

The book of herbs : giving descriptions of medical plants, and directions for gathering and preserving them, with a full account of their properties and doses : the whole written for family use / by John B. Newman.

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THE
BOOK OF HERBS.

GIVING DESCRIPTIONS OF

MEDICAL PLANTS,

AND DIRECTIONS FOR

GATHERING AND PRESERVING THEM,

WITH A FULL ACCOUNT OF THEIR

PROPERTIES AND DOSES.

THE WHOLE WRITTEN FOR FAMILY USE,

By JOHN B. NEWMAN, M. D.

New-York:

THOMAS S. HUSTED & CO.,

97 NASSAU STREET.

1847.

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P R E F A C E .

HERBS, too, she knew, and well of each could speak,
That in her garden sipped the flowery dew,
Where no vain flower disclosed a gaudy streak ;
But herbs for use and physic, not a few,
Of grey renown, within those borders grew ;
The tufted Basil, pure, provoking Thyme,
Fresh Balm and Marigold of cheerful hue ;
The lowly Gill, that never dares to climb ;
And more I fain would sing, disdaining here to rhyme.

Yet Euphrasy may not be left unsung,
That gives dim eyes to wander leagues around ;
The pungent Radish, biting infants' tongue ;
And Plantain ribbed, that heals the reaper's wound ;
And Marjoram sweet, in shepherd's posie found ;
And Lavender, whose spikes of azure bloom,
Shall be erewhile in arid bundles bound,
To lurk amid the labors of her loom,
And crown her kerchiefs clean, with mickle rare perfume.

SHENSTONE.

This little work is intended as an addition to the "*Home Doctor*;" to form, when both are combined, a book of reference for families. Such a manual has been often called for by many families in the country, who desire to inform themselves relative to the properties of the plants that grow around them ; and not only to find their names and virtues, but also the best method of

deriving benefit from them: such as the proper time of collecting the separate parts, and preserving them when, collected. Although separate directions will be given under each head, it is well to mention, as a general rule, that medical roots should be taken up in the fall, when the leaves begin to decay, or else in early spring, before they make their appearance. Herbs should be gathered while flowering, and immediately dried, and kept, if possible, in tin boxes. The doses are in all cases intended for adults, and when given to children, should be diminished in proportion to their ages; a child of ten or eleven years old, for instance, taking but half the quantity mentioned. Remedies are given for poisoning by vegetables, and general directions for avoiding noxious plants, and not mistaking them for others. The last part contains remarks on collecting medicinal herbs, and the propriety of cultivating such gardens as Shenstone describes at the head of this article.

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THE
BOOK OF HERBS.

EUPATORIUM PERFOLIATUM—BONESET.

Thoroughwort, Joepye, Teasel, Feverwort, Sweating-plant, Thoroughstem, Cresswort, Indian Sage, Agueweed, Thoroughwax, and Vegetable Antimony.

This plant has a crooked perennial root, running parallel to the ground and furnished with few fibres. Coming up from the root are numerous rough, straight, round stems, covered with hairs, and rising from two to four feet in height, dividing and subdividing into three forked branches. The leaves come off from the stem opposite to each other, but meet in such a manner as to form but a single leaf, perforated by the stem; they are hairy, broadest at the base, and taper off with toothed sides to a point. There are about twelve separate flowers on each little stem; these are of a white color, and bloom in August. The whole plant is medicinal, and should be dried when in flower.

Boneset has long been the most powerful remedy possessed by our native Indians in cases of fevers. It acts in three ways, according to the mode in which it is given. One ounce of the plant put into a pint of boiling water, makes the infusion. If from two table-spoonfuls to two wine glassfuls of this tea are taken as hot as possible, it will bring on profuse sweating; if the same quantity is taken lukewarm, it will vomit; if quite cold, it will purge. The name Joepye is often applied to it in New England, from an Indian of that

EUPATORIUM PERFOLIATUM.



BONESET.

name who cured Typhus with it, by inducing copious perspiration; in the same manner it acts in the influenza, called Breakbone fever, whence its name of Boneset.

In fever and agues and dyspeptic disorders, it is an extremely useful medicine. For the former purpose the powder should be given in doses of from ten to twenty grains, combined with a little aniseseed or cinnamon. The proper time for exhibition is some five or six hours before the return of the fit. The doses in dyspepsia should be three or four grains two or three times a day, with a grain of calamus. In the state of extreme weakness that frequently follows drunkenness, taken in ounce doses of the cold infusion three times a day, it will speedily give tone to the stomach. Bilious colic, attended with obstinate constipation, has been cured by taking a teacup full of the cold infusion every half hour, until it produced a discharge from the bowels. In common colds and coughs it has long been celebrated; for this purpose a wineglassful of the hot infusion should be taken on going to bed and then covering up as warmly as possible. If this does not succeed the first time, it is well to try it the second evening, using in the interval a very low diet. An extract and also a syrup of Boneset are prepared, but it is much better to use the properly dried herb, of whose properties there is some surety.

The Purple Boneset, whose leaves are supported on stalks, and which bears purple flowers, is a remedy for gravel, of considerable repute. If there is any pain present, the infusion is swallowed as hot as possible in wineglassfuls every hour until relieved; if no pain, take the cold infusion, or powder, regularly, as if for dyspepsia.

In the cultivation of this plant remember to choose a low, moist spot, as its natural home is near streams and in swamps and marshes; nature seemingly placing it in just such places where it is likely to prove most useful.

GERANIUM MACULATUM—SPOTTED GERANIUM.

Spotted Cranesbill, Crowfoot, Alum-root, Tormentil, Cranesbill, Storkbill.

This plant has a perennial, fleshy root, which runs parallel with the ground, and furnished with short fibres; this root sends up a straight, round stem, which branches in forks about twenty inches in height, and of a grayish green color, thickly covered, in common with both the leaf and flower-stalks, with hairs bent backwards. The leaves are cut deeply into three, five or seven lobes, which at their ends are again divided; they are hairy, of a palish green color, and mottled with pale spots; some of them rise at once from the roots and are supported on stalks ten inches in length. The flower-stalks spring from the forks of the stem, and each supports two large and beautiful purple flowers, which bloom from May to July. The fruit consists of five boxes joined together and attached to the remains of the flower by a beak; when ripe, they curl up and scatter the seed in all directions.

The Cranesbill loves a low, moist and moderately shaded place. The root is the part used in medicine; it should be collected in Autumn.

This is another medicine introduced to our notice by the Indians, who hold it in the greatest esteem, and most deservedly too, for it is an invaluable astringent, without offending the most delicate stomach, and therefore suitable for infants, as well as adults. In the secondary stages of diarrhea and dysentery, it is given in doses of twenty grains of the powder, two or three times a day; or else in the form of decoction, made by boiling a pint and a half of water with an ounce of the root, down to a pint. The dose of this is one or two table-spoonfuls at a time, twice or three times a day, according to the severity of the case. The infusion may be sweetened with honey and used advantageously as a gargle in ulcers in the mouth, and later stages of quinsy sore throat. It also forms one of the best injections for the whites in women. The decoction above recommended is excellent in all the common

forms of bowel complaints, by using milk instead of water, the dose being the same. The watery decoction, made still stronger, is useful in ulcers that remain a long time. The Indians use the plant for wounds, ulcers on the legs, immoderate flow of urine, bloody urine, immoderate menstruations, and in most cases where it is desirable to stop a discharge.

A strong watery decoction, made by boiling two ounces of the plant in a quart of water down to a pint, is celebrated by horse-doctors for curing the bloody urine of cattle. The decoction is strained, and the whole given at a dose; or it may be rolled in a ball, and thus swallowed by the animal.

HERB ROBERT is easily known by its musky, unpleasant smell, and small striped flowers. A decoction of its root, made as above described, has been found useful in gravel and all complaints of the bladder.

COMPTONIA ASPLENIFOLIA—SWEET FERN.

Sweetbush, Sweetferry, Fernbush, Ferngale, Spleenwortbush, Balsam plant, Ricket shrub.

This is a small shrub three or four feet high, with roots running parallel to the ground, and easily recognized by its crooked branches and long, narrow leaves, dented on their sides and sharp at both ends, having two little oval bodies at the base of each; the leaves are some four or five inches long, and half an inch broad, and have a strong middle rib. The flowers come out surrounded by a kind of scaly burr. The fruit is a roundish burr containing rather flat, dirty yellowish colored seeds. The blossoms often appear before the leaves.

This plant seems adapted to poor, rocky and sandy soils, and in such places where there are no trees to check its growth, will spread far and wide to an amazing extent. It possesses all the properties of the strengthening and astringent balsams. The leaves may be gathered at any time while the plant is in pos-

session of its usual rich, spicy, resinous odor. The chewed root has stopped blood-spitting; but few instances of its efficacy are known. If wanted, it should be taken up in the fall.

Given in the form of decoction, half an ounce of the leaves boiled with one and a half pints of water down to a pint, and from a tea to a tablespoonful taken according to the urgency of the symptoms. It is valuable in diarrhea, loose bowels and summer complaints of children, and cholera infantum. In our Southern States they give it in rickets, in debility, and on recovery from fevers, as a weak tonic. In asthma and bronchitis it is probable that much benefit may be derived from its exhibition.

HAMAMELIS VIRGINICA—WITCH HAZEL.

Snapping Hazelnut, Winter-bloom, Pistachio-nut, Magician's Rod.

This celebrated shrub has a large root, from which spring up many crooked branching trunks of some inches in diameter, bearing large, smooth leaves, which come off on opposite sides of the branches, one above the other, of an egg-shape, lobed at their base, with prominent ribs. The flowers bloom in October, and often continue through most of the winter. They come out three or four together. They are of a yellow color, and have a curious curled appearance. The fruit is said to be a year in ripening. It is a roundish oblong box containing two nuts, which are similar in taste, and reputedly in qualities, also, to the hazelnut. The Indians eat them for food. When the fruits ripen, the boxes explode successively with a considerable noise, and throw the nuts in all directions.

The small forked branches of this tree are used as divining rods, and hence the name of witch hazel. The branches are held one in each hand by the conjurer. Where the point drops will be found mines of gold, silver, copper, salt, or springs of water, according to the desire of him who pays the operator.

This shrub is in very extensive and deserved use, more particularly by the Indians, who regard it as having exceedingly valuable properties. The leaves are pounded and applied to painful tumors, to bring them more readily to a head and give at the same time present relief; and in the same manner other cases of external inflammation are treated. A poultice made of the leaves will relieve piles; a tea is also useful for the same purpose, applied as a wash. For sore eyes that have been ailing a long time the tea is excellent. It should be made in the proportion of an ounce of leaves to a pint of water. This tea is used with success in affections of the womb, such as when the discharge is too abundant, bleeding from the stomach, and pain in the sides; the leaves in such cases are often chewed in the mouth with advantage.

When the application is external, the bark may be used instead of the leaves; when used alone, the quantity should be diminished one third. A tea of either bark or leaves has been thrown up as an injection in bowel complaints.

This shrub must be sought for in the high country, among the hills and mountains, and will be found most abundant by the stony banks of streams. It is very rare in low grounds.

In the Northern States a species, the *H. Parviflora*, with much smaller leaves, is used, both in divination and medicine. It is known by the smaller leaves, which are hairy on the under surface, waving, and but little lobed at the base joining the stalk.

CASSIA MARILANDICA—AMERICAN SENNA.

Wild Senna, Locust Plant.

This plant has perennial roots of a twisted, irregular form and blackish color, from which rise every year a number of smooth, nearly round, straight stems, to the height of from three to six feet. The leafstalks have at their bases little egg-shaped glands, and come off on

opposite sides, one above the other, each supporting eight or ten pairs of smooth, oblong leaves, green above and pale below, tipped with prickles. The bunches of beautiful, golden, yellow-colored flowers bloom in August. The fruit is a pod, two or three inches long, of a dark color, and holding over a dozen little brown beans.

This is a mild and safe purgative, and useful in the generality of cases where the bowels require to be opened. Both the leaves and pods are employed; these should be collected about the middle or latter end of August. The dose is an ounce of the senna, given in the form of an infusion, to which some anise-seeds may be added.

Those who cultivate this plant in their gardens for medicinal uses should remember that it loves a low, rich, moist soil near the water, and will not have as much virtue, or grow as luxuriantly, if planted in a drier and more elevated place.

CYPRIPEDIUM PARVIFLORUM—LADIES' SLIPPER.

Moccasin-flower, Yellows, Bleeding-heart, American Valerian, Yellow Umbell,
Male Nervine, and Noah's Ark.

This plant has perennial roots, with long, thick, fleshy fibres, of a cylindrical shape and yellow color, inclining to run parallel with the ground. This sends up from one to five—generally, however, but one—simple, straight, sharp, hairy stems, rising between one and two feet in height above the ground, having from three to seven leaves and one to three flowers. The leaves rise from opposite sides of the stem, one above the other, and clasp it at their base. They are rather oblong in shape, hairy, and marked with parallel lines of a greenish color above, but pale on the lower surface. The flowers are of a yellow color, and blossom in May and June. The difficulty of cultivating this plant is in proportion to its beauty, and it has seldom been found to grow from seeds. When transplanted, it should be

CYPRIPEDIUM PARVIFLORUM.



LADIES' SLIPPER—NOCCASIN FLOWER.

taken up with plenty of earth around the roots, and placed in a rich light soil and moderately shaded situation. For medical purposes collect the roots in the fall or early spring, dry them at once, and reduce to powder.

This plant was introduced to the acquaintance of white men by the Indians, who had long held it in the highest esteem. It is soothing in its nature, and extremely useful in all nervous affections, being, indeed, the best American substitute known for Valerian. It is commonly given in the form of the powder, a smooth teaspoonful for a dose, mixed in a wineglassful of sweetened water, or else in a tablespoonful of molasses. In nervous and hysterical diseases it allays pain, quiets the nerves, and disposes to sleep, and that too without the injurious effects which accompany the exhibition of opium. In these affections it is useful to combine the Nervine root with some mild tonic, as Mayweed or Calamus. Sleep has been induced in delirium tremens by giving a teaspoonful of the Nervine powder in a cupful of sweetened Boneset tea.

NEPETA CATARIA—CATNEP.

Catmint, Catwort.

This plant, so much celebrated as the favorite of cats, has a perennial root, from which rises every year a four-sided, hairy, branching stem, to the height generally of three feet. The leaves have stalks, and are of a heart-shaped, toothed on the margin and hairy, green on their upper face and whitish below. The flowers come out in whorls; they are of a whitish or slightly purple color, and bloom in the latter part of July. The whole plant is medicinal, with the exception of the root. It should be gathered when flowering.

Catnep strengthens the general tone of the system, and at the same time excites it. The infusion is made by putting an ounce and a half of the herb or leaves

into a pint of water; of this one or two tablespoonfuls is a dose. This tea may be given with advantage every half hour in hysterics, and also in cases where it is required to bring on the regular monthly periods in women. By its action on the general system, it is useful in all diseases of the womb, except inflammation. A teaspoonful of the infusion will often cure the windy colic of infants. In cases of dyspepsia accompanied with debility, and where there is much gulping up of wind, the regular dose of the infusion will frequently relieve the pain and give tone to the system.

MARRUBIUM VULGARE—HOREHOUND.

White Hoarhound.

This plant has a perennial, fibrous root, which sends up every year a number of four-sided, straight, downy stems, to the height of some twenty inches. The leaves have stalks, are over an inch in diameter, of a roundish egg form, whitish on the upper surface and woolly on the under, and much wrinkled. The flowers are white, and disposed in crowded whorls or rings in the angle formed by the leafstalk and stem. They bloom in July and August. The stem, leaves and flowers are all used, and should be gathered when in bloom.

