

**The guide to health and married woman's companion : a plain, practical and comprehensive treatise upon the practice of medicine : in the treatment of the most common forms of disease to which the human family is subject, with a concise direction for the preparation and use of a numerous collection of the vegetables made use of, and directions for preparing and adminstering them to cure diseases, and an appendix devoted to the treatment of diseases in horses / by H. Teter.**

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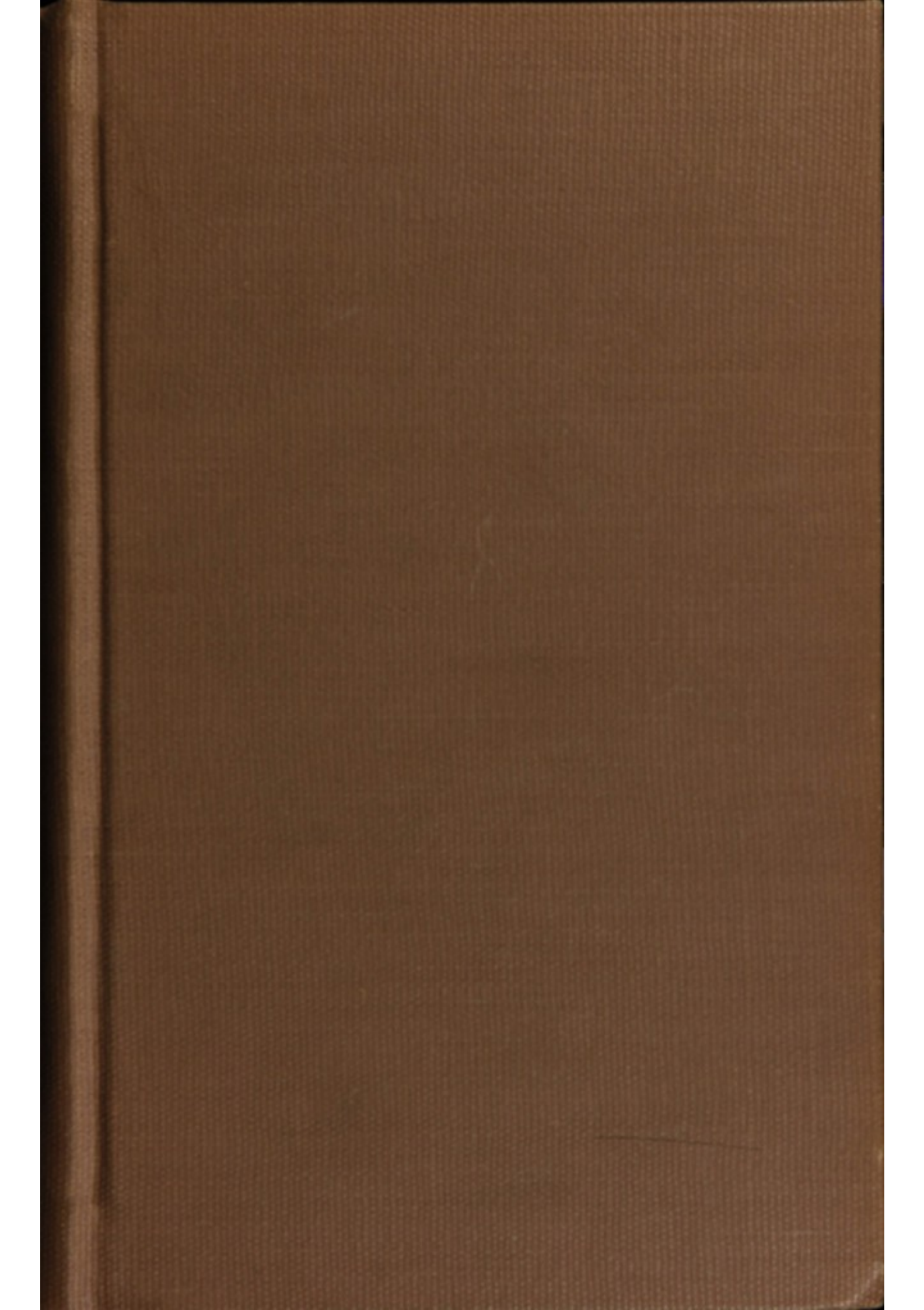
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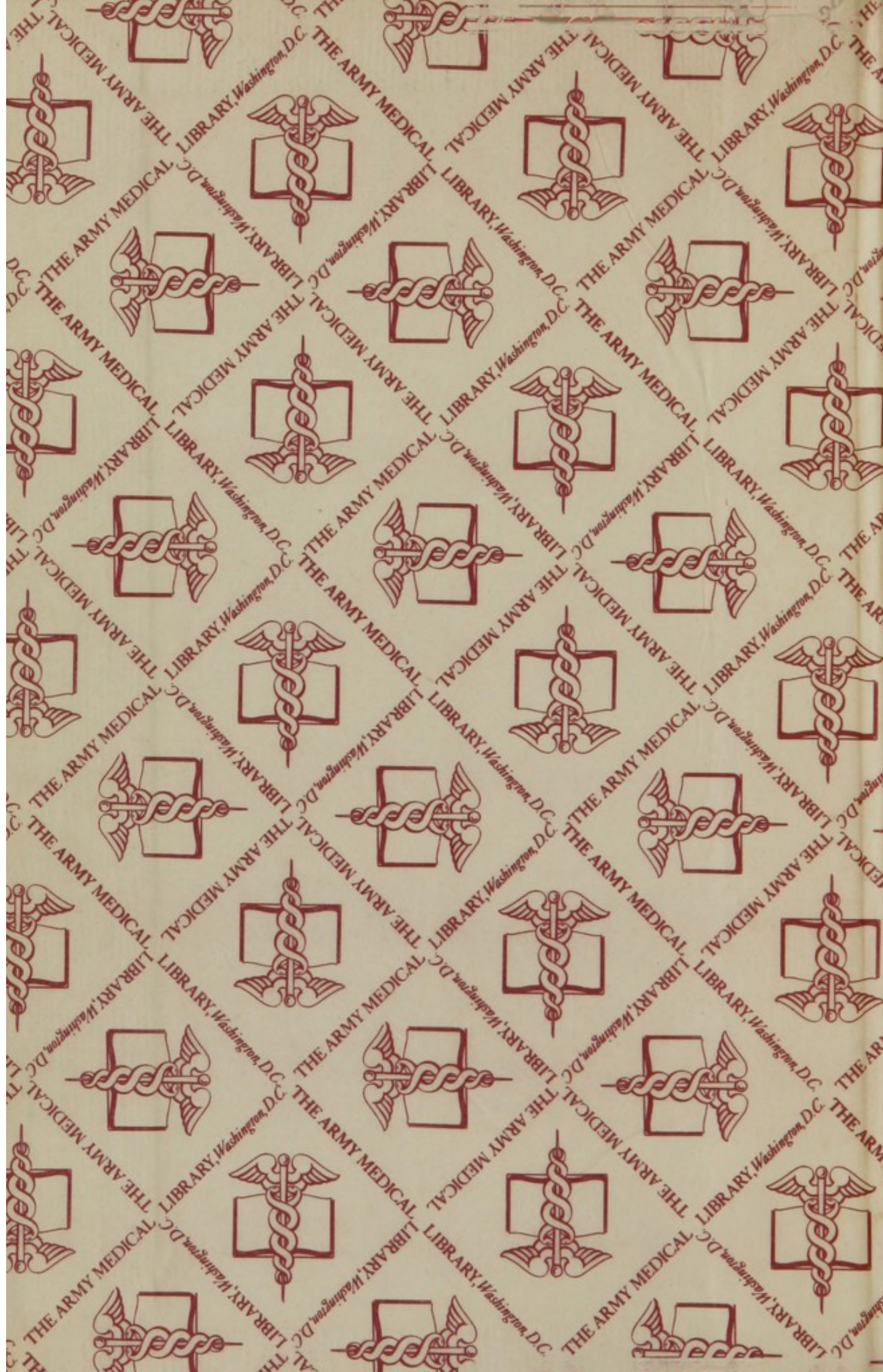


