peppermint.....	63	Sanguinarin.....	67
Pinkroot and Senna.....	63	Scutellarin.....	67
Pipsissewa.....	63	Stillingin.....	68
Pleurisy Root.....	63	Viburin	68
Prickly Ash.....	63	Zanthoxolyn	68
Quassia.....	63		