Horehound strengthens the system generally, induces a moderate perspiration and increased flow of urine. The infusion is made by putting an ounce of the herb into a pint of boiling water. A wineglassful is a dose. The dose of the powder is from twenty to forty grains. In the liver complaint and jaundice it is useful in the later stages; a wineglassful of the infusion taken three or four times a day. It is mostly employed in diseases of the lungs, where there is much expectoration; in such cases a tablespoonful taken every two or three hours, will produce marked benefit. A syrup is made of it by taking an ounce of the herb and an ounce of Liquorice root; putting these into a pint

of hot water and boiling down to three quarters of a pint; then straining, and on replacing it over the fire adding enough of white sugar to form a syrup: dose, a teaspoonful every two hours.

The advertised Horehound candies and confections have seldom much of this herb in them, but most generally consist of simply sugar or molasses candies with the addition of tartar emetic; thus making a powerful, but very unsafe remedy, especially for children.

Catnep will grow freely, without any particular care, in common garden soil.

GNAPHALIUM MARGARITACEUM—LIFE EVERLASTING.

Cudweed, Silverleaf, None-so-pretty.

This plant has a perennial root, which sends up a branching stem. The leaves are of a narrow spear-shape, gradually narrowing to a sharp point. The flowers come out in August and September. They are supported on footstalks of various lengths, so as to form a flat top. They have white pearly rays and yellow disks. The plant is from one to two feet in height. The stem, leaves and flowers are used, and should be gathered when the plant is in bloom.

Cudweed has been substituted with success for tobacco in smoking, and from this fact, its quieting or sedative powers may be known. It is used in coughs and colds and nearly all ordinary pains in the chest. For such purposes an ounce of the herb is put into a pint of boiling water, and a tablespoonful taken as occasion may demand. The dose in powder, is from five grains and upwards.

The best form of its exhibition is externally as a wash, and applied as hot as possible, it is serviceable in biles, bruises and strains. It is also found extremely beneficial in the diseases of sheep, both applied externally and internally.

The genus has many species which are known in the country under the names of White Plantain, Poor

Robin, Rattlesnake Plantain, and Squirrel-ear. The properties and doses of all are about the same. It was with one of these species united to Horehound that the Negro Cæsar made his celebrated remedy for curing the bites of rattlesnakes. As specifics for serpent-bites they are universally used over the country; it is even said that for a trifle an Indian will allow himself to be bitten by a rattlesnake, and then, by eating Life Everlasting, at once cure himself.

TANACETUM VULGARE—COMMON TANSY.

This plant has a perennial root, sending up annually several strong, straight, six-sided, striped stems, to a height of some two or three feet. The leaves come off from the stem one above the other on opposite sides, the leaflets being ranged opposite each on the stalk, and in turn subdividing into deeply-notched leaflets. The flowers are yellow. They bloom from July to September, and form close, terminal, flat-topped bunches. The seeds are small and oblong-shaped, with five or six ribs, and furnished with a thin, stringed down. The whole herb above ground is used in medicine, and should be gathered when in bloom.

Tansy is a powerful aromatic bitter. It is used in the form of infusion, one ounce to a pint of boiling water, to bring on the monthly periods in women, and also in hysterics. The dose is a wineglassful two or three times a day. It has been used with some success in fever and ague, and as a preventive of gout when the paroxysms are coming on. Throughout the country it is a favorite domestic remedy, given in the form of tea, in fevers, dropsies and bloody urine. The action of the dry herb is much milder, on account of the partial loss of essential oil. In this state it ranks highly as a tonic stimulant and cure for worms. The dose of the powder is from twenty to thirty grains. A poultice of the leaves cures sprains and bruises.

The leaves will communicate a handsome green dye, and the flowers a passable yellow, to cloth.

Tansy will grow in any common garden soil, and may be increased, either by planting the seed or parting the root.

SANQUINARIA CANADENSIS—BLOOD ROOT. i

Red Puccoon, Bloodwort, Redroot, Pauson, Turmeric.

This plant has a perennial, fleshy root, running parallel to the ground. It is knobbed; of a brownish red color outside, paler within, and gives out, when pressed, a bright orange juice. From its obtuse end there is sent off in early spring a naked stalk about six inches high, bearing a white flower, which is without scent and soon disappears. The leaves spring from the same part of the root; they are supported on long grooved foot-stalks, are smooth, and of a kidney-shape. The fruit is an oblong box filled with round red seeds. When the plant is in blossom the leaves are small, but afterwards grow to a considerable size. The root is the part used in medicine. It should be gathered late in the fall or very early in the spring.

Few plants have been held in as general estimation as Bloodroot, and it is certainly a most valuable remedy in various diseases. It may be administered either in the form of powder or tincture. The latter is the most used, and is made by pouring half a pint of alcohol and half a pint of water on an ounce of the root, allowing them to remain fourteen days and filtering through paper. Its dose is from ten to thirty drops, given two or three times a day. The powder is given in doses of from one to eight grains. The taste is acrid and bitter, burning the mouth and throat, and when powdering it, care should be taken to keep a cloth over both pestle and mortar, to prevent the dust flying round, as it will bring on inordinate sneezing and irritation in both mouth and throat. Large doses of from eight to twenty grains are sometimes given; but these are dangerous, causing heartburn, sickness at stomach, general weakness, faint-

SANQUINERIA CANADENSIS.



BLOODROOT—RED PUCCOON.

ing, dimness of sight, and often severe and protracted vomiting. In doses of two grains it excites sickness at stomach without being emetic, and in this way proves useful in inflammations of various organs. In doses of half a grain it lowers the pulse and gives tone to the system. Ten drops of the tincture acts as a stimulant, and induces profuse sweating. A few drops of the tincture taken in water every morning will strengthen the system by giving tone to the stomach. Bloodroot is used in the cure of long standing diseases of the chest and liver, asthma, dysentery and inflammatory rheumatism. Applied externally, in powder or a wash, it cures foul ulcers, polypus of the nose, fleshy excrescences in various parts, and ill-conditioned tumors. To cure tumors in the nose, it must be snuffed up. Some rely on it to cure the croup, by giving it in ten grain doses, so as to produce an immediate vomiting. Though the dry roots keep very well, it soon loses its power after powdering or mixing with other substances. Farriers use the leaves of Bloodroot in diseases of horses, to make them sweat and change their coats. The seeds should never be given.

TARAXACUM DENS-LEONIS—DANDELION.

Puff-ball, Balloon-plant.

This plant has a perennial, spindle-shaped root, from which every year spring long, deeply-toothed leaves, with the points backward. These are smooth and of a finely-colored green. The flowerstalks spring from the root to a height of from eight to twelve inches, bearing a large golden-colored flower, which shuts up towards evening, and opens again by daylight. The seeds are small and black, and enclosed in a chaffy globe, light enough to bear them away from the plant. It blooms from April to October. A milky, bitterish juice exudes from all parts of the plant, when broken or wounded. The root should be gathered in August, and afterwards until severe frost.

Dandelion has long been a successful and favorite household remedy in diseases of the liver, whether eaten as a salad in early spring, or taken in the more medicine-like form of decoction or extract. The decoction is made by taking of the bruised root two ounces, water two pints; boiling down to one pint, and straining. The dose is a wineglassful three times a day. The extract is prepared by adding a pound of the root, coarsely cut up, to one gallon of water, and boiling down to four pints, straining while hot, and then evaporating to such a thick consistence that it will be hard when cold. As it loses its powers by keeping, it should be freshly prepared every year. The dose of the extract is from twenty to forty grains, given three times a day, and is most conveniently given in any of the mint waters.

The Yellow Dock may be usefully added to this, in the proportion of an ounce to a pint of the decoction recommended above. It may be given at any time when there is not much irritation about the stomach and bowels. The juice of the leaves is highly esteemed in Germany, in gravel, itch, and most diseases of the skin. Cases of dyspepsia have been much benefited by a wineglassful of the decoction taken every morning. When there is a peculiar blueness about the whites of the eyes, denoting, according to some medical writers, disease of the spleen, Dandelion will be found almost uniformly beneficial. Taken in regular doses, it keeps the bowels gently open, induces a free, but not too copious perspiration, and also a healthy flow of urine.

The ladies will also find something in the plant good for them, as the milky juice of the stems removes freckles of the skin.

No directions need be given regarding the cultivation of the Dandelion, for on high and low grounds equally alike, between the bricks on paved yards, by the roadside, and on the top of old walls, where there is any rubbish, it may be seen flourishing, sending up one flower-stem after another, as they successively decay.

RUTA GRAVEOLENS—COMMON RUE.

Bitter Herb.

This a perennial plant with several shrubby stems rising some two or three feet in height, woody at their bases, but green towards the top, and perishing at the approach of winter. The leafstalks are furnished with ranges of leaves opposite each other, which in turn subdivide. The leaves are egg-shaped, thick, fleshy, and a little scalloped. The flowers bloom from June to September. They are of a yellow color, and arranged in terminal flat bunches. The whole plant is active, but the leaves are most usually employed. Collect it when flowering.

The whole plant has a strong, peculiar smell, especially when rubbed or pressed. This, to most men, is exceedingly disagreeable, but there are many women who admire it. Some persons can eat the leaves as a relish, while others would be blistered by merely touching them. Most of the properties of Rue are due to its fetid oil. This oil is distilled either from the blossoms or seeds. It easily congeals, and is of a yellowish green color, becoming brown with age. Its dose is from one to three drops. An extract, made in the usual way of evaporating the juice, is prepared from it, but is of little value. Its dose is ten grains. The common dose of the powdered leaves is from fifteen to twenty grains, given two or three times a day. Rue should never be given, on any consideration, when there is an irritation about the womb, for in such cases the patient's life is much endangered. It is a dangerous medicine, possessing powerful exciting and irritant properties, and in all cases should be administered with caution.

Where there is no danger of injuring the womb, Rue is useful in hysterics and other spasmodic affections. It promotes perspiration and increases the flow of urine. An infusion is made by pouring a pint of boiling water on an ounce of the leaves and straining when cold. Two or three teaspoonfuls is a dose. It has

cured, administered in this form in doses of two teaspoonfuls every hour or half hour, many cases of windy colic. A teaspoonful given to a child every morning will cure worms, by strengthening the system, and thus not only allowing the bowels to cast them off, but, by improving their tone, not again giving the worms an opportunity to regain the ascendancy.

The leaves are sometimes pressed, and in that state applied to the skin for purposes of irritation; sometimes only carried sufficiently far to redden, and at others to blister. In rheumatism of the joints, feet and loins, the pounded leaves or oil rubbed over the parts, has given effectual and permanent relief.

ACORUS CALAMUS—SWEET FLAG.

Flag-root, Sweet-cane, Myrtle-flag, Sweet-grass, Sweet-root, and Sweet-rush.

This plant has a perennial, jointed and flattened root, which runs parallel with the ground, sometimes nearly an inch in thickness and several feet in length. The leaves spring from the root; they are long, smooth and sword-shaped, green above, but reddish near the root. The flower-stalks differ from the leaves mostly in being much longer than them, and from sending out about the middle of three lengths a short stalk of some two inches in length, crowned in May and June with greenish yellow flowers. The fruit is a box divided into three cells, and containing many oval seeds.

The roots are warm, aromatic and bitter. The infusion is made by pouring a pint of boiling water on an ounce of the roots, straining when cold: dose, a wineglassful three times a day. An extract is made from it, and given in doses of twenty to twenty-five grains. In dyspepsia, where there is wind on the stomach, it is extremely useful, and will also prevent colics, if taken in time. The wind colic of infants is easily cured by giving them a teaspoonful of the warm infusion.

In fever and ague, where many other remedies have

failed, this has cured, in doses of thirty grains in substance repeated at intervals before the coming-on of the attack. Chewed in the mouth, it has produced a copious flow of saliva, and in this manner cured the toothache. The roots are sometimes boiled in sugar, and eaten as an agreeable aromatic preserve. Its strong smell prevents its being eaten by cattle or insects, even moths will not come near it; the roots are therefore useful to preserve clothes when packed up.

ADIANTUM PEDANTUM—AMERICAN MAIDENHAIR.

Rock-fern, Sweet-fern.

This fern has a large brown, fibrous, perennial root, which sends up a compound of tinted leaves and stem about a foot in height. The branches are of a shining chestnut color, forking upwards, each branch subdividing into from four to seven smaller ones; the color of the leaves is a pale green.

Great quantities of this plant are sent to Europe, but much more could be sold were trouble enough taken to gather it. It loves a rich soil and deep woods, but may be found among hills and rocks; it may be collected at any time. A pint of boiling water is poured on an ounce of Maidenhair, strained when cool, and enough sugar added to sweeten. Its properties are those of a grateful aromatic bitter, and it has been long used in cases of coughs, hoarseness and tickling of the throat. Castor oil given in this infusion is rendered much more palatable. The French add sugar enough to the infusion to form a syrup, which they use as a pleasant summer drink, and which, under the name of *Syrop de Capillaire* has become celebrated throughout Europe.

We are told that the Cherokee Indians use a strong decoction of this plant as an emetic in fever and ague, and with the happiest success.

AGRIMONIA EUPATORIA—COMMON AGRIMONY

Cockle-burr, Stickwort.

This plant has a perennial root, from which rises a hairy stem some two or three feet in height, furnished with leaves coming off at opposite sides one above the other, and composed of seven or nine parts, each of which are deeply scissored. The stem is terminated by a spike of yellow yellows, which blossom in July and August. The whole plant is used; it is slightly fragrant, and should be gathered when in flower. It will grow in almost any situation.

An infusion of Agrimony is prepared by pouring on an ounce and a half of the herb one pint of boiling water, and straining; dose, one to two wineglassfuls. This tea will prove more beneficial if sweetened with Syrup of Maidenhair. The dose of the powder is from forty to sixty grains. The infusion, sweetened as directed, is by far the best mode of giving it. It acts on the system so as to strengthen the constitution, and restrains too profuse evacuations, whether from the lungs, stomach or bowels. It is consequently very useful in coughs and colds, diarrhea, dysentery, and loose bowels. It is said to have cured the asthma, probably by its tonic effect on the stomach.

MYRICA CERIFERA—BAYBERRY.

Wax Myrtle, Sweet Gale, Waxberry.

This is an aromatic shrub, varying in height from one to ten feet. The leaves are of a wedged spear-shape, somewhat indented towards the end. The fruit grows in clusters, closely attached to the stems and branches. It is small, round, and covered with wax, which may be separated by boiling the berries in water, and skimming it off as it floats upon the surface. Thirty-two per cent. of wax may be obtained in this manner. The buds communicate a dye of a yellow color. The leaves and bark are the parts used in med-

MYRICA CERIFERA.



BAYBERRY.

icine. An infusion, made by pouring a pint of boiling water on one ounce of the leaves, and straining, is useful, in doses of two teaspoonfuls at a time, in cases of flooding from the womb, hysterical complaints and colics. An infusion of the leaves was formerly drank in Europe as tea, and also the leaves put in soups. In Russia a strong decoction is used in gout and fever.

The bark, when finely powdered and heated, makes a powerful snuff. The bark powdered is also used with success in cases of toothache, by filling up the cavity. The inner bark, pounded soft, is used as a poultice over scrofulous swellings and sores, while, at the same time, to insure a cure, a decoction of an ounce to a quart, in doses of a tablespoonful, being taken.

Bayberry bark forms the principal ingredient in the celebrated **VEGETABLE POWDERS** of Thompsonians. They are made as follows:—

Powdered bayberry-bark,	sixteen	ounces,
“ ginger	four	“
“ cayenne	two	“
“ rhubarb	two	“

Mix the whole thoroughly. *Dose*—A common teaspoonful of this mixture, with the same quantity of sugar, is put into a cup, and on it a gill of boiling water is poured; keep stirring until it is moderately cool, then drink, dregs and all. I am not aware that, with the exception of Boneset, (which many persons, as well as Mr. N. Sanford, think is a succedaneum,) there is a better remedy than this in common colds or colics. It should be drunk while in bed, and then cover up warmly. In diarrhea and cholera morbus these vegetable powders exert an extremely beneficial influence, and it is rarely necessary, unless in severe cases, to repeat the dose. In cultivating it, a moist loamy soil will be all that is required. It may be rapidly propagated by cuttings.