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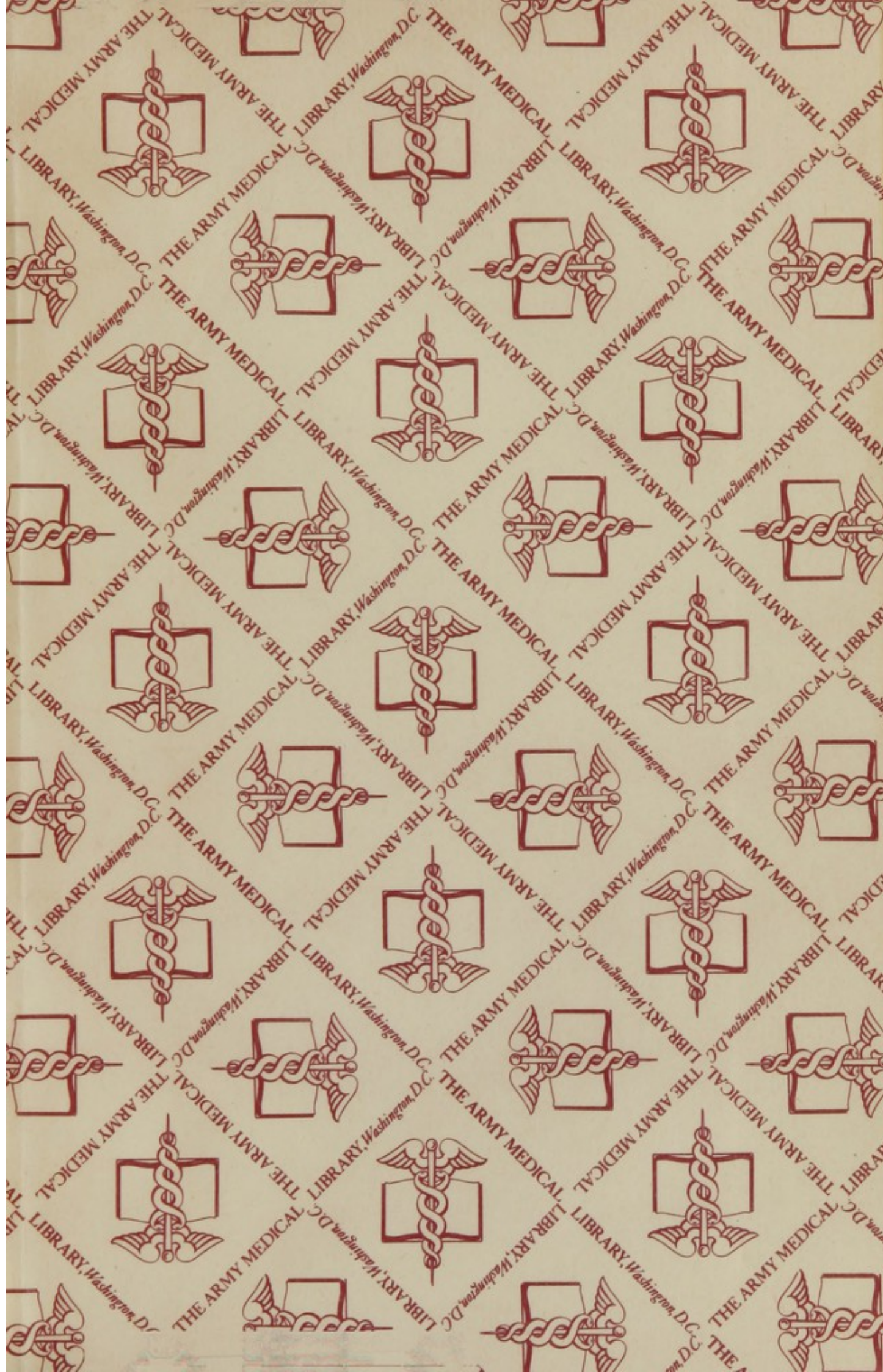
















