The family doctor, or, Sick man's friend : shewing the medical properties and use of the most valuable medical roots and herbs, and how to apply them in the cure of diseases in domestic practice : from the first authority, together with many valuable recipes / by P.E. Sanborn.

Contributors

Sanborn, P. E. 1796-1845.
National Library of Medicine (U.S.)

Publication/Creation

Boston : New England Book & Periodical Co., 1845.

Persistent URL

https://wellcomecollection.org/works/avky2qdq

License and attribution

This material has been provided by This material has been provided by the National Library of Medicine (U.S.), through the Medical Heritage Library. The original may be consulted at the National Library of Medicine (U.S.) where the originals may be consulted.
This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
https://wellcomecollection.org

THE FAMILY DOCTOR,

IRIS VERSICOLOR:

BLUE FLAG.

OR

SICK MAN'S FRIEND.

BOSTON:
PUBLISHED AND FOR SALE AT THE
NEW ENGLAND BOOK & PERIODICAL DEPOT,
No. 22 Court Street.
1845.

THE

FAMILY DOCTOR,

OR

SICK MAN'S FRIEND,

SHEWING THE

MEDICAL PROPERTIES AND USE

OF THE MOST VALUABLE

MEDICAL ROOTS AND HERBS,

AND HOW TO APPLY THEM,

IN THE CURE OF DISEASES

IN DOMESTIC PRACTICE,

FROM THE FIRST AUTHORITY.

TOGETHER WITH MANY

VALUABLE RECIPES.

BY DR. P. E. SANBORN.

FOURTH EDITION.

The vegetable remedies which the God of Nature has spread out with such richness and profusion, over every hill and dale, and field, and forest, will supersede the use of minerals.

BOSTON:
NEW ENGLAND BOOK & PERIODICAL COMPANY,
No. 22 Court Street.

Entered according to an act of Congress, in the year 1840, by P. E. Sanborn, in the Clerk's office of the District Court of the District of Massachusetts.

REID & RAND, Prs.
No. 3, Cornhill.

PLEURISY ROOT: *Asclepias Tuberosa.*

Promotes moderate perspiration; assists in discharging the mucus from the lungs; increases discharge of urine, allays pain, removes wind, and is good against spasms. It relieves difficult breathing in persons laboring under pleurisy, good in asthma, phthisic, summer complaints of children; in low stages of typhus fever, producing moderate perspiration and an irritation of the lungs. Dose, from 20 to 30 grains of the powder, two or three times a day, or drank in tea. It flowers in July and August, and is of a bright orange color. It is highly ornamental, having pods containing a silky down.

ALOES: *Aloe Spicata.* Aloes is a powerful physic, stimulates the stomach, has a tendency to the urinary organs. In small doses it is good to assist the digestive organs; in large doses, or taken alone, it is apt to produce bleeding and the piles. Dose, from 5 to 15 grains. In full dose it quickens the circulation, and produces general warmth.

Archangel: *Angelica, Archangelica*—is a powerful stimulant, and is good to expel wind and pain from the breast, especially in children, in nervous headache, pain and trembling of the limbs: used in the form of tea.

Squaw Root: *Actea Racemosa.* This root is found in the United States. It promotes urinary discharge, very serviceable in female complaints, hence it is called squaw root; it removes pain, sickness of the stomach, and heartburn in pregnant women. I have used it in such cases with great success; it will settle the stomach in cases where persons are inclined to throw up their food; and is good in bowel complaints of children. The Indians make great use of it in rheumatism.

Burdock: *Arctium Lappa*—is laxative, and produces moderate perspiration without irritation. It is useful in humors of all kinds; the seeds are good to expel wind and purify the blood; the leaves applied to the feet and head, are good in febrile cases, useful in dropsies, venereal and rheumatism.

Indian Turnip: *Arnum Triphyllum.* It should be dried and grated. Good against cholic, sore mouth, cough, pain in the breast, and chronic rheumatism. The fresh root is said to be good, simmered in hog's lard, for the scald head.

Unicorn Root, *Stargrass,* or *Devil's Bit,* is a little like Quassia and Aloes; good in small doses as a tonic; used for bitters.

Marsh Mallows are highly valued in inflammation of the kidneys; it produces a discharge of urine, and good as a poultice; it is soothing and quieting.

Spikenard, Indian Root, Life of Man: *Pettimorrill, Aralia, Racemosa.* The Indians make great use of it in all kinds of ulcers and sores; good for colds and coughs, and may be taken in syrup or decoction; good in all cases of weakness and debility; good against mortification, in a poultice with slippery elm.

Silk Weed: *Asclepias Syriaca.* The milky substance that exudes from the stock is famed for the cure of warts; the decoction of the root in suppression of urine, and dropsies. For the dropsy, boil eight ounces of the root in six

quarts of water, down to three quarts; take a gill of this decoction four times a day.

WILD INDIGO: *Baptista Tinctoria*—made into a wash, the tops and roots may be used; it is good to wash old sores, to cleanse them and prevent mortification; a gargle is good against sore mouth. An ointment, made by simmering the root with hog's lard, is good against painful, obstinate ulcers, sore throat, sore eyes and nipples.

CAYENNE PEPPER: *Capsicum*—is one of the most pure and powerful stimulants in nature. It produces a general warmth through the whole system; it warms the stomach and equalizes the circulations; it is good in colds. Mr. Stephens administered the following formula to about four hundred patients laboring under the malignant sore throat or scarlet fever, with great success. Take three table spoonfuls of cayenne, add two table spoonfuls of fine salt, pour in a pint of hot water, and strain when cold; then add an equal quantity of sharp vinegar; take a table spoonful every hour. The small green African cayenne has four or five times the strength of our common cayenne, or bell peppers—for most purposes, the common is the best.

GOLDEN THREAD, YELLOW ROOT: *Coptis Trifolia.*—This root is tonic; promotes digestion, and is good in bitters. This root simmered in hog's lard with the same quantity of camomile, makes an excellent ointment for sore lips, cracked hands, and chilblains.

SENNA: *Cassia Senna*—is a safe, prompt and energetic physic; when united with spearmint or peppermint, it does not produce griping. I have used it combined with salts in case of suppression of urine and costiveness, with very good effect.

SOLOMON'S SEAL is very highly esteemed in cases of the whites; it may be taken in tea at the discretion of the patient.

SAFFRON: *Crocus Sativus*—produces a determination to the surface; good in all eruptive diseases, or diseases of the skin; it allays pains that attend menstruation; it is useful in hysteria, and acts against spasms.

LADIES' SLIPPER is good to allay nervous affections, and is anti-spasmodic; it may be used in all cases instead of Valerian. Dose, a tea spoonful with warm water and sugar. It is sometimes used with the Lobelia emetic to quiet the nerves; in this case, half a tea spoonful is sufficient at once, or for one cupful.

CAMPHOR: *Laurus Camphora*—is stimulant, and produces sweating: is against spasms, and produces excitement. If it is taken in too large a quantity it produces vertigo, convulsion and death. Dr. Eberle says, "Its power in allaying

delirium and other nervous symptoms of typhus, is, I think, more decisive than any other remedy we possess." It is also good in epilepsy. Medium dose, from five to ten grains.