DIGITALIS PURPUREA—FOX-GLOVE.

Fairy's-glove, Fairy-fingers, Purple Fox-glove.

This plant has a root which sends up the first year only a crown of tufted leaves ; but the following summer, not only the leaves but also a single straight downy and leafy stem, to the height of some two or three feet, terminating in a spike of beautiful purple spotted flowers, which bloom in July. The lower leaves are egg-shaped, pointed, about eight inches in length and three in breadth, and stand on short-winged footstalks. The upper ones are few in number, rise from opposite sides above one another, are spear-shaped, with finely toothed margins, and have wrinkled velvety surfaces ; the upper part a fine green, but the lower paler and more downy. The fruit is a pyramidal-shaped box, divided into two cells, and filled with a number of small grayish brown seeds. Collect this plant from an elevated and sunny spot, and gather only the large and fresh leaves which come out the second year. Do this just before the plant blooms. As the leafstalk and midrib are not active, they may be thrown away. In cultivating this plant, let it have as high and open a situation as possible. It requires a rich, light soil, and is propagated by seeds.

This plant improperly taken is a violent and dangerous poison. When the physician has been administering it some time, he is aware of the system being fully under its influence, by the patient feeling a dull pain in the head, dimmed eyesight and confused thought, often at the same time producing hoarseness and salivation. To warn all against its incautious employment, it may be mentioned, that for several days it has often given no signs of producing any effect, and then suddenly acting with great power, nearly, and in some instances quite, killed the patient. When such alarming symptoms follow its use, counteract them by large doses of brandy or ammonia, all the while rubbing the patient from head to feet with the palm of the hand. It is given in the form of infusion, pill, tincture or

powder. To make the infusion, pour half a pint of boiling water on sixty grains of the leaves; strain at the end of four hours, and add two tablespoonfuls of essence of peppermint or cinnamon. The dose is one or two teaspoonfuls, given twice a day until some effect is produced. To make the celebrated pill of Fox-glove and Squills, take of each of these plants one part, and add to the mixture the same quantity of a powder composed of equal parts of ground cinnamon, or cloves, or ginger and sugar; rub the whole thoroughly together, and make into pills of three grains weight, by means of conserve of rose. These pills are given in dropsy; one or two constitute a dose. To make the tincture, put four ounces of the leaves into a mixture of alcohol and water, one pint of each. At the end of fourteen days filter through paper. The dose is from five to twelve drops, given twice or three times a day. The dose of the powder is one grain repeated two or three times a day.

It has been successfully prescribed in cases of falling sickness, spasmodic asthma and hooping-cough, and also in rheumatism, gout, and diseases of the heart. For these purposes it is given in any of the forms directed above. It should be carefully watched, and observation directed as to whether it increases the flow of urine, or relieves the symptoms; for if no signs follow its employment, mischief is certainly preparing, and it is best to stop its exhibition.

Fox-glove is used in cases of dropsy with more success than in any other disease. Upon giving it for this purpose, begin with very small doses, and increase gradually, watching its effects; and if headache, or nausea, or slowness of pulse, or increased flow of urine appears, lower the dose, or stop giving it. In France it is applied externally in dropsy, by the fresh leaves being rubbed on the inside of the thighs, and over the belly. The tincture will answer the same purpose.

It is said to have produced sleep in delirium tremens, and thus effected a cure by giving the infusion in full doses every two hours till symptoms of drowsiness

appeared; but unless in the hands of science, this employment of it is rather perilous.

ACHILLEA MILLEFOLIUM—YARROW.

Millfoot.

This is a perennial plant, rising to the height of from twelve to eighteen inches, distinguished by its double-winged leaves and leaflets, so minutely divided and subdivided as seemingly to have the divisions incapable of being numbered. The flowers come out from June to September. They are white or rose-colored, and form a thick, flat bunch. The whole herb has an agreeable pungent taste and smell, and is medicinal; it should be gathered when in bloom. This plant will bear, when cultivated, heat or cold without damage, and grow in any soil or situation. A writer, in mentioning the fact that our warm summers render our medical plants more efficacious, adduces the circumstance of the Yarrow being exported to Europe as being much stronger than the same species grown across the water.

The infusion and extract of the plant are employed; the infusion is made by an ounce to a pint of boiling water and straining; dose, a wineglassful. An essential oil is obtained by distillation, which is given in doses of ten drops. Twenty grains of the powder is a dose, and six of the extract.

The infusion, both externally and internally, is used in piles and to wash sores. It is also employed in the vomiting of blood from the stomach or lungs, and in dysentery, diarrhea and nervous hypocondria. The powder is recommended in fever and ague, and the hot infusion in colic.

We are told that in some parts of Sweden they substitute the Yarrow for Hops in the manufacture of beer, to make it more intoxicating.

INULA HELENIUM—ELECAMPANE.

This plant has a perennial root, from which rises an annual stem from three to six feet in height, which is round, grooved, and branches near the top. The leaves are large, some that spring from the root being three feet long and twelve inches wide, cut on the margins and clasping the stem. The golden yellow colored flowers are very large; they stand singly on the ends of the stem and branches. The seeds are striped and four-sided, and furnished with a downy crest. It blooms in August. The roots are the parts used in medicine. These should be dug up in the fall, in the second year of the plant's growth.

Few plants have held such a high rank in popular estimation as this. Its most common modes of use are in the forms of powder and decoction. The dose of the powder is from twenty to forty grains. To make the decoction, boil half an ounce of the root in a pint and a quarter of water, down to a pint. Dose, from a tablespoonful to a wineglassful. It is much used in inducing a perspiration, increasing the flow of urine, relieving colds and coughs, and promoting expectoration, and in bringing on the monthly periods in women. For the last purpose it has been highly esteemed from the most ancient times. In dropsies of different parts of the body, more especially the belly, it has been found useful. It has been employed, both taken internally and externally, in ringworm, itch and, many other diseases of the skin. In colic it is drunk as hot as possible, and an injection thrown up at the same time.

An extremely useful syrup for coughs and colds, and of occasional benefit in consumption, is made by taking Elecampane, Comfrey and Slippery-elm bark, of each one ounce, and pouring on them three pints of hot water, boiling down to a quart, straining, and adding white sugar enough to make a syrup. A teaspoonful of this taken whenever necessary, is a dose.

IRIS VERSICOLOR.



BLUE-FLAG—FLOWER-DE-LUCE

IRIS VERSICOLOR—BLUE-FLAG.

Flower-de-Luce, Flag Lily, Liver Lily.

This plant has a fleshy, perennial root, which runs along parallel to the ground, sending out great numbers of fibres. The stem rises two or three feet in height, is round on one side, sharp on the other, and often branching. The leaves are sword-shaped, clasp the stem as they come off, and are marked with lines. The large and beautiful flowers, of which there are from two to six, bloom in June. They are mostly of a varying blue or purple color. The fruit is a three-sided box, filled with a number of flat seeds.

The root is the portion used in medicine. It is much stronger in a fresh than in a dried state. The southern Indians hold this plant in the greatest esteem, and purposely grow it in ponds, as a purgative. Eight grains of the fresh root, and ten or fifteen of the dried, are sufficient to move the bowels with briskness. In larger doses than this it operates as an emetic, and also as a powerful purge. If too much is given, there is danger from the great distress, weakness and sickness of stomach it occasions. Sixty drops of the fresh juice will purge and vomit to a great extent.

In cases of dropsy, continued doses of fifteen grains will often effect a cure. In the *Home Doctor* mention is made of cures performed in that disease without disturbing the bowels, by a decoction made with three quarters of an ounce of Iris root and one quarter of an ounce of Button Snakeroot, and one pint of boiling water; the whole strained, and a tablespoonful taken night and morning. Should it produce weakness and headache, take half the quantity. This combination is the celebrated Indian remedy for dropsy.

The decoction is also useful in sore mouth and ulcers.

For common liver complaint, where there is yellowness of the eyes, pain in the right shoulder and loss of appetite, take three quarters of an ounce of Blue-flag, three quarters of an ounce of Yellow Dock, and a pint of boiling water. After standing some hours, strain,

and take a tablespoonful night and morning. If it occasions any pain, take less.

The leaves of the Blue-flag are often given to children for worms and loosening the bowels. Half an ounce is added to a pint of boiling water; and one or two tablespoonfuls taken, according to the age.

The sweet blossoms make a syrup, which is also given to children. One ounce of them is put in a pint of boiling water, which is strained in two hours; and while simmering, enough of sugar added to form a syrup. Dose, a tablespoonful. It is loosening, and will cure worms.

When cultivated, this plant should be grown in a damp, low place, the border of a marsh suiting it best.

ERINGIUM AQUATICUM—BUTTON SNAKEROOT.

Corn Snakeroot, Water Snakeroot.

This plant has a perennial, tuberous root, which sends up a stem to the height of some three feet, which forks in two and three divisions as it ascends. The leaves are very long, spear-shaped on the upper part of the stem, and sword-shaped below, having on their margins, at intervals, bristly spines. The flowers are of a whitish color, and bloom in August. It can only be raised to advantage in low, wet places. The root is the medicinal portion, and should be gathered late in the fall or in early spring.

This root is celebrated for its curative powers in the bite of snakes: for such purposes it is chewed and laid on the wound. It has a bitter, pungent, aromatic taste, and causes a profuse flow of spittle when taken in the mouth. It is used in cases of general weakness, and in long standing diseases of the lungs and bladder. It may be either chewed occasionally and the juice swallowed, or taken in the form of infusion: an ounce of the root to a pint of boiling water; a tablespoonful at a dose. Under the head of the Blue-flag, will be found the combination used by the Indians in dropsy.

ERIGERON PHILADELPHICUM—PHILADELPHIA FLEABANE.

Skevish, Scabish, Sweet Scabious, Daisy, Cocash, Frost-weed, Field-weed,
and Squaw-weed.

This plant has perennial, yellowish roots, formed by a number of thick branching fibres; from these rise from one to four simple straight stems, which branch considerably at the top. The lower leaves spring from the root by means of a long footstalk; they are egg-shaped, and fringed on the margin with a few sharp teeth. The upper leaves are narrow, oblong, and rise without footstalks, partly encircling the stem at their base. The flowers come off at the top of the plant in a loose bunch; they are yellow-colored at the disk, but white, blue, or pale purple at the ray; they are in bloom from June to October. The whole herb is used, and should be separated from the root and dried when the plant is in flower.

By rubbing or pressing these plants, an oil is evolved which has a peculiar though not absolutely disagreeable smell; it may be obtained by distillation, is of a pale yellow color, and strong and acrid taste, and noted for its extreme fluidity. Two or three drops of this oil dissolved in alcohol have arrested flooding from the womb. The herb is most conveniently administered in the form of infusion: an ounce of the herb to a pint of boiling water, strained, and the whole quantity in divided doses every twenty-four hours. The tincture is made by putting an ounce of the herb into a mixture of alcohol and water, half a pint of each, and filtering through paper at the end of fourteen days; its dose is from one to three teaspoonfuls a day. The dose of the extract is from three to six grains, often repeated.

Fleabane exercises a powerful effect in increasing the flow of urine. It has often increased the daily evacuation from one to six pints. It does this, too, without offending the stomach or occasioning nausea, and may therefore be given in dropsy when Squill and Foxglove utterly fail. In all diseases of the bladder and urinary organs, it gives speedy relief, by allaying the

pain and irritation, and is in consequence much used throughout the country in gravel and gout. A pint of the infusion has cured a looseness of the bowels of long standing in twenty-four hours.

Taken in any of the above preparations it has cured suppression of the monthly periods in women, dry coughs, eruptions on the skin, and cold hands and feet. Applied externally, and warmed, it makes a famous poultice for various kinds of hard tumors, relieving the pain they excite, and bringing them to a head.

PHYTOLACCA DECANDRIA—POKE.

Poke, Pocan, Coakum, Garget, Pigeon-berry, Chougras, Northern Jalap.

This plant has a perennial root of large size, often some six or seven inches in diameter, divided into two or three principal branches; soft, fleshy and whitish within, and covered with a brown skin. From these rises a stem of an inch in diameter to a height of six feet; it is round, smooth, branching, and of a purplish color. The leaves are egg-shaped and pointed, some five inches long and three broad, of a beautiful green color, and supported on footstalks. The flowers bloom from July to September. They are greenish-white in color, and succeeded by clusters of round, shining, purple berries, whose juice often furnish school children a ready-made ink for writing and staining their clothes. The dye, however, is not durable. The leaves, berries and root are used in medicine. Though the leaves when young are eaten as greens, yet when old they are an acrid, griping purgative. The root possesses most of the active properties of the plant. It should be dug up late in November, cut into thin cross slices and dried with a moderate heat. As it is injured by keeping, a new supply must be gathered every year. The berries should be collected when perfectly ripe, and the leaves in the middle of summer, when the footstalks begin to redden.

Poke acts as an emetic and purgative, and is often

narcotic. The dose of the powdered root, as an emetic, is from eight to twenty grains. When given for this purpose it will often not operate for an hour or two, but will then continue vomiting and purging a long time, sometimes inducing spasms or fits and great weakness; drowsiness and dimmed vision not unfrequently attend its exhibition. At such times of danger, mustard draughts should be applied over the pit of the stomach, inside the thighs and on the soles of the feet, brandy and ether given, and the body rubbed rapidly with the hands, from head to feet. In cases of long standing rheumatism, the powder is given in grain doses two or three times a day, or else half a teaspoonful of the tincture taken in the same way. The tincture is prepared by pouring on three ounces of the berries a pint of alcohol mixed with a pint of water, allowing to stand fourteen days and filtering through paper. A decoction of the leaves or root will give relief in piles. Dr. Wood directs an ointment to be made by mixing an eighth of an ounce of the powdered root or leaves with an ounce of lard and applying it to scald-head and other eruptive diseases of the skin. It at first itches and smarts, but this soon passes off, and a beneficial effect results.

Farriers use poke-leaves with much success in curing bad ulcers in horses. The berries are often eaten by birds and fowls, without any more apparent injury, however, than giving a bad taste to their flesh, so as to render it very unpleasant as an article of aliment.

MELISSA OFFICINALIS—BALM.

Cureall, Dropsy-plant, Health-bitters.

This plant has a perennial root, which sends up every year several straight, four-sided stems, to the height of one or two feet. The leaves come off from the stem opposite to each other, are somewhat heart-shaped, deeply cut on the margins, and very hairy. The flowers are of white or yellowish color, and rise

on short footstalks from the angles formed by the leaf and stem, which latter they half surround. The leaves are the part used. They have a pleasant smell, and should be gathered before the plant blossoms, which it does towards the latter part of June.

The leaves make a pleasant, fragrant tea, and are very grateful in fevers, at which times they should be given to promote the action of sweating medicines. They are useful in slight attacks of headache or asthma. The infusion is made by pouring a pint of boiling water on an ounce and a half of the leaves and straining. It should then be drunk freely as soon as possible, while warm. It is often useful to relieve nausea in children.

CHIMAPHILA MACULATA—SPOTTED WINTERGREEN.

Wintergreen, Whiteleaf, White Pipsiseway, Spotted Pipsiseway, King-cure, Ground-holly, and Rheumatism-weed.

This plant has a twisted, creeping, perennial root, which sends up from one to three simple, straight, perennial stems, to a height of some four inches. There are but few leaves, and these evergreen; they have short footstalks, and three or four generally rise about the same point of stem so as almost to encircle it; the lower ones are more egg-shaped than the upper, and both have sharp teeth cut around their margins. The plant generally bears two or three flowers, which bloom in July and hang drooping from the end of a smooth footstalk.

CHIMAPHILA UMBELLATA—PRINCE'S PINE.

Common names similar to the other species.

This is also a small evergreen plant with a yellowish creeping root, which sends up half-trailing stems four or six inches in height supporting leaves of a wedge-shape, incised on the margins, of a leathery consistence,

CHIMAPHILA MACULATA.



