

The improved American family physician, or, Sick man's guide to health : containing a complete theory of the botanic practice of medicine, on the Thomsonian and hygeian system, with alterations and improvements : to which is appended a concise formula for compounding medicines for the cure of every complaint incident to human nature : also, a complete digest of midwifery, so that the old proverb may be verified, that every man may be his own physician.

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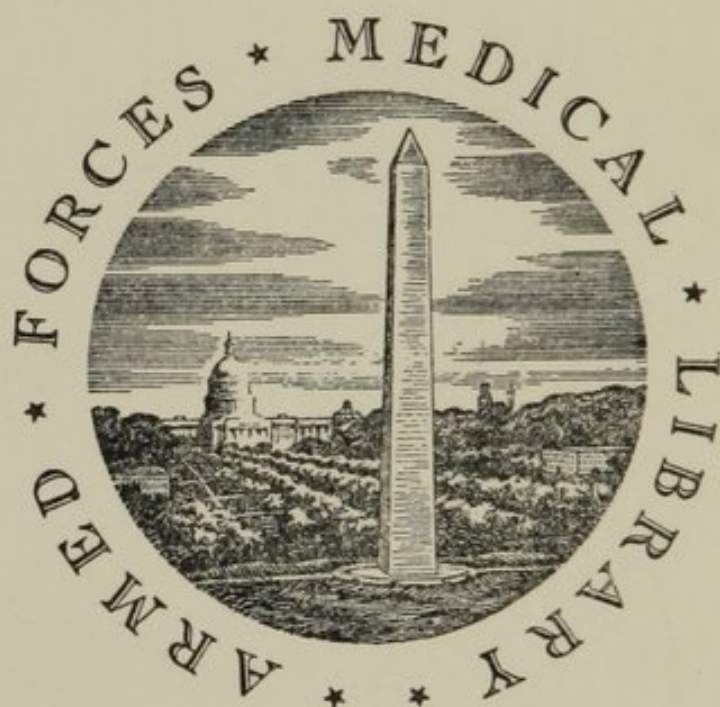
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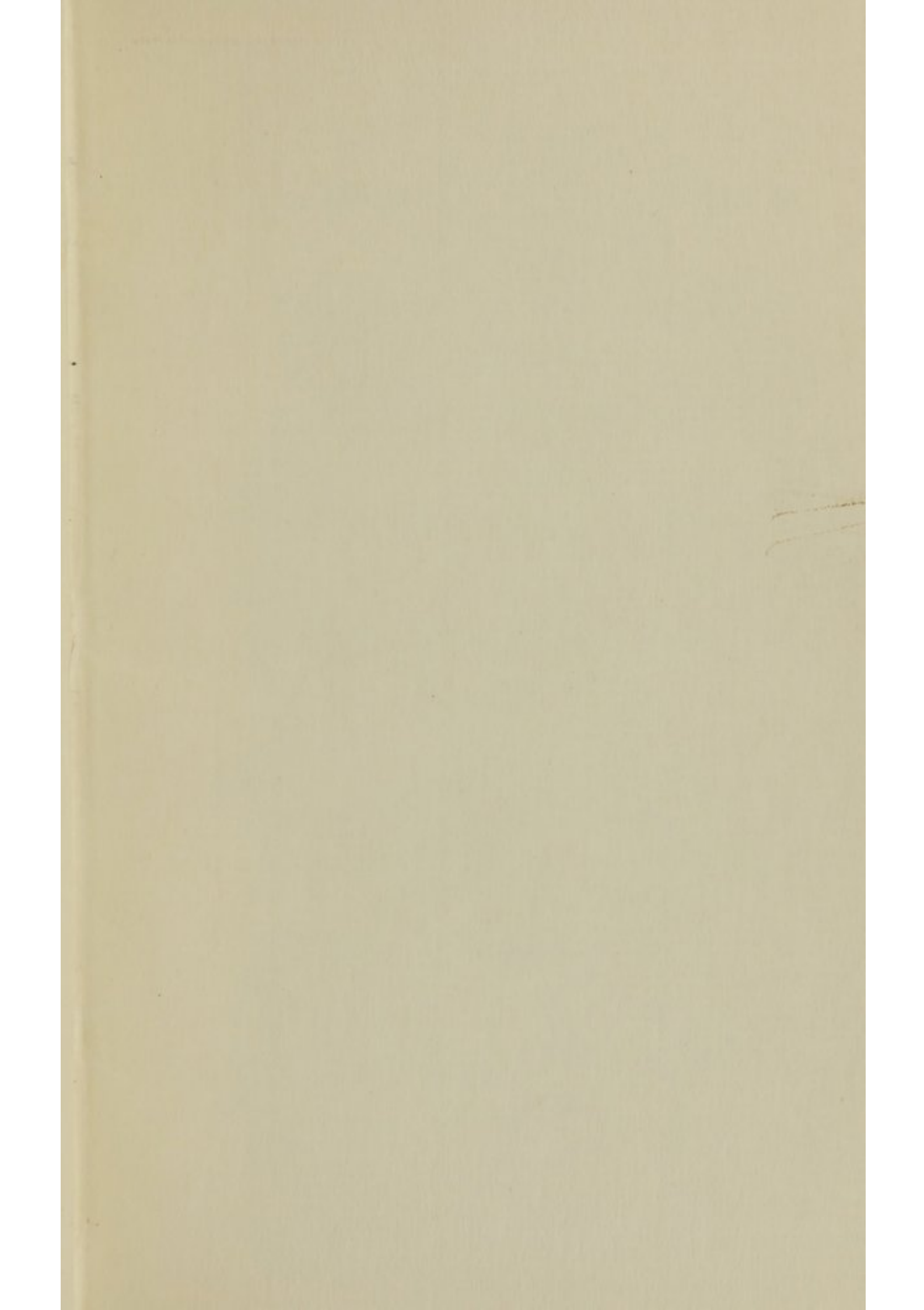
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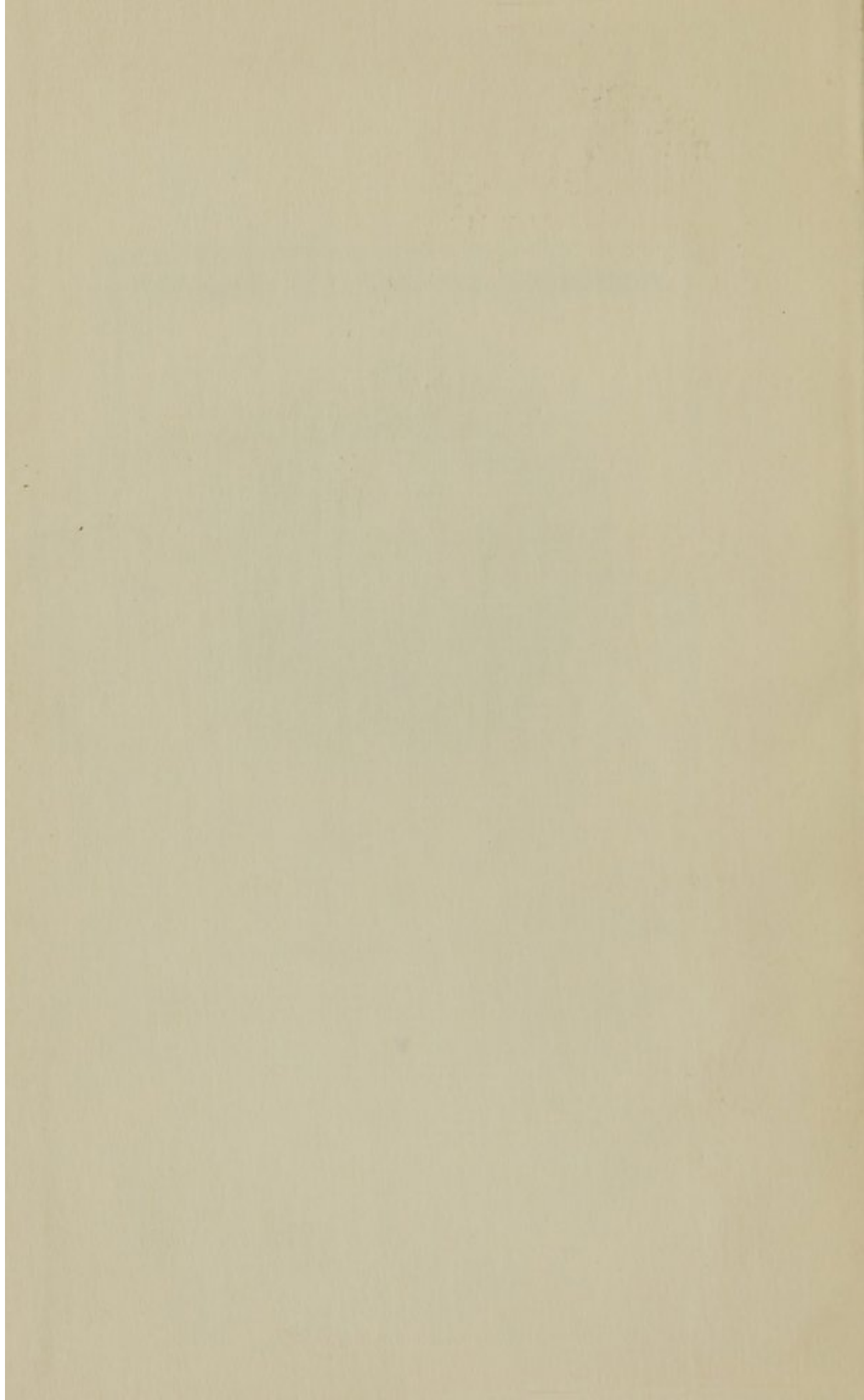
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THE
IMPROVED AMERICAN
FAMILY PHYSICIAN;

OR,

Sick Man's Guide to Health:

CONTAINING

A COMPLETE THEORY

OF THE

BOTANIC PRACTICE OF MEDICINE,

ON THE

Thomsonian and Hygeian System,

WITH ALTERATIONS AND IMPROVEMENTS.

To which is Appended,

A CONCISE FORMULA

FOR COMPOUNDING MEDICINES FOR THE CURE OF EVERY
COMPLAINT INCIDENT TO HUMAN NATURE.

ALSO, A COMPLETE

DIGEST OF MIDWIFERY,

So that the Old Proverb may be verified, that

"EVERY MAN MAY BE HIS OWN PHYSICIAN."

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## PREFACE.

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THE Publisher of this little, though complete manual, of *Materia Medica*, considers the important advantages resulting to the community from its perusal, paramount to every other private interest. The knowledge imparted in these pages is not wholly original with him ; but, from the nature of the improvements made in the application of those remedies, as well as those of his own invention, it would not appear consistent with itself, were the latter to be published without reprinting the original, or base, upon which the improvements are founded.

It is, no doubt, well known, that Dr. Samuel Thomson was the original discoverer of the most important part of this system ; but from an examination into the practical results to the community, both as regards the improvements and other additions, as the extent of the circulation of those discoveries, it would appear to every Philanthropist, at the present day, that discoveries so important to the life, happiness, and health of every living being have been made, it matters not by whom, that they should be made known, and the means of disseminating their utility in the relief of our fellow-beings. The best means known to the publisher, is to print a great number, and sell them to all who wish to purchase, at a moderate price. There are many cases, and particularly of female weakness, in which Dr. Thomson's system is less safe, and injudicious in the extreme. For the benefit of those who purchase this work, I will here give my opinion in a few words concerning his system ; you will observe, by reading this work throughout, that Dr. Thomson's course of practice is in every instance of indisposition, no matter how trifling, to give a course of Medicine as laid down in this publication. This of itself is rather conflicting with the feelings of people generally,



that is, to be steamed, put to bed, and made sick by taking an emetic; then to take an injection, and be steamed again for a pain in the toe, head, stomach, &c. My opinion is, that nature will not misguide the physician, if he follows close to her symptoms, (to wit,) when a person is sick at the stomach, it indicates that there is something offensive to health lodged there, which it is desirous of discharging; in such case, an emetic given as directed in this work, would be proper. Again, if a person taking a cold, and the pores of the skin, and other evacnants, become stopped, which is known by fever, or an increased and disturbed state of the natural heat of the body, which produces shivering of a hot day, or pains in the joints, bones, &c. these symptoms indicate diaphoretics, such as the emetic, and afterwards fever powders, as directed in this work, until the patient sweats freely, which now may be used with or without the steam, according to the exigency of the case. But in all chronic cases, where the patient has been under the effects of mercurial and other poisons, a regular course of medicine should not be dispensed with; indeed, in all complaints of long standing, a regular course is very necessary to lay the foundation for a radical cure, and should be repeated once or twice a week, until well. In Uterine Hemorrhoids, Dr. Thomson's medicines are not as good as the other medicines prescribed in this work, although a lobelia emetic has a very good effect in restraining this bloody flow, yet the other medicines which are given in a regular course, are too stimulating in my opinion, and will but increase the discharge. Again, there are persons in full and plethoric habits, in which case the aromatic powder taken once or twice a week for a short time, (at the same time take the wine bitters,) will remove the cause of severe fits of sickness, and often the cause of death; but in complaints of children, and persons of a weak and lax habit, and feeble constitution who have taken too much physic already, the injections or clysters are always to be used, and in all cases of inflammation in the bowels, injections made of one table spoonful of calcined charcoal in flaxseed, or slippery elm tea, sweetened with molasses should be



administered every hour, until a discharge is produced, and relief obtained. At the same time, give a portion or dose of the aromatic pills, and dilutant and warming teas, or the colic powders in warm teas, and use the steam if necessary to produce perspiration, if attended with severe pain, apply a cloth wet with salt and water, every fifteen minutes, till relief is obtained. For the use of those persons who wish more mild treatment in ordinary indisposition, I have added a class of formulas, or recipes, for almost all complaints, which may be used alone, or in conjunction with or at the same time the patient is undergoing the regular courses; that is, between the periods of taking the courses. But if the patient is costive at the time of taking the Thomsonian course, let the injection be given first before the emetic, and after the first steaming.

It will soon be perceived, however, that the Botanic Practice of Medicine, as laid down in this book, upon the Thomsonian principle, is extremely simple in itself, and only requires a person to use ordinary discretion and judgment, at the same time observing the general principles of cold and heat, and the philosophical application of those principles to the human system in their administration, so as to regulate their effect to suit the constitution of the patient, in bringing about that salutary result, productive of health and happiness.

Another important ingredient in the use of those, as well as of all the other vegetable preparations spoken of in this work, is that of *perseverance*, without which persons labouring under chronic complaints cannot expect to be cured. All chronic diseases are a long time accumulating upon the patient; it must, therefore, necessarily take some considerable time to wholly eradicate them from the system.

The compiler of this work has given to the public, the invaluable Botanic Treatment of Child-bearing women, from one of the best botanic works now extant, as also the experience of Dr. Thomson in his hot medicine, as applicable to the use of women in the most extreme cases of labour; as also the course he pursues in their treatment generally, both before and after delivery.—



There is certainly a very striking contrast between the two systems, yet no doubt, if properly and skilfully administered, at the proper time, both systems are equally beneficial; for the treatment pursued by Dr. Thomson, in this case, is calculated to revive and renovate the whole frame of the patient, and is therefore particularly serviceable in those cases of debility and inactivity of the parts where nature has become, in a measure, exhausted, and unable to perform her natural operations, which are certainly very much assisted by those strengthening, warming and stimulating medicines.— Yet, in ordinary cases, where the strength of the woman is sufficient, the other mode of treatment is, no doubt, the most agreeable and pleasant, and probably the most safe. I consider that the practitioner, with these two methods before him, can accomplish his object, in every instance, with the utmost success.

The Practitioner will readily discover that the Thomsonian and Hygeian Systems are productive of the same happy result, that of cleansing the system of all impurities. The Thomsonian course tends directly to remove through the pores of the skin, and from the stomach and bowels, the morbid and gross humours with which the system abounds to a degree of superabundance, which causes obstruction, disease, and death. On the other hand, the Hygeian course acts upon the same principle, by removing from the stomach and bowels, the morbid and gross humours that are thrown there from all parts of the human frame, like so many ditches dug through a wet field, in which all the watery secretions flow, until the field becomes drained and fertile. For this purpose, I have made known a valuable recipe for making Pills, denominated in this work the *Aromatic Hygeian Pills*, fifteen of which taken in the morning, one hour before eating or drinking, will promptly act upon the Hygeian principle, and remove, in an unaccountable manner, the gross humours from all parts of the system, through the intestinal canal. These Pills may be used once or twice a week, with the same beneficial effect as any Hygeian Medicine extant, and they may be taken in all cases of disease, except where too much physic has been



already administered ; then they are to be used once or twice in the first two or three weeks, and the Thomsonian course substituted in their place ; but in full, plethoric, and ordinary constitutions, both of these remedies may be used at the same time in effecting a cure.

It is a remarkable fact, as well as a striking coincidence in the physical world, that Samuel Thomson, of America, and James Morison, of Great Britain, should find out by their own experience, at different parts of the world, remedies so diametrically opposite in their administration, ending in the same fortunate and happy result to mankind.

Dr. Thomson says in his theory, give me no physic ; whilst Dr. Morison, the Hygeist, says, give me nothing else but physic, and both of them mean to effect the same object. The reasoning on the part of Dr. Thomson, is founded upon the fact, that all physic known in his day, is not calculated to remove disease, but to increase it, merely acting upon the outer coating of the intestinal canal, without removing or loosening those morbid secretions and obstructions, the cause of disease ; he, therefore, recommends his Hot Medicine to warm and strengthen the stomach and bowels, thereby assisting and raising the natural *heat* of the body, (which he contends is life,) to digest and carry off by the renewed efforts of nature, those morbid, cold, and gross humours, which clogged up the machinery, and caused the natural motion to be impeded. In order, therefore, to accomplish his object, he raises the inward above the outward heat, causing a copious evacuation through the pores of the skin, and from the stomach, which every person knows by experience, gives immediate relief in all cases, if produced in this natural way. I am of opinion that both systems are good, and founded upon the laws and principles of nature ; but they require to be used properly, that is, when the stomach is clogged up, it should be emptied ; when the bowels are overcharged with mucus, slime, and acrimonious matter, they should be cleansed ; if the pores of the skin are stopped, or any other evacuant by obstructions, they should be removed, always paying a proper attention to the crisis, or symp-



tomatic indications, and there will be no difficulty in removing every obstruction from every part of the system, by the application of both the Thomsonian and Hygeian Principles.

N. B. This Manual has been carefully selected from rare and valuable Botanic Medical Publications ; and, although in a condensed form, will be found to contain, with its original improvements, the very essence of works published at an expense of at least twenty times its price. 'Every Man may now be his own Physician,' by consulting the contents of this edition, which contains *multum in parvo*, and which will fully sustain the title of The Sick Man's Friend.'

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THE  
IMPROVED AMERICAN  
**FAMILY PHYSICIAN ;**

&c. &c.

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INTRODUCTION.

The following preliminary observations are from the pens of Dr. Samuel Thomson, and others. The reader will perceive that the system Dr. T. has brought into such successful operation, possesses infinite advantages over the old school practice of medicine ;

“ There are three things which have in a greater or less degree, called the attention of men, viz : Religion, Government and Medicine. In ages past, these things were thought by millions to belong to three classes of men, Priests, Lawyers and Physicians. The Priests held the things of religion in their own hands and brought the people to their terms ; kept the scriptures in the dead languages, so that the common people could not read them. Those days of darkness are done away. Scriptures are translated into our own language, and each one is taught to read for himself. Government was once considered as belonging to a few, who thought themselves “ born only to rule.” The common people have now become acquainted with the great secret of government, and know that all men are born free and equal, and that magistrates are put in authority or out by the voice of the people, who choose them for their public servants. While these and many other things are



brought where "common people" can understand them, the knowledge and use of medicine, is in a great measure concealed in a dead language; and a sick man is often obliged to risk his life where he would not risk a dollar, and should the apothecary or his apprentice make a mistake, the sick man cannot correct it, and thus is exposed to receive an instrument of death, instead of that which would restore him to health, had he known good medicine."

"It may be alleged, (said Dr. Buchan,) that laying medicine more open to mankind, would lessen their faith in it. This indeed would be the case with regard to some, but it would have a quite contrary effect upon others. I know many people who have the utmost dread and horror of every thing prescribed by a physician, who will nevertheless, very readily take a medicine which they know, and whose qualities they are in some measure acquainted with."

"Nothing ever can, or will inspire mankind with an absolute confidence in physicians, but by their being open, frank, and undisguised in their behaviour."

"The most effectual way to destroy quackery in any art or science, is to diffuse the knowledge of it among mankind. Did physicians write their prescriptions in the common language of the country, and explain their intentions to the patient, as far as he could understand them, it would enable them to know when the medicine had the desired effect; would inspire him with absolute confidence in the physician; and would make him dread and attest every man who pretended to cram a secret medicine or poison down his throat."

"It is true that much of what is at this day called medicine is deadly poison; and were people to know what is offered them of this kind, they would absolutely refuse ever to record it is a medicine. This I have long seen and known to be true, and have laboured hard for many years to convince them of the evils that attend such a mode of procedure with the sick; and have turned my attention to those medicines that grow in our country, which Nature has prepared for the benefit of mankind. Long has a general medicine been sought for, and I am



confident I have found such as are universally applicable in all cases of disease, and which may be used with safety and success in the hands of the people. After thirty years study and repeated successful trials of the medicinal vegetables of our country, in all the diseases incipient to our climate, I can with well-grounded assurance, recommend my system of practice and medicines to the public, as salutary and efficacious."

"Great discoveries and improvements have been made in various arts and sciences since the first settlement of our country, while its medicines have been very much neglected. As these medicines, suited to every disease, grow spontaneously upon our own soil; as they are better adapted to the constitution; as the price of imported drugs is very high; it follows, whether we consult health which is of primary importance, or expense, a decided preference should be given to the former, as an object of such magnitude as no longer to be neglected. Yet the introduction of those medicines has been violently opposed, and the theory and practice condemned, notwithstanding the demonstrative proofs in their favor. But those who thus condemn have taken no pains to throw off prejudice, and examine the subject with candor and impartiality.—Such as have, are thoroughly satisfied of their utility and superior excellence.

"From those who measure a man's understanding and ability to be beneficial to his fellow-men only from the acquisition he has made in literature from books; from such as are governed by outward appearance, and who will not stoop to examine a system on the ground of its intrinsic merit, I expect not encouragement, but opposition. But this will not discourage me. I consider the discovery I have made, of inestimable value to mankind, and intended for the great benefit of those who are willing to receive it.

"Being born in a new country, at that time almost an howling wilderness, my advantages for an education were very small; but possessing a natural gift for examining the things of Nature, my mind was left entirely free to follow that inclination, by enquiring into the meaning of the great variety of objects around me.



"Possessing a body like other men, I was led to inquire into the nature of the component parts of what man is made. I found him composed of the four elements—Earth, Water, Air, and Fire. The earth and water I found were the solids; the air and fire the fluids. The two first I found to be the component parts; the two last kept him in motion. Heat, I found, was life; and Cold, death. Each one who examines into it, will find that all constitutions are alike. I shall now describe the fuel which continues the fire, or life of man. This is contained in two things—food and medicines; which are in harmony with each other; often grow in the same field, to be used by the same people. People who are capable of raising their food, and preparing the same, may as easily learn to collect and prepare all their medicines and administer the same, when it is needed. Our life depends on heat; food is the fuel that kindles and continues that heat. The digestive powers being correct, causes the food to consume; this continues the warmth of the body, by continually supporting the fire.

"The stomach is the deposit from which the whole body is supported. The heat is maintained in the stomach by consuming the food; and all the body and limbs receive their proportion of nourishment and heat from that source; as the whole room is warmed by the fire which is consumed in the fire place. The greater the quantity of wood consumed in the fire place, the greater the heat in the room. So in the body; the more food well digested, the more heat and support through the whole man. By constantly receiving food into the stomach, which is sometimes not suitable for the best nourishment, the stomach becomes foul, so that the food is not well digested. This causes the body to lose its heat—then the appetite fails; the bones ache, and the man is sick in every part of the whole frame.

"This situation of the body shows the need of medicine, and the kind needed; which is such as will clear the stomach and bowels, and restore the digestive powers. When this is done, the food will raise the heat again, and nourish the whole man. All the art required to this is, to know what medicine will do it, and how to



administer it, as a person knows how to clear a stove and the pipe when clogged with soot, that the fire may burn free, and the whole room be warmed as before.

"The body, after being cleared of whatever clogs it, will consume double the food, and the food will afford double the nourishment and heat that it did before. We know that our life depends on food, and the stomach being in a situation to receive and digest it. When the stomach and bowels are clogged, all needed is, the most suitable medicine to remove the obstruction in the system. All disease is caused by clogging the system; and all disease is removed by restoring the digestive powers, so that food may keep up that heat on which life depends.