THOROUGHWORT: *Eupatorium Perfoliatum.* This plant is emetic and physical, and produces perspiration. It has been known to produce thorough evacuation when every agent before prescribed failed. It has been successfully employed in fever and ague, instead of Peruvian bark. It has been successfully employed in the yellow fever. For tonic it should be taken in small quantities, and drank cold. It is good in bitters; also for jaundice and cholic pains. The late Dr. Smith, of the city of New York, says it is far preferable to the Peruvian bark in the local fall fevers of the country near the streams, lakes and marshes, often curing when other tonics failed. A decoction of this herb taken warm till it vomits freely, is sufficient to break up any fever in its commencement. For colds it is a complete remedy—always observing to take a draught of cold tea after the sweat is over to prevent an additional cold. The cold preparations are powerful, and do not produce vomiting as an over-dose of the warm decoction. Dose, for an emetic a tumbler full once in fifteen minutes, until the patient vomits freely. It is highly recommended in all humors, ringworms, scald head, general debility, dropsy, bilious and typhus fevers, and bites of snakes.

CRANESBILL GERANIUM: *Maculatum.* This herb is found in moist rich and rocky land; blossoms in June, and has a blue flower, the leaf much resembles the crowsfoot found in New England; it is a powerful astringent, or bracing; good boiled in milk in case of cholera in children, sore throat and mouth. It is used by the Indians in the venereal and gleets; good taken in tea for the whites. Dr. Thatcher says it will suppress bleeding at the lungs in a prompt manner; it may be taken at liberty.

LIQUORICE. This root is used chiefly to relieve cough, tightness of the lungs and chest; a little liquorice will prevent medicine from being too bracing; good to allay irritation.

GOLDEN SEAL: *Hydrastis Canadensis*—is bracing and physical, used by the Indians for inflammation of the eyes; good in disorders of the bile and liver, excellent to restore the organs of digestion; it is used in the dropsy to produce a discharge of urine.

GINGER : *Amomum Zingiber*—is good to cure the dyspepsy, taken in tea ; flatulence, cholic, pain in the stomach and extremities. It warms the stomach, and is an agreeable stimulant ; promotes perspiration, and is good in a tea for habitual coldness.

LIFE EVERLASTING grows in old fields and pastures, sometimes in stubble ground, and has a white top. I have found it the most efficacious remedy that ever I used in breaking up a cough ; make a strong tea, sweeten it with molasses, and drink it freely many times a day, and occasionally liquorice and slippery elm may be added. It is excellent in colds.

WORMWOOD : *Artemisia Absinthium.* A tea of this herb will often correct the stomach, and give an appetite ; it is excellent to break up a cold, drank in tea on going to bed. Bruise this herb and pour on spirits and you will find it very serviceable by applying to bruises, or any external inflammation. It is almost an infallible remedy against the cholera morbus of infants or adults, taken in tea at liberty. Let the patient take it till vomiting ceases.

OILNUT, BUTTERNUT : *Juglans Cinerea*—operates without pain or irritation, much like rhubarb. The extract is made from the bark in May and June. Doses, from fifteen to thirty grains in form of pills.

ELECAMPANE : *Inula Helenium* is good in suppression of the menses, diseases of the chest, general debility arising from weakness in the digestive organs ; used much in coughs and pulmonary affections. Doses, from two to three ounces may be taken of the decoction or tea.

SKUNK CABBAGE : *Ictodes Fœtida*—allays spasms, irritations, and promotes sleep ; it promotes discharges from the lungs ; good in a cough. It is an excellent nervine, useful in the asthma and cough of old people. It cleanses the blood. May be taken at liberty.

BUGLE, SWEET BUGLE : *Lycopus Virginicus*—is highly recommended in bleeding at the lungs and phthisic, and also to produce sleep.

SASSAFRAS : *Laurus Sassafras*—is good against all diseases of the skin, and rheumatism of long standing ; the young shoots and pith make an excellent wash for inflamed eyes, when steeped in water.

Bayberry: *Myrica Cerifera.* The bark of the root produces sleep and removes pain. It braces and strengthens the fibres of the body, and frequently operates as an emetic. It is also good against canker.

Hoarhound: *Marrubium Vulgare*—is good in coughs, colds, and all consumptive complaints. It is a little too bracing to be given alone; in a cough this may be obviated by adding a little stick liquorice. This herb in large doses proves laxative.

Peppermint: *Mentha Piperita*—produces sweating; good against spasms, stimulating and warming. It is good taken in tea to prevent vomiting, or wet in hot water, pounded and applied to the pit of the stomach. Good to relieve spasmodic pains in the bowels and stomach.

Spearmint: *Mentha Viridis.* Spearmint is said to be a native of this country, and peppermint of Great Britain. Their medical qualities are nearly the same. It is highly recommended by Dr. Beach in the discharge of urine, and also in cases of gravel. This herb as well as peppermint is very useful in disguising other medicines, in making them more palatable. Dr. Beach used it with great success in the Asiatic cholera.

Catnip: *Nepeta Cataria*—is very serviceable in colds and all spasmodic affections. Catnip tea is highly esteemed in fevers, as it will produce perspiration without increasing the heat of the body. We make much use of it in injections.

White Oak Bark: *Quercus Alba.* This bark is said to possess four times the strength in the spring that it does in the winter; good against putrefaction in bad conditioned ulcers, used as a wash. A strong decoction is said to be a certain cure for sore lips: a poultice made of the powder is good against gangrene and mortifications. It will contract, support, and strengthen the animal fibres; useful in the falling of the bowels. It sometimes has a favorable operation taken internally in form of syrup as a tonic where the stomach is not disposed to receive medicines kindly, owing to its weak and relaxed state. It possesses somewhat the property of the Peruvian bark.

Tobacco: *Nicotiana Tabacum*—produces sleep, and is stimulating. It excites the mucus membrane when taken

into the mouth, causing it to discharge an abundance of saliva; this is spit out by those who chew tobacco, instead, as intended by the Creator, to moisten the mouth, and prepare the food to be swallowed, and afterwards to be digested. Therefore persons that chew tobacco or smoke, are troubled with a dryness of the mouth and heat, especially in the morning; faintness, with a weak trembling feeling at the stomach. It injures the digestive organs, and irritates the nervous system. It is as really a species of intemperance as the use of ardent spirits, while the habit is overcome with the exercise of far more self denial. The use of tobacco is much the same whether smoked, chewed, or snuffed: except when taken in the form of snuff it affects the speech.

Alder: *Prinos Verticillatus*—is used in ill conditioned ulcers as a wash; it possesses the power of contracting the animal fibres. It is used in cases of bleeding at the lungs, and for worms. A gentleman informed me that he had cured himself of bleeding at the lungs, by taking a tea spoonful of the pulverized bark in molasses a few times. We use it in our alterative syrup to purify the blood. Dose, an even tea spoonful.

Anniseed: *Pimpinella Anisum*—removes wind and pain. A little of the essence mixed with water, I have found to be good to remove wind in sucking infants; it assists to promote a discharge from the lungs.

Fir Balsam: *Pinus Balsamea*—is good in fluor albus, sore nipples, fresh wounds, and weakness of the stomach. Dose, from twenty to thirty drops, taken on sugar.

Pine. All the different pines possess nearly the same medical properties; their properties consist principally in their essential oil. Pills made of turpentine are good against raising blood; two may be taken twice a day, the bigness of a pea; it is a stimulant, produces copious discharges of urine, and also good to expel worms. The inside bark of the white pine is good in cases of suppression of urine; it may be drank freely.

Wild Cherry: *Prunus Virginiana.* The bark taken in small doses is considered tonic, invigorating the whole system. In nervous debility it has a tendency to allay irritability, and also good in a debilitated state of the stomach. Good

in hectic fever, scrofula and consumption. A wash made from the bark is very excellent to reduce an inflammation.

PLANTAIN: *Plantago Major*—is celebrated for its efficacy in the cure of the bite of snakes by applying the juice to the wound, at the same time taking a quantity of the same internally. Culpepper says it is the best plant in nature. It is good simmered in hog's lard for an ointment for all diseases of the skin, such as salt rheum and erysipelas.