SPOTTED WINTERGREEN.

smooth, of a shining green color above, but paler beneath. The flowers are supported on nodding foot-stalks at the termination of the stem; they are of a white color, tinged with red, and appear in the latter part of June.

Both species have the same medical properties, and when freshly bruised emit a peculiar, not ungrateful odor. The Indians have long used these plants with success in rheumatism, scrofula and diseases of the bladder and kidneys; and from them it has been adopted by physicians. They raise the general tone of the system, and increase to a considerable extent the flow of urine. The decoction of the leaves is the preparation generally preferred. It is made by boiling two ounces of the freshly bruised leaves in three pints of water down to a quart; the dose of this is a pint taken at intervals during every twenty-four hours. The watery extract is given in doses of ten or fifteen grains, three or four times a day. They are extensively used in dropsies of various parts, liver complaint, bloody urine, rheumatism and low fevers, and have the great advantage of being grateful to the stomach, and not thrown off by it when almost all other medicines that promote the flow of urine disagree with it and prove irritating. In tumors, long continued hard swellings and malignant ulcers, both in the form of poultice and decoction, they prove very beneficial; in some instances they blister the skin. There is an account in the books of an obstinate case of scald-head, or scaly eruption on the scalp of a child, which resisted every common application, but was immediately cured by an ointment made with the leaves of the Princes Pine. When taken internally there are times in which the patient is terribly frightened by finding his urine of a greenish black color; but this is a favorable symptom rather than otherwise.

SYMPHYTUM OFFICINALE—COMFREY.

Healing-herb, Gum-plant.

This plant has a whitish, perennial, tapering root, which sends up a rough, erect and branching stem, to the height of four feet. The leaves have no footstalks, and come off from the stem one above the other on opposite sides. They are rough, of an oblong shape, and diminish to a point. The flowers are of a yellowish white color, and bloom in June and July. They come out in curved, terminal, nodding bunches. The whole plant is sometimes used, but it is only the roots which are of much importance, and these should be gathered in the fall, or in early spring.

The root has no smell. The taste is slightly acrid and sweetish, and considerably glutinous. The most convenient method of using it is in the form of decoction; one or two ounces to a pint and a half of water, boiled down to a pint. Dose, a wineglassful, repeated as often as necessity requires. In dysentery and diseases of the bladder and kidneys it is very useful, as also in scalding urine and piles. Its principal efficacy is shown in diseases of the bowels and urinary organs, when taken boiled in milk, in the same proportion as the watery decoction. In families it is much employed as a drink in coughs, colds, and all catarrhal affections. Bruised, and applied externally to sprains, wounds and ulcers, it is said to be beneficial.

MENTHA PIPERITA—PEPPERMINT.

This plant has a perennial, creeping root, which sends up a purplish, grooved and hairy stem, to the height of some two feet. The leaves have footstalks, are placed opposite each other, are of an egg-shape, sharply cut on the margins, pointed; of a dark green color on the upper surface, but paler and rougher on the under. The flowers are quite small, of a purple color, and disposed in terminal spikes. They bloom in August. The whole herb is used, and should be

cut for medical use in dry weather, just as the flower-buds begin to open.

Peppermint has long been known as a grateful aromatic stimulant. It is not only used as a medicine, but its aromatic oil, made into an essence with alcohol, is extensively employed to flavor sauces, conserves and candy. It used formerly to be given in the form of tea or infusion; an ounce of the herb to a pint of boiling hot water, and a cupful at a dose; but at present, the essential oil and its essences are so readily procured that they are always preferred, and are taken by dropping them on sugar. One to five drops of the oil is a dose, and a teaspoonful of the essence. To make the essence put one quarter of an ounce of the oil into a pint of alcohol, and add a few blades of grass to communicate a fine green color. Peppermint relieves sickness at the stomach, spasmodic pains of the same organ and bowels, colic, wind, faintness, diarrhea and cholera morbus. The fresh herb bruised, and applied to the pit of the stomach, will cure nausea. The same application is also useful in the bowel complaints of children.

PENNYROYAL and SPEARMINT have the same virtues, are used for the same purposes and in the same manner as Peppermint.

RUMEX CRISPUS—YELLOW DOCK.

This plant has a perennial, yellow, spindle-shaped root, which sends up a smooth grooved stem, some two or three feet in height. The leaves are spear-shaped, waved and pointed. The flowers are very numerous, coming out in large bunches, through which the leaves often appear. They bloom in June. The roots are the medicinal portion, and should be gathered in the fall.

Dock-root may be given either in powder or decoction. Two ounces of the fresh root bruised, or an ounce of the dried, are boiled in a pint of water for

half an hour, then strained, and a wineglassful taken as a dose, and repeated as often as the stomach will allow. From thirty to sixty grains of the powder may be taken at a time. Dockroot generally acts as a mild tonic. In all eruptions and diseases of the skin it is now held in the very highest estimation; in the itch it was for a long time considered as a specific. In scrofulous disorders and scurvy, its employment will be found particularly beneficial. The powdered root has been used as a tooth-powder with considerable success in the cure of spongy gums.

The roots are employed in dyeing a yellow color.

The different species of Dock all possess the same properties. As external applications, in washes or ointment made with their leaves, they are noted for their cures of diseased scalps in children.

RHUS GLABRUM—SUMACH.

Smooth Sumach, Pennsylvania Sumach, Upland Sumach.

This is a shrub from four to twelve feet in height, consisting of many straggling branches, and smooth in all its parts. The leaves are upon smooth footstalks and consist of some dozen or more pairs of opposite leaflets, with an odd one at the end. They are of a spear-shape, awl-pointed, sharply indented on the margins, smooth, green on the upper surface and whitish beneath; their color changing in the fall to a handsome reddish tint. The flowers are of a greenish red color, and arranged in large compound, terminal clusters. They bloom in July, and are succeeded early in the fall by clusters of crimson berries enveloped in a silky down. The berries are the part used in medicine, and should of course be gathered when ripe.

An infusion of sumach berries, one ounce to a quart of water, forms a pleasant and refreshing drink in fevers, especially where there is much thirst. Made twice as strong, an ounce to a pint, it is useful in diar-

rhea and dysentery. Sweetened with honey, or still better, with syrup of Maidenhair, the infusion forms a valuable gargle in inflammation and ulceration of the throat. An infusion of the inner bark of the root, an ounce to a pint, employed as a gargle, sweetened as just directed, is considered by some physicians a specific in curing the sore mouth produced by inordinate mercurial salivation. The juice of the plant removes warts and ringworms. The dried berries make a fine substitute for tobacco. A spirituous infusion of the fresh root, an ounce to a pint of alcohol, after standing four hours, is rubbed over a rheumatic limb with warm flannel, and generally gives relief. A gum exudes similar in quality to copal; this will cure toothache, if put in the hollow teeth.

VARBASCUM THAPSUS—COMMON MULLEIN.

This plant has a straight, woolly stem of some three or four feet in height, thickly covered with woolly leaves, whose bases extend below the points where they are inserted. The roundish flowers, of a golden yellow color, bloom from June to August. They have short footstalks, and are arranged in thick, close bunches. The leaves and the flowers are the parts used in medicine. The leaves should be gathered just before flowering, and the flowers of course when in bloom.

The soft, velvety leaves have long had a great reputation for rubbing rheumatic joints and limbs, being equal to flannel, and besides medicinal. For sprains and swellings of all kinds they make an excellent poultice. The infusion, made in the proportion of an ounce to a pint, has a slightly bitter, astringent taste. It is drunk by the cupful in looseness of the bowels, made in the proportion of three ounces to a pint, it forms a wash in piles, scalds, and various wounds in cattle. Its most useful preparation, however, with the exception of the leaf-poultice, is a perfumed tea,

made with the blossoms, which has much reputation in relieving spasms or cramps, disposing to sleep, and easing coughs. In bleeding from the lungs or bowels, the tea is drank freely with much advantage.

DATURA STRAMONIUM—COMMON THORN APPLE.

Jamestown-weed, Jimson.

This plant has a white, crooked annual root, sending up a smooth hollow stem, from three to eight feet in height, bearing leaves of an oval triangular form, supported on footstalks having lobes cut into their margins which leave sharp points. The flowers are large, showy, seated on a footstalk that springs from the angle formed by the leaf and stem; are sometimes erect, at others nodding, of a white or bluish color, and bloom from June to October. The fruit is a large fleshy box covered with spines divided into four cells and filled with seeds. All parts of this plant possess medicinal virtues. The leaves may be gathered from the time of flowering till the frost sets in; the roots must be taken up before flowering, if used.

The Thorn Apple is a powerful narcotic; the whole plant has a foul, lurid smell, which alone will cause sickness at stomach, headache and stupor. When medicinally employed, and only taken in quantities to effect the system in a moderate degree, it brings on dizziness, severe headache, dimness of vision, squinting, confused thoughts, and oftentimes slight delirium; curious sensations are felt around the mouth and throat; at times suffocation is threatened, and there is much nausea; the pulse does not alter, but the skin is rather cold and clammy; the bowels relaxed, and the urine flows in a considerably greater quantity than is natural. At the end of two or three hours these effects begin to diminish and gradually abate, so that some six hours afterwards all has passed and not a trace been left in common cases to mark the danger passed. Cases have occurred in which the conservative principle could

not conquer the disease, and then the symptoms mentioned increased in intensity, complicated with pain in the region of the heart, excessive thirst, blindness, with dilation of the pupil, palsy, and the scene ends in convulsions. Where fatal results are apprehended, an emetic should immediately be given, say one or two teaspoonsful of ipecac, or a teaspoonful of white vitriol, or if these are not procurable, the most nauseating thing that can be thought of; salt and warm water, or mustard and warm water, and tickling the throat. I have given in a case of poisoning, once, at the recommendation of an old lady, when there was nothing else to be obtained, freshly passed urine and a little butter. It made the patient so deadly sick, that vomiting was instantly induced, and life was preserved. Apply mustard draughts to the soles of the feet, inside of the thighs and pit of the stomach. When vomiting has been freely induced, give pure lemon-juice or strong vinegar freely as a drink. A happy effect will be produced all the time during the use of the other means, if the warmed hands are rapidly and continually passed over the body, from the head downwards.

The seeds are the most powerful part of the plant. Of these the dose is three-fourths of a grain, twice a day. The dose of the powdered leaves is from one and a half to two grains. The juice of the fresh leaves boiled down till it becomes solid, is given in doses of three quarters of a grain. The dose should be carefully and steadily increased until it produces some signs such as we have mentioned, that it has taken effect on the system, or else gives relief from the disease. Marcet and others say, it is only safe to begin using this plant in one eighth of a grain doses, and the probability is, that if such advice was followed, fewer accidents would occur in its exhibition.

It has been found useful in curing epilepsy, or falling sickness, especially that species of it where the fits come on at regular intervals. In diseases of the nerves and rheumatic affections, given as above directed, in any of its forms, but more especially in

that of the inspissated juice, it has given much satisfaction. It has also acquired great repute in spasmodic asthma, curing where everything else had utterly failed. For this object, grain doses of the extract must be taken only during the paroxysm, which it will much alleviate, if it does not cause entirely to cease. But the most efficient and safe method of applying it is to cut the root into fine pieces, dry it quickly, and then smoke it in a common pipe, during the paroxysm, in a similar manner to tobacco. The dried leaves answer the same purpose. A decoction of the leaves has been employed with success in delirium tremens, but it is a dangerous resort. Surgeons rub the extract mixed with lard over the eyelid, or drop a solution of it on the eyeball, for the purpose of dilating the pupil, before operating for cataract. There are instances in which tic doloieux has been cured by the extract.

Externally, it is used in burns, tumors, gout, ulcers and various eruptions of the skin. An ointment of the leaves, made by boiling one pound of the leaves in three pounds of lard, until they become brittle, and then, while hot, straining through linen and adding at once half a pound of melted yellow wax, and stirring the whole until it becomes cold. This ointment is invaluable for the purposes above mentioned, and will give immediate relief in piles, especially when the tumors are painful.

CHELONE GLABRA—SNAKEHEAD.

Balmomy Snakehead.

This plant has a simple, straight stem, rising some two feet in height. The leaves are of an oblong lance-shape, awl-pointed and finely and sharply toothed on the margins. The flowers resemble the head of a snake with its mouth open and tongue extended. They are of a whitish color, often tinged with red, and bloom in August and September, contrasting most beautifully in color with the dark shining green of the

CHELONE GLABRA.



BALMONY SNAKEHEAD.

leaves. The flowers are quite large, and arranged in a short, terminal, thick bunch. The plant is perennial, loving brooks and wet places.

This plant has mostly gained notice from being an ingredient in Thompson's spiced bitters, but it is worth prescribing on its own merits. It has an intensely bitter taste. The infusion is made in the proportion of an ounce to a pint. Dose, a tablespoonful. Dose of the powder, five to ten grains. It strengthens the tone of the stomach, and thus proves beneficial in dyspepsia, loss of appetite and general weakness. It is also said to be useful in liver complaint, jaundice and worms.

ROSA CENTIFOLIA—HUNDRED-LEAVED ROSE.

This is a prickly shrub of three or four feet in height, bearing flowers of every possible hue and color, but mostly of a pinkish tinge. No particular description need of course be given of this plant, it being too well known to require such.

The roots, buds and heps have a sweetish taste, combined with astringency. Made into either tea or syrup they are useful in checking mild cases of looseness of bowels and dysentery.

RUBUS—BRAMBLE.

There are upwards of thirty native species of Bramble in the United States. They are scattered as profusely as if Nature saw beforehand the need we should have of them. Like the roses, to which they are nearly allied, no description is required.

Bramble roots, made into an infusion or decoction of an ounce to a pint, are famous in cases of cholera infantum, bleeding from stomach, long standing dysentery and looseness of bowels. The Cherokee Indians chew them to ease coughs, and apply a cold poultice of them in piles with success. The fruits of all of them are cooling and grateful, and made into

infusion, or prepared as preserves or syrup, form an invaluable drink in looseness of bowels, gravel, spitting of blood, sore throat, scurvy, and low, malignant fevers. A delicious beer is also made from them, extremely useful in the same diseases.

SCUTELLARIA LATERIFLORA—VIRGINIAN SKULL-CAP

Mad-weed, Hoodwort, Blue Pimpernel.

This plant has a perennial, fibrous, yellow root, which sends up a smooth, four-angled, straight stem, two or three feet in height, very branching. The leaves come off opposite to each other, are somewhat egg-shaped, rounded at base, awl-pointed, cut on the margins, and stand on long footstalks. The flower-stalks come off opposite to each other, from the angles formed by the leaves and stem. They are quite long, one-sided, and bear bunches of small blue flowers, intermixed with little leaves. They bloom in July and August, and after flowering the flower-cup closes down over the seeds in such a manner as to give the common name of Skull-cap. The juice of the plant has a tinge of red. It is found in woods, meadows, and near water, and has a vapid, bitterish taste. The whole herb is used, and should be collected when flowering.

Skull-cap may be given in the form of powder or infusion. Twenty grains of the powder or a wine-glassful of an infusion made in the proportion of an ounce of the herb to a pint of boiling water. In either form, repeat the dose four times a day. Its properties are to strengthen the system, quiet the nerves, and cure spasms or cramps. In St. Vitus' dance it has been quite successful. Given just before the paroxysm, it has prevented a fit of fever and ague, and followed up, has entirely cured. These were generally known as the properties of Skull-cap, until 1772, when Dr. Vandersveer brought it into notoriety as a cure for hydrophobia. It is said that from that period until 1815. he

prevented four hundred persons and one thousand cattle from running mad after being bitten by hydrophobic dogs! His son, I am told, has cured over ninety persons and three hundred cattle in the same way, since his father's death. Strange as this appears, it is corroborated by hundreds of scientific physicians throughout the United States, some of whom had occasion to confirm its virtues on themselves. Rev. J. R. Bigelow cites instances in his own personal experience where this plant has cured, and also Mr. H. Webb, who is fond of dilating on its powers. The infusion prepared as directed above, should be taken every four hours, in hydrophobia. The plant applied in the form of poultice to the wound, and one ounce of flour of sulphur taken every morning, in molasses, during the cure. The diet should be light.