"I have found by experience, that the learned doctors are wrong in considering fever a disease or enemy; the fever is a friend, and cold the enemy. This I found by their practice in my family, until they had five times given them over to die. Exercising my own judgment, I followed after them, and relieved my family every time. After finding a general principle respecting fevers, and reducing that to practice, I found it sure in all diseases, where there was any nature left to build on, and in three years' constant practice, I never lost one patient.

"I attended on all the fevers peculiar to our country, and always used it as a friend, and that returned the gratitude to the patient. I soon began to give this information to the people, and convinced many that they might as certainly relieve themselves of their disease, as of their hunger. The expense to them to be always able to relieve themselves and families, would be but small; and the medicine they may procure and prepare themselves.

"This greatly disturbed the learned doctors, and some of them undertook to destroy me, by reporting that I used poison; though they made no mention of my using their instruments of death, Mercury, Opium, Ratsbane, Nitre, and the Lancet. I considered it my duty to withstand them, though I found my overthrow was what they aimed at. A plan was once laid to take me in the night, but I escaped. Next I was indited, as though I



had given poison, and a bill brought against me for wilful murder. I was bound in irons and thrust into prison, to be kept there through the winter, without being allowed bail. I petitioned for, and obtained a special court to try the cause, and was honourably acquitted after forty days' imprisonment. I maintained my integrity in the place where my persecution began. In five years, while vindicating this new and useful discovery, I lost five thousand dollars, besides all the persecution, trouble, loss of health, and reproach which has been in connexion with the losses.

"It has been acknowledged, even by those who are unfriendly to me and my practice, that my medicine may be good in some particular cases, but not in all. But this is an error. For there are two great principles in the constitution of things, whether applied to the mind or body; the principle of life and the principle of death. That which contains the principle of life, can never be tortured into an administration of death.\* If, then, a medicine is good in any case, it is because it is agreeable to nature, or this principle of life, the very opposite of disease. If it is agreeable in one case, it must be absolutely so in all. By the active operation of nature, the whole animal economy is carried on: and the father of the healing art, Hippocrates, tells us, what is an obvious truth, that Nature is Heat. The principle is the same in all, different only in degree. When disease invades the frame, it resists in proportion to its force, till overpowered into submission, and when extinguished, death follows, and it ceases to operate alike in all. If then, heat is life, and its extinction is death, a diminution of this vital flame in every instance, constitutes disease, and is an approximation to death. All then, that medicine can do in the expulsion of disorder, is to kindle up the decaying spark, and restore its wanted energy till it glows in all its wonted vigor. If a direct administration can be made to produce this effect, (and it can,) it is evidently immaterial what is the name, or colour of the disease, whether bilious, yellow, scarlet or spotted; whether it is simple or complicated, or whether nature has one enemy or more. Names are arbitrary things, the knowledge of a

\* By proper application.



name is but the cummin and anis, but in the knowledge of the origin of a malady, and its antidote, lies the weightier matters of this science. This knowledge makes the genuine physician; all without it is real quackery.

"It has been a general opinion that extensive study and great erudition, are necessary to form the eminent physician. But all this may be as Paul saith, but science, falsely so called. A man may have a scientific knowledge of the human frame, he may know the names in every language of every medicine, mineral and vegetable, as well as every disease, and yet be a miserable physician. But there have been men without this to boast of, from the earliest ages of the world, who have "arisen, blest with the sublimer powers of genius, who have as it were, with one look pierced creation, and with one comprehensive view, grasped the whole circle of science, and left learning itself, toiling after them in vain." A man never can be great without intellect, and he never can more than fill the measure of his capacity. There is a power beyond the reach of art, and there are gifts that study and learning can never rival.

"The practice of the regular physicians, that is, those who get a diploma, at the present time, is not to use those means which would be most likely to cure disease; but to try experiments upon what they have read in books, and to see how much a patient can bear without producing death. After pursuing this plan during their lives, they know just about as much as they did when they began to practice, of what is really useful to mankind. If a patient dies under their hands, why, it is the will of God, and they are sure to get extravagantly paid for their trouble, and nothing more is said about it; but if one out of hundreds of my patients die, and where the doctors have given them over as incurable, they at once cry out, that it is quackery, that I gave them poison, &c., for the purpose of running me and my medicines down, and to prevent its being used by the people. The fact is well known to thousands who have used my medicine, and to which they are ready to attest, that it is perfectly harmless, and I defy the faculty to produce one instance wherein it has had any bad effects.



“It is true that the study of anatomy, or structure of the human body, and of the whole animal economy, is pleasing and useful ; nor is there any objection to this, however minute and critical, if it is not to the neglect of first great principles, and the weightier matters of knowledge. But it is no more necessary to mankind at large, to qualify them to administer relief from pain and sickness, than to a cook in preparing food to satisfy hunger and nourishing the body. There is one general cause of hunger, and one general supply of food ; one general cause of disease, and one general remedy. One can be satisfied, and the other removed, by an infinite variety of articles, best adapted to those different purposes.—That medicine, therefore, that will open obstruction, promote perspiration, and restore digestion, is suited to every patient, whatever form the disease assumes, and is universally applicable. And acute disorders, such as fevers, colics, and dysentery, may be relieved thereby, in twenty-four or forty-eight hours, at most.”

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### REMARKS ON FEVERS.

“Much has been said and written upon fevers by the professedly learned Doctors of Medicine, without throwing the most profitable light on the subject, or greatly benefitting mankind. They have been abundantly fruitful in inventing names for disease, and with great care and accuracy distinguished the different symptoms ; but they appear quite barren as to the knowledge of their origin and remedy. To the first but little importance, comparatively speaking, can be attached ; the latter is of the highest importance to all classes of people.

According to the writings of learned physicians, there are a great variety of fevers, some more and some less dangerous. But to begin with a definition of the NAME. What is fever ? Heat, undoubtedly, though a disturbed operation of it. But is there in the human frame, more than one kind of heat ? Yes, says the physician, (strange as it may appear,) there is the pleuretic heat, the slow



nervous heat, the putrid heat, the hectic heat, the yellow heat, the spotted, or cold heat, the typhus, or ignorant heat, and many other heats; and sometimes, (calamitous to tell) one poor patient has the most, or the whole of these fevers, and dies at last for want of heat.

"Is fever or heat a disease? Hippocrates, the acknowledged father of physicians, maintained that nature is *eeat*; and he is correct. Is nature a disease? Surely it is not. What is commonly called fever, is the effect, and not the cause of disease. It is the struggle of nature to throw off disease. The cold causes an obstruction, and fever arises in consequence of that obstruction to throw it off. This is universally the case. Remove the cause, the effect will cease. No person ever yet died of of a fever! for as death approaches, the patient grows cold, until in death, the last spark of heat is extinguished. This, the learned doctors cannot deny; and as this is true, they ought, in justice, to acknowledge that their whole train of depletive remedies, such as bleeding, blistering, physicking, starving, with all their refrigeratives; their opium, mercury, arsenic, antimony, nitre, &c. are so many deadly engines, combined with the disease, against the constitution and life of the patient. If cold, which is the commonly received opinion, (and which is true) is the cause of fever, to repeatedly bleed the patient, and administer mercury, opium, nitre, and other refrigerants to restore him to health, is as though a man should, to increase a fire in his room, throw a part of it out of the house, and to increase the remainder, put on water, snow and ice!

"As it is a fact, that cannot be denied, that fever takes its rise from one great cause or origin, it follows of course, that one method of removing that cause, will answer in all cases; and the great principle is to assist nature which is heat.

"At the commencement of a fever, by direct and proper application of suitable medicine, it can be easily and speedily removed, and the patient need not be confined long. Twenty-four or forty-eight hours, to the extent are sufficient, and often short of that time, the fever may be removed, or that which is the cause of it. But where



the patient is left unassisted, to struggle with the disease, until his strength is exhausted, and more especially, when the most unnatural and injurious administrations are made, if a recovery is possible, it must of necessity take a longer time. These declarations are true, and have been often proved, and can be again, to the satisfaction of every candid person, at the hazard of any forfeiture the faculty may challenge.

“Notwithstanding all these things, how true are the words of the intelligent Dr. Hervey, who says, “By what unaccountable perversity in our frame does it appear, that we set ourselves so much against any thing that is new? Can any one behold, without scorn, such drones of physicians, and after the space of so many hundred years’ experience and practice of their predecessors, not one single medicine has been detected, that has the least force directly to prevent, to oppose, and expel a continued fever? Should any, by a more sedulous observation, pretend to make the least step towards the discovery of such remedies, their hatred and envy would swell against him, as a legion of devils against virtue; the whole society will dart their malice at him, and torture him with all the calumnies imaginable, without sticking at any thing that should destroy him root and branch. For he who professes to be a reformer of the art of physic, must resolve to run the hazard of the martyrdom of his reputation, life and estate.”

“The treatment which the writer has received from some of the learned physicians since his discovery of the remedy for the fever, and various other diseases, is a proof of the truth of this last saying of Dr. Hervey. They have imprisoned him, and charged him with every thing cruel and unjust; though upon a fair trial their violent dealings have come down upon their heads; while he has not only been proved innocent before the court, but useful; having relieved many which the other physicians had given over to die.

“I will now take notice of the yellow fever. The cause of this fatal disease is similar to the spotted fever. The cause of death in the latter, is in consequence of its producing a balance by cold, outward and inward; and



in the former there is a balance of heat outward and inward; both produce the same thing, that is, a total cessation of motion, which is death. The colour of the skin has given name to both these diseases. The yellow is caused by the obstruction of the gall; instead of being discharged through its proper vessels, it is forced and diffused through the pores of the skin. The same effects that are produced by these two fevers may be observed in the motion of the sea; when the tide is done running up, there is what is called slack water, or a balance of power, and the same thing takes place when it is done running down; when the fountain is raised, the water runs from it; but when it is lowered the water runs towards it. The same cause produces the same effects in the spotted and yellow fevers; for when a balance of power between the outward and inward heat takes place, death follows.

“ Having described the two kinds of fever which are the most alarming, they being most fatal, I shall pass over those of a less alarming nature, and merely observe, that there is no other difference in all cases of fever, than what is caused by the different degrees of cold, or loss of inward heat, which are two adverse parties in one body, contending for power. If the heat gains the victory, the cold will be disinherited, and health will be restored: but on the other hand, if cold gains the ascendancy, heat will be dispossessed of its empire, and death will follow of course. As soon as life ceases, the body becomes cold, which is conclusive evidence that its gaining the victory is the cause of death. When the power of cold is nearly equal to that of heat, the fever or strife between the two parties, may continue for a longer or shorter time, according to circumstances; this is what is called a long fever, or fever and ague. The battle between cold and heat will take place periodically, some times every day, at other times, every other day, and they will leave off about equal, heat keeping a little the upper hand. In attempting to cure a case of this kind, we must consider whether the fever is a friend or an enemy; if it is a friend, which I hold to be the fact, when the fever fit is on, increase the power of heat, in



order to drive off the cold, and life will bear the rule; but, on the contrary, should cold be considered a friend, when the cold fit is on, by increasing its power, you drive off the heat, and death must ensue. Thus you may promote life or death, by tempering cold and heat.

“ Much has been said by the doctors concerning the turn of a fever, and how long a time it will run. When it is said that a fever will turn at such a time, I presume it must mean that it has been gone; this is true, for it is then gone on the outside, and is trying to turn again and go inside, where it belongs. Instead of following the dictates of nature, and aiding it to subdue the cold, the doctor uses all his skill to kill the fever. How, would I ask in the name of common sense, can any thing turn when killed? Support the fever, and it will return inside; the cold, which is the cause of disease, will be driven out, and health will be restored. In all cases called fever, the cause is the same in a greater or less degree, and may be relieved by one general remedy. The cold causes canker, and before the canker is seated, the strife will take place between cold and heat; and while the hot flashes and cold chills remain, it is evidence that the canker is not settled, and the hot medicine alone, occasionally assisted by steam, will throw it off; but as the contest ceases, the heat is steady on the outside; then canker assumes the power inside; this is called a settled fever. The truth is, the canker is fixed on the inside and will ripen and come off in a short time, if the fever is kept up so as to overpower the cold. This idea is new and never was known till my discovery. By raising the fever with Nos. 1 and 2, and taking off the canker with No. 3, and the same given by injections, we may turn a fever when we please; but if this is not understood, the canker will ripen and come off itself, when the fever will turn and go inside and the cold will be driven out; therefore they will do much better without a doctor than with. The higher a fever runs, the sooner the cold will be subdued; and if you contend against the heat, the longer will be the run of the fever, and when killed, death follows.

“ When a patient is bled, it lessens the heat and gives



double power to the cold ; like taking out of one side of the scale and putting it in the other, which doubles the weight, and turns the scale in favour of the disease. By giving opium, it deadens the feelings ; the small doses of nitre and calomel tend to destroy what heat remains, and plants new crops of canker, which will stand in different stages in the body, the same as corn planted in the field every week, will keep some in all stages : so is the different degrees in canker. This is the reason why there are so many different fevers as are named ; when one fever turns another sets in, and so continues one after another until the harvest is all ripe, if the season is long enough ; if not the cold and frost take them off—then it is said they died of a fever. It might with as much propriety be said that the corn killed with frost died with the heat. The question, whether the heat or cold killed the patient, is easily decided, for that power which bears rule in the body after death, is what killed the patient, which is cold—as much as that which bears rule when he is alive is heat. When a person is taken sick, it is common to say, I have got a cold, and am afraid I am going to have a fever ; but no fears are expressed of the cold he has taken ; neither is it mentioned when the cold left him. The fashionable practice is to fight the remains of heat till the patient dies, by giving cold the victory ; in which case is it not a fact that the doctor assists the cold to kill the patient ? Would it not have been more reasonable, or likely to have cured them, when the fever arose to throw off the cold, to have helped the fever, and give nature the victory over its enemy, when the health would be restored the same as before they took the cold.

We frequently see in the newspapers accounts of people dying in consequence of drinking cold water when very warm. Some fall dead instantly, and others linger for several hours, the doctors have not been able to afford any relief when called. The principal symptoms are chills, and shivering with cold, which is viewed with astonishment by those who witness it. Proper caution should always be observed by persons when very warm and thirsty, who go to a pump to drink, by



swallowing something hot before drinking the water, and swallowing a little at a time, which will prevent any fatal effects.

"This strange circumstance of being cold on a hot day, and which has never been accounted for in a satisfactory manner to the public, I shall endeavour to explain in as comprehensive and plain language as I am capable. The component parts of animal bodies are earth and water, and life and motion are caused by fire and air. The inward heat is the fountain of life, and as much as that has the power above the outward heat, so much we have life and strength, and when we lose this power of heat, our strength and faculties decay in proportion; and it is immaterial whether we lose this power by losing the inward heat or raising the outward heat above it, as the effect is the same. If you raise the stream level with the fountain, it stops the current, and all motion will cease, and the same effects will follow by lowering the fountain to a level with the stream. When the outward heat becomes equal with the inward, either by the one being raised or the other being lowered, cold assumes the power, and death takes place.

"The cause of the fatal effects by drinking cold water, is because the fountain of life is lost by the stream being raised above the fountain, or the inward heat lowered by throwing into the stomach so large a quantity of cold water as to give the outward heat the power of balancing the inward, and in proportion as the one approaches to an equality with the other, so the strength is diminished, and when equal, they die.

"I shall now make some further remarks on this and other subjects, with a hope that it may be beneficial to mankind. The reason why these extraordinary cases appear so wonderful to the people is because they are unacquainted with the cause. Why should we wonder at a person being cold on a hot day when we are not, any more than we should wonder at another being hungry, when we have just been eating; or that others can be in pain, when we are enjoying good health? The one is as plain and as simple as the other, when understood. The want of inward heat is the cause of their being cold,



just as much as the want of food is the cause of hunger, or the want of health is the cause of pain. One person may have lost the natural power of heat, by an effect which others in similar situations may not have experienced, and will suffer the consequences of cold in proportion to the loss of inward heat; this is manifest in the different degrees of sickness. If the inward heat loses its balance of power suddenly, death is immediate; which is the case in spotted fever, and in drowned persons, when the inward and outward cold is balanced, life ceases, and the blood being stopped in its motion, settles in spots, which appearance has given name to what is called spotted fever. The same appearances take place on drowned persons, and from the same cause.

“The practice of bleeding for the purpose of curing disease, I consider most unnatural and injurious.—Nature never furnishes the body with more blood than is necessary for the maintenance of health; to take away part of the blood, therefore, is taking away just so much of their life, and is as contrary to nature, as it would be to cut away part of their flesh. Many experiments have been tried by the use of the lancet in fevers; but I believe it will be allowed by all, that most of them have proved fatal; and several eminent physicians have died in consequence of trying the experiment on themselves. If the system is diseased, the blood becomes as much disordered as any other part; remove the cause of the disorder and the blood will recover and become healthy as soon as any other part; but how taking part of it away can help to cure what remains, can never be reconciled with common sense.

“There is no practice used by the physicians, that I consider more inconsistent with common sense, and at the same time more inhuman than blistering to remove disease; particularly insane persons, or what the doctors call dropsy on the brain; in which case they shave the head and draw a blister on it. Very few patients, if any, ever survive this application. What would be thought if a scald should be caused by boiling water to remove disease? Yet there is no difference between this and a blister made by flies. I have witnessed many instances



where great distress and very bad effects have been caused by the use of blisters; and believe I can truly say that I never knew any benefit derived from their use. It very frequently causes stranguary, when the attempted remedy becomes much worse than the disease.

"In support of my opinions on the subject, I will give the following extract from the writings of Dr. Hillary, an eminent physician of London:—

"I have long observed that blisters are too frequently and too often improperly used, as they are now so much in fashion. It is very probable, that we have no one remedy, in all the *Materia Medica*, that is so frequently, and so often improperly applied, not only in too many cases, where they cannot possibly give any relief, but too often where they must unavoidably increase the very evil, which they are intended to remove or relieve. How often do we see them applied, and sometimes several of them, by pretended dabblers in physic, not only where there are no indications for applying them, but where the true indications are against their application; as, in the beginning of most fevers, and especially those of the inflammatory, and of the putrid kind, where, in the first, the stimulus of the acrid salts of the *cantharides*, which pass into the blood, must unavoidably increase both the stimulus, and the momentum of the blood, which were too great before, and so render the fever inflammatory, and all its symptoms worse.

"And it is well known that the *cantharides* contain a quantity of alkaline semi-volatile salts, which pass into the blood, though they are applied externally; and attenuate, dissolve, and hasten and increase its putrefaction, which is also confirmed by the putrid alkaline acrimony which they produce in the urine, with the heat and stranguary, which it gives to the urinary passage."

The foregoing remarks of Dr. Thomson on Fever are perfectly philosophical, and only require the additional administration of the Fever Powders, together with the Aromatic Pills as laid down in this work, to afford relief in all cases, whether fever, dysentery, colic, or other acute disorders.



## "ON STEAMING.

"Steaming is a very important branch of my system of practice, which would, in many cases, without it, be insufficient to effect a cure. It is of great importance in many cases considered by the medical faculty as desperate; and they would be so under my mode of treatment, if it was not for this manner of applying heat to the body, for the purpose of reanimating the system, and aiding nature in restoring health. I had but little knowledge of steaming, to add heat or life to the decaying spark; and with it I was enabled, by administering such vegetable preparations as I then had a knowledge of, to effect a cure in cases where the regular practitioners had given them over.

"In all cases where the heat of the body is so far exhausted as not to be rekindled by using the medicine, and being shielded from the surrounding air by a blanket, or being in bed, and chills and stupor attend the patient, then applied heat by steaming becomes indispensibly necessary; and heat caused by steam in the manner that I use it, is more natural in producing perspiration, than any dry heat that can be applied to the body in any other manner, which will only serve to dry the air and prevent perspiration in many cases of disease, where a steam by water or vinegar would promote it, and add a natural warmth to the body, and thereby increase the life and motion, which have lain silent in consequence of the cold.

"Dr. Jennings has contrived a plan to apply heat to the body by a dry vapour, caused by burning spirit, which he calls a vapor bath, the idea of which was, I have no doubt, taken from hearing of my steaming to raise the heat of the body. It may answer in some cases, and stages of disease; but in a settled fever, and other causes where there is a dry inflammation on the surface of the body, it will not answer any good purpose, and I think would be dangerous, without the use of my medicine to



first raise a free perspiration; for when the surface of the body is dry, the patient cannot bear it, as it will crowd to the head and cause distress, the same as is produced by burning charcoal, or from hot stoves in a tight room, and will bring on a difficulty in breathing, which is not the case in steaming in my way. This machine can only be used in bed, where the vapour cannot be applied to the body equally at the same time, therefore is no better than a hot dry stone put on each side and to the feet of the patient, for he can turn himself and get heat from them as well as to have all the trouble of burning spirit and turning to the vapor of it, to get warm by this dry heat. When the patient stands over a steam raised by putting a hot stone in water, which gives a more equal heat all over the body than can be done in any other manner; it can be raised higher, and may be tempered at pleasure by wetting the face and stomach with cold water as occasion requires.

“The method adopted by me, and which has always answered the desired object, is as follows: take several stones of different sizes, and put them in the fire till red hot, then take the smallest first and put one of them into a pan or kettle of hot water, with the stone about half immersed—the patients must be undressed, and a blanket put around them, so as to shield the whole body from the air, and then place them over the steam, change the stones as often as they grow cool, so as to keep up a lively steam, and keep them over it; if they are faint, throw a little cold water on the face and stomach, which will let down the outward heat and restore the strength—after they have been over the steam long enough, which will generally be about 15 or 20 minutes, they must be washed all over with cold water or spirit, and be put in bed, or may be dressed, as the circumstance of the case shall permit. Before they are placed over the steam, give a dose of No. 2 and 3, or Composition, to raise the inward heat. When the patient is too weak to stand over the steam, it may be done in bed, by heating three stones, and put them in water till done hissing; then wrap them in a number of thicknesses of cloths wet with water, and put one on each side, and one at the feet,



occasionally wetting the face, and stomach with cold water, when faint.

"Many other plans may be contrived in steaming, which would make less trouble and be more agreeable to the patient, especially where they are unable to stand over the steam. An open worked chair may be made, in which they might sit and be steamed very conveniently; or a settee might be made in the same manner, in which they might be laid and covered with blankets, so as to shield them from the surrounding air. Such contrivances as these would be very convenient in cases where the patient would have to be carried through a course of medicine, and steamed a number of times, as is frequently necessary, particularly in complaints that have been of long standing.

"As I have frequently mentioned a regular course of medicine, I will here state what is meant by it, and the most proper way in which it is performed. Firstly, give No. 2 and 3, or Composition, adding a teaspoonful of No. 6, then steam, and when in bed repeat it, adding No. 1, which will cleanse the stomach, and assist in keeping a perspiration; when this has done operating, give an injection made with the same articles. Where there are symptoms of nervous affection or spasms, put half a teaspoonful of the nerve powder into each dose given, and into the injection. In violent cases, where immediate relief is needed, Nos. 1, 2, 3 and 6, may be given together. Injections may be administered at all times, and in all cases of disease, to advantage; it can never do harm, and in many cases, they are indispensibly necessary, especially where there is canker and inflammation in the bowels, and there is danger of mortification, in which case add a teaspoonful of No. 6. In cases of this kind, the injection should be given first, or at the same time of giving the composition, or No. 3.

"The use of steaming is good in preventing sickness as well as in curing it. When a person has been exposed to the cold, and is threatened with disease, it may be prevented, and long sickness and expense saved by a very little trouble, by standing over a steam, and following the directions before given, till the cold is thoroughly thrown



off and a lively perspiration takes place ; then go to bed, taking the stone from the kettle, and wrap it in wet cloths, and put it to the feet. This may be done without the medicine, when it cannot be had ; but it is much better to take something to raise the inward heat at the same time. A tea made of mayweed or summer-savoury, or ginger and hot water sweetened, may be given, or any thing that is warming. This advice is for the poor, and those who have not the knowledge of the medicine ; and will many times save them much trouble and long sickness.

“Steaming is of the utmost importance in cases of suspended animation, such as drowned persons ; in which case place the body over a moderate steam, shielded by a blanket from the weight of the external air, and rarifying the air immediately around with the steam. Pour into the mouth some of the tincture of Nos. 1, 2, and 6 ; and if there is any internal heat remains, there will be muscular motion about the eyes and in the extremities. If this symptom appears, repeat the dose several times, and renew the hot stones, raising the heat by degrees ; if the outward heat is raised too sudden, so as to balance the inward, you will fail of the desired object, even after life appears. This is the only danger of any difficulty taking place—always bear in mind to keep the fountain above the stream, or the inward heat above the outward, and all will be safe. After life is restored put them in bed, and keep the perspiration free for twelve hours, by hot stones wrapped in cloths wet with water, and occasionally giving the tincture as before mentioned, when the coldness and obstructions are thrown off, and the patient will be in the enjoyment of his natural strength. Beware of bleeding, or blowing in the mouth with a bellows, as either will generally prove fatal.