GARGET: *Skoke, Coakum, Pigeonberry-root.* The young shoots are good boiled for greens. The root is physical, emetic, and produces sleep. Its operation as an emetic is very slow, causing the patient to vomit sometimes not under two hours, and acts for a long time on the stomach and bowels. Dose for an emetic, ten or twelve grains; when used to purify the blood, from two to five grains is sufficient. In all nervous complaints, rheumatism, particularly inflammatory, large slices of the root heated by the fire and applied to the feet, I have found to produce very beneficial results; producing in the latter case perspiration on the whole surface. The juice of the berries preserved in spirits is highly esteemed for the cure of rheumatism.

SNAKE ROOT is stimulant, and tonic or bracing, good against catarrh, pain in the stomach, colds, coughs, and pulmony complaints; good to give a pleasant smell to medicine.

BLACKBERRY: *Rubus Villosus.* The root is celebrated for the cure of the diarrhœa, dysentery, and the cholera of infants; it requires long boiling to extract the strength; a little milk should be scalded in; it may be drank at liberty. A syrup made from the berries is said to be a sure cure for the cholera morbus.

CASTOR OIL is a mild and gentle physic, particularly adapted to diseases of children, and in all cases where there is inflammation of the bowels; for diarrhœa, dysentery and piles. Dose, for the adult one ounce—a child a year old, two thirds of a great spoonful.

YELLOWDOCK, NARROWDOCK: *Rumexcrispus*—grows on high land, is yellow, and fibrous. There is a kind that is cultivated in gardens, called English waterdock, which is equally good. This is one of the best of our native plants;

it is physical and bracing; it will evacuate the bowels without weakening the system, as many cathartics do. Three tumblers full a day of the strong tea may be taken at three different times with perfect safety. There is scarcely any disease where it may not be given to advantage; in all bilious complaints it gives immediate relief; in piles I have found it always to relieve; in palpitation of the heart, hectic fever, asthma, rheumatism, and all diseases of the skin. It should be persisted in for a long time in chronic diseases. It will purify the blood, promote the secretions and excretions, and throw out of the system acrimonious humors. It may be sweetened with molasses.

Rhubarb: *Rheum Palmatum*—possesses the property of contracting the animal fibres, while it operates as a thorough cathartic; its operation, therefore, for weakly constitutions, that cannot bear more drastic physic, in weakness and debility in the bowels, diarrhœa, dysentery, is particularly useful. In small doses it will invigorate the stomach. The Russian rhubarb is the best. Buy the root and grate it, and then you will know what you have. I have seen rotten, worm-eaten rhubarb, ground up with a yellow kind of root to give it color; the man who was grinding it informed me that it was for a wholesale dealer in drugs in Boston. There is the same uncertainty about all medicines that are ground.

Bloodroot: *Sanguinaria Canadensis*—is useful externally in cleansing ulcers and removing fungus flesh. It is excellent to increase a discharge of mucus from the lungs and pipes; it is good therefore, in coughs and croup. The application of the green root pounded in the form of a poultice, warmed a little, and applied to an old ulcerated sore, has been known to cure immediately where every thing else failed. It is the best thing that I have tried for the catarrh, made into a snuff. Dr. Smyth says he has cured a number of polypus of the soft kind by using the snuff. It is emetic in doses of from twenty to thirty grains. I used a weak tincture of this root with complete success in a lung fever, with an infant of mine of nine months. It was all the expectorant we used. We occasionally, in bad spells of coughing, used sufficient quantity to produce vomiting.

Comfrey is a mucilage well adapted to allay irritation; good in dysentery, diarrhœa, and consumptive complaints; excellent also in a cough.

Mustard Seed: *Sinapis Alba*—is stimulant. I have known a great spoonful of seeds taken in molasses to cure the cholic; it gives action to the stomach; good in dyspepsy. The bruised seeds given in dose of a large spoonful acts as an emetic. It will expel poison from the stomach very promptly.

Sarsaparilla is found in South America; that which grows in this country possesses about the same medical properties, but is not so strong; it is good to purify the blood and cleanse the system of humors, for liver complaints and diseases of the skin.

Tansy, Double Tansy: *Tanacetum Vulgare.* Few people perhaps are aware of the value of this herb, particularly to regulate flooding after child-birth. The patient should drink of it frequently after delivery, mixed with spirits and sweetened with molasses. I have found by experience that this is attended with the happiest effect; it will throw the determining powers to the surface, and thus prevent humors from taking the advantage of the weak state of the system, and fastening on the viscera.

American Ipecacuanha: *Euphorbia Ipecacuhanhœa Spurge*—is very much celebrated for its power to evacute the water in dropsy when every other agent fails; in its properties it is emetic and physical, as well as diuretic; fifteen or twenty grains may be administered a number of times a week, or nearly half of a tea spoonful.

Slippery Elm: *Ulmus Fulva*—is an excellent remedy in all inflammatory diseases whether external or internal; good in dysentery, bowel complaints, sore throat from mercury or canker, inflammation of the lungs and cough. For a poultice it stands first in the vegetable kingdom for ulcers, tumors, swellings, gunshot wounds, and chilblains. A tea made of this bark is said to be used by the Indian women to produce easy labor, drank a number of months before delivery.

Sage: *Salvia Officinalis*—makes a very wholesome drink instead of tea. One reason why many do not like sage is because they make it too strong. It is good made strong for children troubled with worms; it is useful in colds, coughs

and fevers. One author has so high an opinion of it, that he says:

"Why dies the man whose garden sage affords."

Blue Flag: *Iris Versicolar*—is very useful to eradicate from the system all kinds of humors and venereal. The Indians make use of it in the cure of the rheumatism by adding it to spirit, and take three tea spoonsful per day at three different times, increasing the dose a little daily. Dr. Smith, late of the city of New York, esteems it better than mercury in all cases where mercury is used.

Bitter Root, Dogsbane, Flytrap, Honey Bloom, is emetic and physical; it increases discharge of mucus from the lungs; it will increase discharge of urine; about a tea spoonful will vomit and purge; for a tonic, about a quarter of a tea spoonful is sufficient; is good in bitters. It may be combined with the vegetable powders so as to be a little physical.

Prickly Ash, Toothache Bark: *Zanthoxylum Fraxineum.* The bark and berries are stimulant, tonic and energetic. It has been highly esteemed in the cure of the rheumatism and toothache; good in bitters. It may be taken from ten grains to half a drachm, three times a day.

Pennyroyal, Squawmint: *Hedeoma Pulegioides*—is stimulant, and produces universal perspiration when taken warm in large quantities. We consider it the best drink that can be used to assist the operation of the Lobelia emetic; it may be drank at liberty; good taken warm on going to bed, for a bad cold.

Elder: *Sambucus Niger.* The bark of the root and stalk and the flowers and berries, possess medical porperties. The flowers taken in strong tea, is good in the scurvy and in bowel complaints of children; it is generally laxative and purifies the blood. The bark is good simmered in hog's lard with camomile flowers, for sore nipples.

Mullen: *Verbascum Thapsus*—is good in dysentery, piles, and to discuss humors; useful in colds, coughs, and female obstructions. It is somewhat physical.

WAKEROBIN, COUGH ROOT, WILD TURNIP: *Tillium Latifolium*—is tonic or bracing: good against diseases of the lungs, chest, and spasms. The root is employed in cases of bleeding from the kidneys and bladder, in bloody urine, cough and cholic. Dose, a tea spoonful; it should be dried before used.

INDIAN HEMP: *Asclepias Incarnata*—is a species of the silk weed. I believe it to be one of the best remedies for palpitation of the heart. I have used it with great success in that complaint; it is a good nervine; very good in long standing nervous complaints of women. It is one of the best remedies for children in case of worms; given in strong tea it will immediately remove spasms or fits produced by worms.