ILEX OPACA—AMERICAN HOLLY.

This is a tree of ten to forty feet in height, increasing in size as it grows more southerly. The leaves are evergreen, of an oval shape, sharp at the end, with strong, spinous teeth, of a leathery consistence, smooth and shining, supported on short footstalks. The flowers are small, of a yellowish white color, and bloom in May or June. They are arranged in flat bunches, and succeeded by clusters of round, handsome, scarlet berries, that stay on the tree during winter. The root, bark, leaves and berries are used in medicine.

The decoction of an ounce to a pint and a half boiled down to a pint, is taken by the tablespoonful in coughs and colds. Still weaker, it is used as a drink in fevers, gout and rheumatism, for the last two of which an external poultice is at the same time applied to the part. Kalm says, that the leaves boiled in small beer will cure mild cases of pleurisy. An infusion of the bark, an ounce to a pint of boiling water, the whole taken during twenty-four hours, has been given with some success in cases where there is an immoderate flow of sweetish-tasted urine.

ANTHENUS NOBILIS—CAMOMILE.

This is a perennial plant with white flowers, which bloom from July to September, and leafstalks, on which are rows of three-parted leaves opposite each other. The stem branches at the base, and varies in height from several inches to two feet.

The flowers have a strong, agreeable odor, and are used to quiet pain and strengthen the tone of the system. The infusion is made by pouring a pint of boiling water on an ounce of the leaves in a covered vessel, and straining when cold. Dose, a wineglassful three times a day. It is very useful in dyspepsia, cramps, and wind on the stomach, and also in hysterics. The infusion, made twice as strong, and taken in the same doses four times a day, have cured fever and ague, where Peruvian bark has failed. In slight cases of dyspepsia, where some uneasiness and a sense of weight is felt after eating, it is sufficient to carry some in the pocket, and occasionally chew them, taking care, however, to swallow the juice. I have known many persons enabled in this way to give up the chewing of tobacco, by the substitution of the camomile flowers. In ordinary cases where an emetic is administered, a weak infusion of camomile, drunk lukewarm, will assist materially its action, and at the same time prove beneficial, by strengthening the tone of the system, and prevent the emetic from prostrating to too great a degree. The flowers should of course be gathered when in bloom, and dried at once.

MARUTA COTULA—MAY-WEED.

Wild Camomile, Dog's Fennel, Dilly, Dilweed, and Field-weed.

This plant has an annual, crooked, fibrous root, which sends up a straight stem, one or two feet in height, very branching, and covered, in common with the leaves, with short, woolly hair. The leaves are without footstalks, and come off one above the other on opposite sides. They are smooth, flat, and arranged

in double rows. The flowers are numerous, and have separate, terminating stalks. They are of a white color, and bloom throughout the summer.

Both the herb and flowers are medicinal, but the flowers are most generally employed. It is made into infusion and decoction, the same as Camomile, but the dose required is half as much again, as this plant is weaker. Linneus said that the May-weed was grateful to toads, drove away fleas, and annoyed flies. Its properties are mostly owing to an essential oil, which has a bitter, acrid taste, and rather unpleasant odor; more sharp than the Camomile, but less balsamic and soothing in its nature. It is extensively used in families throughout the country, in cases of rheumatism, hysterics, dropsy, asthma and scrofulous diseases, and is applied both internally and externally. A strong and hot infusion, either in the warm bath or fomentations, will relieve rheumatism, hysteric fits, piles and bruises. Like the Camomile, its infusion in a weak form may be freely given to promote the action of emetics, but it is not so grateful to the patient.

This plant is not eaten by cattle nor domestic animals. The flowers should be collected when in bloom.

CIMICIFUGA RACEMOSA—BLACKSNAKE-ROOT.

Squaw-root, Rich-weed, Rattle-weed, Rattlesnake-root and Black Cohash.

This plant has a thick, black, perennial root, with long fibres, sending up a stem from four to five feet in height, from which the leaves come off in threes; each leaflet being of a long egg-shape, toothed on the margins. The flowers are white, and arranged in long bunches. They have a strong, disagreeable smell, scenting the places round them in June and July, when they are in bloom. The plant should mostly be sought for in upland woods.

From the fact of the Indians using the root to cure the bite of the rattlesnake, it has derived its name. The infusion is mostly used, made by pouring a quart

APOCYNUM ANDROSÆMIFOLIUM.



BITTER-ROOT—DOG'S-BANE.

of boiling water on two ounces of the root. Dose, when cold, from one to two table-spoonsful three times a day. It is found useful where the menstrual discharge is deficient in quantity and painful. The Indians using it extensively for the diseases of women, has given rise to one of its names. The Indians also use it in rheumatism, drinking the cold infusion at intervals, at the same time applying a hot decoction to the affected parts. The cold infusion will relieve pains in the stomach and chest, and is useful in bowel complaints, especially those of children in the summer. It is an excellent application for tumors of various kinds, when made into a poultice by thickening Slippery-elm bark with its hot decoction.

APOCYNUM ANDROSAMIFOLIUM—DOGS'-BANE.

Bitter Dog's-bane, Milk-weed, Bitter-root, Honey-bloom, Catchfly, Flytrap and Milk Ipecac.

This plant has a large, bitter, perennial root, filled, like the whole plant, with a milky juice. It sends up a smooth, round, milky stem, covered with a tough bark, to the height of three or four feet, which becomes reddened by the sun. The leaves are egg-shaped; dark green above, paler beneath, three inches long and two wide, standing on stalks one quarter of an inch long. It flowers in curved, terminal bunches, which come off sideways. The flowers resemble little bells; they are of a whitish color, tinged with red, and bloom in June and July. The fruit is a pair of long, round, slender, sharp pods, filled with a quantity of silky seed-down, which envelop many seeds. The flowers smell like honey, which tempts bees and other insects to come after it, but these get caught by the intricacies of the flower, and, unable to extricate themselves, die in that situation. No animals eat this plant. It loves dry and sandy soils.

The root is the most powerful part. This should be used in a fresh state, as it is injured by keeping. Its

introduction into practice is due to the southern tribes of Indians. Twenty to twenty-five grains of the freshly powdered root will act as an emetic. Two or three grains, frequently repeated, are given in dyspepsia and common fevers. Dropsy has been cured by giving tablepoonful doses of a decoction, made in the proportion of an ounce to a quart, frequently repeated. After giving it in this way for some time, it will act on the bowels, and induce enormous discharges of water. Cases have been known, however, in which it has cured, by inducing a considerable flow of urine and of perspiration.

ARARIA NUDICAULIS—SMALL SPIKENARD.

Spikenard, Sassaparil, Sassaparilla, Wild Sarsaparilla, Wild Liquorice, Sweet-root, Scrofula-weed, Life of Man, Petty-morel and Pigeon-weed.

This plant has a perennial, brown, yellowish, twisted, creeping root, from which rises a long leaf-stalk, supporting a large, single, compound leaf, divided into three times three or three times five parts. The leaflets are of an oval shape, awl-pointed, and finely and sharply cut on the margins. The flower-stalk rises to the height of a foot or two, of a round shape, without hairs or down, and divides at its end into three simple, naked stalks, supporting each an umbrella-shaped bunch of greenish flowers. The fruit is a small, round berry. The spikenard blossoms in June and July.

This plant is similar in appearance to Sarsaparilla, and has similar properties, and within the last ten years, since so much noise has been made about the virtues of that article, has come into great demand. It should be sought for in shady places and good soil, such as deep woods, groves and retired valleys, and will richly repay the labor bestowed in gathering it, either in health or money; as for the latter purpose it commands a ready sale.

The country doctors use it in imitation of the native

Indian tribes. Throughout the United States it is noted in domestic use for curing coughs, colds, weaknesses of various kinds, and wounds. All parts of the plant are useful, but the roots and berries are most efficient.

The milky oil, or balsamic juice of Spikenard, is used with some success in cases of ear-ache, and deafness. The berries or roots are mostly made into a syrup, by taking two ounces of either, pouring them into a quart of boiling water, and boiling down to a pint and a half, straining, and adding sugar enough to form a syrup. The dose is a tea or tablespoonful frequently repeated. This is used for the purposes above mentioned. The berries steeped in wine, an ounce to a pint, are recommended in gout. Dose, a teaspoonful after it has stood a week, and been strained. This is also good in pains in the breast and belly, rheumatism and heart-burn. The roots are bruised, or, better still, chewed, and thus applied to wounds and ulcers, as in the Indian method. For erysipelas, ring-worm, and common affections of the skin, fomenting with the hot decoction, or poulticing with the bruised berries or roots will be beneficial. The berries give a fine and healthy flavor to beer, and a wine similar to Elder can be made from them.

ATROPA BELLADONNA—DEADLY NIGHTSHADE.

A perennial plant with a juicy stem, rising to the height of four or five feet, branching below, of a somewhat purplish hue, bearing egg-shaped leaves and pale purple flowers, which bloom in July and August, and are succeeded by large, cherry-like, glossy, dark berries, full of a purple juice. Every part of this plant is poisonous in large doses.

The leaves were formerly much used to discuss indolent tumors and ill-conditioned ulcers, and their success in such cases led to their internal employment, but out of the hands of science it is best not to meddle with

this plant internally. It has been taken in the form of extract in various diseases, as nervous complaints, whooping-cough, rheumatism, gout, dropsy, and long-continued fever and ague. The dose is at first half a grain twice a day, gradually increased.

ARUM TRYPHILLUM—DRAGON-ROOT.

Three-leaved Arum, Indian Turnip, Dragon Turnip and Pepper Turnip.

This plant has a perennial, round, flattened, tuberous root, with many white fibres, and a dark-colored, loose, wrinkled skin. The leaves rise on long sheathing foot-stalks, bearing three smooth leaflets of an oval shape, waved, and coming to a sharp point, covered with regular parallel veins. The flowerstalk rises from the sheathing leaves to a height of ten inches, supporting a thickly-set column of flowers, which are enveloped in a kind of inverted cone, surmounted by a striped green and purple hood. It blooms from May to July, and bears a cluster of bright scarlet berries. It is said that the seeds and roots of this plant may be rendered eatable by long-continued boiling or roasting, and that thus prepared the Indians habitually use them. This plant loves damp, rich, shady woodlands.

The best mode of employing it internally is to either grate the fresh roots, or reduce them to a pulp, with three times their own weight of sugar, and thus form a conserve, the dose of which will be half a teaspoonful once or twice a day. It is used for wind and cramps on the stomach, and also asthmatic and consumptive affections. In that peculiar form of disease called atrophy, or wasting away of the body, in weak and sickly constitutions, great debility from fevers, deeply seated rheumatic pains, pains in the chest, chronic catarrh, and various other diseases of the same nature, has it proved beneficial.

The fresh roots are now and then used, from their acrid irritating qualities, to rub on to parts of the body where it is desirable to raise a blister; and if they do

not always effect this, they cause a sensation of burning, and produce a deep redness, that continues for a considerable period, and which often gives great relief.

CAPSICUM ANNUUM—RED PEPPER.

Cayenne Pepper, Guinea Pepper.

This is an annual plant, sending up a juicy stem, from a foot to eighteen inches in height, its greenish yellow flowers blooming in July, and succeeded by the oblong fruit, which hangs by the smooth stalk.

This well-known fruit is much valued as a condiment for its strong stimulant powers, and consequently much abused, bringing on inflammatory fevers of various kinds, liver complaint and bloody piles; all being efforts which Nature makes to get rid of the effects of unhealthy and morbid stimulation. Where there is a tendency to the formation of wind on the stomach, and the gurglings-up of it are annoying, it is well to use a little red pepper as a spice, and it will relieve the difficulty, but it should be distinctly borne in mind that stimulants never suit the healthy: it is well to reserve such for times of sickness.

As a gargle, in palsy of the tongue and putrid and ulcerated sore throat, it is very beneficial; for these purposes, milk should be used with it as a vehicle. Made into a tincture with brandy, and rubbed on the parts affected, in rheumatism, palsy and gout, it will give relief. The toothache has also been often cured by dropping in the cavity some of the tincture. Ten drops of the tincture (made by an ounce of the berries to a quart mixture of equal parts alcohol and water, standing fourteen days and filtering) dropped in an ounce of water, and applied as a wash to weak eyes, where the trouble is of long standing, will often effect a cure. In the West Indies and our Southern States, it is given to the negroes in cases where a peculiar unnatural weakness comes over them: they swallow a teaspoonful, and at the same time have the diluted tinc-

LOBELIA INFLATA.



INDIAN TOBACCO.

ture rubbed over them. For many years back I have cured various headaches, pains in different parts, dizziness and similar symptoms, where cold feet have existed, by simply keeping the bowels open and causing the patient to wear flannel socks next the skin, as well as his ordinary clothing of the feet, and sprinkling inside of each sock one or two teaspoonsful of cayenne pepper: it warms the feet, thoroughly removes their unnatural chilliness, and by thus bringing the blood where it really does good, removes it from those places where it was producing much harm. Cayenne pepper, or any similar stimulant, should be carefully avoided in inflammatory fevers of all kinds: it is only ignorance that could ever recommend its exhibition in such states of the system. It may, to be sure, have a beneficial effect, but it will be by producing a powerful impression on the life power, and if a cure is not effected, death will most probably ensue.

LOBELIA INFLATA—INDIAN TOBACCO.

Wild Tobacco, Emetic-weed, Puke-weed, Asthma-weed, and Fever Cure.

This plant, about which in later days more has been said and written than upon perhaps any other article of the *materia medica*, has a milky stem, which is straight and hairy, rising to the height of about two feet. The leaves come off on opposite sides above one another, are oval, sharp-pointed and finely toothed on the margin, supported on footstalks, and partially clasp the stem as they rise from it. The flowers are scattered, arranged in terminal bunches, the lower ones with, and the upper ones without a footstalk. They are small and of a blue color, blooming from July to September.

Samuel Thompson claims to have discovered the properties of this plant, but that the Indians knew all about it long before, their name of Puke-weed is sufficient evidence. Preparatory, we are told, to assembling in their great councils, it was used by them to

cleanse out the bowels, that the head might be clear, and ready for consultation. The whole plant is used, but the most powerful part are the seeds. Its effects resemble much those produced by tobacco, with the exception of being much more speedy in action and sooner over. In large doses it is a deadly narcotic, producing alarming symptoms, constant vomiting, trembling, and finally a cold sweat, ushering in death. In more moderate doses there is less prostration, accompanied with a prickly sensation running all over the system. It is used in substance in powder or tincture, though the whole plant is commonly collected in the fall when in seed, and pulverized, yet the seeds and young leaves are most powerful. One grain sometimes vomits, while ten is considered an ordinary dose. Two thirds of a teaspoonful of the tincture is a dose. One pound of the plant is put into a gallon of half alcohol and half water, to make the tincture. Let it stand fourteen days and filter through paper. A teaspoonful of the tincture has been said to have cured lockjaw instantly, by relaxing both the jaws and whole system. It was poured in at the sides of the mouth. In all nervous diseases, fits, cramps, asthma, lockjaw and St. Vitus' dance, it is highly recommended. A case of hydrophobia has been cured with it in the last stages. In rupture it is given in the form of injection, which effects a complete relaxation, and thus allows the return of the bowels. The most efficient action of Indian tobacco as a remedial agent is shown in spasmodic asthma, in which it is regarded as a specific. In this case it should be given, till it induces nausea and vomiting.

PRUNUS VIRGINIANA—WILD CHERRY.

The bark, taken in doses of from five to ten grains, strengthens and invigorates the system. In large doses, it acts on the brain, producing drowsiness and delirium. It is taken in fevers, agues, dyspepsia,

asthma and hysterics of long standing, and heart-burn. Stewed Cherries, as well as Prunes, form a laxative article of diet.

ASARUM CANADENSE—WILD GINGER.