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A BOOK FOR EVERY FAMILY:

THE SCIENCE OF MEDICINE MADE KNOWN IN A PLAIN, COMPREHENSIVE  
AND PRACTICAL MANNER.

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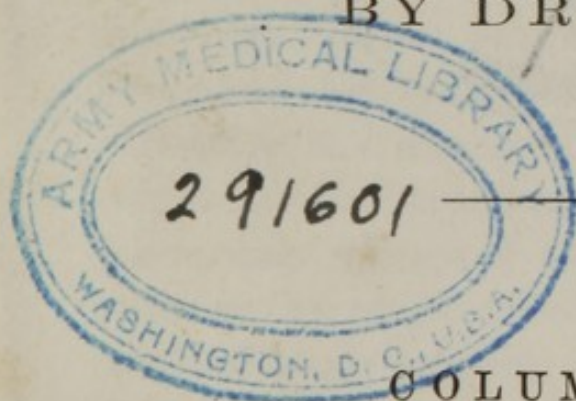
THE  
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AND

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A PLAIN, PRACTICAL AND COMPREHENSIVE TREATISE UPON THE  
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IN THE TREATMENT OF THE MOST COMMON FORMS OF DISEASE TO WHICH  
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THE PREPARATION AND USE OF A NUMEROUS COLLEC-  
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DISEASES, AND AN APPENDIX DEVOTED TO THE TREAT-  
MENT OF DISEASES IN HORSES.

BY DR. H. TETER.