“In many cases of spotted fever, steaming is as necessary as in drowned persons ; such as when they fall apparently dead ; then the same treatment is necessary to lighten the surrounding air till you can raise the inward heat, so as to get the determining power to the surface. Begin with a small stone, and as life gains, increase the steam as the patient can bear it ; if the distress is great,



give more hot medicine inside, and as soon as an equilibrium takes place, the pain will cease. In all cases of this kind, the difficulty cannot be removed without applying heat to the body, and is more natural by steam than by any other means that can be made use of. In cases of long standing, where the patients have been run down with mercury, and left in a cold and obstructed state, liable to rheumatism and other similar complaints, they cannot be cured with medicine without applying heat by steam, as nothing will remove mercury but heat.

“When a patient is carried through a course of my medicine and steamed, who has been long under mercurial treatment; and while under the operation of the steam, when the heat is at the highest, the face will swell, in consequence of the poisonous vapour being condensed by the air, the face being open to it. To relieve this, put him in bed, and take a hot stone wrapped in several thicknesses of cloth wet with water, pouring on a little vinegar, and making a lively steam; put it in the bed and cover the head with the clothes, and let him breathe the steam as hot as can be borne, until the sweat covers the swelled part. This will in about fifteen or twenty minutes throw out the poison and the swelling will abate. This method also is of great service in agues and toothache caused by cold; and many other cases of obstruction from the same cause, especially young children stuffed on the lungs.

“To steam small children, the best way is to let them sit in the lap of a person, covering both with a blanket and set over the steam, pouring a little vinegar on the stone: or it may be done in bed with a hot stone, wrapped in cloths wet with water, putting on a little vinegar: and covering them with the bed clothes laid loosely over them; but in this way you cannot exercise so good judgement in tempering the steam, as when you are steamed with them. If the child appears languid and faint, the outward heat is high enough; put a little cold water on the face or breast, which will restore the strength, then rub them in a cloth wet with vinegar, spirit or cold water, put on clean clothes, and put it in bed, or let it sit up as its strength will permit.



This is safe in all cases of cold and obstructed perspiration. It ought always to be borne strongly in mind, to give a child drink often, when under the operation of medicine, or while steaming; if this is not done, it will suffer much, as it cannot ask for it.

"In all cases of falls or bruises, steaming is almost infallible; and is much better than bleeding, as is the common practice, which only tends to destroy life, instead of promoting it. If the person is not able to stand over the steam, it must be done in bed, as has been described. Give the hottest medicine inside that you have, and keep the perspiration free till the pain and soreness abates, and the strength will be soon restored. If the advantages of this mode of treatment were generally known, bleeding in such cases, or any other, to remove disease, would never be resorted to by the wise and prudent.

"The use of steaming is to apply heat to the body where it is deficient, and clear of obstructions caused by cold, which the operation of the medicine will not raise heat enough to do; for as the natural heat of the body becomes thereby lower than the natural state of health, it must by art be raised as much above as it has been below; and this must be repeated until the digestive powers are restored, sufficient to hold the heat by digesting the food, then the health of the patient will be restored by eating and drinking such things as the appetite shall require. In this way the medicine removes disease, and food, by being properly digested, supports nature and continues that heat on which life depends.

"Some who practice according to my system, boast of carrying their patients through in a shorter time without the trouble of steaming; this is easily accounted for; steaming is the most laborious part of the practice for those who attend upon the sick, and the most useful to the patient; as one operation of steaming will be more effectual in removing disease, than four courses without it; and to omit it is throwing the labour upon the patient, with the expense of three or four operations more of the medicine than would be needed, did the person who attends to his duty faithfully."

The best method for steaming in administering a



course on the Thomsonian system is to those who intend practising the healing art. In the first place, to build a small box two feet long at the base as high up as the knee joint, above that gently sloping up to the height of six feet six inches, and the length of twelve inches at the top, and about eighteen inches in width from the bottom to the top, then let the front of the box be enclosed with two strips of baze flannel with hooks on it, which may be locked up as far as the neck, letting the head remain outside through the two pieces of baze, while steaming the patient; let the box be covered with a board with a great many small gimlet holes in it; that when the patient has gone through the course, and after the last steaming, to take away the steam pipe; and throw half a gallon of cold water upon the top of the box. The patient having stripped off his clothes before entering the box, will be washed off by the operation, and the only thing to be done then, is to wipe dry and put on a clean shirt. The method of conveying the steam into the box is at the bottom of the box through a small hole, by a pipe one inch in diameter, leading to the engine, which may be easily constructed with a thermometer attached thereto, or which will do as well, set a teakettle filled with water to the spout and no higher, upon a small furnace filled with ignited charcoal, closing the lid tight by a cloth, so that no steam can pass, except through the spout into the tin pipe, which must be fitted on to it: in the centre of the box must be placed a seat for those patients who are too weak to stand up during the steaming operation. A little less expensive plan instead of the box, is to leave the shirt on, and wrap a blanket around the patient, letting the steam pass under the blanket between the feet from a cup four inches in diameter and 3 in height fastened to the extreme end of the steam pipe, with a lid full of holes to let the steam pass through. But for small children, the plan of using the small stones, as recommended by Dr. Thomson, is probably better and easier to be used. The general directions, as laid down by Dr. Thomson in giving the medicine while undergoing a course, are to be observed, except that in case the patient is costive at the time, he must have an injec-



tion first, administered after the first steaming, then in half an hour or so, give the emetic, and so on as usual.

Instead of the steam made use of by Dr. Thomson, take a cup full of New-England rum, or high wines, place it under the door of the box after setting fire to it, and let it remain there as long as the patient can bear it, and until the patient sweats freely, then wash off the whole body with spirits. This method of steaming is far more agreeable and efficacious than the former; if the patient is so weak as not to be able to set up, let him lay in bed, and put over him first a frame extending from head to foot, (leaving the head out) about two feet high, with a foot board perforated with a hole to admit the pipe, then cover the frame over with blankets; place your cup or vessel containing the alcohol or rum on the floor, and have your pipe fastened thereto with a wide circular reflector like a tunnel attached to convey the steam into the pipe; set the liquid on fire, and let it burn as long as the patient can bear; if the cup burns out, fill it again according to the nature of the case, when the frame may be removed, and the patient left covered up as long as he continues to sweat, then bathe him off with spirits, and put on clean dry clothes. For the rheumatism, give first the emetic and injection as stated in this work, then use the steam last mentioned, either way, according to the strength of the patient; afterwards bathe the joints if stiff, or pained, with the vegetable elixir, black liniment, or compound liniment, three times a day, wearing a flannel over the part until well, and take the vegetable composition powders three times a day; also the elixir, one or two teaspoonsful in each glass of the bitters, which should be taken three times a day. The use of alcohol is chiefly the practice of Dr. Elisha Smith, a contemporary of Dr. Thomson, which he says, he learnt of Dr. Jennings of Baltimore, and is far preferable to any course pursued by Dr. Thomson, and may be used daily.



## "ON GIVING POISON AS MEDICINE.

"The practice of giving poison as medicine, which is so common among the medical faculty at the present day, is of the utmost importance to the public; and is a subject that I wish to bring home to the serious consideration of the whole body of the people of this country, and enforce in the strongest manner on their minds the pernicious consequences that have happened, and are daily taking place by reason of giving mercury, arsenic, nitre, opium, and other deadly poisons, to cure disease. It is admitted by those who make use of these things, that the introducing them into the system is very dangerous, and that they often prove fatal. During thirty years' practice, I have had opportunity to gain much experience on this subject, and am ready to declare that I am perfectly and decidedly convinced, beyond all doubt, that there can be no possible good derived from using in any manner or form whatever, those poisons; but on the other hand, there is a great deal of hurt done. More than one-tenths of the chronic cases that have come under my care, have been such as had been run down with some one or the whole of the above named medical poisons; and the greatest difficulty I have had to encounter in removing the complaints which my patients laboured under, has been to clear the system of mercury, nitre, or opium, and bring them back to the same state they were in before taking them. It is a very easy thing to get them into the system, but very hard to get them out again.

"Those who make use of these things as a medicine, seem to cloak the administering them under the specious pretence of great skill and art in preparing and using them; but this kind of covering will not blind the people, if they would examine it and think for themselves, instead of believing that every thing said or done by a learned man must be right; for poison given to the sick by a person of the greatest skill, will have exactly the same effect as it would if given by a fool.—The fact is, the operation of it is diametrically opposed to nature, and every particle of it that is taken into the system, will strengthen the power of the enemy to health.



"If there should be doubts in the minds of any one, of the truth of what I have said concerning the articles I have named being poisonous and destructive to the constitution and health of man, I will refer them to the works published by those who recommend their use; where they will find evidence enough to satisfy the most credulous, of the dangerous consequences and fatal effects, of giving them as medicine. To remove all doubts of their being poison, I will make a few extracts from standard medical works, as the best testimony that can be given in the case.

"*Muriate of Mercury*, is one of the most violent poisons with which we are acquainted. Externally it acts as an escharotic or a caustic; and in solution, it is used for destroying fungus flesh, and for removing hepatic eruptions; but even externally, it must be used with very great caution." Yet, reader, this active poison is used as medicine, and by being prepared in a different form; and a new name given it, (Calomel) its good qualities are said to be invaluable, and a certain cure for almost every disease.

"*Oxyd of Arsenic*, is one of the most sudden and violent poisons we are acquainted with. In mines, it causes the destruction of numbers of those who explore them; and it is frequently the instrument by which victims are sacrificed, either by the hand of wickedness or imprudence—The fumes of Arsenic are so deleterious to the lungs, that the artist ought to be on his guard to prevent their exhalation by the mouth; for if they be mixed and swallowed with the saliva, effects will take place, similar to those which follow its introduction into the stomach in a saline state; namely, a sensation of a piercing, gnawing, and burning kind, accompanied with an acute pain in the stomach and intestines, which last are violently contorted; convulsive vomiting; insatiable thirst, from the parched and rough state of the tongue and throat; hiccough, palpitation of the heart and a deadly oppression of the whole breast, succeed next; the matter ejected by the mouth, as well as the stools, exhibit a black, foetid, and putrid appearance; at length with the mortification of the bowels, the pain subsides, and death



terminates the sufferings of the patient."—"When the quantity is so very small as not to prove fatal, tremors, paralysis, and lingering hectic succeed."

"Notwithstanding this terrible description of the fatal effects of this article, the author says, "though the most violent of mineral poisons, arsenic, according to Murray, equals, when properly administered, the first medicines in the class of tonics." "Of all the diseases, (says Dr. Duncan) in which white Oxyd of Arsenic has been used internally, there is none in which it has been so frequently and so successfully employed, as in the cure of intermittent fevers. We have now the most satisfactory information concerning this article, in the Medical Reports, of the effects of arsenic in the cure of agues, remitting fevers, and periodical headaches, by Dr. Fowler of Stafford." "Such are the powers of this medicine, that two grains of it are often sufficient to cure an intermittent that has continued for weeks!"—"As an external remedy, arsenic has long been known as the basis of the celebrated *cancer powders*;—"Arsenic has even been applied in substance, sprinkled upon the ulcer; but this mode of using it is exceedingly painful, and extremely dangerous. There have been fatal effects produced from its absorption."—No other escharotic possesses equal powers in cancerous affections; it not unfrequently amends the discharge, causes the sore to contract in size, and cases have been related of its having effected a cure."—But, says Dr. Willich, "we are on the combined testimony of many medical practitioners, conspicuous for their professional zeal and integrity, irresistibly induced to declare our opinion, at least, against the internal use of this active and dangerous medicine."

"I shall leave it to the reader to reconcile, if he can, the inconsistencies and absurdities of the above statements, of the effects of ratsbane; and ask himself the question, whether it can be possible, for an article, the use of which is attended with such consequences, to be in any shape or form, proper to be used as medicine; yet it is a well known fact, that this poison is in constant use among the faculty, and forms the principal ingredient in most of those nostrums sold throughout the country,



under the names of drops, powders, washes, balsams, &c. and there can be no doubt that thousands either die, or become miserable invalids in consequence.

“*Antimony*, in the modern nomenclature, is the name given to a peculiar metal.—The antimonial metal is a medicine of the greatest power of any known substance; a quantity too minute to be sensible in the most delicate balance, is capable of producing violent effects, if taken dissolved, or in a soluble state.”—“Sulphureted antimony was employed by the ancients in Collyria, against inflammation of the eyes, and for staining the eyebrows black. Its internal use does not seem to have been established till the end of the fifteenth century; and even at that time it was by many looked upon as poisonous.”—All the metallic preparations are uncertain, as it entirely depends on the state of the stomach, whether they have no action at all or operate with dangerous violence.”—“The principal general medicinal application of antimony has been given for the use of febrile affections.”—In the latter stage of fever, where debility prevails, its use is inadmissible.” Of the propriety of using this metal as medicine, I shall leave it to the reader to judge for himself.

“*Nitre*. Salt Petre. This salt consisting of nitric acid and potash, is found ready formed on the surface of the soil in warm climates.”—“Purified nitre is prescribed with advantage in numerous disorders. Its virtues are those of a refrigerant and diuretic. It is usually given in doses from two or three grains to a scruple, being a very cooling and resolving medicine, which by relaxing the spasmodic rigidity of the vessels, promotes not only the secretion of urine, but at the same time insensible perspiration, in febrile disorders; while it allays thirst and abates heat, though in malignant cases in which the pulse is low, and the patient's strength exhausted, it produces contrary effects.”—This powerful salt, when inadvertently taken in too large quantities, is one of the most fatal poisons.” For some interesting observations relative to the deleterious properties of salt petre, the reader is referred to Dr. Mitchell's letter to Dr. Priestly.”

“I have found from a series of practical experiments



for many years, that saltpetre has the most certain and deadly effects upon the human system, of any drug that is used as medicine. Although the effects produced by it are not so immediately fatal as many others, yet its whole tendency is to counteract the principles of life, and destroy the operation of nature. Experience has taught me that it is the most powerful enemy to health, and that it is the most difficult opponent to encounter, with any degree of success, that I have ever met with. Being in its nature cold, there cannot be any other effects produced by it, than to increase the power of that enemy of heat, and to lessen its necessary influence.

"*Opium*, when taken into the stomach, to such an extent as to have any sensible effect, gives rise to pleasant serenity of the mind, in general proceeding to a certain degree of languor, and drowsiness."—"It excites thirst, and renders the mouth dry and parched."—"Taken into the stomach in a large dose, gives rise to confusion of the head and vertigo. The powers of all stimulating causes of making impressions on the body are diminished; and even at times, and in situations, when a person would naturally be awake, sleep is irresistably induced. In still larger doses, it acts in the same manner as the narcotic poisons, giving rise to vertigo, headache, tremors, delirium and convulsions; and these terminating in a state of stupor, from which the person cannot be roused. This stupor is accompanied with slowness of the pulse, and with stertor in breathing, and the scene is terminated in death, attended with the same appearances as take place in an apoplexy."—"In intermittents it is said to have been used with good effect."—"It is often of very great service in fevers of the typhoid type."—"In small pox, when the convulsions before eruption are frequent and considerable, opium is liberally used."—"In cholera and pyrosis, it is almost the only thing trusted to."—"The administration of opium to the unaccustomed, is sometimes very difficult. The requisite quantity of opium is wonderfully different in different persons, and in different states of the same person. A quarter of a grain will in one adult, produce effects which ten times the quantity will not do in another. The lowest fatal dose to the un-



accustomed as mentioned by authors, seems to be four grains : but a dangerous dose is so apt to puke, that it has seldom time to occasion death."

"From the above extracts it will readily be seen that the use of opium as medicine, is very dangerous, at least, if not destructive to health : its advocates, it will be observed, do not pretend that it will cure any disorder, but it is used as a palliative for the purpose of easing pain, by destroying sensibility. Pain is caused by disease, and there can be no other way to relieve it, but by removing the cause. Sleep produced by opium is unnatural, and affords no relief to the patient, being nothing more than a suspension of his senses ; and it might with as much propriety be said, that a state of delirium is beneficial, for a person in that situation is not sensible of pain. The fact is, opium is a poison, and when taken into the system, produces no other effect than to strengthen the power of the enemy to health, by deadening the sensible organs of the stomach and intestines, and preventing them from performing their natural functions so important to the maintaining of health and life. In all the cases that have come within my knowledge, where the patient has been long in the habit of taking opium, I have found it almost impossible, after removing the disease, to restore the digestive powers of the stomach.

"I have made the foregoing extracts on the subject of poisons, for the purpose of giving a more plain and simple view of the pernicious consequences caused by their being given as medicine, than I could do in any other manner. In this short address it is impossible to do that justice to the subject that I could wish, and which its importance demands ; but I am not without hope, that what is here given will satisfy every candid person who reads it, of the truth of those principles which it has been at all times my endeavor to inculcate, for the benefit of mankind, and convince them, that what has a tendency to destroy life, can never be useful in restoring health."



## \* THE DOCTORS WITHOUT A SYSTEM.

"That the doctors have no system is a fact pretty generally acknowledged by themselves; or at least they have none that has been fixed upon as a general rule for their practice. Almost every great man among them has had a system of his own, which has been followed by their adherents till some other one is brought forward more fashionable. This is undoubtedly a great evil, for it makes everything uncertain: where it is constantly changing, there can be no dependence on anything, and the practice must always be experimental; no useful knowledge can be obtained by the young practitioners, as they will be constantly seeking after new theories. What should we say of a carpenter who should undertake to repair a building without having any rule to work by, and should for want of one, destroy the half of all he undertook to repair. The employers would soon lose all confidence in him, and dismiss him as an ignorant blockhead. And is it not of infinitely more importance for those who undertake to repair the human body, to have some correct rule to work by? Their practice is founded on visionary theories, which are so uncertain and contradictory, that it is impossible to form any correct general rule as a guide to be depended upon. In order to show the opinions of others, as well as my own, I shall make a few extracts from the latest writers on the subject. Speaking of the revolutions of medicines, one says:

"We have now noticed the principal revolutions of medicine, and we plainly perceive that the theory of medicine, not only has been, but is yet, in an unsettled state, that its practical application is wavering, fallacious, and extremely pernicious; and taking a survey of the various fortunes of the art, we may well say with Bacon, that medicine is a science that hath been more professed than laboured, and yet more laboured than advanced, the labour having been in a circle, but not in progression."

"Theories are but the butterflies of the day—they



buzz for a while, and then expire. We can trace for many centuries past, one theory overturning another, yet each in its succession promising itself immortality."

"The application of the rules which the practitioner lays down to himself is direct, and in their choice, no one can err with impunity. The least erroneous view leads to some consequence. We must remember the lives of our fellow-creatures are at stake. For how many cruel and premature deaths, how many impaired and debilitated constitutions have paid for the folly of theories! Follies, which have proved almost always fascinating. The study of a system is more easy than an investigation of nature; and in practice, it seems to smooth every difficulty."

"In my lectures on the art of physic, (says Dr. Ring,) both theoretical and practical, I have fully proved that there is no necessity for that bane of the profession, *conjecture* or *hypothesis*; and if I were asked whether, if I myself were dangerously ill, I would suffer any hypothetical, however plausible physician, to prescribe for my malady, my answer would be *no*, assuredly *no*, unless I wished to risk the loss of my life. I could give a remarkable instance of this.

"Speculation and hypothesis are always at variance with *sound experience* and successful *practice*."

"The above extracts evince the pernicious effects of false theory and hypothesis, which at the present day, constitute nearly the whole art of physic.

"The following just remarks are copied from the writings of the Rev. John Wesley:

"As theories increased, simple medicines were more and more disregarded and disused; till, in a course of years, the greater part of them were forgotten, at least in the more polite nations. In the room of these, abundance of new ones were introduced, by reasoning, speculative men; and those more and more difficult to be applied, as being more remote from common observation. Hence rules for the application of these, and medical books were immensely multiplied; till at length physic became an abstruse science, quite out of the reach of ordinary men. Physicians now began to be held in



admiration, as persons who were something more than human. And profit attended their employ, as well as honour. So that they had now two weighty reasons for keeping the bulk of mankind at a distance, that they might not pry into the mysteries of their profession. To this end they increased those difficulties, by design, which were in a manner by accident. They filled their writings with abundance of technical terms, utterly unintelligible to plain men.

"Those who understood only how to restore the sick to health, they branded with the name of Empirics. They introduced into practice abundance of compound medicines, consisting of so many ingredients, that it was scarce possible for common people to know which it was that wrought a cure. Abundance of exotics, neither the nature or names of which their own countrymen understood."

"The history of the art of medicine in all ages," says Dr. Blane, so teems with the fanciful influence of superstitious observances, the imaginary virtues of medicines, with nugatory, delusive, inefficient, and capricious practices, fallacious and sophistical reasonings, as to render it little more than a chaos of error, a tissue of deceit unworthy of admission among the useful arts and liberal pursuits of man."



DESCRIPTION  
OF  
THE VEGETABLE MEDICINE, USED IN THE  
BOTANIC SYSTEM OF PRACTICE.

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Dr. Thomson makes the following observations:—  
“In describing these medicines which I make use of in removing disease and restoring the health of the patient, agreeably to my system of practice, I shall mention those only which I have found most useful by a long series of practical knowledge; and in the use of which I have been successful in effecting the desired object. A great number of articles in the vegetable kingdom, that are useful as medicine, might be described, and their medical virtues pointed out, if I thought it would be beneficial, in fact, I am confident there are very few vegetable productions of our country, that I have not a tolerable good knowledge of, it having been my principal study for above thirty years; but to undertake to describe them all would be useless and unprofitable to my readers, and could lead to no good result. The plan that I have adopted in describing such articles as I have thought necessary to mention, and giving directions how to prepare and administer them, is to class them under the numbers which form my system of practice; this was thought to be the best way to give a correct and full understanding of the whole subject. Each number is calculated to effect a certain object, which is stated in the heading to each as they are introduced; every article, therefore, that is useful in promoting such object, will be described as applicable to the number under which it is classed. The three first are used to remove disease and the others as restoratives. There are a number of preparations and compounds, that I have made use of and found good in curing various complaints; the directions for making them, and a description of the articles of which



they are composed are given as far as was deemed necessary. The manner of applying them will be hereafter more particularly stated, when I come to give an account of the manner of treating some of the most important cases of disease which have come under my care.

"No. 1—*To cleanse the Stomach, overpower the cold, and promote a free perspiration.*

"EMETIC HERB. *LOBELIA INFLATA of Linnæus.*

"The Emetic Herb may be found in the first stages of its growth at all times through the summer, from the bigness of a six cent piece to that of a dollar, and larger, lying flat on the ground, in a round form, like a rose pressed flat, in order to bear the weight of snow which lays on it during the winter, and is subject to be winter-killed like wheat. In the spring it looks yellow and pale, like other things suffering from wet and cold; but when the returning sun spreads forth its enlivening rays upon it, lifts up its leaves and shoots forth a stalk to the height of from twelve to fifteen inches, with a number of branches, carrying up its leaves with its growth. In July it puts forth small pointed pale blue blossoms, which are followed by small pods about the size of a white bean, containing numerous very small seeds. This pod is an exact resemblance of the human stomach, having an inlet and outlet higher than the middle; from the inlet it receives nourishment, and by the outlet discharges the seeds. It comes to maturity about the first of September, when the leaves and pods turn a little yellow; this is the best time to gather it. It is what is called by botanists a biennial plant, or of only two years' existence.

"This plant is common in all parts of this country. Wherever the land is fertile enough to yield support for its inhabitants it may be found. It is confined to no soil which is fit for cultivation, from the highest mountains to the lowest valleys. In hot and wet seasons it is most plentiful on dry and warm lands—in hot and dry seasons on clayey and heavy lands. When the season is cold, either wet or dry, it rarely makes its appearance; and if



the summer and fall is very dry, the seed does not come up, and of course there will be very little to be found the next season. I have been in search of this herb from Boston to Canada, and was not able to collect more than two pounds; and in some seasons I have not been able to collect any. I mention this to show the uncertainty of its growth, and to put the people on their guard to be careful and lay up a good stock of it when plenty. In the year 1807, if I had offered a reward of a thousand dollars for a pound of this herb, I should not have been able to have obtained it. I have seen the time that I would have given two dollars for an ounce of the powder, but there was none to be had; which necessarily taught me to lay up all I could obtain when it was plenty.