CLEAVERS, GOOSEGRASS: *Gallium Aperine*. Dr. Smith, late of the city of New York, says, cleavers is one of the most valuable diuretics that our country produces. I have found it an excellent and speedy medicine in all suppressions of urine and gravelly complaints, and is a powerful discutient.

LOBELIA, INDIAN TOBACCO, EMETIC WEED, WILD TOBACCO, PUKE WEED, ASTHMA WEED, PLANT OF RENOWN: *Lobelia Inflata*. It is so called, inflata, in distinction from other species of the Lobelia, because the pod is inflated, or as it were blown up. It blossoms from June to November, grows from one to two feet high, and has a blue flower. It has long been known as an emetic by the aborigines of our country; but Dr. Samuel Thomson has the honor of testing its properties and bringing it into use. This herb properly administered, will break up diseases of long standing, that have resisted the power of every other remedy. By its action upon the great sympathetic nerve, it allays inflammation and irritation, and is peculiarly adapted to the cure of the cholera, hydrophobia, or bite of the mad dog, asthma fits, and all spasmodic diseases. In hooping cough, tightness of the chest, difficulty of breathing, and all bilious affections, it is almost a sovereign remedy, and there are but few diseases where it may not be profitably employed. I have administered the Lobelia to a multitude of patients in different diseases, from the infant at the breast to the patient of eighty years of age, with decidedly good effect. The late Dr.

B. Sanborn, of Sandbornton, N. H., informed me that he cured a child of the hydrophobia in a bad stage of the disease, by giving plentifully of the tea of Lobelia; it did not operate as an emetic, but soon allayed the spasms, and the child recovered.

LOBELIA.

Mode of Administering the Lobelia Emetic.—A common portion is about three tea spoonsful of the powdered leaves and pods; sometimes one third of this portion is sufficient;

in other cases two thirds, and again the whole three tea spoonsful; it depends upon the constitution of the patient, and the nature of the disease. I oftener give three tea spoonsful than any other quantity; three tea spoonsful three different times, in from twenty to thirty minutes between each portion of Lobelia. There should be added about half a tea spoonful of common cayenne, and a little more than this quantity of skunk cabbage if at hand; these three articles, viz, lobelia, cayenne and skunk cabbage, together with a tea spoonful of sugar, should be put into a cup two thirds full of pennyroyal tea made strong, all mixed together and drank, dregs and all. Take care and not put the lobelia into the tea while it is scalding hot, as it may distress the patient. No more drink need be given till the patient vomits; then let him drink as much pennyroyal or thoroughwort tea as he will; the tea may be sweetened a little. The patient should drink freely of the pennyroyal tea during the operation of vomiting; it assists the operation of the emetic, and renders it more efficacious. A little before the patient is done vomiting, commence giving water gruel. This is very important. If the stomach is in a cold state, the emetic may not operate under an hour or two; if this be the case, give the patient a portion of the vegetable powders, or composition, or cayenne and warm tea, to warm the stomach. Where it is convenient, it is well to gently open the bowels and give the vegetable powders every night for a few nights, before giving the emetic. It is well to give a portion of the vegetable powders about half or three quarters of an hour before taking the emetic. Before giving the emetic, place the patient in a bed and put a hot stone at the feet. It is important to get the patient warm before giving the emetic. It is desirable to make the patient perspire freely during the operation, which answers in many cases the purposes of steaming. In diseases of the skin, rheumatism and dropsy, steaming is important. It may be done by placing hot stones wrapped in cloths, after pouring vinegar on them, in bed around the patient; or by burning spirit and communicating the vapor under the bed clothes to the patient, a frame being placed over the patient to keep up the clothes. If the patient should call for cold water during the operation of the emetic, it may be given, but not in great quantities at a time. I have frequently given cold water in such cases with good effect. A person should not take an emetic at night, after

being exposed to the cold during the day. If vomiting should hold on for a long time, and severe, let the patient be kept perfectly still and a little cold water be given occasionally.

For a child, take a tea spoonful of the pulverized leaves and pods, add sufficient warm water, or herb tea, to wet it, then strain it through a cotton cloth; give from one to three or four tea spoonsful, according to the age of the child and the nature of the disease. For fits and all spasmodic diseases, they require more than in other cases. In these cases it will quiet the nerves and often produce relief.

Wintergreen.—The oil is good to cure the toothache. This herb is good in syrups to purify the blood. The oil is used to disguise many popular panaceas.

Yarrow—is said to purify the blood, open the pores, remove obstructions, stop spitting of blood, cure the bleeding piles, and dysentery; it may be taken in the form of tea.

Goldenrod—grows from two to three feet high; has a yellow flower, is used in obstructions in the urinary organs.

Centaury—makes an excellent bitter; very efficacious in expelling worms in children.

Nettle.—The young shoots are good in the Spring for greens, especially in the scurvy; the root is good to remove obstructions in the water.

Motherwort.—A strong tea is an excellent remedy in case of a cold; very good to quiet pain in nervous headache.

Button Bush—is a shrub growing in wet places; it bears a round flower and burr. It is one of the best remedies to produce a discharge of urine.

Chocolate Root, or Avens Root—is found in wet places. It grows about a foot and a half high; it makes a very wholesome drink, and it is used by people in the country instead of chocolate, which it very much resembles in taste. It makes a strengthening drink for the sick. Dr. Smith, late of New York city, esteems it very highly in the beginning of consumption and debility, intermittents, dysentery, chronic diarrhœa, whites, and sore throat; the continued

use of it, he says, has restored to health the most shattered and enfeebled constitutions. Dose, a pint of the decoction weak, or three tea spoonsful of the powder per day, at three different times, taken in honey.

Poplar Bark.—The properties of the poplar bark are tonic or bracing; the bark of the root is the strongest. Good in cough and in bitters.

Smart Weed.—This herb produces powerful sweating; is an excellent remedy to break up a cold when threatened with a fever; it may be drank in tea at liberty.

Mountain Cranberry—runs on the ground in sandy forests; good in obstructions of the urine, and bleeding at the lungs.

Hardhack—is tonic and astringent; good in a weak state of the stomach; is less apt to be rejected by the stomach than most tonics. Good simmered in milk for diarrhœa and dysentery.

Lovage.—A tea made of this plant is particularly useful to promote discharge of urine and remove pain and wind, particularly in children; it also promotes menstrual discharge.

Vervain.—Good in scrofula, gravel, coughs, and to expel worms.

Valerian: *Valeriana*—is very useful in nervous complaints of long standing; make a tea, sweeten it, and take a swallow or two occasionally.

Jalap—is a brisk and active cathartic or physic, acting upon the whole extent of the canal without griping. Good combined with cream of tartar in dropsies, in doses of half of an even tea spoonful of jalap and twice that quantity of cream of tartar.

Queen of the Meadow—is good in suppression of urine. It may be drank at liberty.

Maiden Hair—possesses much the same properties as queen of the meadow, and may be taken in tea in the same manner.

RECIPES.

Directions.—We have laid down directions for the quantity to be taken in ordinary cases, leaving it to the discretion of persons who administer it, whether it be necessary to give more or less. For a general rule, persons require a full dose at twenty, or twenty-one, and women little less than men.

APOTHECARIES WEIGHT.

1 ounce	makes	8 drachms.
1 drachm	makes	3 scruples.
1 scruple	makes	20 grains.

MEASURES OF LIQUORS.

A pint contains 16 ounces.
An ounce contains 8 drachms.
A great spoonful is about half of an ounce.
Sixty drops make about one tea spoonful.
A tea spoonful is about one fourth of a table spoonful.

Most roots should be collected late in the Fall, when the tops are dead, or early in the Spring before they shoot up.