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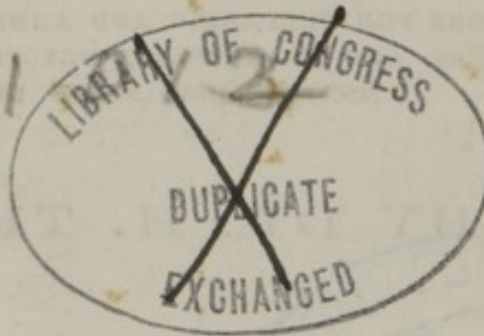
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BY DR. HENRY TETER,

In the Clerk's Office of the District Court of the United States for the  
Southern District of Ohio.

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## P R E F A C E .

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At the earnest request of many of my friends, among them some Physicians, I now bring before the public the method of practice which, for many years, I have so successfully followed in the treatment and cure of a large class of diseases, which have so often baffled the skill and research of the Medical Profession.

Among the most prominent of these maladies, may be mentioned the following: Cancer, White Swelling, King's Evil, Salt Rheum, Rheumatism, Scrofulous Affections of every description, all Rheumatic Affections, Erysipelas, Piles, Sore Eyes, Sore Throat, Burns or Scalds, Gravel, Itch, Ulcers of all kinds, Bronchitis, Asthma, Coughs, and all affections of the Lungs and Breast, Flux, Dysentery, Dyspepsia, Yellow Jaundice, Cholera Morbus, Cramps, Colics, Frost Bites, Corns, Warts, Fistula, Felons, all forms of Venereal Disease, every description of Flesh Wounds, Bruises, Sprains, Fever and Ague, all kinds of Debility, &c., &c.

Besides the diseases above enumerated, I give the symptoms and treatment of almost all diseases to which the human system is subject, in every climate and latitude, as far as practicable for a work to be within the reach of every person. This work also contains a valuable department designed for married women, explaining all their different situations through life, and showing how to raise their daughters, so as they may be healthy



women, and useful to themselves and their friends. My object is to give satisfaction to those in every department and situation in life.

I have also published full and plain directions for the preparation of my celebrated remedies, which have attracted so much attention wherever they have been introduced. Among these will be found my CELEBRATED HEALING AND STRENGTHENING PLASTER, all my PURIFYING SYRUPS, my ALTERATIVE OR TONIC SYRUPS, my HEALING SALVES, MEDICAL WINES, &c., &c., which have cost me many years of labor, study and expense, to bring to their present perfection. These preparations have been highly prized by all who have used them, and I am not wanting in testimonials showing their wonderful curative powers.

In an Appendix which is attached to this work, I have given directions for the treatment and cure of various diseases to which horses are subject, such as Ring Bone, Greasy Heel, Scratches, Distemper, Poll Evil, Fistula, Botts, Colic, &c. This department will be of incalculable advantage to farmers, drovers, teamsters, farriers, and all others owning or working with horses.

In the publication of this work, it has been my object to lay before the reader, in a clear, plain, and concise manner, my method of the Practice of Medicine. Its pages are not cumbered with windy attempts at scholastic display, or pedantic show; for in all things I have aimed to adapt my language to the comprehension of the masses. I do not propose to attack or destroy any particular system or theory, but simply to collate and render intelligible, from all systems, that which I believe to be beneficial and correct. The information which I here lay before the public, is eminently practical, and will



enable any person to understand the nature of the disease, and direct them how to apply the remedies. There is no one too well informed of his own physical organization, and every intelligent mind will at once concede the importance of fully understanding the human system, that the first advance of disease may be detected, or arrested. It is unnecessary to enter into a lengthy dissertation upon the utility of such a work. Every one will see at a glance that it cannot fail of being of incalculable value to every family. Every person will admit that such a work has long been needed, and it requires no argument to show the advantage of having within reach a work describing, in plain English, the nature of all classes of disease, and pointing out, in equally plain terms, the appropriate remedies.

It is for this purpose that the author has prepared his work. The *commencement* of a disease is the time to check its progress and successfully eradicate it from the system; and it is a matter of paramount importance to every one, that diseases of all kinds should be nipped in the bud. A work of this kind will obviate the necessity of calling a physician at every slight attack of disease, and in this manner save to the patient, in "doctor's bills," many times the cost of the book. It will also be of great benefit to those whose diseases are of such a nature as to render it very unpleasant to make them known; and while a great many persons will be enabled to cure themselves, it will at once show them when their case is critical, that they may lose no time in calling medical or surgical aid. The author hopes, by the publication of this work, to prevent much useless suffering, and may be, save many lives.

For, how changeable is the lot of mortal man! liable



to be thrown into suffering by accident, or by disease; and no situation or circumstance of life exempt any one from the common lot.