"In seasons when this herb is plenty it may be found growing in highways and pastures, by the side of old turnpikes, and in stubble land, particularly where it has been laid down to grass the year before; when grass is scarce it is eaten by cattle, and is hard to be found when full grown. It is a wild plant, and a native of this country; but there is no doubt of its being common to other countries. It may be transplanted and cultivated in gardens, and will be much larger and more vigorous than when growing wild. If some stalks are left, it will sow itself, and probably may be produced from the seed; but how long the seeds remain in the ground before they come up, I do not know, never having made any experiments to ascertain the fact. It is certain that it is produced from the seed, and there is no good reason to suppose that it may not be cultivated in gardens from the seed as well as other vegetables; I think it most probable, however, from the nature of the plant, that it will not come up till the seeds have lain at least one winter in the ground.

"This plant is different in one very important particular, from all others that I have a knowledge of, that the same quantity will produce the same effect in all stages of its growth, from its first appearance till it comes to maturity; but the best time for gathering it, as has before been mentioned, is when the leaves and pods begin to turn yellow, for then the seed is ripe and you



have all there can be of it. It should then be cut and kept clean, and spread in a large chamber or loft to dry, where it is open to the air in the day time and to be shut from the damp air during the night. When perfectly dry, soak out the seed, and sift it through a common meal sieve, and preserve it by itself; then beat off the leaves and pods from the stalks, and preserve them clean. This herb may be prepared for use in three different ways:—viz. 1st. The powdered leaves and pods. 2d. A tincture made from the green herb with spirit. 3d. The seeds reduced to a fine powder, and compoundd with Nos. 2 and 6

“1. After the leaves and pods are separated from the stalks, pound or grind them in a mortar to fine powder, sift it through a fine sieve, and preserve it from the air. This is the most common preparation, and may be given in many different ways, either by itself or compounded with other articles. For a common dose take a tea-spoonful of this powder with the same quantity of sugar in half a tea-cupful of warm water, or a tea of No. 3 may be used instead of the water; this dose may be taken all at one time, or at three times, at intervals of ten minutes. For a young child strain off the liquor and give a part as circumstances shall require. There is but one way in which this herb can be prepared that it will refuse its services, and that is when boiled or scalded; it is therefore important to bear in mind that there must never be any thing put to it warmer than a blood heat.

“2. To prepare the tincture, take the green herb in any stage of its growth, (if the small plants are used take roots and all) put them into a mortar, and pound them fine, then add the same quantity of good spirits; when well pounded and worked together, strain it through a fine cloth, and squeeze and press it hard to get out all the juice; save the liquor in bottles, close stopped, for use. Good vinegar, or pepper-sauce may be used instead of the spirit. Prepared in this manner it is an effectual counter-poison, either taken, or externally applied. It is also an excellent medicine for the asthma and all complaints of the lungs. This is the only way in which the doctors have made use of the Emetic Herb; and they



acknowledge it to be one of the best remedies in many complaints, that has been found, though they know but little about it. For a dose take from half to a tea-spoonful. Its effect will be more certain if about the same quantity of No. 2, is added, and in all cases where there are nervous symptoms, add half a tea-spoonful of nerve powder, (Umbil) to the dose.

"3 Reduce the seeds to a fine powder in a mortar, and take half an ounce of this powder, or about a large spoonful, with the same quantity of No. 2, made fine, and put them in a gill of No. 6, adding a tea-spoonful of Umbil; to be kept close stopped in a bottle for use; when taken to be well shaken together. This preparation is for the most violent attacks of disease, such as lock-jaw, bite of mad dog, drowned persons, fits, spasms, and in all cases of suspended animation, where the vital spark is nearly extinct. It will go through the system like electricity, giving heat and life to every part. In cases where the spasms are so violent that they are stiff, and the jaws become set, by pouring some of this liquid into the mouth between the cheek and teeth, as soon as it touches the glands at the roots of the tongue, the spasms will relax, and the jaws will become loosened, so that the mouth will open; then give a dose of it, and as soon as the spasms have abated, repeat it, and afterwards give a tea of No 3, for canker. This course I never knew fail of giving relief. It is good in less violent cases, to bring out the measles and small pox; and if applied to pimples, warts, &c. will remove them. I have cured three dogs with this preparation, who were under the most violent symptoms of hydrophobia; one of my agents cured a man with it who had been bitten by a mad dog; and I have not the least doubt of its being a specific for that disease. For a dose take a tea-spoonful

"Much has been said of the power of the Emetic Herb, and some have expressed fears of it on that account; but I can assure the public, that there is not the least danger in using it; I have given it to children from one day old to persons of 80 years. It is most powerful in removing disease, but innocent on nature. Its operation



in different persons, is according to their different tempers, moving with the natural current of the animal spirits. There are two cases where this medicine will not operate, viz. when the patient is dying, and where there is no death. There can be no war where there is no enemy. When there is no cold in the body there is nothing to contend against, and when there is no heat in the body there is nothing to kindle; in either case therefore this medicine is silent and harmless. It is calculated to remove the cause and no more, as food removes hunger, and drink thirst. It clears all obstructions to the extremities, without regard to the names of disease, until it produces an equilibrium in the system, and will be felt in the fingers and toes, producing a prickling feeling like that caused by a knock of the elbow; this symptom is alarming to those unacquainted with its operation; but is always favourable, being a certain indication of the turn of the disorder, and they generally gain from that time.

"In regard to the quantity to be given as a dose, it is matter of less consequence than is generally imagined. The most important thing is to give enough to produce the desired effect;—if too little is given it will worry the patient, and do little good; if more is given than what is necessary, the surplus will be thrown off, and is a waste of medicine. I have given directions what I consider as a proper dose in common cases, of the different preparations, but still it must be left to the judgment of those who use it, how much to give. The most safe way will be to give the smallest prescribed dose first, then repeat it till it produce the wished for operation. In cases where the stomach is cold and very foul, its operation will be slow and uncertain; in which case give No. 2, which will assist it in doing its work.

"When this medicine is given to patients that are in a decline, or are labouring under a disease of long standing, the symptoms indicating a crisis will not take place till they have been carried through from three to eight courses of the medicine; and the lower they have been the more alarming will be the symptoms. I have seen some who would lay and sob like a child that had been



punished, for two hours, not able to speak or to raise their hand to their head : and the next day be about, and soon got well. In cases where they have taken considerable opium, and this medicine is administered, it will in its operation produce the same appearances and symptoms that is produced by opium when first given, which having lain dormant, is roused into action by the enlivening qualities of this medicine, and they will be thrown into a senseless state ; the whole system will be one complete mass of confusion, tumbling in every direction ; will take two or three to hold them on the bed ; they grow cold as though dying ; remaining in this way from two to eight hours, and then awake, like one from sleep after a good night's rest ; be entirely calm and sensible as though nothing had ailed them. It is seldom they ever have more than one of these turns ; as it is the last struggle of the disease, and they generally begin to recover from that time. I have been more particular in describing these effects of the medicine, as they are very alarming to those unacquainted with them, in order to show that there is no danger to be apprehended, as it is certain evidence of a favourable turn of the disease.

The Emetic herb is of great value in preventing sickness as well as curing it ; by taking a dose when first attacked by any complaint it will throw it off, and frequently prevent long sickness. It not only acts as an emetic, and throws off the stomach every thing that nature does not require for support of the system, but extends its effects to every part of the body. It is searching, enlivening, quickening, and has a great power in removing all obstructions ; but it soon exhausts itself, and if not followed by some other medicine to hold the vital heat till nature is able to support itself by digesting the food, it will not be sufficient to remove a disease that has become seated. To effect this important object put me to much trouble ; after trying many experiments to get something that would answer the purpose, I found that what described under No. 2, was the best and only medicine I have a knowledge of, that would hold the heat in the stomach, and not evaporate ; and by giving No. 2 to remove the canker, which is the great cause of



disease; and then following with Nos. 4 and 5 to correct the bile, restore the digestion, and strengthen the system, I have little trouble in effecting a cure. Directions for preparing these will be hereafter given.

"No. 3.—*To retain the internal vital heat of the system, and cause a free perspiration.*

CAYENNE—*Capsicum.*

"I never had any knowledge of Cayenne being useful as medicine, or that it had ever been used as such, till I discovered it by accident, as has been the case with most other articles used by me. After I had fixed upon a system for my government in practice, I found much difficulty in getting something that would not only produce a strong heat in the body, but retain it till the canker could be removed and the digestive powers restored, so that the food by being properly digested, would maintain the natural heat. I tried a great number of articles that were of a hot nature; but could find nothing that would hold the heat any length of time. I made use of ginger, mustard, horseradish, peppermint, butternut bark, and many other hot things; but they were all more or less volatile, and would not have the desired effect. With these, however, and the Emetic Herb, together with the aid of steam, I was enabled to practice with pretty general success. In the fall of the year 1805, I was out in search of Umbil, on a mountain, in Walpole, N. H. I went into a house at the foot of the mountain, to inquire for some rattlesnake oil; while in the house I saw a large string of red peppers hanging in the room, which put me in mind of what I had been a long time in search of, to retain the internal heat. I knew them to be very hot; but did not know of what nature. I obtained these peppers, carried them home, reduced them to powder, and took some of the powder myself, and found it to answer the purpose better than any thing else I made use of. I put it in spirit with the Emetic Herb, and gave the tincture mixed in a tea of witch-hazle leaves, and found that it would retain the heat in the stomach after puking, and preserve the



strength of the patient in proportion. I made use of it in different ways for two years, and always with good success.

“ In the fall of 1807 I was in Newburyport, and saw a bottle of pepper sauce, being the first I had ever seen; I bought it and carried it home; got some of the same kind of pepper that was dried, which I put into the bottle, this made it very hot. On my way home was taken unwell, and was quite cold; I took a swallow from the bottle, which caused violent pain for a few minutes, when it produced perspiration, and I soon grew easy. I afterwards tried it, and found that after it had expelled the cold, it would not cause pain. From these experiments, I became convinced that this kind of pepper was much stronger, and would be better for medical use than the common red-pepper. Soon after this, I was again in Newburyport, and made enquiry and found some Cayenne; but it was prepared with salt for table use, which injured it for medical purposes. I tried it by tasting, and selected that which had the least salt in it. I afterwards made use of this article, and found it to answer all the purposes wished, and was the very thing I had long been in search of. The next year I went to Portsmouth, and made inquiries concerning Cayenne, and from those who dealt in the article, I learned that it was brought to this country from Demarara and Jamaica, prepared only for table use, and that salt was put with it to preserve it and make it more palatable. I became acquainted with a French gentleman who had a brother in Demarara; and made arrangements with him to send to his brother, and request him to procure some, and have it prepared without salt. He did so, and sent out a box containing about eighty pounds, in a pure state. I sent also by many others, that were going to the places where it grows, to procure all they could: in consequence of which large quantities were imported into Portsmouth, much more than there was immediate demand for. I was not able to purchase but a small part of what was brought, and it was bought up by others on speculation, and sent to Boston; the consequence was that the price was so much reduced, that it would not bring the first



cost, which put a stop to its being imported, and it has since been very scarce.

"When I first began to use this article, it caused much talk among the people in Portsmouth and the adjoining towns; the doctors tried to frighten them by telling that I made use of Cayenne pepper as a medicine, and that it would burn up the stomach and lungs as bad as vitriol. The people generally, however, became convinced by using it, that all the doctors said about it was false, and it only proved their ignorance of its medical virtues, and their malignity towards me. It soon came into general use, and the knowledge of its being useful in curing disease was spread all through the country. I made use of it in curing the spotted fever, and where it was known, was the only thing depended on for that disease. I have made use of Cayenne in all kinds of disease, and have given it to patients of all ages and under every circumstance that has come under my practice; and can assure the public, that it is perfectly harmless, never having known it to produce any bad effects whatever. It is, no doubt, the most powerful stimulant known: its power is entirely congenial to nature, being powerful only in raising and maintaining that heat on which life depends. It is extremely pungent, and when taken sets the mouth, as it were, on fire; this lasts, however, but a few minutes, and consider it essentially a benefit, for its effects on the glands cause the saliva to flow freely, and leave the mouth clean and moist.

"The only preparation necessary, is to have it ground or pounded to a fine powder. For a dose from half to a tea-spoonful may be taken in hot water, sweetened, or the same quantity may be mixed with either of the other numbers when taken. It will produce a free perspiration, which should be kept up by repeating the dose, until the disease is removed. A spoonful, with an equal quantity of common salt put into a gill of vinegar, makes a very good sauce, to be eaten on meat, and will assist the appetite and strengthen the digesture. One spoonful of this preparation may be taken to good advantage, and will remove faint, sinking feelings, which some are subject to, especially in the spring of the year. Pepper



sauce is good for the same purpose. A tea-spoonful of Cayenne may be taken in a tumbler of cider, and is much better than ardent spirits. There is scarce any preparation of medicine that I make use of in which I do not put some of this article. It will cure the ague in the face, by taking a dose, and tying a small quantity in fine cloth, and put it between the cheek and teeth on the side that is affected, sitting by the fire covered with a blanket. It is good to put on old sores.

#### RED PEPPERS.

"These are plentiful in this country, being cultivated in gardens, and are principally made use of for pickling; for which purpose the pods are gathered when green and preserved in vinegar. It is of the same nature as Cayenne pepper, but not so strong; and is the best substitute for that article, of any thing I have ever found. For medical use they should not be gathered till ripe, when they are of a bright red colour; should be reduced to a fine powder, and may be used instead of Cayenne, when that article cannot be obtained.

#### GINGER.

"This is a root which is brought from foreign countries, and is too well known to need any farther description. It is a very good article, having a warming and agreeable effect on the stomach. It is a powerful stimulant, and is not volatile like many other hot articles; and is the next best thing to raise the inward heat and promote perspiration; and may be used with good success for that purpose, as a substitute for Cayenne, when that or the red peppers cannot be had. It is sold in the shops ground, but is sometimes mixed with the other articles to increase the quantity, and is not so strong. The best way is to get the roots and grind or pound them to a fine powder. The dose must be regulated according to circumstances; if given to raise the internal heat and cause perspiration, it must be repeated till it has the desired effect. It makes an excellent poultice, mixed with pounded cracker, or slippery elm bark, for which I make use of it. To keep a piece of the root in the mouth, and



chew it like tobacco, swallowing the juice, is very good for a cough, and those of a consumptive habit; and this should be also done by all who are exposed to any contagion, or are attending on the sick, as it will guard the stomach against taking the disease. It may be taken in hot water sweetened, or in a tea of No. 3.

#### BLACK PEPPER.

"This may be used to good advantage as a substitute for the foregoing articles, when they are not to be had, and may be prepared and administered in the same manner. These four that I have mentioned, are all the articles I have been able to find, that would hold the heat of the body for any length of time: all the others that I have tried are so volatile that they do little good.

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"No. 3.—*To scour the Stomach and Bowels, and remove the Canker.*

"Under this head I shall describe such vegetable productions as are good for Canker, and which I have found to be the best in removing the thrush from the throat, stomach and bowels, caused by cold; and there will be more or less of it in all cases of disease; for when cold gets the power over the inward heat, the stomach and bowels become coated with canker, which prevents those numerous little vessels calculated to nourish the system, from performing their duty. A cure, therefore, cannot be effected without removing this difficulty, which must be done by such things as are best calculated to scour off the canker and leave the juices flowing free. There are many articles which are good for this, but I shall mention only such as I have found to be the best. Several things that are used for canker are too binding, and do more hurt than good, as they cause obstructions. I have adopted a rule to ascertain what is good for canker, which I have found very useful; and shall here give it as a guide to others; that is, to chew some of the article, and if it causes the saliva to flow



freely, and leaves the mouth clean and moist, it is good ; but, on the other hand, if it dries up the juices, and leaves the mouth rough and dry, it is bad and should be avoided.

#### BAYBERRY, or CANDLEBERRY.

"This is a species of the myrtle from which wax is obtained from the berries, and grows common in many parts of this country. It is a shrub growing from two to four feet high, and is easily known by the berries which it produces annually, containing wax in abundance ; these grow on the branches close to them, similar to the juniper ; the leaves are of a deep green. The bark of the roots is what is used for medicine, and should be collected in the spring before it puts forth its leaves, or in the fall, after it is done growing, as then the sap is in the roots ; this should be attended to in gathering all kinds of medical roots ; but those things that the tops are used, should be collected in the summer when nearly full grown, as then the sap is in the top. The roots should be dug and cleaned from the dirt, and pounded with a mallet or club, when the bark is easily separated from the stalk, and may be obtained with little trouble. It should be dried in a chamber or loft, where it is not exposed to the weather ; and when perfectly dry, should be ground or pounded to a fine powder. It is an excellent medicine either taken by itself, or compounded with other articles ; and is the best thing for canker of any thing I have ever found. It is highly stimulating and very pungent, pricking the glands and causing the saliva and other juices to flow freely. Is good used as tooth powder, cleanses the teeth and gums, and removes the scurvy ; taken as snuff, it clears the head and relieves the head-ach. It may be taken to advantage in a relax, and all disorders of the bowels. When the stomach is very foul, it will frequently operate as an emetic. For a dose, take a tea spoonful in hot water sweetened.

#### WHITE POND LILY—the Root.

"This is well known from the beautiful flower which it bears, opening only to the sun and closing again at night. It grows in fresh water ponds, and is common in all parts



of this counrry where I have been. The best time to gather it is in the fall of the year when dry and the water in the ponds is low, as it may then be obtained with little difficulty. It has large roots, which should be dug, washed clean, split into strips, and dried as has been directed for the Bayberry root bark. When perfectly dry, it should be pounded in a mortar, and preserved for use. This article is a very good medicine for canker and all complaints of the bowels, given in a tea alone, or mixed with other articles.

**HEMLOCK—*The inner Bark.***

"This is the common Hemlock tree, and grows in all parts of New England. The best for medicine is to peel the bark from the young tree and shave the ross from the outside, and preserve only the inner rind; dry it carefully, and pound or grind it to a powder. A tea made by putting boiling water to this bark, is a good medicine for canker and many other complaints. The first of my using the Hemlock bark as medicine was in 1814; being in want of something for canker, I tried some of it by chewing, and found it to answer, made use of it to good advantage. Since then, have been in constant use of it, and have always found it a very good medicine, both for canker and other complaints of the bowels and stomach. A tea made of this bark is very good, and may be used freely; it is good to give the emetic and No. 2 in, and may be used for drink in all cases of sickness, especially when going through a course of medicine and steaming. This with Bayberry bark and the Lily root, form No. 3, or what has been commonly called coffee, though many other things may be added, or either of them may be used to advantage alone. The boughs, made into a tea, are very good for gravel and other obstructions of the urinary passages, and for rheumatism.

**MARSH ROSEMARY—*The Root.***

"This article is very well known in all parts of this country, and has been made use of for canker and sore mouth. I have made use of it with Bayberry bark as No. 3 in my practice, for many years with good success; but after



finding that the Lily root and Hemlock bark were better have mostly laid it aside. It is so binding in its nature that it is not safe to use it without a large proportion of the Bayberry bark.

*SUMACH—the Bark, Leaves and Berries.*

"This appears to be a new article in medicine, entirely unknown to the medical faculty, as no mention is made of it by any author. The first of my knowledge that it was good for canker was when at Onion River in 1807, attending the dysentery; being in want of something to clear the stomach and bowels in that complaint, found that the bark, leaves or berries answered the purpose extremely well, and have made much use of it ever since. It is well known, and is found in all part of the country; some of it grows from eight to twelve feet high, and has large spreading branches; the berries grow in large bunches, and when ripe are a deep red colour, of a pleasant sour taste, and are used by the country people to dye with. The leaves and young sprouts are made use of in tanning Morocco leather. For medicine, the bark should be peeled when full of sap, the leaves, when full grown, and the berries, when ripe; they should be carefully dried, and when used as part of No. 3, should be pounded and may be used altogether or either separate. A tea made of either or altogether, is very good and may be given with safety in almost all complaints, or put into the injections. It will scour the stomach and bowels, and is good for stranguary, as it promotes urine and relieves difficulties in the kidneys, by removing obstructions and strengthening those parts. I have been in the habit of late years, of making use of this article with Bayberry bark and Lily root, or Hemlock bark, equal parts, of No. 3, or coffee, and it has always answered a good purpose.

*WITCH-HAZLE—the Leaves.*

"I found the use of this article as medicine when I was quite young; and have made much use of it is all my practice. It is too well known in the country to need any description; is a small tree or bush and grows very common, especially in new land. A tea made of the



leaves, is an excellent medicine in many complaints, and may be freely used to advantage. It is the best thing for bleeding at the stomach of any article I have ever found, either by giving a tea made of the dry leaves, or chewing them when green; have cured several with it. This complaint is caused by canker eating off the small blood-vessels, and this medicine will remove the canker and stop the bleeding. I have made much use of the tea made strong for injections, and found it in all complaints of the bowels to be very serviceable. An injection made of this tea with a little No. 2, is good for piles and many complaints common to females; and in bearing-down pains it will afford immediate relief, if properly administered. These leaves may be used in No. 3, to good advantage, as a substitute for either of the other articles, or alone for the same purpose.

#### RED RASPBERRY—*the Leaves.*

"This is an excellent article, and I believe was never made use of as medicine, till discovered by me. When at Eastport, I had no article with me good for canker, and resorted to my old rule of tasting, and found that these leaves were good for that complaint; made into a strong tea, it answered every purpose wished. I gathered a large quantity of the leaves, and dried them, and have been in constant use of it as a medicine ever since, and have found it an excellent article, both for canker and many other complaints; for relax and other bowel complaints of children, it is the best thing that I have found; by giving the tea and using it in the injections, it affords immediate relief. A tea made of the leaves sweetened, with milk in it, is very pleasant, and may be used freely. It is the best thing for women in travail, of any article I know of. Give a strong tea of it, with a little No. 2, sweetened, and it will regulate every thing as nature requires. If the pains are untimely, it will make all quiet, if timely and lingering, give more No. 2, and umbil in the tea. When the child is born, give it some of the tea with sugar and milk in it; this prevents sore mouth; and the tea is good to wash sore nipples with. A poultice made with this tea and cracker, or slippery elm bark, is very



good for burns or scalds; if the skin is off, by applying this poultice, or washing with the tea, it will harden and stop smarting. It may be used in No. 3, as a substitute for other articles, or alone, to good effect.

**SQUAW-WEED**—*Indian name Cocash.*

'This is known in the country by the name of frostweed, or meadow scabish. It is a wild weed, and grows in wet land, by the side of brooks; it has a stalk that grows four or five feet high, which is rough and woolly with a narrow leaf; and bears a blue blossom late in the fall, which remains till the frost kills it. The root lives through the winter, and in the spring puts forth a new stalk; the leaves at the bottom remain green through the winter. The roots and top are used for medicine; it has a fragrant taste and smell, like lovage. It was the first thing I ever knew used for canker, and was given to me when I had the canker-rash, being considered then the best article known for canker; I have frequently used it for that complaint, and found it very good. Take the green roots and leaves, bruise them, and pour on hot water; give this tea sweetened. It may be kept by adding a little spirit, and is good for rheumatism and nervous affections.

"It is perfectly harmless and may be used freely. It makes a very good bitter tinctured with hot water and spirit, and is good for dizziness and cold hands and feet.

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**No. 4.**—*Bitters, to correct the Bile and restore Digestion.*

**BITTER HERB, or BALMONY.**

"This herb grows in wet mowing land by the side of brooks; it is about the size of mint, the leaves somewhat larger; the leaves are of a dark green, of a sweetish bitter taste. It bears a white blossom of singular form, resembling a snake's head with the mouth open. This herb is very good to correct the bile, and create an appetite. A tea of it may be used alone, or it may be added to the other articles described under this number, which are all calculated to restore the digestive powers.



## POPLAR BARK.

"There are several species of the poplar tree, that grow common in this country. One kind is called the white poplar, and another stinking poplar; the bark of both these kinds are good for medicine; but the latter is the best, being the most bitter. It has tags hanging on the limbs, which remain on till it leaves out, which is about a week later than the other kind. It has short brittle twigs, which are extremely bitter to the taste. The inner bark given in tea is one of the best articles to regulate the bile and restore the digestive powers, of any thing I have ever used. The bark may be taken from the body of the tree, the limbs, or the roots. and the outside shaved off and preserve the inner bark, which should be dried and carefully preserved for use. To make the bitters, (No. 4) it should be pounded or ground fine, and mixed with the other articles, or it may be used alone for the same purpose. To make a tea, take a handful of the bark pounded or cut into small strips, and put into a quart mug, and fill it with boiling water, which, if taken freely, will relieve a relax, headach, faintness at the stomach, and many other complaints caused by bad digestion. Is good for obstructions of the urine, and weakness in the loins: and those of a consumptive habit will find great relief in using this tea freely.