Herbs should be gathered when in bloom, and dried in the shade, or in an oven moderately hot. As soon as they are dry, they should be packed, to prevent them from losing their strength by being exposed to the air.

PILLS.

Bilious Pills—Take castile soap one part, aloes one part; pulverize the aloes, and mix them well together in a mortar or with a knife. Dose, from 3 to 6, the size of a pea. This pill will immediately remove any burden or oppression at the stomach, particularly after eating. Good in purifying the blood: take one a day.

Asthmatic Pills—The following formula, I received from professor Briggs, formerly of Waterville College:

Take 4 oz. of the brown emetic, that is, the seeds of the

Lobelia, finely pulverized, 1 oz. of the African cayenne, 2 oz. of bitter-root, 2 oz. of nerve powders, or Valerian, 4 oz. of skunk cabbage, 2 oz. of bayberry bark, 2 oz. of hoarhound; take one or two pills every night. These pills are very excellent in the asthma and phthisic, and also for a cough. They may be made with honey or molasses.

Hygean Pills—Take castile or common bar soap one part, colocynth one part, gamboge one part, aloes one part. Three or four of the size of a pea are a dose. These pills operate very similar to the celebrated Morrison's Hygean Pills.

Physical Powders—Take jalap one part, spearmint or peppermint one part, and senna two parts; pulverize them separately, and mix them well together. A heaping teaspoonful is a common dose, put into a gill of hot water, and sweetened. It operates well for children; they will drink it without difficulty, as it is pleasant to the taste.

Ointment—Take equal parts of yellow root or gold thread, and common elder bark, and simmer them in hog's lard. No family should be without this ointment. It is good in chapped hands, chilblains, burns and scalds, sore nipples and lips.

Kitteridge's Ointment—Take equal parts of neats-foot oil, best French brandy, and spirits of turpentine; mix and it is fit for use. Good in sprains and bruises.

Dyspepsy—Take one ounce of best Turkey rhubarb, boil it a few minutes in one pint of water, and then add one pint of best French brandy. Dose, two-thirds of a wine glass three times a day. This has cured where every other medicine has failed.

Warts—Make a little roll of spider's web, lay it on the wart, set it on fire, and let it burn down on the wart. This is said to be a certain cure.

Whites—Take white oak bark, boil it down strong, and add an equal quantity of best French brandy; bathe frequently the small of the back; take something warm invariably before bathing, to defend the stomach, say a little

peppermint, snake root, or vegetable powders. I have known this medicine to give immediate relief; it is also good in any external pain or weakness.

Canker—Make a tea of equal parts of hemlock bark, the inside, sumac bark or berries, raspberry leaves, and bayberry bark, which may be drank at liberty.

Piles—A gentleman informed me that he had had the piles extremely bad: he had tried every remedy in his knowledge, without receiving benefit, and at last made use of injections of tar, from a tea-spoonful to a great spoonful at a time, for a number of times, and effected an immediate cure; he had recommended it to many others and it cured them also. Tar water will often cure this disease.

Night Sweats—Drink plentifully of cold sage tea; this is almost an infallibly remedy.

Cholera Morbus—Drink plentifully of wormword tea. It rarely fails of effecting a cure.

Croup—Place a piece of sponge, or a number of thicknesses of flannel, wet in hot water, over the wind-pipe, or the part affected, as hot as the patient can bear; change it as soon as it cools a little, and continue till the symptoms subside. If the sponge or flannel be applied so hot as to start the skin, it will do no harm. A gentleman informed me a short time since that he succeeded in curing a child of his by this application, that was attacked more violently than one he lost a short time before of the same disorder.

Nutritious Drink for the Sick—Take a handful of English barley, a piece of gum Arabic as large as a walnut, with a little slippery elm; pour boiling water upon it, steep it a little, and add a little salt and loaf sugar with nutmeg. This I have found to be excellent where the patient had not much appetite, and could not bear solid food, to keep up the strength of the patient.

Injections—Take of strong catnip tea, a common tumbler full, of fine salt a tea-spoonful, sweet oil a great spoonful or the same quantity of hog's lard, two great spoonsful of molasses: inject, and keep it up from fifteen to twenty-five

minutes. This injection will remove slime and jelly matter from the intestines that physic many times will not reach, and remove pain and swelling in the bowels of children as well as adults; good in case of worms and spasmodic cases.

Inflammation—Make a strong tea of wild cherry-tree bark and bathe the part inflamed. A lady informed me that she saved a man's arm after the surgeons had met to amputate it, by bathing it with this wash.

Bleeding at the Lungs—Take one ounce of the dried root of yellowdock, and boil it in a pint of milk; take a tea-cup full at a time two or three times a day.

Poultices, made of rye-meal and vinegar, with a great spoonful of mustard-seed pounded up, and spread on the surface, will answer the purpose of blisters, and may be used in their stead; they are not attended with that danger that blisters are.

Rheumatism—Take a handful of blue flag root, put it into a pint of spirits, and let it stand a few days; take a tea spoonful three times a day to begin with, and increase the dose by degrees to a great spoonful three times a day. I obtained this receipt by way of the Oneida Indians; it is a favorite medicine with them; the bowels should be kept open. The Lobelia emetic and steaming is the most effectual in this disease. See Lobelia in this pamphlet.

Cough—Let the patient drink freely of Life Everlasting made into a tea, sweetened with molasses, and occasionally a little liquorice and slippery elm. I have tried many prescriptions for a cough, and have found none so efficacious as the above. I have succeeded in breaking up the most violent cough in forty-eight hours, with this prescription.

Elixir or Hot Drops, is made by adding three-fourths of a pound of best gum myrrh, pulverized, and one ounce of African cayenne, to one gallon of alcohol, or fourth-proof brandy. It may be taken from a tea-spoonful to a great spoonful in water sweetened with molasses or sugar. Good internally in coughs and colds, debilitated state of the system, pain in the stomach and bowels. We make the most use of it applied externally for the rheumatism, pains or inflammations

of any kind, headache, toothache, cramp, cold feet, &c. For bathing, the gum may be omitted and more cayenne added.

Vegetable Powders, or Composition—Take one pound of fine bayberry bark, eight ounces of ginger, three ounces of common cayenne, and mix them well together. Dose, a tea spoonful put into a cup two-thirds full of boiling water, sweeten it and add a great spoonful or two of milk; in case of a cold or cholic, a tea spoonful or two of the Elixir may be added. This medicine is good in almost all diseases, colds, coughs, cholic, dysentery, sickness at the stomach, want of appetite, and pain in the stomach. Where there is a costive habit, equal part of rhubarb may be used. It often produces vomiting; in such cases it always has a good effect. On going to bed is the best time to take it. It may be taken at any other time, but the patient should keep in the house for a half an hour after taking it, to prevent taking cold.

Rheumatic Plaster—Take equal parts of common rosin and sulphur, say one pound each, melt them by a slow fire, then add two ounces of African cayenne pulverized, one ounce of camphor, and stir it till it is well mixed, then temper it to the consistency of shoemaker's wax with sunfish oil; if this cannot be had, use neatsfoot oil.

Compound Elixir—Is made by adding to the elixir, as above, say for a quart two ounces of African cayenne, an ounce of the oil of hemlock, an ounce of the oil of spearmint, three ounces of camphor, and half an ounce of opium. This preparation is only designed for external application, for the toothache, headache, all external inflammations, and pain and tightness of the chest.

Bard's Opodeldoc—Take Venetian soap two ounces, camphor gum one ounce, brandy one pint. The soap is to be dissolved in the brandy by a slow heat, and after its solution the camphor is to be added.

Harlæm Oil—Take balsam of sulphur two parts, spirits of turpentine one part. I have found this compound to be one of the best remedies to bathe for the rheumatism.