Asarabacca, Broad-leaf Asarabacca, Indian Ginger, Canada Snake-root, Heart Snake-root and New Colt's-foot.

This plant has perennial, creeping roots, fleshy, jointed and round, with the fibres scattered, brownish outside and white within. The leaves are supported on long, velvety footstalks, are some four inches long and five wide, and deeply lobed at the base. The flowerstalk rises between the bases of the leafstalks. It bears a solitary, nodding blossom, of a purplish color, from May to July. The fruit is a six-sided box, filled with small seeds. It must be sought for in rich, shady soils.

The whole plant, but more particularly the root, has a pleasant, spicy taste, stronger and sharper than ginger. It is mostly used in palpitation of the heart, connected with an irritable stomach, the later stages of low fevers, hooping-cough and melancholy. The dose of the powdered root varies from one grain upwards. But a small quantity should be given at first, as it is apt to occasion sickness at the stomach. It is said that the best mode of administering it is in the form of a cordial, made by adding an ounce of the tincture to a pint of simple syrup. Dose, a teaspoonful, frequently repeated. The tincture is made by putting three ounces of the coarsely powdered root into a quart of half alcohol and half water, allowing to stand a fortnight, and filtering. Dose, from five to ten drops. The dried leaves, when finely powdered, are used with advantage as a stimulating snuff, in disorders of the head and eyes. An infusion of the whole plant is sometimes added to fermenting wine or beer, and renders it much more grateful as well as medicinal.

COPTIS TRIFOLIA—GOLD-THREAD.

Mouth-root, Vegetable Gold, and Yellow-root.

This pretty little evergreen plant has a bright, yellow, perennial root, which sends up long, slender leaf-stalks, each supporting three leaflets somewhat scoloped in shape, and of a smooth, firm and veined surface. The flower-stalk is about the same length as the leaves, three or four inches in height, and bears in May a single, star-like, white flower, about half an inch in width. It is commonly found in mossy swamps and bogs of evergreen woods. The roots are the only parts used, their fine gold color giving name to the plant. They should be collected in summer, are easily dried, but powdered, on account of their toughness, with difficulty.

A tincture of the root is formed by pouring on an ounce of them a pint mixture of half alcohol and half water, standing fourteen days, and filtering. Dose, a teaspoonful twice a day. Ten grains of the powder may be substituted. It strengthens the system and promotes appetite and digestion. It is principally given in cases of dyspepsia, weakness, and on recovery from fevers.

It is most commonly used, however, in the form of infusion, an eighth of an ounce to a half a pint of boiling water, adding to the whole some ten grains of alum. As a gargle, in ulceration of the mouth and throat, in common cases, I do not know anything superior to this infusion, sweetened with honey.

PODOPHYLLUM PELTATUM—MAY APPLE.

Mandrake, Wild Mandrake, Wild Lemon, Duck's-foot, Raccoon-berry, Yellow-berry, Pecan and Ground Lemons.

This plant has a perennial root, which sends up a round, smooth stem, about a foot in height, dividing at the top into two round leafstalks, which support at their ends a five or seven deeply-lobed leaf, two-parted at the ends, and attached to the stalk by its under surface.

Between the base of the leafstalks comes out the flowerstalks, bearing at its termination a drooping, white flower, which blooms in May. The fruit resembles an egg-shaped plum, is of a yellowish color, and ripens early, of an acid taste, and eatable.

The creeping cylindrical roots, of a yellowish brown color, forms one of the best native purges. Though a little more griping than jalap, it is considered fully equal to it. It is given either in the form of powder or extract. From five to ten grains of the powder is a dose, and from four to eight of the extract. Where a good and efficient purgative is required, the following mixture will be found useful :—

Take of powdered May Apple, one ounce,	
“ Cream of Tartar,	“ “
“ Spearmint,	half an ounce.

Mix thoroughly. Dose, a teaspoonful. This is to be given where purging is required in fevers.

May Apple, used in bilious complaints, or where any trouble exists about the liver, will be found decidedly useful. The Cherokees use the powder to expel worms. A whole plant is given, in decoction, by farriers, to purge horses. The Cherokees use the fresh juice of the root to cure deafness, by putting a few drops in the ear. No cattle will eat the leaves.

DAUCUS CAROTA—CARROT.

Wild Carrot, Gravel-herb.

The common carrot has a bristly stem, two or three feet in height, branching. The leaves are oblong and sharp, and disposed in opposite rows on the footstalks, of a pale green color. The flowers are white, bloom all summer, and arranged in large, umbrella-shaped bunches.

A decoction, made in the proportion of an ounce to a pint of the tops or roots, and drank during the twenty-four hours, has proved decidedly useful in gravel, diseases of the bladder and suppressed menstruation.

ASCLEPIAS TUBEROSA.



BUTTERFLY-WEED.

For these purposes it is used with much success throughout the country in domestic use, especially in New York State. In that form of irritation of the bladder which induces great pain in passing urine, arising from the application of blisters, it has given immediate relief. The roots boiled to a pulp and used as poultices, will change the foul smell and hardness of old ulcers, and often causes them to heal rapidly. Carrot-seeds contain a green, pungent, aromatic, bitter oil, and are useful in strengthening the stomach, easing it when oppressed by wind.

ASCLEPIAS TUBEROSA—BUTTERFLY-WEED.

Pleurisy-root, Flux-root, White-root, Silk-weed, Canada-root, and Orange Swallow-root.

This plant has a large, fleshy, crooked perennial root, of a whitish color, which sends up numerous colored stems to a height of about two feet. The leaves are scattered, hairy, of an oblong spear-shape, and have no footstalks. The flowers are of a bright orange color, arranged in flat terminal bunches at the top of the plant, and blossom in August. The fruit is a sharp pod filled with a silky down, which connect the flat egg-shaped seeds to the footstalks. One pound and a half of the seed-down will make a cubit foot of substance. The root is the medicinal substance, it is brittle when dry, and easily powdered; when fresh, it has an unpleasant nauseous smell.

The dose of the dried powder is from fifteen to twenty-five grains three times a day; of the decoction or infusion, made with one ounce to a quart of water, a wineglassful every four or five hours. An ounce of the root, boiled half an hour in a pint of milk, has been taken in tablespoonful doses. It derives its name of Pleurisy-root from being extensively used in cases of stitch in the side, and is supposed to act in a peculiar manner on the lungs, making the expectoration loose and free, and thus relieving the painful breathing in

pleurisy. It induces a moderate perspiration and flow of urine, and is useful in relieving pains in the chest. A wineglassful of the cold decoction acts as a mild purge to children. It is also given in colic, hysterics, dysentery, profuse menstruation, and in the very low stages of typhus fever, where all other remedies have failed in exciting perspiration. In the later stages of inflammation of the chest, and also catarrh, it has always a beneficial action, and has been used with success in asthma, rheumatism and worms.

Those who cultivate it should remember that it loves open situations, poor and gravelly soils, and thrives mostly along gravelly streams and hilly places. Most of the other silk-weeds possess the same properties.

ARISTOLOCHIA SERPENTARIA—VIRGINIAN SNAKE-ROOT.

Snake-weed and Snagrel.

This plant has a brown, knotty, perennial root, with long, small, yellow fibres. The stems, of which there are generally a number, are round, slender, jointed, and about a foot in height. The leaves are of an oblong heart-shape and awl-pointed, and of a pale green color. The flowerstalks spring from the root, or very near it, and bear flowers of a dull purple color, which bloom in July. The fruit is an ovalish box, divided into six cells, and containing many minute seeds. It should be looked for in shady woods.

The root has a pleasant, spicy smell, of the same nature, but much more agreeable than that of Valerian, and has a warm, bitterish, pungent taste. It is given in the form of infusion, an ounce to a pint, in a covered vessel. Dose, two tablespoonfuls drank warm every three or four hours. The dose of the powder is from eight to twenty grains, as frequently repeated.

As its name imports, it was used by the Indians to cure the bites of poisonous snakes, and for this purpose it is said to act by inducing a gentle perspiration, and raising the tone of the system. In the low stages of

fevers it is given to support strength and balance the general action. In fever and ague it is combined with the Peruvian or Willow barks, and not only enables the stomach to bear them, but perceptibly increases their effects. In remittent fevers some prefer it to the barks, but it can be used only in their low stages. In catarrh or influenza, rheumatism, and the eruptive diseases, it is much valued in domestic use, and given for these purposes always in the form of warm infusion. In bilious complaints it will check vomiting, relieve the deadly nausea, and tranquilize the stomach. In the extreme low stages of inflammation of the chest, it will often induce perspiration, and gently abate the symptoms that denote great sinking and prostration.

For this valuable plant may be substituted, when this is not procurable, the

DUTCHMAN'S PIPE-FLOWER, OR PIPE-VINE,

which grows to a considerable height, being a tall vine with large, smooth, heart-shaped leaves and brown flowers, resembling in appearance a common pipe with a three-lobed mouth, from which curious circumstance it has derived its name. Of this plant, the bark, seeds and roots, may be used instead of the Virginian Snake-root, their properties being very similar.

HYOCYAMUS NIGER—BLACK HENBANE.

Poison Tobacco, Fetid Nightshade.

This plant has a biennial, spindle-shaped, whitish root, which sends up the second year a round, stiff, branched stem, to the height of two feet. The leaves the first year lie on the ground, are of an oval shape, waved, sharp at the point, have large unequal teeth on their margins, and destitute of a footstalk. When the stem appears the second year, its lower leaves are similar to these, crowded and clasping the stem, but the upper ones are much smaller and narrower, and without the lobes. The whole plant is of a sea-green color,

hairy, glutinous and offensive in smell. The flowers form one-sided rows on the branches, coming out opposite to the leaves; they are of a straw color, veined with purple, and bloom in July. The fruit is a rounded box, opening by a circular lid, and filled with oblong, small brownish seeds.

Since the period of the ancients this plant has been known as a violent poison of the kind that induces drowsiness and torpor. Horses, cattle, deer and swine eat it with safety, but it poisons rats. The whole plant is medicinal, but the seeds are most powerful. It is chiefly used in the form of extract and tincture. The extract is made by bruising the plant to obtain the juice, and boiling this down to a thick consistence. Its dose is from half a grain to three grains. The tincture is prepared by putting four ounces of the dried leaves into a pint of alcohol and a pint of water; allowing to stand fourteen days, and filtering through paper. Dose, from five to twenty drops. If this plant is taken in too large doses, it acts at once on the brain, producing drowsiness, anxiety, headache, delirium, dilatation of the pupil, a deep sleep, sensation of falling, squinting, or else blindness, convulsions, apoplexy and death. The remedies should be an instant emetic of ipecac, or blue or white vitriol, given by the teaspoonful, and after vomiting is induced, drinking freely of lemon-juice or vinegar.

Given internally, in the doses as directed, Henbane has been used in epilepsy, spitting of blood, painter's colic, melancholy, cramps, swellings of the glands in various parts of the body, obstinate ulcerations, asthma, spasmodic coughs, and tic doloureux. The doses should always be extremely small at first, and the patient carefully watched, to see whether it brings on headache or laborious sleep, or any of the above described symptoms, when, if it does, its administration should be instantly stopped. Injections, in which there is a preparation of Henbane, should be given in a decoction with milk; these are very efficacious in bowel complaints.

Externally, in the form of poultice or decoction, as hot as it can be borne, Henbane is used in painful swell-

ings, scrofulous ulcers, inflamed piles, indolent tumors, swelled breasts in women, where the milk has become hardened, inflamed eyes, cramps in the bowels, and over parts in which inflammation is deeply seated, as in inflammation of the kidneys, bowels, testicles, etc.

CATALPA CORDIFOLIA—CATALPA-TREE.

Catawbaw-tree.

This is one of our most favorite shade trees, disputing the palm of precedence with the graceful Ailanthus. It grows to a height of from twenty to fifty feet, with a diameter varying from eight to thirty inches. It has smooth, heart-shaped leaves, and beautiful white flowers, spotted with violet and yellow. Large bunches of these are put forth about May, in great profusion. It is said that this tree is dangerous when near bees, for that its flowers poison the honey.

The bark of this tree is said to strengthen the system and cure worms, in doses of from five to twenty grains: its wood is emetic. The leaves are used as soft, soothing poultices in nervous pains. A decoction of the pods, an ounce to a pint and a half of water, boiled to a pint and a quarter, taken by the tablespoonful, is useful in asthma. In the South its bark is used as an antidote to the bites of snakes and Machineel poison. It is chewed, and part of the juice swallowed, and part applied to the wound.

LIRIODENDRON TULIPIFERA—TULIP-TREE

Canoe-wood, White-poplar, Yellow-poplar, according to its variety.

This is an extremely valuable tree, both for ornament, art and medicine. It sometimes rises to the height of one hundred and twenty, with a circumference of thirty feet, but more generally is only eighty feet, with a circumference of ten. The leaves have two side-lobes, and are cut off abruptly at the end. In June and July the large brilliant, tulip-shaped flowers make their

appearance in great numbers, and in the most gaudy colors, and are deliciously fragrant. The dark green leaves contrast beautifully with the flower.

The Osage Indians use the bark of the roots and the green seeds, in cases of fever, and worms in children. In medical properties it much resembles the Magnolia, but is less fragrant, though rather more astringent. It is given in divided doses of an ounce or two of the powder in fever and ague, every twenty-four hours. In low fevers, weak stomach, general debility, dyspepsia in its later stages, hysterics, dysentery, gout and rheumatism of long standing, it is extremely valuable. It is given in powder, infusion, tincture and extract; the inner bark of the root is the most powerful. A fine cordial is said to be made from it. It may be prepared, taken and combined in the same manner as Peruvian bark, under which head the proper directions may be found. Farriers say that given in substance to horses, it is a certain cure for the botts of horses. The seeds of the Tulip tree are laxative in their action. We are told that the leaves are used by the Cherokee Indians, made into a poultice, for the cure of various sores and ulcers. Sometimes they boil the leaves in lard, strain, and thus make a valuable application in cases of inflammations, though it is probable it would do more benefit to the ulcers. The extract of the root is said to equal Gentian. By eating the leaves cows give better milk.

SALIX—WILLOW.

This is an extremely valuable family of trees, equal in many respects to the celebrated Peruvian Cinchonas. The barks of all are bitter, astringent, and excellent in fever and ague. A valuable chemical salt is extracted from them, which is equal to Quinine; it is called Salicine. Three doses of this, six grains in each dose, given before the return of the fit, has cured fever and ague. The trees that yield the Peruvian bark have been so long and steadily in demand, and such enormous quantities used for the sake of the bark, that they are rap-

idly diminishing, and the time is not far distant when either no Quinine can be obtained at all, on any consideration, or else its cost will place it beyond the reach of those who have only ordinary means. In this emergency the Willows rise into notice, equally valuable with the Cinchonas, perhaps more so, from growing in the country where the diseases they cure originate. There are enough of them to furnish the demand, until all the available ground becomes cultivated, and fever and ague is no more heard of in the world.

The *Yellow* and *Swamp* Willows are mostly used with us, as affording a larger supply, and of better quality for medicinal purposes than any of the others, though the *Black* is also very valuable. The roots and bark are much used in bitters. The dose of the powder is from half an ounce to an ounce, repeated three times a day, or from two to four ounces may be taken in divided intervals during the paroxysms. Whenever it can be procured, the *Salacine* should be preferred. The decoction of an ounce to a pint and a half, boiled down to a pint, is used as a wash in the whites of women, and eruptive diseases of the skin; at the same time drinking an infusion of an ounce to a pint inwardly. These means often succeed in effecting a cure in such cases.

SALVIA OFFICINALIS—SAGE.

Cancer-weed.