## BARBERRY—the BARK.

"This is a well known shrub, producing red berries of a pleasant sour taste, which are much used as a pickle, and are also preserved with sugar or molasses. The bark of the root or top is a good bitter, and useful to correct the bile, and assist the digesture. The bark should be collected at the proper season, carefully dried and pounded, or ground to fine powder; and is used as a part of the bitters (No. 4.) A tea made of this bark is very good for all cases of indigestion, and may be freely used.

## BITTER-ROOT, OR WANDERING MILK-WEED.

"This valuable vegetable grows in meadows and in hedges, and in appearance is something like buckwheat, having similar white blossoms; when the stalk is broken



it discharges a milky substance; it has two small pods about the size of the cabbage seed pods, with a silky substance. This herb is wandering, that is, the root runs about under ground to a considerable distance, and produces many stalks, which grow up from different parts of the root to the height of about two feet. The kind that is commonly known by the name of wandering milk-weed, grows only in upland; there is another kind which grows near rivers and on highlands, where high water flows over it, this differs some from the other in appearance; the roots run deep in the sand; it has leaves and pods like the first, and both are good for medicine. The bark of the root is used. The roots should be dug and dried; and when perfectly dry may be pounded in a mortar, when the bark is easily separated from the woody part. This root is very bitter, and is one of the greatest correctors of the bile I know of; and is an excellent medicine to remove costiveness, as it will cause the bowels to move in a natural manner. A strong decoction of this root, made by steeping it in hot water, if drank freely, will operate as a cathartic, and sometimes as an emetic; and is most sure to throw off a fever in its first stages. It should be used in all cases of costiveness.

GOLDEN SEAL, or OHIO KERCUMA—*the Root.*

"This article grows only in the western country; I am not well enough acquainted with the herb to give a description of it; but of the medical virtues of the root I have had a sufficient experience to recommend it as a very pleasant bitter, and in cases where the food in the stomach of weak patients causes distress, a tea-spoonful of the powder given in hot water sweetened, will give immediate relief. It is an excellent corrector of the bile, and may be used for that purpose alone, or with the bitter root, or may be compounded with either, or all the articles described under this number, to restore the digestive powers,

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"The purpose for which the articles described under this head are used, is to regulate the stomach, so that the



food taken into it may be properly digested ; and I have mentioned enough to enable those who make use of the practice to effect that object, if properly attended to. This is a very important part of the system of practice, for unless the food is digested, it is impossible to keep up that heat upon which life depends.

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*" No. 5. Syrup for the Dysentery, to strengthen the Stomach and Bowels, and restore weak patients.*

" The articles used in this preparation are the bark of poplar and bayberry, (which have been described) peach meats, or meats of cherry-stones, sugar and brandy.

#### PEACH MEATS.

" The meats that are in the peach stones have long been used as medicine, and need but little to be said about them, except that they are of great value to strengthen the stomach and bowels, and restore the digesture ; for which purpose I have made much use of them, and always to good advantage. Made into a cordial, with other articles, in the manner as will be hereafter directed, forms one of the best remedies I know of, to recover the natural tone of the stomach after long sickness ; and to restore weak patients, particularly in dysentery. A tea made of the leaves of the peach-tree is very good for bowel complaints in children and young people, and will remove colic.

#### CHERRY STONES.

" The meats of the wild cherry-stones are very good, and may be used instead of the peach-meats, when they cannot be had. Get these stones as clean as possible when well dried, pound them in a mortar, and separate the meats from the stones, which is done with little trouble ; take the same quantity as is directed of the peach-meats, and it will answer equally as well. A tea made of the cherries pounded with the stones and steeped in hot water, sweetened with loaf sugar, to which add



a little brandy, is good to restore the digestive powers, and create an appetite.

" Bitter almonds may be used as a substitute for the peach-meats or cherry-stones, when they cannot be had.

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*No. 6.—Rheumatic Drops, to remove pain, prevent mortification, and promote a natural heat.*

" The principal articles used in this preparation, are high wines, or 4th proof brandy, gum myrrh and Cayenne; for external application, spirits of turpentine is added, and sometimes gum camphor. The manner of preparing will be hereafter given.

GUM MYRRH.

" This is a gum obtained from a tree which grows in the East-Indies, and is brought to this country and sold by the apothecaries for medical uses: there is nothing sold by them that possesses more useful and medical properties than this article; though the Doctors seem to have but little knowledge of its virtues. All those who I have heard express an opinion upon it, consider it of very little value. When I obtained my patent, Dr. Thornton, the clerk of the Patent Office, said it was good for nothing; all this, however, does not lessen its value. The first knowledge I had of it, was when I was laid up with my lame ankle at Onion River, as has been before related in my narrative. An old man from Canada, passing that way, and hearing of my case, called to see me, and observing the putrid state I was in, told my father that gum myrrh would be good for me, as it was an excellent article to prevent mortification. He immediately obtained some of the tincture, and not having a syringe, he took some in his mouth, and squirted it through a quill into the wound; the smarting was severe for a short time. By taking it himself, and finding it a pleasant bitter, he gave me some to take; by using it there was a favourable alteration, both in my bodily health and in the state of my wound. After this I had



great faith in this article, and was seldom without it. When I came to have a family I made much use of myrrh; it was one of the principal articles used in restoring my wife, when given over by the midwife, as related in my narrative. In several case of bad wounds and old sores, it afforded great relief; and in what the doctors call worm complaints in children, by giving the tincture when such symptoms appeared, it removed them. I used it at this time by making a tincture with spirit; but after having a knowledge of Cayenne, I put some of this with it, which made it much better. I found out by accident that boiling st would prevent the fumes of the spirit from rising to the head, which would otherwise, in some cases, produce bad effects, particularly in such as were subject to hysterical affection. This was the origin of my rheumatic drops, a preparation which has proved more generally useful than any one compound I make use of. In selecting myrrh for use, take that of a light brown colour somewhat transparent, and of a bitter taste, a little pungent. It should be reduced to a fine powder, by being pounded in a mortar, before used.

#### SPIRIT OF TURPENTINE.

“ This article is too well known to need any description, being used by painters. The only way in which I use it is in such preparations as are intended for external application, in which I have found it useful. A proportion of it should be added to the rheumatic drops, when used for the itch, or other bad humours. It is a powerful article, and should be used with caution.

#### GUM CAMPHOR.

“ I shall say but little about this article, as I never found any very great advantages from its use, though I never knew it to do any harm. It is made much use of, and I think there is more credit given to it than what it deserves. I have been in the habit of adding some of it to the rheumatic drops, when used for bad sprains, and in such cases have found it useful; and I have no doubt but that it may be sometimes given to advantage to warm the stomach, and relieve pain; but there are other



articles which I make use of for that purpose, that are much better.

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*Nerve Powder.*

AMERICAN VALERIAN, or LADIES' SLIPPER; sometimes called UMBIL, or Male and Female NERVINE.

"There are four species of this valuable vegetable, one male and three female; the male is called yellow umbil, grows in swamps and wet land; has a large cluster of fibrous roots matted together, joined to a solid root, which puts forth several stalks that grow about two feet high; it has leaves something resembling the poke leaf. The female kinds are distinguished by the colour of the blossoms, which are red, red and white, and white. The red has but two leaves, which grow out of the ground, and lean over to the right and left, between which a single stalk shoots up to the height of from eight to ten inches, bearing on its top a red blossom of a very singular form, that gives it the name of female umbil. This kind is found on high ledges and in swamps. The red and white, and white umbil, grows only in swamps, and is in larger clusters of roots than the yellow, but in a similar form; its top is similar to the red, except the colour of the blossom. The yellow and red are the best for medicine; the roots should be dug in the fall when done growing, or in the spring before the tops put forth. If dug when growing, the roots will nearly all dry up. When the roots are dug, they should be washed clean, carefully dried, and pounded or ground to a fine powder, sifted through a fine sieve, and preserved from the air for use.

"This powder is the best nervine known; I have made great use of it, and have always found it to produce the most beneficial effects, in all cases of nervous affection, and in hysterical symptoms; in fact it would be difficult to get along with my practice, in many cases, without this important article. It is perfectly harmless, and may be used in all cases of disease with safety; and is much better than opium, which is generally given in



cases of spasmodic affection, and which only deadens the feelings, and relieves pain only by destroying sensibility, without doing any good. It has been supposed by the doctors to be of a narcotic nature; but this is a mistake. They have drawn this conclusion, I suppose, from its tendency to promote sleep; but this is altogether owing to its quieting the nerves, and leaving the patient at ease, when nature requires sleep to recover the natural tone of the system. Half a tea-spoonful may be given in hot water sweetened, and the dose repeated, if necessary; or the same quantity may be mixed with a dose of either the other numbers, when given, and put into the injections; and where there is nervous symptoms, it should never be dispensed with.



# DIRECTIONS

FOR PREPARING AND USING

## VEGETABLE MEDICINE.

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### No. 1.—*Emetic Herb.*

“The preparation of this herb has been sufficiently described. It is prepared and used in three different ways, viz :

“1. The powdered leaves and pods. This is the most common form of using it ; and from half to a tea-spoonful may be taken in warm water sweetened ; or the same quantity may be put into either of the other numbers when taken ; to cleanse the stomach, overpower the cold, and promote a free perspiration.

“2. A tincture made from the green herb in spirit. This is used to counteract the effects of poison ; to be either internally or externally used ; and for asthma and other complaints of the lungs. For a dose take a tea-spoonful, adding about the same quantity of No. 2, in half a teacupful of warm water sweetened, and in all cases of nervous affection add half a tea spoonful of nerve powder. For the external effects of poison, take the above dose, and bathe the parts affected with the tincture, repeating it till cured.

“3. The seeds reduced to a fine powder and mixed with Nos. 2 and 6. This is for the most violent attacks of spasms and other complaints, such as lock jaw, bite of mad dog, fits, drowned persons, and all cases of suspended animation, where the vital spark is nearly extinct. For a dose give a tea-spoonful, and repeat it till relief is obtained ; then follow with a tea of No. 3, for canker.

“For children, the dose must be regulated according to their age. If very young, steep a dose of the powder in half a teacup full of warm water, or tea of raspberry



leaves, and give a tea spoonful at a time of the tea, strained through a fine cloth and sweetened, repeating the dose every ten minutes, till it operates; and give pennyroyal, or some other herb tea for drink.

### No. 2.—*Cayenne.*

"This is a medicine of great value in the practice, and may be safely used in all cases of disease, to raise and retain the internal vital heat of the system, cause a free perspiration, and keep the determining powers to the surface. The only preparation is to have it reduced to a fine powder. For a dose take from half to a tea-spoonful in hot water, or a tea of No. 3, sweetened; or the same quantity may be mixed with a dose of either the other numbers when taken. The dose should be repeated every ten or fifteen minutes till the desired object is effected, and continued occasionally till health is restored. When this number is given, the patient should be kept warm, by sitting by the fire, covered with a blanket, or in a warm bed.

### No. 3.—*For Canker.*

"Take Bayberry root bark, white pond Lily root, and the inner bark of Hemlock, equal parts of each pounded and well mixed together; steep one ounce of the powder in a pint of boiling water, and give for a dose a common wine glass full, sweetened.

"If the above cannot be had, take as a substitute sumach bark, leaves or berries, red raspberry or witch-hazle leaves, marsh rosemary, or either of the other articles described under the head of No. 3; they are all good for canker, and may be used together or separate.

"When the violence of the disease requires a course of medicine, steep one ounce of the above mentioned powder, No. 3, in a pint of boiling water, strain off a wine glass full while hot, and add a tea-spoonful of No. 2, and the same quantity of sugar; when cool enough to take, add a tea-spoonful of No. 1, and half that quantity of nerve powder. Let this dose be given three times, at



intervals of fifteen minutes ; and let the same compound be given by injection, and if the case requires it, again repeated. If mortification is apprehended, a tea-spoonful of No. 6 may be added to each dose and to the injections.

“ After the patient has recovered sufficiently from the operation of the medicine, which is usually in two or three hours, place them over the steam again.

“ This operation is sufficient for one time, and must be repeated each day, or every other day, as the circumstances of the case may require, till the disorder is removed. Three times will generally be sufficient, and sometimes once or twice will answer the purpose ; but in bad chronic cases it may be necessary to continue to carry them through a regular course two or three times a week, for a considerable length of time.

“ Great care must be taken to keep up an internal heat, so as to produce perspiration, after they have been through the operation, by giving occasionally No. 2, or the composition powder, for if this is not attended to the patient may have a relapse, in which case it will be very difficult to raise it again, as they will fall as much below a natural heat as they have been raised above it by artificial means.

“ During the operation give milk porridge, or gruel, well seasoned, with a little cayenne on it ; and after it is over the patients may eat any kind of nourishing food that the appetite may crave.

“ A tea-cup full of the tea No. 3, should be taken night and morning, to prevent a relapse of the disease, and during the day drink frequently of a tea made of poplar bark ; and if costive use the bitter root.

“ As soon as the disorder is removed, use the bitters, (No. 4) to correct the bile and restore the digesture ; and half a wine glass full of the syrup, [No. 5] may be taken two or three times a day, which will strengthen the stomach and assist in regulating the digestive powers.

“ The foregoing directions are calculated for the more violent attacks of disease, and such as have become settled ; but those of a violent nature must be treated according to circumstances. In the first stages of a disease it may be most generally thrown off by a dose of the emetic herb, with No. 2 to raise a free perspiration



followed by a tea of No. 3, to remove the canker, and the bitters or a tea of poplar bark to regulate the digesture. For a sudden cold, take a dose of the composition powder on going to bed, and put a hot stone, wrapped in wet cloths, at the feet, which will in most cases remove the complaint; but if these applications do not answer the purpose, the patient should be carried through a course as soon as possible.—Steaming is safe and will always do good, and the injections must not be neglected, particularly where the bowels are disordered. In consumption, and all old lingering complaints, give the composition powder, for two or three days, before going through a regular course.

#### No. 4.—*Bitters.*

“Take the Bitter Herb, or Balmony, Barberry and Poplar bark, equal parts, pulverised, one ounce of the powder to a pint of hot water and half a pint of spirit. For a dose take half a wine glass full. For hot bitters, add a teaspoonful of No. 2.

“This preparation is calculated to correct the bile and create an appetite by restoring the digestive powers; and may be freely used both as a restorative and to prevent disease.

“When the above article cannot be had, either of those that have been before described under No. 4, which are all good for the same purpose, may be used as a substitute.

#### No. 5.—*Syrup.*

“Take poplar bark, and bark of the root of Bayberry, one pound each, and boil them in two gallons of water, strain off, and add seven pounds of good sugar; then scald and skim it, and add half a pound of peachmeats; or the same quantity of cherry stone meats, pounded fine. When cool add a gallon of brandy; and keep it in bottles for use. Take half a wine glass full, two or three times a day.



"Any other quantity may be prepared by observing the same proportion of the different articles.

"This syrup is good to strengthen the stomach and bowels, and to restore weak patients; and is particularly useful in the dysentery, which leaves the stomach and bowels in a sore state. In a relax, or the first stages of the dysentery, by using a tea of No. 3 freely, and giving the syrup, it will generally-cure it, and will also prevent those exposed from taking the disease.

#### No. 6.—*Rheumatic Drops.*

"Take one gallon of good fourth proof brandy, or any kind of high wines, one pound of gum myrrh pounded fine, one ounce of No. 2, and put them into a stone jug, and boil it a few minutes in a kettle of water, leaving the jug unstopped. When settled, bottle it up for use. It may be prepared without boiling, by letting it stand in the jug for five or six days, shaking it well every day, when it will be fit for use.

"These drops are to remove pain and prevent mortification; to be taken, or applied externally, or put into the injections. One or two tea spoonfuls of these drops may be given alone, or the same quantity may be put into a dose of either of the medicines before mentioned; and may be also used to bathe with in all cases of external swellings or pains. It is an excellent remedy for rheumatism, by taking a dose and bathing the parts affected with it. In the head ach by taking a swallow, and bathing the head, and snuffing a little up the nose, it will remove the pain. It is good for bruises, sprains, swelled joints, and old sores, as it will allay the inflammation, bring down swelling, ease pain, and produce a tendency to heal—in fact, there is hardly a complaint in which this useful medicine cannot be used to advantage. It is the best preservative against mortifications of any thing I have ever found.

For bathing, in rheumatism, itch, or other humours, or in any swelling or external pain, add one quarter part of spirits of turpentine; and for sprains and bruises, a little gum camphor may be added.



*Nerve Powder.*

" This is the American Valerian, or Umbil, and the preparation has been sufficiently described, for which see page 64. This powder is a valuable and safe medicine, and may be used in all cases without danger ; and when there are nervous symptoms, it must never be dispensed with. For a dose take half a tea-spoonful in hot water, sweetened ; or the same quantity should be put into a dose of either of the other medicines, and also into the injections, in all nervous cases.

*Composition, or Vegetable Powders.*

" Take two pounds of the bayberry root bark, 1 pound of the inner bark of hemlock, one pound of ginger, two ounces of cayenne, two ounces of cloves, all pounded fine, sifted through a fine sieve, and well mixed together. For a dose take a tea-spoonful of this powder, with an equal quantity of sugar, and put to it half a tea-cupful of boiling water ; to be taken as soon as sufficiently cool, the patient being in bed, or by the fire, covered with a blanket.

" This composition is calculated for the first stages and in less violent attacks of diseases. It is a medicine of much value, and may be safely used in all complaints of male or female, and for children. It is good for relax, dysentery, pain in the stomach and bowels, and to remove all obstructions caused by cold, or loss of inward heat ; by taking a dose on going to bed, and putting a hot stone to the feet, wrapped in wet cloths, it will cure a bad cold, and will generally throw off a disease in its first stages, if repeated two or three times. If the symptoms are violent, with much pain, add to each dose a tea-spoonful of No. 6, and half a tea-spoonful of No. 1 ; and in nervous symptoms add half a tea-spoonful of nerve powder ; at the same time give an injection of the same. If these should not answer the purpose, the patient must be carried through a regular course of the medicine, as has been before described.

*Cough Powder.*

" Take four tea-spoonfuls of Skunk Cabbage, two of Hoarhound, one of Wake-robin, one of No. 1, one of



No. 2, one of Bayberry bark, one of Bitter root, and one of nerve powder, all made fine and well mixed together. When taken to be mixed with molasses. Take half a tea-spoonful of the powder on going to bed ; keep warm and continue taking it till relief is obtained, particularly on going to bed.

“ Where the cough has been of long standing, it will be best while taking this prescription, to go through a regular course of the medicine, and repeat it if necessary.

### *Cancer Plaster.*

“ Take the heads of red clover, fill a brass kettle, and boil them in water for one hour ; then take them out and fill the kettle again with fresh ones, and boil them as before in the same liquor. Strain it off and press the heads to get out all the juice ; then simmer it over a slow fire till it is about the consistence of tar, when it will be fit for use. Be careful not to let it burn. When used, it should be spread on a piece of bladder, split and made soft. It is good to cure cancers, sore lips, and all old sores.

### *Salve.*

“ Take one pound of Beeswax, one do. of salt Butter, one and a half do of Turpentine, twelve ounces of Balsam-fir ; melt and simmer them together ; then strain it off into a bason, and keep it for use. It may be used to heal fresh wounds, burns, scalds and all bad sores, after the inflammation is allayed, and the wound cleansed.

### *Strengthening Plaster.*

“ Take Burdock leaves and Mullen leaves, bruise them and put them in a kettle, with a sufficient quantity of water and boil them well ; then strain off the liquor, press or squeeze the leaves and boil it down till about half as thick as molasses ; then add three parts of rosin and one of turpentine, and simmer well together until the water is evaporated ; then pour it off into cold water and work it with the hands like shoemakers' wax ; if too hard put in more turpentine, when it will be fit for use. It should be spread on soft leather and applied to the part affected ;



and it is good to strengthen weakness in the back and other parts of the body.

#### *Volatile Salts.*

"Take crude sal ammoniac one oz., pearlash two oz., and pound each by itself, mix them well together, and keep it close stopped in a bottle for use. By damping it with spirit or essence will increase the strength. This applied to the nose is good for faintness, and to remove pain in the head; and is much better than what is generally sold by the apothecaries.

#### *Nerve Ointment.*

"Take the bark of the root of bitter-sweet two parts; of wormwood and camomile, each equal, one part, when green, or if dry, moisten it with hot water; which put into horse, porpoise, or liver oil, or any kind of soft animal oil, and simmer over a slow fire for twelve hours, then strain it off, and add one ounce of spirits of turpentine to each pound of ointment. To be used for a bruise, sprain, callous, swelling, or for corns.

#### *Poultice.*

"Make a strong tea of raspberry leaves, or of No. 3; take a cracker pounded fine, and slippery elm bark pulverised, with ginger, and make a poultice of the same. This is good for old sores, whitlows, felons, and for bad burns, scalds, and parts frozen. Apply this poultice, and renew it, at least as often as every twelve or twenty-four hours, and wash with soap-suds at every renewal; wetting it in the interim with cold water, or a tea of raspberry leaves till it discharges; then apply the salve till a cure is effected.

#### *Injections, or Clysters.*

"This manner of administering medicine is of the greatest importance to the sick; it will frequently give relief when all other applications fail. It is supposed that the use of them is of great antiquity; whether this be true or not, the using them to relieve the sick, was certainly a very valuable discovery; and no doubt thousands of lives



have been saved by it. The doctors have long been in the practice of directing injections to be given to their patients, but they seem to have no other object in administering them, than to cause a movement in the bowels; therefore it was immaterial what they are made of.

“According to the plan which I have adopted, there are certain important points aimed at in the administration of medicine to remove disease, viz. to raise the internal heat, promote perspiration, remove the canker, guard against mortifications, and restore the digestion. To accomplish these objects, the medicine necessary to remove the complaint, must be applied to that part where the disease is seated; if in the stomach only, by taking the medicine it may be removed; but if in the bowels, the same compound must be administered by injection. Whatever is good to cure disease when taken into the stomach, is likewise for the same purpose if given by injections, as the grand object is to warm the bowels, and remove the canker. In all cases of dysentery, colic, piles, and other complaints, where the bowels are badly affected, injections should never be dispensed with. They are perfectly safe in all cases, and better that they be used ten times when not needed, than once neglected when they are. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, when there would be no chance in any other. I do, therefore, most seriously advise that these considerations be always borne in the mind; and that this important way of giving relief be never neglected, where there is any chance for it to do good. In many complaints peculiar to females, they are of the greatest importance in giving relief, when properly attended to. For further important particulars relative to Female Complaints, the reader is referred to page 114.

The common preparation for an Injection or Clyster, is to take a tea-cupful of strong tea made of No. 3, strain it off when hot, and add half a tea-spoonful of No. 2, and a tea-spoonful of No. 6; when cool enough to give, add half a tea-spoonful of No. 1, and the same quantity of nerve powder. Let it be given with a large syringe made



for that purpose, or where that cannot be had, a bladder and pipe may be used. They must be repeated as occasion may require, till relief is obtained.

Many other articles may be used to advantage in the injections; a tea of witch-hazle and red-raspberry leaves, either or both together, are very good in many cases. For canker, a tea of either of the articles described under the head of No. 3, will answer a good purpose. When the canker is removed, the bowels will be left sore, in which case, give injections of witch-hazel or raspberry leaf tea, with slippery-elm bark. When injections are used to move the bowels only, No. 1 should be left out. It is always safe to add the Nerve Powder, and if there are nervous symptoms, it must never be omitted.

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*Stock of Medicine for a Family.*

- 1 oz. of the Emetic Herb,
- 2 ozs. of Cayenne,
- 1-2 lb. Bayberry root bark in powder,
- 1 lb. of Poplar bark,
- 1lb. of Ginger,
- 1 pint of the Rheumatic Drops.

This stock will be sufficient for a family for one year, and with such articles as they can easily procure themselves when wanted, will enable them to cure any disease which a family of common size may be afflicted with during that time. The expense will be small, and much better than to employ a doctor and have his extravagant bill to pay.



## GENERAL DIRECTIONS IN CURING OR PREVENTING DISEASE.

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" 1. Be careful to always keep the determining powers to the surface, by keeping the inward heat above the outward, or the fountain above the stream, and all will be safe.

" 2. It must be recollected that heat is life, and cold is death, that fever is a friend and cold the enemy; it is therefore necessary to aid the friend and oppose the enemy, in order to restore health.

" 3. That the construction and organization of the human frame, is in all men essentially the same; being formed of the four elements. Earth and water constitute the solids of the body, which is made active by fire and air. Heat in a peculiar manner, gives life and motion to the whole; and when entirely overpowered from whatever cause by the other elements, death ensues.