British Oil—Take sulphurated oil one ounce, oil of pe-

troleum or rock oil half an ounce, purified oil of amber two drachms, oil of turpentine four ounces; mix. Dose, from fifteen to twenty drops, morning and evening.

Alterative Syrup, to purify the blood, for weakly, consumptive complaints. Take three pounds of sarsaparilla, either the common or imported, two pounds of lignumvitæ boring, or sawdust, if the boring may not be obtained—it can be found at the pump and block makers; sassafras root half a pound; elder flowers, one pound; burdock seeds, one pound: Boil all these together for four hours, fill up in the time if necessary: strain and boil down to six quarts or thereabouts. A less quantity or more may be made at a time, by adding or diminishing the quantity of roots. If you design to keep this syrup, three quarters of a pound of clarified sugar or loaf sugar should be added to every quart of the liquor, and a glass of alcohol. If you make but a small quantity and use it up before it sours, it may be made palatable with a little molasses. This syrup is good in the venereal disease, rheumatism, chronic, inflammation of the liver, scrofula in all its different shapes, in ulcers, cutaneous diseases, or diseases of the skin, white swellings, rickets, and salt rheum. If all of the above articles cannot be conveniently obtained, a part may be omitted.

Chilblains—Common copal varnish will be found a most efficacious remedy for this difficulty, by applying it to the part affected.

Dropsy—Keep the bowels open with the physical powders; give the lobelia emetic two or three times a week, together with the vapor bath. In this disease, produce a vapor by burning spirits and conducting the vapor under the bedclothes, as described under the article Lobelia, in this work.

Follow this treatment till a cure is effected. I have cured a bad case of the dropsy in less than a fortnight by this process.

If the dropsy be recent, each time the patient goes through this treatment he will find relief, but if it be of long standing it sometimes requires a number of courses of the emetic and vapor bath, to produce an alteration, sometimes three or four. The patient should remain in this vapor bath nearly an hour; between administering the vapor bath and the

emetic, give an injection of tea of pennyroyal; put in a teaspoonful of lobelia, and nearly the same quantity of common cayenne, strain it and inject.

By this treatment I succeeded in effecting a complete and radical cure of the case of dropsy in my wife, in less than a fortnight: her feet and ancles and body were so bloated that one could not feel the spine or ancle bone by pressing the finger on it, nor could she get on her stocking. She took a journey of three hundred miles alone, except with an infant of six weeks old, in five weeks from the time she was the worst, and returned in better health than when she started.

Fever in Children—If the child be taken towards night with short breath, heat and dryness of the skin, cut some slices of onions, heat them through, and put one at the bottom of each foot; cover warm in bed, and in the morning there will be a moisture on the skin, and the breathing will generally be relieved; if it should not, give the lobelia tincture.

Worms—Give to a child from two to three years old an ounce of the juice of onions; after half an hour, give a portion of the physical powders; in some cases the lobelia will be found serviceable. This treatment I have found successful.

Fever and Ague—The first thing to be attended to is to give a thorough lobelia emetic after warming the patient by giving the vegetable powders a number of times and placing the patient warm in bed; place a hot stone at the feet, and a number about the body, after quenching them in vinegar. This treatment should be begun a little before the cold stage commences, if possible, to overcome the cold stage; if the cold stage is cured, the hot stage will cease. In this disease it will be necessary to take more care than usual to warm the patient, to prevent the cold stage from appearing; cayenne should be added to the vegetable powders, and a greater quantity than usual given with the emetic. If this does not break up the fits, repeat it once in two or three days, until the symptoms have completely subsided; give no tonics till the stomach is completely cleansed; after the stomach is cleansed, the following tonic may be given: Peruvian bark 1 ounce, Virginia snake root 1 ounce, orange peel 1 ounce, thoroughwort 1 ounce, white oak bark 1 ounce;

put these into a quart of best Holland gin: take from half to two-thirds of a wine glass two or three times a day, before the hot stage comes on. It may be taken as a preventive, and also the vegetable powders.

Sulphate of quinine 12 grains, wine 2½ pints, may be taken at liberty. A fire should be built morning and evening during the wet seasons, as a preventive; it deprives the air of its unhealthy moisture.

Directions to Mothers—Great care should be taken to keep children warm, particularly the feet and hands, as cold extremities produce most of the pains that children suffer till they are three months old.

Teething—It is estimated that one out of ten infants die of teething. This disease often produces fits or spasms, loaseness, fever, vomiting, &c. I have never failed of removing these symptoms by the tincture of lobelia. We have used it with seven of our own children, as well as many others, with complete success. Portion, from one to three tea spoonsful of the tincture, a tea spoonful at a time, once in ten minutes; feed it between giving the emetic with herb tea. If the child be costive or feverish, give oil after the emetic. This tincture is made by pulverizing the herb, add warm water, and let it stand a while, strain through a cloth, and sweeten.

Corrector—Take equal parts of rhubarb, salæratus, peppermint, and cinnamon, all pulverized, each a tea-spoonful; add half a pint of hot water, and sufficient loaf-sugar to sweeten it, when cool, if it be convenient, add two great spoonsful of best French brandy: for a child a year old, a table spoonful once an hour. This rarely fails of curing in diarrhœa and dysentery. If pain still continues, ten or fifteen drops of laudanum, in a little water, will remove it.

Dyspeptic Bitters—Take four ounces of golden seal, two ounces of bitter-root, four ounces of poplar bark, four ounces of peach-meats; add two quarts of water, and two quarts of gin. Good in dyspepsy, weakness of the stomach, &c. If taken after eating, it will prevent the food from producing distress. Dose, two-thirds of a wine-glass before eating.

Common Bitters—Take six pounds of bayberry root, one

pound of wormwood, and one of double tansy; boil till the strength is out; add molasses, and it is fit for use.

Mother's Cordial—Take black snake root, called by the Indians, Squaw root, half a pound, pour three pints of boiling water upon it; let it steep by a gentle heat for four or five hours, making about a quart; add two tea spoonsful of the flour of slippery elm, to keep it from souring, and add a pound of loaf sugar. For heartburn and sickness at the stomach, take a tumbler full in the course of the day. The patient may act his pleasure about adding sugar; be particular to add boiling water, as it will give a more pleasant taste. For sickness at the stomach and heartburn usually attendant on pregnant women, it is invaluable. Where persons are apt to throw up their food, it is a preventative. It is good against a gnawing, sinking feeling at the stomach.

Cough Powders—Take lobelia one tea-spoonful, flour of slippery elm two, skunk cabbage six, blood root one, cayenne one, wakerobin three, elecampane three, bitter root two, mix them all together, and pass the mass through a fine sieve. Dose, from a half to a tea-spoonful two or three times a day. If all the above articles cannot be obtained, some of them may be omitted.

Turlington's Balsam of Life—Take of balsam of Peru half an ounce, balsam Tolu one ounce, gum storax one ounce, gum guaiacum one ounce, gum benzoin an ounce and a half, hepatic aloes and frankincense each two drachms, and dragon's blood one ounce.

Let the gums be bruised and put the ingredients into a quart of proof brandy; put it in a warm place, and let it be shaken often for a few days, and it is fit for use. Dose, from twenty to thirty drops, internally, to remove coughs asthmas, and other complaints of the breast. It is used externally to heal recent wounds or bruises.

Catarrh Snuff—Take ten parts of blood root, five of skunk cabbage, two of lobelia, three of snakeroot, six of the flour of slippery elm, and one part of African cayenne. All these should be made fine, well mixed, and run through a sieve. I have found this very efficacious in catarrh and diseases in the head. Dose, a pinch may be taken a number of times a day.