This well-known domestic, perennial plant, with its rough, crimped, sharp, egg-shaped leaves, and few scattered whorls of blue flowers, which appear in July, is one of the most grateful mild tonics, or strengtheners of the system, that we possess. Given in powder, in doses of five grains, three or four times a day, it has a most happy, soothing effect. It gives tone to the stomach, quiets the nerves, predisposes to the regular healthy return of the monthly periods in women, raises the spirits in confirmed languor, and acts as a stomachic.

to cure cancers, but for this it is absolutely useless. It may prove beneficial in this way to breasts in which the milk is hardened. The infusion may be taken instead of the powder, made in the proportion of two ounces to a pint of boiling water, in a covered vessel, and strained. Dose, a tablespoonful at regular intervals. A weak infusion is useful in sore mouth, and soft and swelled gums.

CONIUM MACULATUM—HEMLOCK.

Poison Hemlock, Common Hemlock, Poison Parsley, and Spotted Parsley.

This plant has a long, biennial, spindle-shaped root, which sends up a smooth, hollow, jointed, round stem, much branched, and covered with oblong, purplish dots. The leaves are smooth, arranged in doubly opposite rows on the footstalks, which terminate with an odd set. The leaflets are of a somewhat oval shape, and sharp-pointed. The flowers are small, of a white color, bloom in July and August, and arranged in terminating umbrella-shaped bunches. The leaves resemble Parsley so much as to give them a similar name.

The best mode of taking this plant is in the form of the powdered leaves, beginning with grain doses three times a day, and gradually increasing them. This leaf powder, to be beneficial, must be of a decided green color, or its operation cannot be relied on. The dose of the green extract is also one grain at the commencement. This plant will soothe the system, reduce cramps and relieve severe pain. In many cases it is given instead of opium, merely for the sake of temporary relief, having this advantage over it, that it does not bind the bowels. In foul ulcers of long standing, decayed bones, itch that has been driven in, rickets, unnatural swellings of the belly, dropsy of the joints, obstinate inflammation of the eyes and cataracts: in all these it has proved efficacious, and been highly recommended. Scrofulous tumors, and swelled testicles of long standing, have been removed by its use.

In *tic doloureux* it has afforded relief when everything else has failed. In mild cases of jaundice it has removed the yellowness and cured the disease. It also rids the passage of gall-stones, by relaxing the system and soothing the pain. Chronic, or long standing rheumatisms, and fixed and periodical pains, obtain relief by its employment. A poultice made with the expressed juice, or very strong decoction and oatmeal, has allayed, when put on the breast, the excruciating pains of a cancerous tumor, and thus given rest to the patient.

Various plans have been proposed to remove the uncertainty that prevails in regard to the strength of this medicine, but the following is considered the best. Gather the plant in July or August, when it is in flower; pick off the little leaves, and throw away the leaf-stalks; dry the small selected leaves in a hot sun, or in a tin or pewter dish, before the fire. Preserve them in bags made of strong brown paper, or else powder them, and keep the powder in glass vials which are put in a dark place, and have black paper pasted over their surfaces, for light dissipates the beautiful green color very soon, and with the color the medicine loses its appearance and efficacy.

This plant is mostly found in old fields, alongside of roads and fences, in damp grounds, and on the banks of rivers.

CICUTA MACULATA—AMERICAN HEMLOCK.

Snake-weed, Death-of-man, Water Parsley, Poison-root, Wild Hemlock and Children's-bane.

This plant has a perennial root, made up of many oblong fleshy tubers, the size of the finger. The stem is from two to six feet in height, hollow, jointed and striped, of a purplish green color, smooth surface, and branched. The leaves are smooth, composed of many leaflets, and clasp the stem as they rise from it. The leaflets are oblong in shape, cut on the margins, and awl-pointed. On the lower part of the plant the leaf-

stalks bear three sets, three in each of the leaflets, but on the upper part only one set. The white flowers appear in July and August; they are arranged in terminating umbrella-shaped bunches. The fruit is a little roundish ball, composed of two seeds.

Sometimes persons have taken the root of the plant by mistake, when engaged in searching for Sweet-flag, Sweet-cisely and Angelica, and died in consequence, after a few hours. Violent fits, frothing at the mouth, bleeding nose, fixed eyes and dilated pupils, told the approach of death. Nature, in such cases, sometimes induces speedy vomiting, and the patient recovers in about a week, but for some time afterwards is rather pale and stupid. Tickling the throat and swallowing a large dose of ipecac, or a teaspoonful of white vitriol, should instantly be resorted to when the symptoms above described make their appearance. After vomiting is produced, give freely of lemon-juice or vinegar, and finish with a strong dose of castor oil, and if there is much weakness, a cup or two of strong coffee.

The American Hemlock is used in the same manner as the common Hemlock, from which it may be easily distinguished, by the shape of the leaves, and the striped, instead of spotted stem. The dose of the American Hemlock should, however, be only one half that of the Conium, as it is much stronger.

We are told that the Indians, when tired of life, dig up the roots of this plant and eat freely, expiring while chanting their death-song.

COCHLERIA ARMORACIA—HORSE RADISH.

Scurvy-grass.

This plant has a large, fleshy, perennial root, which sends up a stem three feet in height, supporting long spear-shaped leaves, which are toothed on their margins. The leaves that spring from the root are of an oblong shape, and much scolloped. The flowers are

white, blooming in May, and succeeded by elliptical pods.

Horse Radish is highly stimulant, exercising a peculiar effect on the secretions, especially the kidneys. It should be used as an article of diet by all afflicted in any way with gout, gravel or rheumatism. A tea made of the root, at the same time that it is rubbed externally on the parts, will cure dropsy, and sometimes palsy; it often blisters the skin. The hot infusion will act as an emetic, if nothing better can be procured. Made into a syrup, by means of sugar, it has been found useful in curing hoarseness.

HYDRASTIS CANADENSIS—TURMERIC-ROOT.

Yellow Puccoon, Yellow-root, Golden Seal, Ground Raspberry, Yellow-paint, Orange-root, Indian-paint, Eye-balm, and Yellow Eye-root.

This plant has a knobby, wrinkled, perennial root, of a yellow color, which sends up a round, hairy, simple straight stem, from nine inches to a foot in height, bearing, one above the other, two hand-shaped leaves, with from three to five lobes each. The flowerstalk comes off from the top of the stem, bearing at its extremity a single white flower, which blooms in May, and soon drops off, and is succeeded in due time by a red, juicy fruit, resembling a Raspberry. This plant is found in bog-meadows, rich shady woods, and in damp places on the side of hills, and in deep valleys. The root is the part used.

The Indians stain their skins and clothing with the rich yellow juice which flows from the roots. This juice has an exceedingly sharp, bitter, nauseous taste. It is much used in Ohio and Kentucky, (when diluted, an ounce to a pint or more of water,) as a wash for sore and inflamed eyes of long standing, and by the Indians considered as a specific in such disorders, who also apply it to ulcers. A tincture is made with it, by pouring on two ounces of the root, coarsely cut up, a pint of alcohol and a pint of water, allowing to stand fourteen

days, and filtering. This is used in doses of from twenty drops and upwards, in cases of jaundice and liver complaint. It is also used, in smaller doses, for giving tone to the stomach in dyspepsia. The Indians use the powder, in doses of five grains, to increase the discharge of urine in dropsy. The tincture is a domestic remedy for the same purpose. Applied to the skin in its fresh state, the juice will burn and blister.

HUMULUS LUPULUS—HOP.

Hops, Wild Hops, Hop-vine.

This plant has a perennial root, sending up an annual climbing stem, covered with small prickles, and turning from right to left. The leaves are rough, three-lobed, heart-shaped at base, and supported on long stalks. The numerous greenish flowers bloom in August, each producing in due time a single round seed. The flowers are the part used in medicine, though the whole plant possesses, in some degree, the same properties.

Hop-tea, made by pouring a quart of water on a handful of the flowers, has been given, in doses of a wineglassful, in gravel, bloody urine, or in the painful voiding of it, general weakness, rheumatism, and hysteric and other nervous complaints. In the weakness and tremors that follow drunkenness, it is excellent, and also in dyspepsia, acting by quieting pain, and at the same time giving strength. A king of England, when all other means of inducing sleep had failed, found repose by means of sleeping on pillows stuffed with Hops. To obviate the rustling of such pillows, I have seen country people sprinkle a little rum or brandy on the Hops. Poultices and hot fomentations made with them are common and valuable remedies for painful swellings, and it is said that an ointment of Hops is an excellent application in the last stages of cancer. The tincture is made by putting five ounces of Hops in a quart mixture of half alcohol and half water, allowing to stand fourteen days, and filtering. Dose, twenty to

forty drops. The dose of the extract is from three to ten grains.

HEPATICA TRILOBA—LIVERWORT.

Early Anemone, Liver-weed, Trefoil, Noble Liverwort.

This plant has fibrous, brown, perennial roots, from which spring, on long, hairy footstalks, three-lobed, smooth, leathery, evergreen leaves. The flowerstalks are from five to eight inches in length, about the length of the leafstalks, hairy and upright, bearing at their ends single bluish flowers, which appear in April, or earlier, often while the snow is falling. It is eminently a Northern plant, and common in woods, hills and mountains.

An ounce of the herb, infused in a quart of boiling water, makes a tea which is much used in liver complaints and fevers. Two ounces infused in a pint, with sugar enough added after straining to form a syrup, is a celebrated remedy in all the Northern American States, in coughs, colds, and diseases of the lungs of long standing. The strong infusion, drank cold, is taken in the Southern States for indigestion and melancholy.

SPIGELIA MARILANDICA—PINK-ROOT.

Carolina Pink, Starbloom, Indian Pink, Worm-root, Unstitle.

This plant has a perennial, yellow root, with many branched fibres in a bunch. From these are sent up a number of straight, smooth, four-sided stems, from ten to eighteen inches in height. The leaves have no footstalks, are placed opposite to each other, smooth, of a long, oval shape, and awl-pointed. There is generally but one single one-sided bunch of handsome flowers, an inch in length, of a bright scarlet color outside, but yellow within, each spreading out into five sharp pieces, like a golden star. They bloom in June and July. The fruit is a box with two round cells, and filled with small seeds.

The root is the part used in medicine, and has been introduced by the Cherokee Indians. When fresh, the plant is a violent narcotic poison, causing, in large doses, headache, dilatation of the pupil, flushed face, intoxication, stupor and delirium. As it dries, it loses much of these properties. It is best given in the form of warm infusion, half an ounce to a pint. Dose, from a wineglassful to a gill; but as it will not purge by itself, it is best to add either Rhubarb or Senna. The dose of the powder is from eight to twelve grains, in honey or molasses. Half an ounce of Pink-root, and two ounces of Senna, infused for an hour or two in a pint of water, strained, and enough sugar added to form a syrup, makes a pleasant and useful remedy in the worm complaints and worm fevers of children. Dose, one or two tablespoonfuls. Not only is the infusion given for worms, but it is also used by the Osage Indians to a great extent in acute diseases, to promote perspiration and relieve pain. It is sometimes given in dysentery. A pint of wine, poured on an ounce of the leaves, allowed to stand a week and strained, is given in teaspoonful doses in fever and agues, and it is said, with remarkable advantage.

CORALLORHIZA ODONTORHIZA—CRAWLEY.

Dragon's-claw, Coral-teeth, Fever-root, Chicken's-toes.

This curious plant has no leaves, or anything green about it. The root is a collection of small, jointed, irregular, fleshy bulbs, branching like a piece of coral. From these rises a smooth, fleshy, striped flowerstalk, to the height of ten inches, bearing a spike of from twelve to twenty brownish green flowers, which bloom in July and August. The fruit is a large, strong-ribbed box or capsule. It should be looked for in old woods, or where there is much decaying herbage. A large quantity of it was found in a wood a mile north of Newark, N. J., by Drs. Smith and Elliot, of Brooklyn, L. I., to

whose kindness I am indebted for a minute account of its medicinal properties.

It is administered in even teaspoonfuls of the powdered root, given in any warming tea at varying intervals: the infusion should be drunk as hot as it can be borne. In some cases it is mixed in equal quantities with the powdered root of *Asclepias Tuberosa*, (see page 69.) The gentlemen above named use it in various forms of fever, prefaced by an emetic; and thus given, say that "it is the best medicine for the cure of fevers with which they are acquainted." It induces a gentle and copious perspiration. In pleurisy and similar diseases, they have found it uniformly beneficial.

GALIUM APARINE—COMMON CLEAVERS.

Goose-grass.

This plant is well known on account of the bent bristles with which the whole herb is beset, making it cling to everything in its way. It has a weak stem, which is mostly found clinging to other plants; it rises three or four inches in height. The leaves are generally six or eight in number, set in a ring or whorl, of a broad spear-shape, with the mid-rib flattened, and resembling the keel of a boat. It bears a great number of small white flowers, which bloom in June. The root will dye a red color, and when eaten by birds, imparts a similar tinge to their bones.

It is generally used in the form of infusion, three ounces of the dried herb, on which a quart of lukewarm water should be poured; the whole taken when perfectly cold, in divided doses, in the course of twenty-four hours. It is a celebrated domestic remedy, where boils of various kinds break out over the body, in eruptive diseases of the skin, and where there are suppressions of urine or gravelly complaints.

It should be looked for in low grounds, and wet and damp places, and gathered and dried when in bloom.

ULMUS FULVA—SLIPPERY ELM.

Sweet Elm, Red Elm.

This tree has a diameter of one or two feet, and a height of twenty or thirty. The branches are very rough, the leaves of an oblong egg-shape, awl-pointed, toothed on the margins, hairy on both sides, and, like the branches, very rough; they have a pleasant smell. The buds are covered with a yellowish rusty down. The flowers are without footstalks, of a reddish color, and bloom in April. The inner bark is the part used.

It is used in the form of tea, decoction and poultice. A jelly, similar to Arrow-root in qualities, and used for the same purposes, is made by stirring the bark, in the state of fine powder, in warm water. Slippery elm has long been celebrated for its efficacy as a drink in all affections of the bladder and bowels, and even inveterate eruptions of the skin. In sore throat, catarrh and painful voidance of urine, it is drank as hot as it can be borne. A teaspoonful of the powder, mixed with a teaspoonful of sugar, dissolved in water, is another favorite mode of using it. It is said to equal, in every respect, the best sarsaparilla, and to be more suitable than that article in the places where it is found!

Indian women, some two months before the period of child-birth, drink freely of the infusion, and ascribe to its efficacy their extremely easy labors. As an outward application, in the form of poultice, in sores, tumors and all painful swellings, it has long been highly valued. For this purpose, the green bark is bruised, or the dry cut in shreds, and boiled in water.

VICIA FABAE—WINDSOR-BEAN.

Garden-bean, Sweet-bean, Big-bean.

This plant has an annual root and straight stem, from two to six feet in height. The leafstalks have, at their base, an arrow-shaped appendage; they support from four to six leaflets of an oval shape and sharp-pointed. The flowers come off at the angles formed by

the leafstalks and stem. They are large, of a whitish color, with two fine black spots on the wings, and bloom in June. The pods are from three to eight inches long, filled with seeds of a flattened kidney-shape.

The flour of beans forms an extremely useful poultice for tumors, swelled glands and sores, where it is necessary to promote the flow of matter. Internally, beans are valuable, in complaints of the bladder and kidneys, and all persons addicted to such diseases, will find immense benefit by making beans a considerable article of diet.

ZANTHOXYLON AMERICANUM—PRICKLY ASH.

Toothache-tree, Pellitory, Yellow-wood, Suterberry.

This shrub varies from six to twelve feet in height, and has its branches armed with strong, sharp, brownish prickles. Each leafstalk bears about five pairs, with an odd one at the end, of egg-shaped leaves, smooth above, but downy beneath. The flowers are in small, umbrella-shaped bunches, of a greenish color, and come out in April and May, often before the leaves make their appearance.

All parts of the plant possess active properties. The leaves and fruit smell like lemon-rind. The bark is the part used in medicine; it possesses a pungent acrid taste, and has a spicy flavor. It is given in doses of the powder, five to ten grains, three times a day; or, on a pint of boiling water is poured an ounce of the bruised bark, and a wineglassful taken three times a day. This is the noted *HANTOLA* of the Western tribes of Indians, who use the bark of the root for colics, rheumatism, inward pains and toothache, and apply it externally, mixed with grease, over foul ulcers and sores. In ordinary practice it is given in small doses, to induce perspiration, and thus give relief in rheumatism. Made into a poultice, the bruised bark with boiling water, is efficacious in altering the character of malignant ulcers. Doses of the powder, as directed above, have been

given in fever and ague, with success. It is best to remit the doses, when there is a sense of much heat and burning in the stomach, while taking the bark.