" 4. A perfect state of health arises from a due balance or temperature of the elements; and when it is by any means destroyed, the body is more or less disordered. When this is the case, there is always a diminution of heat, or an increase of the power of cold, which is its opposite.

" 5. All disorders are caused by obstructed perspiration, which may be produced by a great variety of means; that medicine, therefore must be administered, that is best calculated to remove obstructions and promote perspiration.

" 6. The food taken into the stomach and being well digested, nourishes the system and keeps up that heat on which life depends; but by constantly taking food into the stomach, which is sometimes not suitable for nourishment, it becomes foul, so that the food is not well digested; this causes the body to lose its heat, and disease follows.

" 7. Canker is caused by cold, and there is always



more or less of it in all cases of disease; continue to make use of such articles as are calculated to remove it, as long as there is any appearance of disorder.

"8. When the disease is removed make free use of those things that are good to restore the digestive powers, not forgetting to keep up the inward heat by giving occasionally No. 2.

"9. Keep always in mind, that an ounce of preventative is better than a pound of cure; and give medicine on the first appearance of disorder, before it becomes seated; for it may be then easily thrown off, and much sickness and expense prevented.

"10. In case of a fever, increase the internal heat by giving hot medicine so as to overpower the cold, when the natural heat will return inwardly, and the cold will pervade the whole surface of the body as the heat had done before; this is what is called the turn of the fever.

"11. If No. 1 should sicken and not puke, there may be two causes for it, viz: the coldness or acidity of the stomach; for the first give No. 2 more freely, and for the latter, dissolve a piece of pearl-ash about the size of a large pea in a wine glass of water, and let them take it, which will counteract the acidity. If this fails, make use of the steam, which will open the pores, extract the cold, and set the medicine into operation.

"12. In giving medicine to children, give about one half, a little more or less according to their age, of the quantity directed for a grown person. Be particular to offer them drink often, especially young children who cannot ask for it.

"13. Dysentery is caused by canker on the bowels for which make free use of the tea of No. 3, with No. 2, and give the same by injection, in the first of the disease and afterwards give the syrup, (No. 5,) to strengthen the stomach and bowels, and restore the digestive powers.

"14. The piles is canker below the reach of medicine given in the usual way, and must be cured by using a wash of No. 3, made strong, and by giving injections of the same, with No. 2. What is called bearing down pain in women, is from the same cause; and must be



relieved by injections made of witch-hazle or red raspberry leaf tea, steeped strong, with No. 2, strained. If this does not give relief, go through a regular course of medicine.

"15. Women in a state of pregnancy, ought to be carried through a regular course of the medicine, especially when near the time of delivery. When in travail, give raspberry leaf tea, with a tea-spoonful of the composition powders, or No. 2, and keep them in a perspiration. After delivery keep up the internal heat, by giving the composition powder, or No. 2. This will prevent cold and after pains; if there should be symptoms of fever, carry them through a regular course of the medicine, which will guard against all alarming complaints, peculiar in such cases.

"16. In all cases of a burn, scald, or being frozen, wrap up the part in wet cloths wet with cold water, often wetting them with the same, to prevent their becoming dry, and be careful to give hot medicine, such as No. 2, or the composition powders, to keep up the inward heat. Pursue this plan for twelve hours; and then, if the skin is off, apply the poultice, or salve. If there should be convulsions, or fever, a regular course of the medicine must without fail be attended to.

"17. When a scald is over the whole or a greater part of the body, apply cotton cloth of several thicknesses to the whole body, wet with a tea of raspberry leaves, thoroughly wetting it with the same to prevent it from becoming dry; and give the hot medicine. When the scald is under the stocking, or any other tight garment, let it remain on, adding more cotton cloths, and wet the whole with cold water as often as the smart of the burn returns.

"18. If the skin is off, or in case of an old burn, to guard against canker, apply a poultice of cracker and slippery elm bark, made with a tea of raspberry leaves; washing it with soap suds, when the poultice is changed, and then with the same tea. When any part is frozen, the same method must be taken, as for a burn.

"19. For a fresh wound, cut, or bruise, wash immediately with cold water and bind up in cloths wet with the



same; keep a hot stone at the feet, and take medicine to raise a gentle perspiration; continue this till the inflammation is allayed and the wound perfectly cleansed, then apply the poultice or salve till healed. The air must be kept from all wounds or sores, as it will cause pain and prevent them from healing.

"20. In sudden and deadly attacks, such as spotted or yellow fever, fits, drowned persons, croup, &c. the heat and activity of the patient is so much diminished, that the common administration will not give relief: the determining power to the surface, being so small, through the loss of internal heat, that it will not give the medicine operation, as its effects are resisted and counterbalanced by the pressure of the external air. To counteract this pressure, keep the room, by aid of a good fire, about as warm as a summer heat; and more fully to rarify and lighten the air, and aid the operation of the medicine, make a free use of the steam bath; and keep the patient shielded by a blanket, at the same time give occasionally Nos. 1 and 2. This course should be unremittingly persevered in till the patient is relieved.

"21. If the glands are dry, so that there is no moisture in the mouth, or if the patient is much pressed for breath, give a strong tea of No. 2, sweetened, and repeat it till the mouth becomes moist. No. 3 should not be used while the mouth is dry; if any is used, add a large portion of No. 2.

"22. Be careful not to have the outward heat too high, by too many clothes or fire; for if this is the case, it will cause a balance of the outward and inward heat, and will prevent the medicine from operating, by stopping the circulation; and the patient will be very much distressed. When this happens, throw cold vinegar on the face and stomach, and give more hot medicine, which will let down the outward heat and raise the inward.

"23. If the patient is restless, wet the head and body with cold vinegar; and if there are convulsions or spasms, give the nerve powder with No. 2. Injections must also be used.

"24. Never make use of physic in cases where there is canker inside, for it will draw the determining powers



inward, and increase the disease. I have seen many bad effects from giving physic, that I have disapproved the use of it altogether; but if any is given, after the operation, be careful to keep up the inward heat, so as to cause a free perspiration.

"25. Avoid all minerals used as medicine, such as mercury, arsenic, antimony, calomel, preparations of copper or lead; and also nitre and opium. They are all poison and deadly enemies to health.

"26. Beware of bleeding and blisters, as they can never do any good, and may be productive of much harm; they are contrary to nature, and strengthen the power of the enemy to health. Setons and issues should also be avoided, as they only tend to waste away the strength of the patient, without doing any good; it is a much better way to remove the cause by a proper administration of medicine, which will be more certain and safe in its effects.

"27. Be careful not to make use of saltpetre in any way whatever; it is the greatest cold of any that can be taken into the stomach, and was never intended for any other purpose than to destroy life. It is a very bad practice to put it on meat, for it destroys all the juices, which is the nourishing part, and leaves the flesh hard and difficult to digest.

"28. Never eat meat that is tainted, or any ways injured, as it will engender disease; for one ounce in the stomach, is worse than the effluvia of a whole carcase. Eat salt provisions in hot weather, and fresh in cold.

"29. Be careful about drinking cold water in very hot weather, as it will tend to let down the inward heat so suddenly as to give full power to the cold. If this should happen, its fatal effects may be prevented by giving the hot medicine to raise the inward heat above the outward. Be careful also not to cool suddenly, after being very warm in consequence of uncommon exercise.

"30. Remember that regularity in diet is very important to preserve health; and that if more food is taken into the stomach, than is well digested, it clogs the system and causes disease. Therefore be cautious not to eat too much at a time, and have your food well cooked.



This is very important to those who have weakly constitutions.

"31. Ardent spirit is slow poison; it is taken to stimulate, but this effect is soon over, and much use of it destroys the tone of the stomach, injures the digestive powers, and causes disease. It is therefore much better, when the feelings require any thing of the kind, to make use of stimulating medicine, such as Nos. 2 and 6, for these will answer a far better purpose.

"By a strict observance of the foregoing directions, you may save much pain and expense, and enjoy good health and long life, which is the earnest wish of the writer.

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*To make Milk Porridge.*

Put a quart of water in a kettle, with a proper quantity of salt, and while heating, mix a gill of flour in a bowl with water, made thick, and when the water is boiling hot, drop this into it with a spoon; let it be well boiled, then add half a pint of milk. This is to be eaten while under the operation of the medicine; and is also good food for the sick at any other time, especially while the stomach is weak.

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*To make Chicken Broth.*

Take a chicken and cut it in pieces; put the gizzard in with it, opened and cleansed, but not peeled. Boil it till the meat drops from the bone. Begin to give the broth as soon as there is any strength in it; and when boiled eat some of the meat. Let it be well seasoned. This may be given instead of the milk porridge, and is very good for weak patients, particularly in cases of the dysentery.

"When the operation of the medicine is gone through, I have said that the patient may eat any kind of nourishing food his appetite should crave; but the best thing is to take a slice of salt pork broiled, or beef steak, well done, and eat it with pepper sauce; or take cayenne, vinegar and salt, mixed together, and eat with it, which is very good to create an appetite, and assist the digestion.



## DESCRIPTION

OF SEVERAL CASES OF DISEASE, WITH DIRECTIONS HOW  
THEY MAY BE CURED.

### *Felons.*

This sore always comes on a joint, and is often caused by some strain or bruise, which makes a leak in the joint or muscle, and the sooner it has vent, the better. If it is brought to a head by poulticing, the skin being so thick that it will often be caused to break through the back of the hand, before it can get through the skin on the inside. The best way to give it vent, that I have ever found, is to burn a small piece of punk, the bigness of a half pea, on the place affected. If you think the flesh is dead down to the matter, you may prick the point of a needle into the dead skin, and raise it up and cut out a piece under the needle sufficient to let out the matter; then apply poultice or salve.—If painful, wrap it in cloths of several thicknesses, wet with cold water, and repeat this as often as it becomes hot or painful. Take the composition or warm medicine, to keep an inward heat.

If the sore has been several days coming, and appears nearly ripe, apply a piece of unslaked lime to the part affected, wrap it up and wet the cloth with cold water, till the lime is slaked; and repeat this till the skin looks of a purple colour: then open it as before directed. This method is more safe and quick in causing a cure, than laying it open with a knife, as is the practice of some doctors. By cutting the live flesh, forms a leak and often spoils the joint; but by searing them by either of the above modes, it secures and prevents the leak, and makes a speedy cure.

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### *Freezes and Burns.*

These two names of disorder are one and the same thing, and require the same treatment. Take a cloth wet in cold water, and wrap several thicknesses round or laid on the part, to be kept wet as often as the pain increases. Give warm medicine inside. If the scald is dangerous, carry them through a regular course of me-



dicine as though they had a fever, or any other acute disorder; keep the cloth or poultice on to secure it from the air, from 12 to 14 hours, till the soreness or pain is entirely gone. If the skin is off, a poultice of flour bread wet with any of the articles composing No. 3, and keep it wet with this tea or water till the sore discharges, then wash with soap suds; when dressed, wash with the tea of No. 3, and continue the poultice, or salve until a cure is effected.

A freeze is direct cold, and a burn is attracted cold; for as much as the heat opens the pores more than usual, the cold follows and closes them as much more than they were before the operation of the heat—this stops the perspiration from going through the surface, and the water collects under the grain of the skin, which is called blistering; the water applied in the cloth on the outside, opens the pores and lets the water out by perspiration, and the grain adheres to the skin—the pain ceases and the cure is completed.

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*Case of a Boy badly Scalded.*

A lady took off from the fire a tea-kettle filled with boiling water, when her little son, about 6 years old, stepped on the pail and turned the contents on to both his feet, and falling, one hand went into the kettle; both feet and one hand were very badly scalded. I happened to be present, and immediately tore up cloth sufficient to do up each part, wetting them with cold water. I then put him in bed and give him some warm medicine, put a warm stone at his feet, and wet the cloths as often as he complained of pain. In about two hours he fell asleep, after which two or three times wetting the cloths, kept him easy through the night. In the morning on taking off the cloths there was no appearance of blisters nor any skin broken; and he put on his shoes and stockings, and appeared as well as before the accident happened. It had been the declared opinion of the family the night before, that the boy would not be able to go to school for a fortnight, but on finding him well in the morning, were hardly willing to believe their own senses, or that the child had been scalded.



*General Remarks on Burns.*

"Burns are the most easily cured, if rightly managed and understood, of any wounds I ever attended; and are the most difficult and dangerous, when not understood, and wrongly treated. How often have we seen these sores continue all winter, and could not be healed? as also, burns caused by blisters made with Spanish flies, which amount to the same thing. By not being treated in a proper manner in season, the canker gets in and eats out the flesh, after which what is called proud flesh fills up the sore. The doctor applies his sugar of lead, vitriol, and red precipitate, to eat out the dead flesh, that affects the cords and draws them out of shape, and many times makes a sore that they cannot cure, which terminates in a mortifying canker sore.—My friends, if you wish to avoid all this trouble, attend to what belongs to your peace and comfort, before it is hidden from your eyes; that is, to attend to the canker, which always awaits such cases, and where the skin is off, in all cases of burns or blisters, apply a poultice of crackers, or elm bark wet with a tea of No. 3, until the canker is gone. Sometimes add ginger; if the inflammation is high, add a little of No. 2, with the ginger, keeping the poultice wet with cold water; when the sore discharges, apply salve till a cure is effected.

"I shall continue my remarks on burns, by showing the evil consequences arising from blistering. Not long since I knew a case where a doctor drew a blister on a child's breast up to the neck, for being stuffed at the lungs. It lingered with the scald near its vitals, about a week. I was then called to visit the child, and found it to be dying. The mother asked me what I thought was the matter with it; I took off the dressing, and showed her the mortified flesh all over the blister, and told her that was the disorder. She seemed much surprised; and I then asked her if the child had been scalded, and it had mortified in like manner, whether she would have had any doubt of its being the cause of her child's death? she said that she should not. I gave her my opinion, that it was exactly a similar case, and that the child's death was caused as much by the blister as it would have been by a scald. The child died before morning. I had declined



doing any thing for it, as I was satisfied that I could do it no good; and if I had made the attempt, it would have been said that I killed it.

"I have seen many cases where I was perfectly satisfied that the patients died in consequence of blisters, not only on the stomach but on the head. In many that I have witnessed, where a blister was drawn on the head, as soon as it began to draw their senses were then gone, and did not return till they died raving, or stupified. More than half the cases where the head was shaved and blistered, that have come within my knowledge, have died. I never could see any reason why a scald on the head or body done on purpose should have a tendency to effect a cure, when the person is sick, and the same thing happening to them by accident, when well, should destroy their health or cause their death. If a person should have their head or stomach so badly scalded as to take off the skin, we would consider them in the most dangerous condition: nothing is said about it when drawn on purpose. I shall leave it to the reader to reconcile, if he can, this inconsistency. I have known most dangerous stranguaries caused by blisters on the sides and limbs, and those who applied them did not know the cause, and I have been applied to for relief.

#### *Mortifications of the Limbs.*

"I was called on to go on board a vessel at Eastport, to see a young man who had a block fall from the mast head on his foot, weighing 13 1-2 lbs. which bruised all his toes to pieces, except the little one. The accident happened on Friday and I did not see him till the Tuesday following; during which he had neither ate nor slept. His nerves were much affected, and had spasms and convulsions through the whole system. I took off the dressing from his foot and found it black, and the smell very offensive. The captain of the vessel appeared to be very anxious about him, asked me if I could help his foot—I told him that I must try to save his life, for his whole body was as much disordered as his foot. He requested me to do what I thought best. I put a poultice of meal on his foot, and wet the cloth with cold water



to allay the heat; then give him medicine the same as though he had been attacked with a nervous fever. The captain attended him thro' the night, I went to see him the next morning, and found him much better. The captain said he was astonished at the operation of the medicine, for that his vomiting and sweating had caried off all the pain in his body and foot, and had also reconciled the nerves.

"I undid his foot and found that the black and yellow streaks up the leg had disappeared, and on the foot all the flesh that was alive seemed to receive fresh support from the body; and the living and dead flesh appeared as though two colours were painted by the side of each other. I then made a ley of pearlash in warm water, and soaked his foot in it, which caused a slimy glaze all over his foot; this took away all the offensive smell; and I washed it with vinegar to kill the alkali and keep it from irritating the skin. The acid cleared off all the slimy matter, so that it wiped clean. I then cut off the great toe at the middle joint, and the two next at the upper joint, and set the next which was broken. I cut none of the flesh but what was dead, to stop in part the putrefaction. I then put on another poultice, and ordered it to be kept wet with cold water, and a warm stone wrapped in a wet cloth, to be put to his feet to keep a steam, giving him warm medicines inside to keep up the inward heat; and by wetting the foot with cold water it kept the determining power to the surface; thus raising the fountain and lowering the stream. By this treatment it becomes impossible that mortifications can go from the limbs to the body, any more than a log that floats over the dam, can go back again into the pond, when the fountain is kept full. The next day I dressed his foot and found that the dead flesh had digested very much; I again soaked it in pearlash and then washed in vinegar as before, which was of great service in allaying the bad smell. I then caused him to be carried through a regular course, which completely restored his bodily health; his appetite was good, and all pain and soreness abated, so that he took food regularly and lost no sleep afterwards, till he got well. which was in about four weeks. The captain was a very



good nurse, and was faithful in attendance on the young man till he got well ; and expressed the highest gratitude for my attention and success ; and as a proof of confidence in the medicine, he purchased a right, for which he paid me twenty-five dollars, observing at the same time, that he never paid for any thing with more satisfaction.

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*Old Canker Sores on the Legs.*

“ When I was a young man, I was much troubled through the winter for many years, with sores on my legs. At the commencement of cold weather, if I broke the grain of my skin, it would become a bad sore and continue through the winter ; the canker would get into it and eat to the bone, and sometimes spread under the grain like a burn, and feel the same, being extremely sore with stings and twinges like a cancer. These sores were so troublesome, that it led me to invent a cure, finding the cause to be canker, I took some of the articles composing No. 3, steeped strong and washed the part affected with it ; if there was a bad smell, I first washed the sore with strong soap suds, taking off all the loose skin, which was blistered with cankerous humour, and then washed with a tea of No. 3, to destroy the canker and harden the sore : sometimes wetting it with the drops. If the inflammation ran high and the sore spread fast, I put into it a pinch of fine No. 2 ; then put on a poultice of white bread and ginger, wet with the above tea, wrapping it up with several thicknesses of cloths wet with cold water ; wetting them as often as dry, so as to be painful ; and not let the sore come to the air for 24 hours. In this time, if kept well wet and warm, it will discharge ripe matter, and the inflammation and canker will abate. When next dressed, wash first with soap suds as before, then with the tea ; if the soreness is gone, you may apply the healing salve, with the wet cloths, if going to bed, to keep out the air ; put occasionally a hot stone wrapped in wet cloths, to the feet to keep up a steam, and wetting the sore if painful with cold water. Take medicine to keep up the inward heat ; such as composition, or hot bitters, and when these do not answer the purpose, go through a course of the medicine, and repeat as occa-



sion may require. This method, if persevered in, I seldom knew to fail of success.

"I was called to attend a case of this kind, not long since, where the inflammation and pain was very great, and fast spreading under the grain of the skin; there had been applied an elm and ginger poultice, made with tea of No. 3. I opened and only added a pinch of No. 2, and laid on the poultice again, putting on a wet cloth, and ordered it kept with cold water till next morning; when on dressing it found the inflammation abated, the sore discharged ripe matter, and by two dressings more of the same, the cure was completed.

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*Bad wound in the eye cured.*

"While I was at Eastport, Maine, a man was cutting turf about twelve miles from that place, and accidentally had a pitchfork stuck into one of his eyes, by a person who was pitching the turf near him. It passed by the eyeball and stuck fast in the skull, so that it was with considerable exertion that he could draw it out. The eye swelled and closed up immediately, and the people were much frightened and sent for me; but it so happened that I could not go. I gave directions to the man who came after me to return and carry him through a course of medicine as soon as possible, keeping several thicknesses of cloth wet with cold water on his eye, and not open it for twelve hours: and to keep him in a perspiration the whole time. This was faithfully attended to; and on opening the wound after the above time, the swelling was all gone, the eye was open, and a large quantity of blood was in the wet cloth, which had been drawn from the eye. They continued the wet cloth, and gave him warm medicine inside, keeping him in a gentle perspiration for the next twenty-four hours, which cleared the eye of all the blood, restored the sight, and amended his health, that he was well in about a week, to the astonishment of all who saw him.

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*Cancer Sores.*

"A concise and general treatise on this violent and often fatal disease may convey some useful ideas on the



subject. The cause of this sore is very little understood. In all sores of an eating nature there is more or less canker according to their violence. A Cancer is the highest degree of canker, being the powerful effects of cold, and consequently the greatest degree of inflammation, therefore the remedies ought to be those of a warming nature, as the greatest preventives against canker. Whenever a violent inflammation is discovered, it is supposed that heat causes the difficulty; but the fact is, it is only evidence of war between heat and cold; for there is no inflammation where there is perfect health, because heat then bears complete rule; and no disease can take place until the cold makes an attack on the body, which causes an unnatural heat to oppose an unnatural cold; wherever the cold takes possession the inflammation shows itself, by stopping the circulation; the effect is swelling, inflamed callous, arising from some leak, caused by the natural course being stopped. If it suppurates and discharges, it is called ulcer, bile, and the like, and the canker goes off with the putrefaction. If the leak is so slow as to callous as fast as the discharge, it becomes a hard dead lump of flesh, and not having circulation enough to support it, it begins to rot; here the canker shows its eating nature; being seated on the dead flesh, and eating on the live flesh, which is intermixed with it, causes pain and distress, in proportion as the body is filled with coldness and canker; if this is sufficient to keep the power above the natural circulation, the patient will continue in this distressed situation, being eaten up alive, until worn out with the pain, death comes as a friend to relieve them. This is the natural termination of this dreadful malady; which is far better than to combine with it, the common form of practice in using arsenic, which only helps to eat up and distress the patient.

“In order to give a more correct idea of the dangerous effect of making use of arsenic in cancers, I shall make a short extract from Thatcher's Dispensatory, on the subject.—“Arsenic has long been known to be the basis of the celebrated cancer powder. It has been sprinkled in substance on the ulcer; but this mode of using it is excessively painful and extremely dangerous; fatal effects



have been produced from its absorption. This fact I have known in several instances, where Davidson's agents, and others who have undertaken to draw out cancers when the patient would absorb enough of this poison, which seating on the lungs, caused them to die with the consumption in the course of the year." My wish in exposing this nostrum, is to benefit those who may be ignorant of the imposition; for it may be relied on as a truth, that there is more or less poison in all those burning plasters, used to cure cancers; and I would advise all to beware of them; it will be much safer to risk the cancer than the cancer quack.

The principal object aimed at is to take out the bunch, and in doing that by the above method, a worse evil is inoculated which is more fatal than the cancer. The tumor is a mixture of live and dead flesh, and is often under a live skin; if it is necessary to make an incision through the live skin in order to dissolve the dead flesh, the best way is to burn a piece of punk on the place, and repeat it till the flesh is dead enough to suppurate. The smart will be but two or three minutes and not so painful, as the arsenic for the same time, which will last for twelve hours. Where the tumour is small, the cancer balsam will be found sufficient, by repeating the plaster for two or three weeks, to take out the dead flesh, and remove the canker; after this is done, apply a ginger and elm poultice wet with a tea of No. 3. If the system appears to be generally affected with the cancer humour, carry them through a common course of medicine, and repeat the same while attending the sore.

"I had a cancer on my foot about the bigness of an Indian corn, which had troubled me twice, by acute darting pains and twinges. I cured it by applying a plaster of the cancer balsam; repeating it twice at each time. When there is dead flesh under the skin, it is best to burn the punk first and then apply the poultice or balsam; and it is also recommended to always give medicine to eradicate the canker from the system, both before and after the operation on the sore.

"Three cancers on the breast have come under my care, that I could not cure. One of them was as large



as a half peck measure, and grew fast to the breast bone. I carried the woman through a course of medicine several times and applied a poultice of butternut shucks, to dissolve the dead flesh, and continued this course for some months, until the bunch had more than half dissolved, and had grown off from the bone, so that it was quite loose; and I was in hopes to have effected a cure; but she was taken with a fever in my absence, and died. The other two I could relieve and keep them free from pain, making them comfortable as long as they lived; but nature was too far exhausted to complete a cure. I have had under my care many other cases of cancers on the breast and other parts of the body, which I had no difficulty in curing in the manner before stated.