Physicians and surgeons cannot be always present in every place, nor can they alone do every thing that should be done for those to whom they are called. The sufferer must depend much on the nurses and attendants for almost every thing which is done; for the afflicted are influenced by the notions or prejudices of the attendants. How important is it, then, that the means of information in relation to the healing art be extended to every one who may suffer, or watch the sufferer. But there are cases also where medical aid cannot always be obtained, and shall the sufferer be left without relief? In the following work I have attempted, in the plainest language, to inform the reader what he should do when he is a witness to pain and sickness, and no one present better informed than himself.

The reader will find, in the pursuit of this object, I have spared no pains to give plain satisfaction on every point, so that this work may prove useful to every one in whose hands it may fall.

In the pursuit of this object, I have made a free use of any and every author whose work I had in my possession. As a matter of course, I have had to condense much of it, to give room for it in this work. In all of my collections, I have studiously avoided the use of any but such as met my approbation. It is true, that some selections I have inserted, would seem to be copied *verbatim* from Dr. BEACH. This I had to do, or worse, throw away my own views—which latter I chose to decline doing. Those portions copied from Dr. BEACH, was done for the reason that they exactly coincided with my own



views. In this connection, I would say to my readers, that desire more information than I have given in this work, for want of space, I would advise them to purchase a copy of DR. WOOSTER BEACH. It would be money well spent; for it is a good work and a safe one to follow. I can conscientiously recommend it to the public.

In the Surgical part of this work, I have endeavored to set forth what any and every one may do, can and should do, in many cases; for remember, that immediate and effectual assistance may be given in many cases, where people are now idle spectators; and how often might departing life be stayed till the proper assistance arrives, and a great deal of suffering avoided! What I have said of the preparation of roots, and herbs, and botanic remedies, may generally be relied on. I have taken great pains in the collection, as I have used many of them, and those I have not used I have selected with great care; and the collection is, I think, sufficient to answer every purpose in common hands. The part which contains recipes for the various compounds, for some near four hundred varieties, will be found very convenient and useful. I do not wish to be understood that I have intended in this work to lower the physician in his profession, or in the estimation of the people. Far otherwise; I intend to try to enable the people to appreciate the physician according to his true worth, and to look at science in its true light.

On the whole, the author flatters himself that the "GUIDE TO HEALTH AND MARRIED WOMAN'S COMPANION." will prove highly useful to the poor and afflicted, and if it does the good it is intended, your author will be amply rewarded for his labor.

Too often have I witnessed the most grievous sufferings of the sick, for the want of suitable nourishment. Now, I feel it my duty to call the attention of those in affluent circumstances throughout our numerous cities and extensive country, to the fact that they should extend the arm of charity to the indigent sick in their respective neighborhoods. While they are feasting in their own houses, let them listen to the voice of humanity, and not forget the "house of mourning," where the lone widow and her orphan pine in sick and starving solitude.

It is not easy to estimate the good that may be done to suffering humanity, by beneficent acts of this kind; and God will always reward you double fold for your kindness.

If we would all try to see how much good we could do, how much happier we all would be !

McConnelsville, O.

H. T.



## TESTIMONIALS.

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The following recommendations are given from a number which I have received from the best citizens of the county where I have resided for the last 39 years:

The undersigned, citizens of Morgan county, Ohio, and neighbors of Dr. H. TETER, take great pleasure in recommending to the favorable consideration of the public at large, his proposition for publishing his Theory and Practice of Medicine. Knowing, as we do, the virtues of the medicines which have been used by him for a great number of years, and which have won for him such an enviable reputation as a successful practitioner of the Healing Art, we have no hesitation in recommending him to the patronage of the public.

JAMES B. MCGREW,	GEO. P. MORRIS,
HERBERT JOHNSON,	B. W. CONKLIN,
DAVID DICKERSON,	JOHN HAMILTON,
CYRUS P. FISHER,	THOMAS DAVIS,
D. HOLEBROOK,	FRANK DURNELL,
FRANCIS BARTON,	ABNER THOMAS,
HARVEY HESKETT,	JOHN PORTER,
GEO. POWELL,	JAMES BURNS,
JOSEPH LASHLEY.	

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MALTA, O., Feb. 18, 1853.

DR. H. TETER,—*Dear Sir*: I take pleasure in writing you this letter, to let you know the effect of your medi-



cines in the case of my daughter. She had been ailing for four years when she commenced your treatment, and had been under the management of three different physicians during the time, without receiving the slightest benefit. I am happy to say, that at this time she is in the enjoyment of perfect health, which I attribute to your valuable medicines.