ARTEMISIA ABSINTHIUM—COMMON WORMWOOD.

This well-known plant has an angular, branched stem, from which come off leaves, cut into various lance-shaped pieces, and bearing a bunch of nodding, yellow flowers. It is to be found among rubbish and by roadsides.

The whole plant has an intensely bitter taste. It is used in the forms of powder or infusion. Five to ten grains of the powder may be given for a dose, or a wine-glassful of an infusion made by pouring a pint of boiling water on an ounce of the herb. It is used in cramps, hysterics and worms. Taken every morning as above-directed, it is very beneficial in raising the tone of the stomach, and thus creating an excellent appetite. It is often given in cholera morbus, and also in jaundice. In confirmed melancholy and hypochondriac complaints, many physicians have tried its virtues with much success. An application made with water and the powdered herb, will often prevent swelling and discoloration after a severe bruise. A poultice made with hot vinegar and wormwood, is very serviceable in sprains and swellings of various kinds.

SAMBUCUS CANADENSIS—COMMON ELDER.

Black Elder.

This plant rises to the height of eight or ten feet. The stem is filled with a light porous pith. The leaf-stalks are smooth, and bear three or four pairs, with an odd one, of smooth, oblong-oval, awl-pointed leaves. The flowers, which are white, and of peculiar, heavy odor, are arranged in large flat-topped bunches. They bloom from May to July. The fruit is a dark purple berry. It abounds in waste grounds and thickets.

In the bowel-complaints of children and adults, the flowers are given in the form of infusion, made by pouring a pint of boiling water on an ounce of the leaves, and taken in wineglassful doses; while at the same time a poultice is made with them, and applied to the bowels. The infusion is also useful in coughs, colds, rheumatism, gout, erysipelas and eruptive diseases, as it is soothing, quiets the nerves, and induces gentle perspiration. A poultice, made with the berries, is applied to bruises. They are also said to be useful in cases of dropsy. A syrup, made with the berries, is loosening to the bowels, and beneficial in complaints of the bladder, and nervous fevers. The leaves make a cooling ointment, and will cure the rot in sheep. The bark dyes a black color. Boiled, and applied to the cheeks, it is said to cure the toothache. Apply it hot.

ROBINIA PSEUDO-ACACIA—LOCUST-TREE.

This is one of the most elegant and graceful of American trees. It varies in diameter from one to four feet, and in height from twenty to eighty. The leafstalks bear from eight to twelve pairs of very smooth, fine, thin, oval leaflets. The flowers hang in clusters, and spread around an extremely agreeable odor. They bloom in May. The fruit is a narrow, flat pod, containing some half dozen small brown seeds.

The inner bark is said to have a sweetish taste, similar to liquorice, and to act as an emetic, cathartic, or pectoral medicine, inducing vomiting and purging, in relieving complaints of the chest, according to the dose in which it is given, simulating, in this respect, the Boneset. It is much used for these purposes by the Indians and Negroes. The infusion of an ounce to a pint of boiling water, is taken in gill doses; cold, when required to purge; lukewarm, to vomit, and as hot as possible, to induce perspiration. An agreeable syrup is made with the blossoms, two ounces to a pint of boiling water, gently simmering an hour, straining, and

then adding sugar enough to thicken. This is laxative in wineglassful doses, and, taken by the teaspoonful, eases pains in the chest and severe coughing.

SAPONARIA OFFICINALIS—SOAPWORT.

Bouncing-bet, Webb-weed.

This plant rises to the height of two or three feet, and even more, growing in many cases so tall as to fall own by its weight. The leaves come off opposite each other on the branches, and are of an oval spear-shape. The flowers come off in terminal bunches, are of a lightish pink color, and resemble the Pink. They bloom in July. The plant may be found by roadsides, or in neglected gardens. It is also frequently cultivated for purposes of ornament.

Soapwort has a bitter taste, and derives its name from the juice raising a lather in water, like soap. This lather will remove common stains and spots of grease. It is used in the form of infusion, two ounces to a pint of boiling water; the whole taken at intervals during twenty-four hours. It strengthens the stomach, induces gentle sweating, and acts favorably on the liver. In consequence, it is used in jaundice and other diseases of the liver, rheumatism, gout, and the whites of women, both externally and internally. The decoction forms a useful wash in scrofula, in which disease it is also extensively taken.

SPIREA TOMENTOSA—RED MEADOW-SWEET.

Hardhack, Steeple-bush, Rosy-bush, White-leaf.

This is a small shrub, having many straight, purplish, downy stems, which attain a height of two or three feet. The leaves are crowded, come off on opposite sides, one above the other, of an oval spear-shape, toothed on the margins, rough, and dark green or brownish above, but white and downy beneath. The flowers are arranged in dense, terminal clusters, of a pur-

plish color, and bloom in July and August. The fruit remains during the winter, and furnishes food for the snow-bird. The plant should be looked for in moist grounds and meadows. The whole plant is used, but the root may be omitted.

The Mohegan Indians hold this plant in high estimation, and from them it has been introduced to regular practice. The extract of it, prepared by the Shakers, is the preparation most used. This is given in doses of two to four grains, every three hours, in dysentery, diarrhea of long standing, weakness of the bowels and system, bleeding from the bowels, and cholera infantum. It binds up and strengthens at the same time. It may be given in the form of infusion, an ounce to a pint of boiling water. Dose, a wineglassful, or from three to six grains of the powder. In long standing bowel complaints, an ounce of the herb is infused with a pint of boiling milk, strained, when cold, and sugar enough added to sweeten, given by the tablespoonful. The Osage Indians chew the dry root and stems, to stop bleeding from the lungs; the women use the decoction in various female complaints, as a wash.

STATICE LIMONUM—AMERICAN THRIFT.

Marsh Rosemary, Marsh-root, Seaside Thrift, Ink-root, and Sea Lavender.

This plant has a large, fleshy, abrupt, perennial root, from which rises both the leaves and stem. The leaves are of a long spear-shape, waved, smooth, and awl-pointed. The flowerstalk rises about a foot in height, and supports at its top a dense, broad bunch of blue flowers, which bloom from August to October. The root is the part used in medicine. The plant should be sought for on the sea-shore, and near salt marshes.

It is used both in the form of infusion, syrup and tincture. To make the infusion, pour a pint of boiling water on half an ounce of the root, strain when cold. Dose, one or two teaspoonfuls, frequently repeated. To make the syrup, simmer the infusion a little time,

strain when hot, and add sugar enough to thicken. Dose, half a teaspoonful. The tincture is made by pouring a quart of a mixture, half alcohol and half water, on two ounces of the bruised root, allowing it to remain fourteen days, and filtering. Dose, from eight to twenty drops. In ulcers of the mouth and throat, flowing of blood from any part, relaxed bowels, chronic dysentery, general weakness and malignant sore throat, it has been extensively used. Applied as a wash, it is considered almost a specific in the sore throat of scarlet fever. It should not be given in the first stages of dysentery, or any other disease where there is much inflammatory action, but when it subsides in a measure, it becomes an invaluable application. The syrup is much the best form of internal administration.

PANAX QUINQUEFOLIUM—AMERICAN GINSENG.

Ginseng-root, Ninsin, Garantogen, Red-berry, Five-fingers, Gensang, Chinese Physic, Tartar-root.

This plant has a fleshy, yellowish-white perennial root, from two to seven inches in length. This sends up a round, smooth, straight stem, to the height of two feet, which divides into three leafstalks, each of which bears five leaflets, three large, of a wedge-shape and awl-pointed, and two much smaller, oval-shaped and awl-pointed. The flowers are supported on a tall, straight stalk, and arranged in a globular, umbrella-shaped bunch. They are of a white color, and bloom in June and July. The fruit is a red, two-lobed berry. It should be sought for in rocky places and mountainous woods. The root is the portion used.

This famous plant has its name taken from Chinese, which means *Man's Health*. The Tartars call it by a name signifying Queen of Plants. We are told that the Jesuits closely observed the Chinese plant, that was universally held in such high estimation, being worth there almost its weight in gold. Some of these Jesuits afterwards found out a similar plant in Canada; and making the fact known, it was collected in large quan-

tities, towards the year 1720. The Chinese eagerly purchased it, paying for the first lots the enormous prices of one, two and three hundred dollars per pound! The great quantities sent lowered the price, as did also the fact of the Chinese finding it an inferior article to their own. Yet still, just one hundred years ago, it was selling at five dollars per pound. They have a peculiar manner of drying the large, yellow, forked roots, so as to be almost semi-transparent; and prepared in this way, it still sells well. The roots should not be taken up for use, until at least fifteen years old, and these only from a deep, rich soil.

There is a pleasant, spicy, camphor-like smell about the roots, and a sweet and pungent taste; they are used in the form of powder, infusion and tincture. The powder may be taken in doses of from ten to sixty grains. The infusion is made by pouring into a covered vessel a pint of boiling water, on two ounces of the roots. Dose, a wineglassful, frequently repeated. The tincture is made by adding to a quart mixture of half alcohol and half water, four ounces of the roots; allowing to stand fourteen days, and filtering. Dose, half a teaspoonful. It is probable that the plant was brought to America by the Tartar ancestors of our Indians, and it is used by them in the same manner as their Eastern brethren. For upwards of thousands of years, the Chinese medical authors have recommended the Ginseng in all cases where a grateful cordial stimulant and strengthener of the nerves is required, such as cold stomach and bowels, bellyache, dropsies, loss of appetite, troublesome dreams, fainting-fits, sudden fright and palpitation of the heart. It is considered by them a specific in confirmed melancholy, hypochondria, and all nervous and hysterical affections. Headache, dizziness, dimness of the eyes, low fevers, vomiting and dyspepsia are cured by its exhibition. A curious test is given by them relative to the discovery of the best kinds—that of not feeling tired by walking, so long as the roots are kept in the mouth, or chewed. The Indians use them in a similar manner to the Chinese, and

like them have a notion, that whatever woman takes them will be sure of a large family. American physicians have used them with success in convulsions, rush of blood to the head, dysentery, palsy and nervous affections. It is allowed that even the poorer kinds act so as to give tone to the stomach, restore the system and quiet the nerves. For these purposes they are exhibited with the most success in powder, mixed with an equal quantity of honey.

The higher classes in China and Tartary use the leaves of the Ginseng to form a grateful medical tea, in asthma, dyspepsia, and the low stages of fevers; our own physicians have used them with some benefit in the same manner. The tincture is mainly used by drunkards, to restore the tone of the stomach.

VARIETIES OF PLANTS.

Plants are of three sorts: TREES, SHRUBS, and HERBS.

These last are called *annual*, when they spring from seed, and expend all the nourishment they acquire in the production of flowers and fruit, perishing directly afterwards: such are most of the common garden flowers, peas, beans and cucumbers.

Biennial, when they spend the first season elaborating material, and the ensuing year consume it the same way as in the first, likewise perishing: such are onions, beets and carrots. These plants owe their peculiar forms to the accumulation of nourishment which is stored up in them. We wait until they have thus laid up a store, and then seize it for our own purposes, treating it like a vegetable hive, the roots being as full of nutriment as the hive is of honey.

Perennial, where the capital is not exhausted, the plant living on the interest, all of which it does not even spend, but increases every year: such are dahlias, orchises, trees and shrubs.

THE USES OF PLANTS,

AND

MODE OF PRESERVING THEM.

“So various,” says Stillingfleet, “is the appetite of animals, that there is scarcely any plant which is not chosen by some and left untouched by others. The horse gives up the Water Hemlock to the goat; the cow gives up the Long-leaved Hemlock to the sheep; the goat gives up the Monk’s-hood to the horse, and so forth; for that which certain animals grow fat upon, others abhor as poison. Hence, no plant is actually poisonous, but only respectively. Thus the Spurge, that is obnoxious to man, is a most wholesome nourishment to the caterpillar. That animals may not destroy themselves for the want of knowing this law, each of them has such a delicacy of taste and smell, that they can easily distinguish what is pernicious from what is wholesome, and when it happens that different animals live upon the same plants, still one kind always leaves something for the other, as the mouths of all are not equally adapted to lay hold of the grass; by which means there is sufficient food for all. To this may be referred an economical experiment well known to the Dutch, that when eight cows have been in a pasture, and can no longer get nourishment, two horses will do very well for some days; and when nothing is left for the horses, four sheep will live upon it.”

“Nature,” says Flint, “has given birth to the greater number of poisonous plants and venomous animals on the borders of pestiferous marshes. May they not be placed there to absorb the poison from the air, putting in operation the machinery of life to lustrate it? It is a well-known fact, that in humid and unhealthy districts, during the greatest heats, the atmosphere germinates the greatest number of insects, and that serpents are then most poisonous. Wherever corruption reigns, nature begins to put forth a vigorous vegetation,

and to scatter flowers, to conceal or neutralize it, and to create vast numbers of noxious insects and animals, probably, by absorbing the miasm, to restore the air to purity."

I have adduced these facts to show the little confidence that can be placed in Botanic gardens, and the superior qualities that must necessarily reside in herbs which grow naturally where they are effecting some object. Do not attempt to domesticate them, but seek them in their own homes, and you may then be assured of their virtues.

Herbists direct plants to be cut or dug up in dry weather, and strewed upon the floor of a loft, covered with cotton-bagging and sheets placed over them, to exclude both the air and light. By these means, according to the quantity of water they contain, they will be dried in from one to five days. They should now be well wrapped up in papers, which should be marked with the names and properties, and put away. Tight tin boxes are the best cabinets for their safe keeping. Some persons, who make a business of the matter, as soon as the water is evaporated, put the herbs into boxes of different dimensions, with false bottoms, suited to the quantity intended to be prepared. It is then subjected to the action of a powerful press, until the oil appears. After remaining in that state a few hours, both the bundle and false bottom are drawn out, and the bundle wrapped in air-tight paper and put into an air-tight box, to prevent any atmospheric action upon the herbs. Whitlaw says, that prepared in this manner, they may be kept fifty years without losing a trace of the physical powers they originally possessed.

IN various diseases the American Indians resort for cure to curiously-constructed vapor baths, made by placing on the floor or ground, in the centre of a close tent, a number of very hot stones. The patients sit in a circle round the heated stones, on which are now thrown herbs and water sprinkled by the hand. A dense, piercing, aromatic steam rises, inducing upon all within the close and confined atmosphere of the tent, a sensation suffocating in the extreme, ending in profuse perspiration and faintness. This mode of practice is generally very successful—so much so, indeed, that it has been borrowed from the Medicine-man by the European physician, who has formed various elegant modifications of it, combining an increased degree of comfort with greater power.

I have often found persons willing to be medicated in this way, who would absolutely refuse to take medicine by the stomach; and there are states of the stomach and bowels, besides this, which render dangerous its administration by the mouth. In all such cases, the vapor bath is of eminent service. When used in families, I generally direct them to fill a kettle over one-third full of water, and when the steam begins to issue from the spout, suspend the desired herbs in the upper part of the kettle, so as not to touch the water. This may be done by tying four or five strings to the bunch of herbs, and, lifting up the lid, letting it go down a little way, replacing the lid so as to hold the strings, will now keep it in the position wished:

The kettle should then be placed under a cane chair, on which the patient, entirely undressed, but enveloped, chair and all, in a blanket fastened around the neck, is sitting. The steam, as it rises from the boiling water, passes through the herbs, and imbibing their medicinal properties, rushes from the spout to ascend around the person of the patient. Perspiration is induced, and soon faintness is perceived, at which time he should be placed in a warm bed, and well covered up. The room should in all cases be free from currents of air. The drink may be either warm or cold.