Expectorant Tincture—Take one part of blood root, one part of lobelia, three of skunk cabbage, two of white root or pleurisy root, pulverize, and add spirits. Dose, from one tea-spoonful to a table spoonful. Good against cough and lung complaints.

Essences—Add one ounce of oil to one pint of alcohol, either peppermint or hemlock, or whatever kind of essence you wish to make. An ounce of oil to a pint of alcohol is about a right proportion. A tea-spoonful is a common dose.

Venereal—Take equal parts of blue flag root and garget, one ounce each; and one pint of the best Holland gin, and let it stand one week; take two tea-spoonsful at a time, three times a day, and increase it by degrees to a great spoonful at a time. This medicine will be found serviceable in all humors as well as the venereal taint.

SCARLET FEVER, OR CANKERRASH.

There is perhaps no disease so much dreaded in a family, especially of children, as this. It often leaves parents childless; and yet it is more easily managed if taken in season: hence the importance of immediate attention. It is important that parents should be acquainted with its symptoms, and know what remedies to apply at its first appearance.

The following treatment is from the experience of the author, and the most distinguished and successful practitioners in different parts of the country, with whom he has consulted. If the disease is prevalent, families should have medicines at hand, that they may administer before a physician could be called.

Scarlet Fever, or Cankerrash, is induced by the atmosphere being highly impregnated with a poison, or miasma, coming in contact with persons whose temperaments and constitutions are favorable to the production of this disease.

It attacks children of a nervous temperament, of quick, active turn; persons of fine texture, hardy and robust, are less liable to be affected.

Scarlet Fever is so called from its scarlet color, resembling wine. It occurs at all seasons of the year, but more generally in the spring, fall and winter. It is almost entirely con-

fined to children and youth, although there are some exceptions. A person rarely has it a second time. This disease assumes three forms: the first, its most simple state; the second, when the throat is affected; and third, when it assumes a putrid type. The scarlet fever commences with cold chills, and often vomiting, pain in the head, accelerated pulse, eyes red and eyelids swollen—in two or three days the flesh begins to swell, an eruption appears on the body like a red stain or blotch, of fiery redness.

This disease may be distinguished, says Dr. Beach, from the measles, by its fiery redness, and from its being dispersed over the whole body.

When the disease shows itself by vomiting, follow up this indication of nature to rid herself of the disease, by giving a thorough emetic. The lobelia emetic, as laid down on page 15, may be administered—endeavor to produce perspiration in the course of the emetic—immediately after the operation of the emetic, give physic until a thorough evacuation is produced.

If the patient is not attacked with vomiting, commence immediately with physic. The physical powders, as laid down on page 21 of this work, perhaps are as good as any combination, and as agreeable to children. It often requires more physic than in ordinary cases, but the quantity should not be increased, that is, of a dose, but the dose should be repeated once in two hours until a thorough operation is produced, then wait a sufficient time and repeat the operation, unless the attack be very light. The principal dependence in eradicating this disease, in any stage of it, is by physic. It seems to be the most simple way of draining off the disease. Emetics, if often repeated, have a tendency to increase the difficulty in the throat and glands. If the neck is swollen, bathe it with spirits, keep it cool, and bind nothing about it, as is customary. While the fever is on, there is no danger of taking cold; let the patient consult his own feelings in regard to how many clothes he shall keep on. Put the patient into a warm bath repeatedly. When the surface is hot, bathe it frequently with weak ley, or alcohol.

Dr. Payson, of New Bedford, who has been very successful in this disease, informed me that he was once called to a child when it had been given up, and was apparently almost

gone; he fed it all night by turns with physic, with a tea spoon, until he produced thorough evacuation; in the morning the child was comfortable, and recovered.

If the physical powders be not at hand, a physic made of salts, senna, jalap and rhubarb, may be given in its stead.

Dyspepsy and Liver Complaint—The best remedy that I am acquainted with is mustard seed and molasses; take an even great spoonful three mornings in succession and miss three; the number of doses left discretionary.

Dr. Beach's Diaphoretic Powders.

Take of gum opium half a drachm, camphor two drachms, pulverized ipecacuanha one drachm, cream of tartar one ounce; pulverize all separately, and then mix. Dose, ten grains as often as may be necessary. This powder allays pain and restlessness, and produces sleep; it produces moisture upon the surface without increasing the heat of the body. It is beneficially administered in diarrhœa, dysentery, cholera morbus, and useful in rheumatism, gout and cholera.

Sudorific Powders, by Dr. Beach.

Take ipecacuanha, saffron, camphor, Virginia snake root, and opium, two ounces of each; Holland gin or Jamaica spirits three quarts. Let it stand two weeks. Dose, one tea-spoonful given in a tea-cup full of catnip tea every hour till it produces perspiration.

SICK HEADACHE.

Few persons are troubled with this difficulty, who abstain from tea and coffee, and eat but little meat. Persons afflicted with this disease should eat meat not more than once a day, and then but little, and let that be lean. Let your food be mostly vegetable. Tea and coffee are both pernicious to the human system, as an aliment.

SCALD HEAD: OR, SORE HEAD.

SORE EARS, MOUTH AND EYES.

Let the patient take two or three teaspoonsful of the tincture of lobelia, one teaspoonful at a time, once in ten minutes. Let him do this three mornings in succession; skip three mornings; and so on until the sores are healed. Give each morning that you do not give the tincture, one or two of the bilious pills. I have cured these sores without the pills, but it is more certain to effect a cure, especially for sore eyes. I first cured two of my own children by this process; since which, I have cured many others.

[*From Dea. J. Wilmarth, Taunton*]

This may certify that my child has been afflicted with running sores on the head for three months, so that we were under the necessity of cutting off the hair. The disease resisted all remedies applied, and continued to grow worse. Hearing of Dr. Sanborn's success in curing humors, we applied to him, and I am happy now to state that his medicine had the effect to produce an immediate cure, not only of the head, but of a bowel complaint which was a year and a half standing. About a year after, I had another child affected in a similar manner; I applied the same remedy, with like results.

J. WILMARTH.

DYSENTERY.

This disease may be distinguished from the diarrhœa, from acute pain in the bowels which it produces, and discharge of bloody matter. It is most prevalent in the spring and fall. Night air, confined and unwholesome air, bad water, leaving off flannels, wet clothes, are some of the principal causes that produce dysentery.

The symptoms are frequent griping pain in the bowels, an inclination to go often to stool, bloody discharges mixed with slime; it is attended with chills and quickness of pulse. When the patient goes to stool, he feels a bearing down, as though the whole bowels were falling out. It is very important in this disease that the patient should keep clean, warm and quiet.

Give the *Corrector*, as laid down on page 35, under the head "Diarrhœa: or, Looseness."

YELLOW FEVER.

The yellow fever is a disease which very much resembles in its character, the highest grades of the bilious remittent fever. It is more violent in its attack, and all the symptoms are more aggravated; and there is a greater tendency to putrescency.

There are many predisposing causes to this complaint, among which may be reckoned intemperance of every kind. Almost all the victims of the yellow fever, are addicted to the use of ardent spirits, and such are the most liable to fall victims to it. Drink freely of yeast, if there is a tendency to putrescency; let the patient drink cold water if he craves it. The emetic should be administered in this disease, especially in the first stages of it, and active means used to promote perspiration. It will be found that the emetic produces a healthy action upon the liver and stomach, where the seat of the disease is. The vegetable powders may be taken a number of times a day, both before and after taking the emetic; add one-fourth rhubarb to the vegetable powders, and take a heaping tea-spoonful at a dose. This will allay irritation, equalize circulation, produce perspiration, and prove gently physical. Where the stomach is very irritable and excessive vomiting prevails, the following medicines are highly recommended:

Rhubarb—20 grains.
Saleratus—20 grains.
Peppermint—a tea spoonful, pulverized.
Add a gill of boiling water.
Laudanum—15 drops.
Brandy—a table spoonful.
Mix, and sweeten with loaf sugar.