“I shall conclude this subject by a few general remarks, viz: Guard thoroughly against canker and coldness—Attend to the canker by a course of medicine, and repeat it—use the ginger poultice if the inflammation is great, putting some No. 2, raw in the sore, then apply the poultice, keeping it wet with cold water—not forgetting the composition and No. 2 inside, at the same time—Let all poisonous drugs, burning plasters, and caustics alone—attend faithfully to the directions here given—honour your own judgment—keep your money—and bid defiance to doctors.

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*Piles—how cured.*

“I was called to attend an elderly man in South Reading, who had been confined to the house, and much of the time to his bed, for seven weeks with the Piles. Seven doctors attended him before I was sent for, and he had continued to grow worse. The doctors had operated on one side, and said they must on the other; it was their opinion, as well as his, that he was in a decline. The side that they had operated upon was much worse to cure than the other. I carried him through a regular course of medicine twice in three days, when he was able to go out of doors. The injection composed of No. 2, was used; warm tallow was applied freely several times in the day, sometimes washing externally with the same tea. He had been dieted very low; I restored his



digestive powers, and recovered his appetite ; his sores healed, his general health amended to such a degree, that he was no more confined with that complaint. A little tallow used when going to bed, prevents piles and chafes in young and old. Remember this.

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*Sore heads in Children, (Scald Heads.)*

" This sore often comes after having the itch : kernels form in the neck ; it is contagious, being caused by canker and putrefaction. The most effectual way to cure this disease, is to carry them through a course of medicine several times, as the case may require, previous to which the head should be oiled, and covered with cabbage leaves ; or draw a bladder over the head to keep out the cold air. The head should be covered so as to make it sweat as much as possible, in order to dissolve the hard scabs. After laying all night the smell will be offensive ; wash the head in soap suds ; when clean, wash it also with a tea of No. 3, after which wash with a tea of No. 1. Sometimes anoint it with the Rheumatic drops and nerve ointment—let it come to the air by degrees. Be careful to guard the stomach by giving composition, warm bitters, &c. The ointment drops and No. 1, in powder or juice, may be occasionally used together or separate. Continue to wash with soap suds, and then with No. 3, occasionally, until a cure is effected.

*Sore Breasts.*

" Some women suffer very much from this complaint, which is caused by cold, occasioning obstructions in the glands of the breasts. When they are swelled, bathe with the rheumatic drops, or pepper vinegar ; if this does not remove the swelling, and it should be necessary to bring it to a head, apply a poultice of lily root made thick with ginger or slippery elm bark ; at the same time give the composition powder or No. 2, to keep up the inward heat. If the woman is sick, carry her through a regular course of the medicine which will remove the complaint and restore her to health in a short time. I have cured many who were very bad, by pursuing the above plan.



and never met with difficulty. I attended a woman in Portsmouth, who had both breasts badly swelled. She was sitting by the window with it up, and could hardly get her breath; she could not bear to have any fire in the room, complaining that it made her faint. I told her that if I could not make her bear heat, I could do her no good. I gave her some No. 2, to rise the inward heat, and caused a good fire to be made in the room. The inward heat gained as fast as the outward, and in one hour she could bear as warm a fire as I could. I carried her through three regular courses of the medicine in five days, and at the same time applied the lily poultice, which brought them to a head without pain; and she was soon well.

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*To stop Bleeding.*

“Internal Bleeding is from the stomach or lungs, and is caused by canker or soreness of the stomach; it often takes place very suddenly, and creates much alarm. The patient sometimes trembles with fright and often has fits of the ague, which is caused by the cold increasing in proportion to the loss of blood. In the first place shield them from the air with a blanket, by the fire, and give the hottest medicine you have; if nothing better can be had, give hot water or any kind of hot tea; and get a perspiration as soon as possible; then apply the steam bath; giving ginger tea, or No. 2, if you have it, if not, black pepper. As soon as there is an equilibrium in the circulation, there will be no more pressure of the blood to the stomach or lungs, than to the extremities, and the bleeding will cease. It has been my practice in cases of this kind to give some of the rheumatic drops, shield them from the air with a blanket, placed by the fire; then give a dose of the composition powders, and No. 2; and if this does not answer the purpose, give a dose of No. 1, which with the steam, I never knew fail of stopping the blood; and by giving medicine to remove the canker and restore the digestive powers, I have always been able to effect a cure. The same application will answer for other weakening and alarming complaints in women.



“ External bleeding caused by wounds in the limbs, may be stopped by placing the wound higher than the body. One of my sons cut his leg very badly, I placed him on the floor and took his foot in my lap ; as soon as the wound was higher than the body the bleeding ceased. I then poured on cold water till the wound was white ; then put in a few drops of No. 6, took two or three stitches to bring the wound together, dressed it with salve, and it soon got well with very little soreness. Another case of a little girl, who cut off the main artery of the middle finger, and it bled very fast. I put my thumb above the wound and stopped the blood, then poured on cold water with my other hand and washed the wound well ; then placed her hand above her head, which prevented it from bleeding, till I could get ready to dress the wound. It bled no more and soon got well.

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*Rupture.*

“ This difficulty is caused by a hurt or strain, which makes a breach in the tough film, or membrane, that supports the bowels in their place, and the intestines come down into the cavity between the membrane and the skin ; being sometimes very painful and difficult to be got back ; and have to be kept from coming down by a truss. When the bowels come down and remain any length of time, they become swelled, and are very painful, causing great distress and danger ; and sometimes have proved fatal, as they cannot be got up again till the swelling is removed. This may be effected by a course of the medicine without danger.

“ A Mr. Woodbury, of Durham, was troubled with a rupture ; his bowels came down, swelled, and was very painful ; a doctor was sent for from Portsmouth, who applied a bag of snow, which drove the pain to the stomach and caused puking. The swelling increased and became very hard. The case now becoming desperate, and the family being alarmed, I was sent for, and on hearing the circumstances, sent some medicine, and gave directions to sweat him as soon as possible.—My directions were faithfully attended to, and as soon as he became warm, the nerves slackened, the swelling abated,



all appearance of mortification disappeared, the bowels went back, and in twelve hours he was restored from a dangerous situation, to almost his usual state of health. In this case may be seen the difference between the artificial doctor, and nature's physician, which is the same as between fire and snow.

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*Ague in the Face.*

"This is caused by cold in the glands of the mouth, which keeps back the saliva till it causes swelling and soreness; the canker becomes prevalent at the same time, which causes severe pain in the face and throat. The sooner a cure is attempted the better; to effect this, take a dose of the tea of No. 3, with a tea-spoonful of No. 6 in it, for the canker; then tie a small quantity of No. 2 in a fine piece of cloth, wet with No. 6, and put it between the teeth and cheek, on the side where the pain is; set by the fire covered with a blanket, and breathe the warm air from the fire; this will prick the glands and cause the saliva to flow freely, which will take out the soreness and relieve the pain. The face may be bathed at the same time with No. 6. If the case is of long standing, so that the system is affected, and this does not remove the complaint, give a dose of No. 1. If it is caused by decayed teeth, fill the hollow with cotton wool, wet with oil of Summer savory, or spirits of turpentine, which will deaden the nerve, and stop its aching. This is good in all cases of the teeth ache and will generally effect a cure without extracting.

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*To relax the muscles in setting a bone.*

"This may be done by bathing the part with warm water, and is much better than the method that is generally practised, of extending the muscles by the strength of several persons, which weakens the parts so much that the bones are liable to get out of place again; besides the operation causes severe pain to the patient, and much trouble to the operator, which is all obviated by my method. In cases where a joint is put out, or a bone broken, give a dose of No. 2, or the composition powder, with half a tea-spoonful of nerve powder, which will pro-



mote a perspiration, prevent fainting, and quiet the nerves; then wrap the part in cloths wet with water as hot as it can be borne, and pour on the warm water, placing a pan underneath to catch it)) for a short time, when the muscles will become relaxed, so that the bones may be put in their place with little trouble.

"I was once called to a woman who had her elbow out of joint by a fall from her horse. It was badly out, being twisted about one quarter the way round. I ordered some water to be made hot immediately, stripped her arm, and as soon as the water was hot, put a towel in a large tin pan and poured the hot water on it till well wet; as soon as cool enough, wrapped it round her arm from her wrist to her shoulder; then placed the pan under her arm, and poured on the water from a pitcher, as hot as she could bear it, for about fifteen minutes. I then took off the towel and directed one person to take hold of the arm above the elbow and another below, to steady it; and then placed my fingers against the end of the bone on the under side, and my thumb against that on the upper side, and by a gentle pressure each way, set the joint without pain, or force on the muscles, to the astonishment of all present, who calculated that it would require the strength of several men. I then wrapped it up with the same towel, which had become cold; this brought the muscles to their proper tone, and kept the joint firm in its place; put her arm in a sling, and she walked home that night, about a mile, and the next day was well enough to knit all day.

"In case a shoulder is out of joint, I relax the muscles in the same manner, and put the arm over my shoulder and lift up, which has always put the joint in its place. without any danger, and with very little pain to the patient; and then by applying cold water, the muscles will become braced, so that there will be no danger of its getting out again. I knew of a case where a man had his hip turned out, and several doctors had exhausted all their skill in vain to set it; and when one of my agents being present, undertook it by my plan of treatment, and after he had relaxed the muscles sufficiently, put his knee against the hip joint, and placing his hand on the



inside of the knee, turned the leg out and crowded the joint into its place without any difficulty.

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### *Measles.*

" This disease is very common, especially among children, and is often attended with bad consequences, when not properly treated. It is a high state of canker and putrefaction ; and if the determining powers are kept to the surface, it will make its appearance on the outside, and go off itself ; but if cold overpowers the inward heat, so as to turn the determining powers inward, the disease will not make its appearance, and the patient will become much distressed, frequently producing fatal consequences, if some powerful stimulant is not administered to bring the disorder out. To give physic in cases of this kind is very dangerous, as it strengthens the power of cold, and keeps the canker and putrefaction inside, which sometimes seats upon the lungs and causes consumption ; or turns to the stomach and bowels, when they die suddenly, as has been the case with hundreds for a few years past. I have attended a great many cases of the measles in the course of my practice, and never lost one ; and never have known of any that have died of this disorder, who were attended by any of my agents. When the symptoms make their appearance, give a dose of the composition powder, or of No. 2 ; and give the tea of No. 3, to guard against canker, and add some No. 2, to overpower the cold ; and when the second dose is given, add No. 1, to clear the stomach and promote perspiration ; as soon as this has taken place, the disorder will show itself on the outside. By continuing to keep upon the surface, nature will take its regular course, and the disease will go off without injuring the constitution. If the bowels appear to be disordered, give an injection ; and be careful to keep the patient warm.

I once had a case of a young woman who had the measles ; she lingered with the symptoms four or five days, and then become very sick, turned of a dark purple colour, and high fever, when I was called to attend her. I gave her a strong dose of No. 3, steeped, and put in it a spoonful of the third preparation of No. 1, which



caused such a violent struggle that I had to hold her in bed ; but it was soon over, for in about ten minutes she vomitted, and a perspiration took place, which was followed by the measles coming out, that she was completely covered with the eruption. She was soon well and about her work.

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*Small Pox.*

“ This disease is the highest state of canker and putrefaction, which the human body is capable of receiving, and is the most contagious, being taken in with the breath, or may be communicated by inoculation, in which case it is not so violent and dangerous as when taken in the natural way. The distressing and often fatal consequences that have happened in cases of the small-pox, are more owing to the manner in which it has been treated than to the disease. The fashionable mode of treatment in this disease, has been to give physic, and reduce the strength, by starving the patient and keeping the cold. This is contrary to common sense, as it weakens the friend and strengthens the enemy ; and the same cause would produce similar effects in any other disorder. All that is necessary is to assist nature to drive out the canker and putrefaction, which is the cause of the disease, by keeping the determining powers to the surface, in which case there will be no danger. The same manner of treatment should be used in this complaint as has been directed for the measles. The canker-rash, and all kinds of diseases that a person is not liable to have but once, such as chicken-pox, swine-pox, &c. are from the same cause, and must be treated in a similar manner.

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*Cough.*

“ The general opinion is that cough is an enemy to health, and ought to be treated as such ; but this idea I hold to be altogether an error, for it is the effect and not the cause of disease. When the lungs are diseased, there will be a collection of matter, which must be thrown off ; and the cough is like the pump of a ship, which discharges the water and prevents her from sinking ; so also the cough throws off what collects on the lungs, which if



suffered to remain there, would soon putrify and cause death. It is a common saying, that I have a bad cough, and get nothing to stop it; and the doctor often says, if I could stop your cough, I should have hopes of a cure, but this is as unreasonable as it would be to stop the pumps of a ship, which would cause her to sink the sooner. Ask a sailor what he would do, and he would say, keep the pump going till you can stop the leak, and when that is stopped the pump will become useless, as there will be nothing to throw off. Such medicine should be given as will promote the cough till the cause can be removed, which is cold and canker on the lungs, after this is done there will be no more cough. If a cough is caused by a sudden cold, it may be removed by taking the composition powder on going to bed, with a hot stone wrapped in wet cloths put to the feet to produce a perspiration, and at the same time take the cough powder, which will make the patient raise easy, and also help to remove the cause. When the cough has become seated, and the lungs are diseased, they must be carried through a regular course of the medicine, repeating the same as occasion may require, till a cure is effected, at the same time giving the cough powder, especially on going to bed.

“Whooping-cough must be treated in the same manner; continue to give the cough powders till cured.

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### *Jaundice.*

“Much has been said about the bile, or gall, being an enemy in case of sickness; but this is a mistake, for it is a friend, and should be treated as such. It is the main-spring to life, and the regulator of health, as without it the food could not be digested. When people have what is called the jaundice, it is the prevailing opinion that they have too much bile, and it is said they are bilious; this is a mistaken notion, for there is no such thing as being too much gall, it would be more correct to say there was not enough. The difficulty is caused by the stomach being cold and foul, so that the food is not digested; and the bile not being appropriated to its natural use, is diffused through the pores of the skin, which be-



comes of a yellow colour. The symptoms are want of appetite, costiveness, faintness, and the patient will be dull and sleepy; these are evidences of bad digesture, and loss of inward heat. The only way to effect a cure is to promote perspiration, cleanse the stomach, and restore the digestive powers, which will cause the bile to be used for the purpose nature designed it.

"Nature has contrived that each part of the body should perform its proper duty in maintaining health, and if there is no obstruction there would never be disease. The gall bladder grows on the liver, and is placed between that and the stomach, so that when the latter is filled with food, the bile is discharged into the stomach to digest. The bile never makes disorder, for it is perfectly innocent, being nature's friend; and those appearances called bilious, show the effect of disease and not the cause. The gall is a very bitter substance, and it is the practice of the doctors to order bitter medicine to cure the jaundice, and this seems to be the universal opinion, which is correct; but it certainly contradicts the notion that there is too much bile, for if there is too much, why give medicine to make more? I have attended many cases of this kind, and never had any difficulty in effecting a cure. My method is to give No. 2, or the composition powders, to raise the internal heat, and No. 1 to cleanse the stomach, and promote perspiration; then give the bitters (No. 4) to regulate the bile and restore the digestive powers. If the complaint has been of long standing, and the system is much disordered, they must be carried through a regular course of medicine, and repeat it as occasion may require, at the same time give the bitters two or three times a day till the appetite is good and the digesture restored. Any of the articles described under the head of No. 4, are good, and may be freely used for all bilious complaints.

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### *Worms.*

"A great deal is said about worms causing sickness, and there is scarcely a disease that children are afflicted with, but what is attributed to worms. The doctors talk about worm complaints, worm fevers, colics, &c. and give medicines to destroy the worms; by so doing they fre-



quently destroy their patients. There was never a greater absurdity than their practice, and the universal opinion about worms causing disease. The fact is they create and exist in the stomach and bowels for a useful purpose, and are friendly to health, instead of being an enemy; they are bred and supported by the cold phlegm that collects in the stomach and bowels; this is their element; and the more there is of it, the more there will be of the worms; they never cause disease, but are caused by it. Those who are in health are never troubled with worms, because they are then quiet and exist in their natural element; every one has more or less of them; and the reason why children are more troubled with what is called worm complaints, is because they are more subject to be disordered in their stomach and bowels than grown persons. When children are sick and their breath smells bad, it is said they have worms, and every thing is laid to them; but this is owing to disease caused by canker, for there is nothing in the nature of worms that can affect the breath. In cases of this kind, the only thing necessary is to cleanse the stomach by getting rid of the cold phlegm, and restoring the digestive powers, when there will be no difficulty with the worms.

"The common practice of the doctors is to give calomel and other poisons to kill the worms; this must appear to any one who examines into the subject to be very wrong as well as dangerous; for the worms cannot be killed by it, without poisoning the whole contents of the stomach. I once knew of a case of a child who after eating a breakfast of bread and milk, was taken sick; a doctor was sent for, who said it was caused by worms, and gave a dose of calomel to destroy them, which caused fits; the child vomited and threw up its breakfast; a dog that happened to be in the room ate what the child threw up; he was soon taken sick and died; the child got well. The fortunate accident of the child's throwing off its stomach what it had taken, probably saved its life, for if there was poison enough to kill a dog, it must have killed the child. The absurdity of such a practice is like the story related by Dr. Franklin, of a man who was troubled with a weasle in his barn, and to get rid of the weasle he



sat fire to his barn and burnt it up. I had the following relation from the doctor who attended the cases; three children had what he called a worm fever; and he undertook to kill the worms. One of them died, and he requested liberty to open it to see what would destroy worms, in order to know how to cure the others; but the parents would not consent. The second died, and the parents consented to have it opened; but after searching the stomach and bowels, to their surprise no worms could be found. The third soon after died. The fact was their death was caused by canker on the stomach and bowels, and the medicine given increased the difficulty by drawing the determining powers inward, which added the cold to promote the canker. Where children die by such treatment, the blame is all laid to the worms, and the doctor escapes censure.

"I have had a great deal of experience in what are called worm complaints; and after having become acquainted with the real cause, I have had no difficulty in curing all that I have undertaken with. I began with my own children. One of them was troubled with what was supposed to be worms; I employed a doctor, who gave pink root, and then physic to carry it off with the worms. It would shortly after have another turn, which would be worse; he went on in this way, and the worms kept increasing, till I became satisfied that he was working on the effect, and neglected the cause, when I dismissed him and undertook the cure myself. I first gave the warmest medicine I then knew of to clear off the cold phlegm; and gave bitter medicine, such as poplar bark, wormwood, tansy, and physic made of the twigs of butternut, to cleanse the stomach and to correct the bile. By pursuing this plan the child soon got well, and was no more troubled with worms. A child in the neighborhood where I lived, about six years old, was taken sick in the morning, and the doctor was sent for, who gave medicines for worms; it soon after had fits, and continued in convulsions during the day, and at night died. I was satisfied that its death was hastened if not caused by that given. When the stomach is diseased, or when poison is taken into it, the worms try to flee from their danger, which causes distress, and



they sometimes get into knots, and stop the passage to the stomach. Much more might be said on this subject ; but enough has been stated to put those who attend to it on their guard against the dangerous practice of giving medicine to kill worms.

“ My practice has been, and shall recommend to others to do, in case of what is called worm complaints, to give the composition powders, or No. 2 to warm the stomach, a tea of No. 3, to remove the canker and the bitters or either of the articles described under No. 4, to correct the bile. If they are bad, carry them through a course of medicine, and give the bitters. When there are nervous symptoms give the nerve powder. Injections should also be frequently given. The butternut syrup is very good. If there should be danger of mortification, make use of No. 6, both in the medicine given and the injection.

The tapeworm is from the same cause as other worms, and may be cured in the same manner. They are, when single, about half an inch long and one-third as wide ; they join together and appear like tape, and often come away in long pieces of several yards. I was once troubled with them, and used to be faint and have no appetite : I cured myself by taking the butternut physic, which brought away several yards at a time ; and by taking the bitter medicine to correct the bile, I was never troubled with it again.

“ I have often heard about people having a greedy worm, but this is a mistaken notion, for there was never any such thing. The difficulty is the stomach being cold and disordered, so that the food is not properly digested, passes off without nourishing the system, and this creates an unnatural appetite. Remove the canker by warming the stomach and correcting the digestive powers, and there will be no farther difficulty. In the year 1805, I was called to see a young woman who it was supposed had a greedy worm. It was thought to be very large, and would frequently get into her throat and choke her, almost stop her breath. Her mother told me that the day before one of the neighbors was in, and told a story about a person having a monster in their stomach, which was taken in by drinking at a brook ; this terrible account so



frightened her daughter, that the worm rose into her throat and choked her so bad that she had fits. I took the girl home with me and gave her a dose of hot bitters, with some of the nerve powder that night; the next morning I carried her through a course of medicine as well as I knew at that time, which cleared the stomach and bowels and strengthened the nervous system. I told her there was no worm that troubled her, and she had faith in what I said. I gave her medicine to correct the bile and restore the digestion, and she soon got well, being no more troubled about the worm. The difficulty was caused by a disordered stomach and throat.

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*Consumption.*

"This complaint is generally caused by some acute disorder not being removed, and the patient being run down by the fashionable practice, until nature makes a compromise with disease, and the house becomes divided against itself. There is a constant warfare kept up between the inward heat and cold, the flesh wastes away in consequence of not digesting the food, the canker becomes seated on the stomach and bowels, and then takes hold of the lungs. When they get into this situation, it is called a seated consumption, and is pronounced by the doctors to be incurable. I have had a great many cases of this kind and have in all of them, where there was life enough left to build upon, been able to effect a cure by my system of practice. The most important thing is to raise the inward heat and get a perspiration, clear the system of canker, and restore the digestive powers, so that food will nourish the body and keep up the heat on which life depends. This must be done by the regular course of medicine, as has been directed in all violent attacks of disease, and persevering in it till the cause is removed.

"This complaint is called by the doctors a hectic fever, because they are subject to cold chills and hot flashes on the surface; but this is an error, for there is no fever about it; and this is the greatest difficulty, if there was it would have a crisis and nature would be able to drive out the cold and effect a cure; the only difficulty



is to raise a fever, which must be done by such medicine as will raise and hold the inward heat till nature has the complete command. When the patient is very weak and low, they will have what is called cold sweats; the cause of this is not understood; the water that collects on the skin does not come through the pores, but it is attracted from the air in the room, which is warmer than the body, and condenses on the surface; the same may be seen on the outside of a mug or tumbler on a hot day, when filled with cold water, which is from the same cause. It is of more importance to attend to the preventing this complaint than to cure it. If people would make use of those means which I have recommended, and cure themselves of disease in its first stages, and avoid all poisonous drugs, there would never be a case of consumption or any other chronic disorder.

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*Fits.*

"These are produced by the same cause as other complaints, that is cold and obstructions; and may be cured by a regular course of the medicine, which overpowers the cold, promotes perspiration, and restores the digestive powers. Poison, or any thing else, which gives the cold power over the inward heat, will cause fits, because the natural tone of the muscular power is thereby destroyed, which produces violent spasms on the whole system. So much has already been said on the subject, that it is unnecessary to say more, to give a correct idea of the manner of cure.

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*! St. Anthony's Fire, Nettle Spring, or Surfeit.*

"These are all caused by overheating the system and cooling too suddenly, which leaves the pores obstructed, and then by taking more cold will bring on the warfare between cold and heat, when they break out and itch and smart, as if stung by an insect. When the heat gets a little the upper hand, so as to produce perspiration, it will disappear till they get another cold. The only way to effect a cure is to give the medicine, and steam till they are brought to the same state of heat as that which first caused the disease, and then cool by degrees. This



I have proved in several instances, and never had any difficulty in entirely removing the cause in this way. Make use of a tea of No. 3 for canker, and the bitters to correct the bile; and a little nerve powder to quiet the nerves, and they will soon be restored to perfect health.

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*Stranguary, or Gravel.*

"This disorder is often caused by hard labour, and exposure to cold in the early part of life; and when they grow old their heat diminishes, the bile becomes thick, and a sediment collects in the bladder, which obstructs the passages; the glands through which the urine passes, are clogged and become diseased, so that there is a difficulty in voiding the water, which causes great pain; but relief may be obtained by a course of the medicine, and making free use of the poplar bark tea. A tea of the hemlock boughs is very good, and also I have known great relief from using the wild lettuce and pipsissewa, the tops and roots bruised and steeped in hot water. Many other articles that are good to promote the urine may be used to advantage. Gravel weed in decoction.