Yours, truly,

HUGH LOCKARD.

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MORGAN Co., O., March, 23, 1857.

DR. H. TETER,—*Dear Sir*: I am much gratified to hear that you have at last consented to publish your recipes for the preparation of the valuable medicine used by you in your practice. You could not confer a greater favor upon the public. I cannot find language to express my gratitude to you for the benefit which I received from your hands. You will remember, that at the time I placed myself under your care, I had been bed-ridden for three months, one side of my body paralyzed, my limbs stiff and helpless, my bowels deranged by a chronic diarrhœa, and my pains almost past enduring. After trying three physicians without receiving any benefit, I called upon you, and by your skill and the extraordinary power of your medicines, in six weeks I was able to walk, and I soon got entirely well, and have been well ever since, which is now more than four years.

Enclosed please find five dollars, for which you will please send me a copy of your work, which I shall esteem as one of the most valuable books in my library.

Yours, respectfully,

CHARLES DAVIS.

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The undersigned hereby certify, that during the year, A. D., 1853, we were Directors and Managers of the In-



firmory of Morgan County, Ohio, and that while we were in said office, we received into the Infirmary one William Davis, as a pauper, who was afflicted with cancer in the most loathsome and horrible form. His nose was entirely eaten away, almost to the eyes; the front part of the upper jaw and teeth were all gone. The upper lip was eaten back to the full thickness of each cheek, and one corner of his mouth and a part of his lower lip were eaten away. The entire inside of his mouth seemed to be affected, and all that was left of his face appeared to be inflamed, and much affected. His appearance was so horrible and disgusting that travelers objected to his being on the public highway, and the regular attending physician of the Infirmary pronounced his case hopeless.

Dr. H. TETER applied for permission to treat the case, in order to test the superiority of his practice and remedies, and to our great surprise was so successful, that in the short space of three months Davis was so far cured as to be able to leave the Infirmary, and sustain himself by his own labor, and when a permanent cure was effected, looked as well as could be expected from any one who had passed through such a terrible ordeal.

LEWIS BALDING,	} <i>Infir. Directors.</i>
SAMUEL MELLOR,	
WM. THOMPSON.	

MARCH 23, 1859.

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WINDSOR, O., January 1, 1855.

DR. H. TETER,—*Dear Sir:* It gives me much pleasure to inform you, that your Liniment and Salve have effected a cure on my son's leg. It is now as well as it ever was. You know what condition it was in when you commenced treating it. It had been affected with



rheumatism for two or three years, and I thought he would be crippled for life, as his knee had become stiff. The application of one box of your Salve, and two 40 cent bottles of your Liniment, has cured his leg, and he is now able to use it as freely as before it was affected. You can see him at any time. Keep your Liniment moving, it is really a great medicine.

Yours, &c., J. C. KEAN.

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M'CONNELSVILLE, O., March 29, 1859.

DR. H. TETER,—*Dear Sir*: I deem it a duty I owe to you, and not to you only, but to mankind in general, particularly to those laboring under the disadvantages of disease, to state that for years I was affected with Paralysis, which, at periods, was so severe as to threaten my life. I have applied to some of the most prominent physicians in the country, and tried some of the most popular remedies that I could hear or read of, but found no relief until I tried your medicines; they were greatly instrumental in effecting a cure, as I am now quite healthy and perfectly recovered. I would therefore recommend your medicines to the public, and from my own personal knowledge they have no rival, and form a certain remedy, invaluable and unapproached.

Yours, with due respect,

SAMUEL KENTFIELD.

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ROXBURY, Morgan Co., O., March 23, 1859.

DR. H. TETER,—*Dear Sir*: I am glad to hear that you intend publishing your book, the GUIDE TO HEALTH. The virtue of your medicines in curing disease is unparalleled, and of their great excellence I can bear testimony. My father, in his 72d year, was severely afflicted with



Dropsy in the Chest. His body and limbs were so much swollen that the skin was drawn tight, and was of a purple color, his eyes almost closed, and he was nearly suffocated from the effects of the disease. In this distressing condition, and after he had been given up by his attending physician and friends, you commenced the treatment of his case. His and our only hope then was that he might obtain partial relief from his intense sufferings, but to the surprise of all, in a short time he was restored to health; and in a little over two months after you began to treat his case, he went by land with a team to Iowa, some 500 miles. After his arrival there he wrote us that he felt better than he had been for ten years previous.

He is now in his grave, but his death was not caused by dropsy. If living, he would be gratified to hear that you are about placing before the public the knowledge of your valuable medicines. He always said that he was indebted to you and your medicines for being so unexpectedly relieved from his sufferings.