One table spoonful of the above may be taken at a dose, and repeated every half hour until it ceases.

A tea made of boneset, or thoroughwort, is particularly serviceable in this fever; it should be taken strong and at liberty. One patient who found great help from it, took two quarts in the course of a few hours; half a pint taken warm will generally produce vomiting. Soak the feet, bathe the whole surface with weak ley, &c.

CONSUMPTION.

Persons predisposed to consumption, should leave a northern country for the south, and by inducing bilious affections, the consumption often leaves. This course should not be put off too long.

Little can be done for consumption by medicines. I place more confidence in the cure of this complaint in the following

directions, than all the medicines in the world, especially in the first stages. Wash the whole body every morning in cold water, winter or summer, especially the chest, shoulders, back and neck; wipe dry, and rub thoroughly with a coarse towel, until there is a gentle glow of warmth on the whole surface: this has a great tendency to prevent taking cold. Take early walks in the open air; let the mind be at perfect rest; let the food be nutritious—good beef-steak or roast beef, where it does not produce fever, and oysters. The use of the inhaling tube has wrought wonders in my own case, as well as others that I have known of. In some cases of advanced stage it has proved injurious. Wear thick flannel shirts in winter, and thinner in summer. By all means restrain coughing as much as possible; it produces irritation and inflammation, and thus adds fuel to fire. Keep the bowels open by exercise and food adapted to the case, such as Graham bread, fruit, &c. Avoid tea and coffee. Antimonial ointment rubbed over the chest, by producing counter-irritation, will sometimes cure a cough. Consumptive persons get along best who take the fresh air at all seasons of the year, in the day time, keep in nights and go to bed early. In using the antimonial ointment, it will be necessary to apply it a number of times until sores appear. I have known hard cases of cough cured by this ointment. One case was a child of my own. A very severe cough was attended with dropsy in the bowels and chest; we gave her occasionally drastic purges, emetics, and applied the vapor bath, and for a drink, checkerberry-leaf tea—and she recovered. We thought her at one time to be in a deep consumption.

The alterative syrup (as laid down in this book) will be found very serviceable for consumption.

A tea spoonful of the tincture of Lobelia may be taken occasionally. By all means bring the blood to the surface, by washing and rubbing, and the vapor bath.

Onanism is often the procuring cause of consumption, especially in young persons. Reader! are you guilty of it? As you regard your soul and body, abandon it forever.

I have seen young men, in the prime of life, brought down to the gates of the grave, by this filthy habit, and mourn over their folly, when too late!

Tight-lacing is another fruitful cause of consumption, and it is perhaps the most difficult evil in the world to remedy, because it is almost impossible to convince the person who is in the habit of it, that they do lace so tight as to do harm.

Persons predisposed to consumption should not choose a sedentary occupation.

DIARRHŒA: OR, LOOSENESS.

Is not always a disease, but an effort of nature to throw off some disease. It ought, therefore, not to be checked, unless it produce weakness and debility. When it is produced by taking cold, take warming drinks, soak the feet, and excite a gentle moisture of the surface. Where this disease proceeds from an acid state of the stomach, give the *Corrector*, which is made of one tea-spoonful of salæratus, one of peppermint, or spearmint finely pulverized, and one of best Turkey rhubarb, sweetened with loaf sugar; add half a pint of boiling water, a few spoonsful of spirits, if it be at hand; for an adult, take half a wine-glassful every hour till it produces a change in the stool. If the pain continue after giving the Corrector, give ten or fifteen drops of laudanum in a little warm water, which will remove the pain. I have proved this medicine myself.

In common cases of slight relax in children produced by heat and exercise, let their food be milk thickened with flour, and drink nothing except sage tea, chocolate-root, or avens-root, a little cayenne, and milk scalded will be found serviceable. In some cases it may be necessary to take an emetic, but I think, rarely if the above course is properly pursued. Diarrhœa produced by extreme agitation of mind, requires emetic instead of cathartic. When looseness proceeds from worms, the stool will appear slimy, and there will be appearances of decayed worms; when this is the case, means should be taken to expel the worms. Whatever may be the cause, when it is found necessary to stop the looseness, the patient should take light food.

INDEX.

	Page.
Avens Root	18
American Ipecacuanha	13
Anniseed	10
Aloes	3
Archangel	4
Alder	10
Alterative Syrup	25
Burdock	4
Bugle	8
Bayberry	9
Blackberry	11
Blood Root	12
Blue Flag	14
Bitter Root	14
Button Bush	18
Bleeding at Lungs	23
British Oil	24
Bitters	27
Balsam of Life	28
Consumption	33
Catarrh Snuff	28
Cough Powders	28
Chocolate Root	18
Canker	22
Cankerrash	29
Compound Elixir	24
Cayenne Pepper	5
Camphor	6
Cranesbill	7
Catnip	9
Corrector	27
Castor Oil	11
Croup	22
Comfrey	12
Cough	23
Cleavers	15
Cholera Morbus	22
Centaury	18
Chilblains	25
Composition	24
Dropsy	25
Dyspepsy	31
Devil's bit, see Unicorn	
Elecampane	8
Elder	14
Elixir	23
Emetic	15
Fever in Children	26
Fever and Ague	26
Fir Balsam	10
Ginger	8
Golden Thread	5
Golden Seal	7
Garget	11
Golden Rod	18
Hardhack	19
Hot Drops	23
Harlæm Oil	24
Hoarhound	9
Inflammation	23
Injections	22
Indian Turnip	4
Indian Hemp	15
Jalap	19
Kitteridge's Oint't	21
Lovage	19
Ladies' Slipper	6
Liquorice	7
Life Everlasting	8
Lobelia	15
Mountain Cranberry	19
Motherwort	18
Mayweed	3
Marsh Mallows	4
Mustard Seed	13
Mullen	14
Maiden Hair	19
Mother's Cordial	28
Nutriment for the Sick	22
Nettle	18
Night Sweats	22
Opodeldoc	24
Oilnut	8
Pleurisy Root	3
Peppermint	9
Pine	10
Plantain	11
Piles	22
Prickly Ash	14
Pennyroyal	14
Poplar Bark	19
Physical Powders	21
Poultices	23
Queen of the Meadow	19
Rhubarb	12
Rheumatism	23
Rheumatic Plaster	24
Scarlet Fever	29
Squaw Root	4
Skunk Cabbage	8
Sassafras	8
Spearmint	9
Sarsaparilla	13
Slippery Elm	13
Sage	13
Spikenard	4
Silk Weed	4
Smart Weed	19
Senna	5
Solomon's Seal	5
Saffron	5
Stargrass, see Unicorn	
Thoroughwort	7
Tobacco	9
Tansy	13
To Mothers	27
Teething	27
Unicorn Root	4
Vegetable Powders	24
Vervain	19
Valerian	19
Venereal	29
Wild Indigo	5
Wormwood	8
White Oak Bark	9
Wild Cherry	10
Wakerobin	15
Winter Green	18
Worms	26
Warts	21
Whites	21
Wild Tobacco, see Lobelia.	
Yarrow	18
Yellow Fever	33
Yellowdock	11
Yellow Root, see Golden Thread.	

NEW-ENGLAND

BOOK & PERIODICAL DEPOT,

No. 22 COURT STREET,

BOSTON.

Agents wanted, North, East, South and West, to circulate all our books and periodicals.

REID & RAND,

BOOK, AND FANCY JOB

PRINTING ESTABLISHMENT,

NO. 3 CORNHILL,

BOSTON.

All orders executed with neatness and DESPATCH.