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*Dropsy.*

"There are two kinds of this complaint; one is caused by losing the inward heat so as to stop the natural perspiration, which causes the water that is usually thrown off in this way, to collect in the body and limbs. This may be cured by raising the internal heat, and causing a profuse perspiration, when the water will pass off in a natural way; then make use of such medicine as will remove canker and restore the digestive powers, when the food being digested will keep up the natural heat of the body and continue the perspiration. The other kind is caused by cold and obstruction; but instead of the water collecting and remaining in the body and limbs, a leak forms in the glands and lets it into the trunk of the body, where there is no vent to let it off. This cannot be cured without tapping, and is very seldom completely cured. I have never known but two who were in this situation to be perfectly restored. One was a girl whom I attended; I tapped her and took away seven-



teen pounds of water ; then swathed her up close, and gave medicine to keep up a perspiration ; and did not fill again, and was completely cured. The other was a man, he had been tapped twice. I carried him through the course of medicine several times, and give the juniper ashes with molasses and gin, which carried off large quantities of water, and he entirely recovered from the disorder. I have cured a number who had the first mentioned complaint, by the common course of medicine ; one woman was cured by taking the wild lettuce, bruised and steeped in hot water. Mention has been made of several cases of this disease in my narrative, which were cured ; and enough has been said to give an idea of the cause and manner of treatment.

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#### *Bilious Colic.*

“ The name of this complaint is erroneous, for bilious means the bile, and no one ever heard of a bile colic or pain caused by gall, as it is a friend to health, and never causes disease or death. This pain is caused by a disordered stomach and want of digesture ; the stomach is filled with canker, which gets into the narrow passage from the stomach, when the action of the bowels cease ; after the pain subsides, those parts where it was are very sore. To cure it, raise the inward heat by giving the hot medicine, remove the canker with No 3, and give the bitters to correct the bile, and repeat it, till a cure is effected. If the case is bad, carry them through a course of the medicine, and often give injections.

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#### *Pleurisy.*

“ This is a distressing complaint and is caused by cold, or want of inward heat ; I never had any difficulty in curing it by common practice. The only remedy made use of by the doctors is to bleed ; this only increases disease, by reducing the strength of the patient, without removing the cause. I was once called to a soldier at Eastport, who had a violent pain in his side ; the doctor that attended him had bled him five times, without removing the pain, which made him so weak that it was with difficulty he could be held up in bed. I relieved



him in one hour by a common course of medicine, and bathing his side with the rheumatic drops. It took three weeks to get up his strength, which might have been done in three days if he had not been bled. I was called to another case of this kind, of a soldier at the same place. He had been bled, and a large blister put on his side to remove the pain, which caused a stranguary and he was in great distress. I declined doing any thing for him without the consent of his commanding officer, who was not present. The soldier begged of me to tell him what to do for the latter complaint, as he could not live so. I told him to take off the blister, which was immediately done, and it gave instant relief. By carrying them through a course of medicine, as has been directed for other violent attacks, will cure all cases of this complaint without danger; and is much better than bleeding or blisters, which increase the difficulty.

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*Relax.*

"This complaint is caused by indigestion, or loss of the powers of the gall, which becomes thick, in consequence of cold, or loss of the inward heat, when the stomach will be sour. The best remedy is to give No. 2, which will thin the gall; cleanse the stomach with No. 1, and give the bitters to correct the digesture. A dose of the composition powders with a tea-spoonful of No. 6, in it will in most cases effect a cure. The bayberry and poplar bark is good, and also many other articles that have been described as good to restore the digestive powers.

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*Dysentery.*

"This is a distressing complaint, and is very common, especially among children; although much has already been said on this subject; yet its importance will justify some further directions. It is caused by cold, which gets the ascendancy over the inward heat so as to draw all the determining powers inward; the stomach is disordered, the digestive powers are lost, the bowels become coated with canker, the food is not digested so as to afford any nourishment or heat to the system, and all the juices flow inward and pass off by the common passage.



The canker makes the bowels very sore, and when any thing passes them, it causes excruciating pain. The best plan of treatment is to carry the patient through a regular course of medicine, and repeat it, if occasion should require, every day till relief is obtained. During the operation give the chicken broth, and after the disease is checked, give occasionally a little brandy and loaf sugar burned together, and a strong tea of poplar bark. Give the syrup, (No. 5) two or three times a day until entirely recovered; and the bitters (No. 4) may be given night and morning to restore the digesture. Care must be taken to keep up the inward heat in the interim, by giving occasionally No. 2 in a tea of No. 3, sweetened. Steaming is very important in this complaint, and injections must often be administered.

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#### *Rheumatism.*

"This complaint is caused by cold obstructing the natural circulation, which causes pain and swelling. It often affects the joints so that they grow out of shape. A cure is easily effected, if timely and properly attended to, which must be done by such medicine as will cause perspiration and remove obstructions. In common cases by taking the rheumatic drops, and bathing the part affected with the same will remove the complaint. When the case is bad, carry them through a course of the medicine and bathe it with the drops, repeating it as occasion may require, till cured. At the same time give a tea of poplar bark or hemlock bows: and many other articles which have been described as good for the complaint may also be used to advantage.

"The gout is from the same cause, and the stomach being greatly disordered, and very sour, which produces a burning sensation. I have cured several cases by the common course of medicine, and giving the bitters to restore the digestive powers.

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#### *Sore Lips.*

"They are common in very hot or cold weather, when there is nearly a balance of the power of outward and inward heat, or outward and inward cold, which pro-



duces canker. To cure it take a strong dose of tea of No. 3, with a tea spoonful of No. 2 in it, when going to bed, and wash them with the same, then wipe them dry to take off the matter collected; then wet them again with the tea, and put on as much ginger as will stick, repeat the same again for two or three times, till the coat is sufficient to keep out the air, when this comes off, repeat the same process again, until the soreness is gone, then wash again with the tea and wipe them dry, and apply warm tallow till a cure is completed.

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### *Sore Eyes.*

"These are generally caused by being exposed to sudden changes of heat and cold, which produces canker, and where this is there will be inflammation. There are many things good for this complaint; but the best that I have found is white pond lily root, marsh rosemary, witch-hazle and red raspberry leaves; make a strong tea with all or either, and add one third as much of No. 6, with a little No. 2; bathe the eyes several times in a day; every morning put your face in cold water, open and shut the eyes till well washed; repeat this till a cure is effected. At the same time take the tea to clear the system of canker.

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### *Head-Ache.*

"This pain proceeds from a foul stomach, the bile loses its powers, the food clogs by not being digested, and the effect is felt in the head, which is the fountain of sense. Sometimes there is sickness at the stomach; when this happens it is called sick head-ache, and when they vomit the head is relieved. This proves that the cause is in the stomach. It must be cured by cleansing the stomach and restoring the digestive powers. A dose of composition powders, sitting by the fire wrapt in a blanket, will generally give relief; but if it should not, take a dose of No. 1 in a tea of No. 3, and take the bitters to correct the bile; No. 2 should also be taken to warm the stomach, and if it is sour take the pearlash water. It is very fashionable with the doctors to tell about dropsy in the head, but in this I have no belief;



for there is no disease in the head but what proceeds from the stomach, except from external injury. If they understood the real case and would give the proper medicine to remove it, there would be no difficulty in the head; but when a child is sick they give calomel and other poisons, which increases the disease; and if they die it is laid to the dropsy in the head, and this is satisfactory because the doctor says so.

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*Corns.*

" These come on the joints of the toes, and are very troublesome. They may be cured by soaking the foot in warm water till the corn is soft, shave it thin, take a strip of bladder or skin of suet, eight or ten inches long, and half an inch wide, rub it till soft; then supple it well in rattlesnake's oil, or the nerve ointment; wrap it round the toe, and keep it on till worn out; if this does not cure; repeat the same till the corn is removed. I have seldom known this to fail of a cure.

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*Venereal.*

" The disease that is called by this name is more common in seaports than in the country, because there is a more promiscuous and illicit intercourse of the sexes, than in other places. It is a very high state of canker and putrefaction, which takes hold of the glands of those parts that are first affected with it; and if not checked the whole system will become diseased by the venereal taint. It is more common among seafaring men, because of their being long absent at sea, and on coming on shore they give free scope to their passions, without being very scrupulous about the manner of their indulgence. It originates probably with those common women who have connection with many different men, and going beyond the impulse of nature; this impure connection causes uncleanness which produces the disease, and when seated is contagious.

" The reason why this disease causes so much fright and alarm, is owing to two causes; the first is the disgrace that is attached to the dishonesty in getting it; and the other is the manner in which it has generally been



treated in giving mercury to cure it; the remedy becomes worse than the disease. That this disorder cannot be cured by any other means is altogether an error; for I have cured a number of cases by very simple means. The first symptoms felt is a scalding sensation and pain when voiding the urine; and within twenty-four hours after this is experienced, it may be cured in that time, by applying cold water and making use of the rheumatic drops; if there is much soreness, make use of the tea of No. 3, with the drops in it; which must be taken as well as applied to the parts. If the disease has been of long standing and the whole system has become affected, they must be carried through a course of the medicine. Where there has been mercury made use of, and there is all the attendant consequences of such treatment, it is much more difficult to effect a cure; and is only done by a full course of the medicine, and repeating it for a number of times; raising the heat by steam each time as high as they can bear, to throw out the mercury and remove the canker, at the same time applying the poultice; then give the bitters to correct the bile.

I had a case of a woman who was brought to me on a bed fifteen miles. She was in a very bad state, and as bad as she could well be, with all the consequences that are caused by being filled with mercury. Different doctors had attended her for eleven months, and she had constantly been growing worse. She had been kept ignorant of her disease till a few days before brought to me, on account of her husband. I carried her through five courses of the medicine in two weeks, and applied a poultice of white bread and ginger made with a tea of No. 3. This completely broke up the disorder, and by giving medicine to correct the bile and restore the digestion, she was cured and returned home in three weeks after coming to me. By taking things to restore her strength, has enjoyed good health ever since. Another woman was cured in the same manner, who had been in this way for six years, and unable to do any business. I attended her three weeks, when she was restored to health and returned home. In less than a year after she



had two children at a birth, and has enjoyed good health to this day.

This disease may be produced by other means than what have been described. It may be taken in with the breath by being much exposed in attending on those who are in a very putrid state of the complaint; or may be communicated to parts where the skin is broken, and in many other ways; they will have many of the symptoms the same as when taken in the common way. Children will sometimes be affected with the venereal taint, whose parents have the disease. A disease similar in appearance with much the same symptoms, may be brought on overdoing and being exposed to the cold. I once had the case of a young married man, who by straining himself from loading mill logs and being exposed to wet and cold, caused a weakness in the back and loins, and he had what is called a gleet, and an inflammation, with all the symptoms common in the venereal. His wife became affected in the same manner; they continued in this situation three months, when I was called to attend them; and by making use of such things as I then had a knowledge of, to strengthen the loins and remove the canker, was able to cure both in a short time. The man had all the symptoms that appear in the venereal, except hard bunches in the groins, called buboes. These, I am satisfied, are caused by mercury, for I never knew any to have them except they had taken mercury. By syringing with mercury and sugar of lead, affects the glands, contracts the passage, and stops the discharge, when the putrid matter instead of going off, collects in the groin and forms hard tumours, which remain a long time, and have to be brought to a head to let off the putrid matter. Bunches of a similar kind often come in different parts of the body caused by mercury.

“Much more might be written on this subject; it is difficult to find proper terms to convey all the directions that may be necessary in all cases. Enough has been said to give to those who are so unfortunate as to have the disease, a general knowledge of the nature of the complaint and the best manner of effecting a cure; and to those who are fortunate enough to escape it, any thing further will be unnecessary.



## MIDWIFERY.

"This is a very difficult subject to write upon, as I know of no words, that would be proper to make use of, to convey the necessary information to enable a male person to attempt the practice with safety. The great importance of the subject, however, induces me not to be silent; and I shall endeavour to make known to the public such thoughts and conclusions as long experience and much solicitude has enabled me to form concerning those who are suffering, and are constantly liable to suffer from this erroneous and most unnatural practice; midwifery at this time, appears to be altogether a matter of speculation with the medical faculty, by their exorbitant price for attendance. The tax on the poor classes is very heavy; and this is not the greatest grievance that they have to bear, for they are often deprived of their wives and children, by such ignorant and unnatural practice as is very common in all parts of the country.

"Thirty years ago the practice of midwifery was principally in the hands of experienced women who had no difficulty; and there was scarce an instance known in those days of a woman dying in child-bed, and it was very uncommon for them to lose the child; but at the present time these things are so common that it is hardly talked about. There must be some cause for this difference, and I can account for it in no other way than the unskilful treatment they experience from the doctors, who have now got most of the practice into their own hands. In the country where I was born and where I brought up a family of children, there was no such thing thought of as calling the assistance of a doctor; a midwife was all that was thought necessary, and the instances were very rare that they were not successful, for they used no art, but afforded such assistance as nature requires; gave herb tea to keep them in a perspiration and to quiet the nerves; their price was one dollar. When the doctors began to practice midwifery in the country, their price was three dollars, but they soon afterwards raised to five, and now they charge from twelve to twenty dollars. If they go on in this ratio, it will soon take all the money people can earn to pay for their children.



"All the valuable instruction I ever received was from a woman in the town where I lived, who had practiced as a midwife for twenty years ; in an interview of about twenty minutes she gave me more useful instruction than I ever gained from any other source ; I have practised considerably in this line, and have always had very good success. It is very important to keep up the strength of women in a state of pregnancy, so that at the time of delivery they may be in possession of all their natural powers ; they should be carried through a course of the medicine several times, particularly a little before delivery, and keep them in a perspiration during and after delivery, which will prevent after pains and other complaints common in such cases. Beware of bleeding, opium, and cold baths ; invigorate all the faculties of the body and mind, to exert the most laborious efforts that nature is called upon to perform, instead of stupifying and substituting art for nature. I will relate a case that I was knowing to, which will give a pretty fair view of the practice of the doctors. A woman was taken in travail, and the midwife could not come, a doctor was sent for ; when he came the prospect was that she would be delivered in two hours, he gave her some medicine which caused vomiting and turned the pains to the stomach, she continued in this situation for twelve hours when her strength was nearly gone ; he then bled her, and to stop the puking, gave so much opium as to cause such a stupor that it required all the exertions of the women to keep the breath of life in her through the night ; in the morning she remained very weak, and continued so till the afternoon, when she was delivered with instruments. The child was dead, and the woman came very near dying, and it was six months before she got her strength again. Many more cases might be given of the bad success of bleeding and giving opium to stupify, and making use of art, instead of assisting nature to do her work. And if all married men would purchase this work, and pursue the course herein laid down, it would be much more proper and safe than to trust their wives in the hands of young inexperienced doctors, who have little knowledge except what they get from



their books, and their practice is to try experiments, their cruel and harsh treatment in many instances would induce the husband to throw them out of the window, if permitted to be present; but this is not allowed for the very same reason.

Dr. Thomson relates several cases in which he was successful in giving relief to persons who had been in travail for many days, and could not be delivered by the learned doctors; one case of which he states that he was called eighty miles from his home, to see a woman who had been ten days in travail; when he arrived, he saw several people with the doctors standing around the patient's bed; they seemed to be all filled with gloom; when the sick woman exclaimed, it is hard to suffer here for ten days, then to die after all; they then asked him if he could do any thing for her, he said he was willing to try, and do all he could for her. He then took as he says, one tea-spoonful of composition, one half tea-spoonful of cayenne pepper in a tea cup full of No. 3, and one tea-spoonful of sugar, and one tea-spoonful of nerve powder, and gave it to the patient to drink; in fifteen minutes the woman was delivered of a fine son; after which he gave her a course of medicine: after which she got up, and walked from the bed to the fire the same day. In two days after she went some distance in a waggon to see her friends, and returned somewhat fatigued; he then the next day gave her another course, which with the use of bitters No. 4, restored her to health. Another case he states in which the water had been discharged four days, and she could not be delivered by the doctors, when he was sent for: he gave her a similar dose to the other case above mentioned, which soon restored her exhausted strength, brought on her pains as before, and in half an hour, as soon as he could raise the internal heat so as to produce a natural warmth through the system, the child was born, but without any appearance of life. He then as he says, took hold of the umbilical cord, and followed it to the placenta, and carefully brought it away before cutting the string. He then took the child and the placenta to the fire, and placed the after birth upon a shovel; laid on the coals; as soon as the fire had heated



the placenta, he communicated the heat through the umbilical cord to the child by stripping the heat upwards to the child, while laying in his lap, which soon warmed the child, and gave it that natural heat which it had lost from the length of time the water had been discharged before it was born, and restored the child to life again. He then prepared and cut the cord after tying it up, and handed it over to the nurse; he then gave her a course of the medicine, and in a few days restored her to health. He further states that he always gives in case of violent flooding, the dose first mentioned, and repeat it if necessary, adding No. 1, and afterwards take them through a course of his medicine, and repeat it until well. But to those who have not faith or experience in the above treatment, I will mention a more pleasant or agreeable medicine for stopping the bloody flow. That is, take a handful of the herb scabious, and make a strong tea, and drink freely, it will be sure to stop it; and I would here recommend to all women in the family way, to drink daily of the partridgeberry vine tea, for a month before the time of delivery, and all things will go easy, and they will not need any physician, other than woman's help.

☞ This philanthropic and enterprising Dr. Thomson, took out a patent right for the exclusive use of Lobelia, Cayenne Pepper, and Steam, some years ago, which he has been and still is, selling to others for the sum of twenty dollars, to exercise the same right. This would appear to me to be rather oppressive to the poorer class of our fellow-beings especially, when the constitution of the United States gives a universal franchise to Americans to enjoy life, liberty, and to pursue happiness. Nature, too, amidst the profuse bounteousness of her productions, has furnished man, as well as every other living creature, with the free use and enjoyment of every vegetable that grows from the earth. Are not the earth, air, fire, and water, the component part of our nature, and of our bodies? Shall we not, then, use fire and water to make steam? Shall we not use the herbs of the field, (upon which alone God has commanded us to eat and subsist) without paying Dr. Thomson, or any other man or person, for the use thereof, (for the preservation of our own



and our neighbors' life) the sum of twenty dollars. It is therefore, in order to save this heavy tax or barrier upon the progress and use of these and other botanic remedies, which I conceive to be more useful than the former to cure disease, that I have compiled this work, and brought the expense to meet all classes of men. Although I am of opinion, (notwithstanding the insufficiency of Hygeian medicines alone, for I know from experience, that too much physic is very hurtful to the stomach and bowels,) that (avoiding the extreme of Dr. Thomson's practice, of withholding the use of physic on the one hand, and the extreme of Dr. Morison on the other, of giving nothing but physic) the practitioner according to this work, may wisely combine both systems together with the alterative and medicinal course laid down in the use of the recipes hereunto annexed, and never fail in any case where there is foundation to build on to effect a cure.—Again, any person of ordinary discretion and judgement can apply the hot medicines of Dr. Thomson to the use of female complaints, by observing the rules laid down in this work: that is, to keep up the strength of the patient, you may give the medicine as directed by him. And in case of flooding, if those medicines do not stop it, use the scabious tea and other remedies mentioned in this book. In a word, the practitioner has all the advantages of the different and best methods and medicines generally made use of by all the most celebrated Botanic Physicians at the present day, laid down before him in this manuel, and they are to be used according to his judgement, and the circumstances which govern in each case, of which the practitioner is to judge, after reading and well understanding the whole of this work, which from the concise manner of its compilation, may be soon acquired to perfection by every man or woman of ordinary capacity and understanding.

*Exodus, 1st chapter 19th verse.*

"For they are lively and are delivered, ere the midwives come in unto them."

In reading the context, as well as the text of this chapter, the reader will infer whether men or women performed this particular branch of nature's business, that of assisting Nature in producing her own species. Did



mankind and womankind know the vast evils which result to the whole human family, by the change which art has produced in this first and most important part of natural operations, they would discard the regular physician, who practices by force; who instead of aiding and assisting the works and laws of nature, to bring forth in the most easy and natural manner, makes use of the forceps, and other death-like instruments, both inward and outward, to expel by force and compulsion.

It never was intended that a man should perform these services, neither was it the practice according to Moses's writings. The women in those days were sprightly and lively in the production of their offspring, and were delivered by midwives in case any assistance should be wanting. See the contrast in those days, when mercury, the lancet, the forceps, the knife, opium, ergot, and lincensed *Doctors* were not known, the people lived to some hundred years of age, whereas at the present time, the length of life is less than fifty, yes, less than thirty average years. What is the cause of this? There must be some reason for it. Account for it any other way if you can, other than by the introduction of a doctor into your family. Much might be said upon this subject, but the limits of this work will not permit us to say more than a few words by way of caution. Fathers beware of those who pretend to have the right to examine your wives, and your daughters, to know their secret complaints, which are kept from your observation, and when your children are born be present yourself, and see that the doctors do not butcher your wives and kill your children; beware of so many private interviews with your family, under pretence of prescribing for that which you are kept ignorant of: be the father of your own children, see them safely delivered into the world, give them the medicines prescribed in this work, and be your own doctor. Wives attend well to the directions given in this work, and doctor your own daughters, and trust them not to the fallacious pretenders of physic, who will if you suffer it, take more liberties under the garb of an M. D. or learned doctor, than he can be of any benefit to any person, which undoubtedly only serve to embolden and make more barefaced and common



that which would otherwise be considered and kept by them during life, as innocent, decent, and reserved. How often do we hear of wives say they have not been well since they had their last child, or such a child, when they were confined so long and had such a time. This is because the doctors give wrong direction or prescriptions, and they follow them; therefore in future, be careful whenever a doctor tells you to take physic as Dr. Thomson says, and of the necessity of which you are to judge; to take a sweat and an injection—to lose a little blood—to keep your blood, and take medicine to purify it—to keep cool—to take plenty of hot medicine—to eat little or nothing—to eat whatever your appetite craves.

## CONTENTS.

|                                    |    |                                        |     |
|------------------------------------|----|----------------------------------------|-----|
| Remarks on Fevers . . . . .        | 16 | Nerve, Composition, Cough Powders      | 71  |
| On Steaming . . . . .              | 25 | Cancer Plaster—Salve                   | 72  |
| A regular course of Thomsonian     |    | Strengthening Plaster                  | 72  |
| Medicine . . . . .                 | 27 | Volatile Salts; Nerve Ointment         | 73  |
| On giving Poison as Medicine .     | 33 | Poultice; Injections                   | 73  |
| Emetic Herb . . . . .              | 43 | Stock of Medicine for a Family         | 75  |
| Cayenne Pepper . . . . .           | 49 | General Directions for curing or Pre-  |     |
| Red Pepper . . . . .               | 52 | venting Disease                        | 76  |
| Ginger . . . . .                   | 52 | Milk Porridge; Chicken Broth           | 81  |
| Black Pepper . . . . .             | 53 | Felons; Freezes and Burns              | 82  |
| Bayberry . . . . .                 | 54 | Case of a boy badly scalded            | 83  |
| White Pondlily . . . . .           | 54 | General remarks on Burns               | 84  |
| Hemlock . . . . .                  | 55 | Mortification of the Limbs             | 85  |
| Marsh Rosemary . . . . .           | 55 | Old Canker Sores on the Legs           | 87  |
| Sumach . . . . .                   | 56 | Bad wound in the Eye cured             | 88  |
| Witch Hazel . . . . .              | 56 | Cancer Sores                           | 88  |
| Red Raspberry . . . . .            | 57 | Piles, how cured                       | 90  |
| Squaw Weed . . . . .               | 58 | Sore Heads in Children; Sore Breasts   | 91  |
| Bitter Herb . . . . .              | 58 | To stop Bleeding                       | 92  |
| Poplar Bark . . . . .              | 59 | Rupture                                | 93  |
| Bayberry . . . . .                 | 59 | Ague in the Face                       | 94  |
| Bitter Root . . . . .              | 59 | To relax the muscles in setting a bone | 95  |
| Golden Seal . . . . .              | 60 | Measles                                | 95  |
| Peach Meats . . . . .              | 61 | Small Pox; Cough                       | 97  |
| Cherry Stones . . . . .            | 61 | Jaundice                               | 98  |
| Gum Myrrh . . . . .                | 62 | Worms                                  | 100 |
| Spirits of Turpentine . . . . .    | 63 | Consumption                            | 104 |
| Gum Camphor . . . . .              | 63 | Fits; St. Anthony's Fire               | 105 |
| Valerian . . . . .                 | 64 | Stranguary or Gravel; Dropsy           | 106 |
| Directions for using and preparing |    | Bilious Colic; Pleurisy                | 107 |
| Vegetable Medicine, No. 1          | 66 | Relax; Dysentery                       | 108 |
| Nos. 2 and 3 . . . . .             | 67 | Rheumatism; Sore Lips                  | 109 |
| No. 4—Bitters . . . . .            | 69 | Sore Eyes; Headache                    | 110 |
| No. 5—Syrup . . . . .              | 69 | Corns; Venereal                        | 111 |
| No. 6—Rheumatic Drops . . . . .    | 70 | Midwifery                              | 114 |







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