I remain yours,

OSCAR SMITH.

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KEOKUK, Iowa, June 21, 1859.

DR. H. TETER,—*Dear Sir*: I am glad to learn that you are preparing to give to the public a book, the GUIDE TO HEALTH. You will please add to it the recipe for making the Eye Water you sent to me for my child.

She had been blind for two years and six months. After trying every remedy that could be thought of, and having had the aid of the most skillful physicians, who all pronounced her incurable, I then thought I would write to you and see if you could give her any relief; and to my great satisfaction your medicine has so far removed the film that entirely covered the eyes, that it does not



now cover more than half the blue (the iris around the pupil). I believe your medicine will cure her eyes if attended to as prescribed.

I also subscribe for two copies of your book, the GUIDE TO HEALTH. I remain yours, JAMES CELES.

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DR. H. TETER,—*Dear Sir:* Deeming it a duty I owe to you and to all who may be similarly afflicted, I desire to state that I was afflicted with a scrofulous cancer in the nose, and after trying various physicians and patent medicines, and also a cancer doctor, and being tortured by the severity of the medicines for about three months, and my nose being eat entirely off, I had given up all hopes of relief; but hearing of your cure of Wm. Davis, at the County Infirmary, I was induced to call on you to try my case; and I now take great pleasure in saying, that under your treatment I soon began to improve, and in about two months my nose was healed, and ever since remains so, now about six years. The remedies you employed are mild and pleasant, especially as compared with those I had formerly taken.

ELIZABETH COBURN.

JULY 26, 1860.

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The recipes for making all my Eye Salves and Eye Water, are given in the book. DR. H. TETER.

## AN OBJECTION

TO A GENERAL COURSE OF MEDICINE.

It is a common practice for physicians of different schools to administer what is usually called a *regular course* of medicine. While one class most generally adopt the mineral treatment, another will depend entirely upon the steaming and puking process. The latter, however, is not to be regarded as an evil, and are great remedies when carried only to a proper length, for it frequently happens that both steaming and puking are the most efficient remedies in various diseases.

For my own part, I greatly object to laying down any regular course of medicine. Climates and constitutions make a vast difference, and what is suitable in one might prove injurious in another. Change in treatment is as necessary, therefore, as treatment itself.

My advice, then, is to be very cautious in administering your remedies; they may do for one, but will not suit for another.

There is evidently too much regularity used in the observance of prescription and practice. 'Tis always better to give too little than too much medicine. Look to nature more. She performs all her works well. When she is deranged or led astray, watch for the weak point, and endeavor to aid rather than force her. This "regular course," as generally adopted, is nothing more nor less than a humbug—a following after a rule in which there is no reason to lead or policy to follow.



# PART I.

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## MEANS OF PREVENTING DISEASE AND PROMOTING HEALTH AND LONGEVITY.

In the commencement of this work I am desirous of calling the attention of the reader, and particularly of the invalid, to the best means of preventing disease, as well as of recovering health, when lost or impaired; and in doing this, I cannot do better justice to the subject than quote the language of Dr. BEACH: "And I wish to impress upon their minds that this consists, principally, in a *well regulated diet and regimen*. It is very natural, and very customary, for us to indulge our propensities and appetites until some derangement of our digestive functions is the consequence; and then, instead of avoiding the exciting cause of the evil, we resort to medicine for a remedy, which, at best, is a poor substitute. I have heard of a person subject to dyspepsia, who was so fond of indulging his appetite, that he *would have* a good dinner, and after eating it, he was in the habit of running his finger down his throat and vomiting it up. This excess, in a greater or less degree, is indulged in by thousands; and they would rather suffer the penalty of gluttony, than to practice abstinence and temperance. They will eat and drink whatever their appetites crave; become diseased; then torture their stomach with drugs or nostrums, till their lives are rendered wretched indeed. I wish to see a reform in this respect, as well as in the



habitual use of ardent spirits ; as the one is almost as destructive to health as the other.

Says Dr. Mott, in one of his lectures : " All who have abused their stomachs, will surely be brought to an account for it, sooner or later. I am not sure," says he, " but more disease and suffering result from intemperance in eating, than intemperance in drinking. Hence there is as much need of a temperance eating, as a temperance drinking society. From whatever cause the digestive organs become deranged, the system will exhibit disease in some form or other," although it may be years before the disease develops or shows itself.

" Happy would it often be," says a writer, " for suffering man, could he see beforehand the punishment which his repeated departure from the laws of physiology or nature is sure to bring on him. But, as in a great majority of instances, the breach of the law is limited in extent, and becomes serious by the frequency of its repetition, rather than by a single act ; so is the punishment gradual in its infliction, and slow in manifesting its accumulated effect ; and this very graduation, and the distance of time at which the full effect is produced, are the reasons why man, in his ignorance, so often fails to trace the connection between his conduct in life and his broken health.

" To the intemperate in eating and drinking, the day of reckoning is merely delayed ; and there is habitually present a state of repletion which clogs the bodily functions, and may lead to sudden death by some acute disease when the individual is apparently in the highest health."

How many instances might be mentioned to prove this fact, says the writer. A person who resides the next door to me, is now very low from the same causes.



He had been a butcher by trade, had lived very high, and taken very little exercise, which caused great plethora. He was suddenly attacked with a severe disease, and for some days his life was despaired of. I anticipated a similar result from his diet and mode of living. Another acquaintance of mine was lately brought to the same condition by indulgence in eating and drinking. One day he commenced walking in his garden, and, on stooping, the blood rushed to the head, occasioning fatal apoplexy. How frequently do we hear of similar cases. Another case occurs to me. A person asked my advice, some time ago, in relation to symptoms arising from impure regimen. I prescribed suitable diet, &c. Afterward, he informed me that he began to follow my directions, but his wife dissuaded him from it. She prepared so many good things for him to eat, that he could not abstain from them. He continued to violate the laws of nature, till he was seized with a fit of palsy or apoplexy, which renders his recovery doubtful. Volumes might be filled with similar cases.

Says a late writer, "Is it not better, by a rational exercise of judgment, to preserve health when we have it, than first to lose it, then pay the penalty in suffering and danger, as an indispensable preliminary to its subsequent restoration?" It is known that as soon as a person applies to a judicious physician for advice, he is put under a proper course of regimen to restore him to health. Now it must be evident that the same course which is calculated to regain health, is likewise calculated to prevent disease. To accomplish an object so desirable and important as to prevent disease and preserve health, I have laid down rules, in the following pages, founded upon the laws of physiology, and which, if strictly ad-



hered to, will be the means, not only of the recovery, but likewise of the preservation of health, and often without the use of medicines.

"I have seen," says Graham, "hundreds of miserable dyspeptics, who had suffered almost everything for years, scores of those apparently consumptive, many afflicted for years with fits and spasmodic affections, or asthma, or sick headache, in short, I have seen nearly every form of chronic disease, after resisting almost every kind of medical treatment for months and years, yield in a very short time to a correct diet, and a well regulated general regimen.

"It is not easily to be credited," says Cheyne, "what wonderful effects, even in the most desperate and universally-condemned-to-death diseases, I have seen produced by an exclusively milk and grain diet; and even these, the thinnest and least in quantity, the person could be tolerably easy under from the pain of hunger, and continue for one, two or more years. Epilepsy totally cured; universal lepers made clean; stone and gravel laid quiet; cancer healed or palliated; ulcerated lungs made sound; and schivrous livers made pervious; and all accomplished by a total, obstinate, and continued milk and grain or coarse flour diet. I firmly believe, and am as much convinced as I am of any natural effect, that water drinking only, with a diet of milk, grain, and fruit, duly continued and prudently managed, with proper evacuations, air and exercise, are the most infallible antidotes for all obstinate diseases of body and mind."



## TEMPERANCE, ABSTINENCE, DIET, ETC.

As perfect health is the greatest earthly blessing we can enjoy, without which all other blessings are of little consequence, I deem it of the first importance to point out the means of promoting it, by paying proper attention to which, persons who are born with, and enjoy a good constitution, will attain a healthful and long life, and even those who are delicate and tender will arrive at an advanced age. These means hold forth the doctrine, that regularity and temperance in all things are highly conducive to health and happiness; and, on the contrary, that irregularity and intemperance bring their votaries to an untimely grave.

When the various functions of the body are performed with ease, and suffer no interruption, the body is said to be in health; in a contrary case, it is said to be diseased. Considering the many dangers to which man is exposed, it is surprising that he should remain in health so long; and our astonishment increases when we reflect how often he escapes the dangers prepared by his own hand. But parental nature frequently repairs the injury in a manner unknown to us. To sit down supinely, with a notion that if the Majesty of Heaven wills us to die, we certainly shall, in the use of means to prolong life; and if He wills to the contrary, we shall live in the neglect of those means, is a conduct unscriptural and absurd.

Disease may be considered the consequence of the moral, or rather immoral conduct of man, in deviating from a line prescribed by his Maker.

The powers of life may be compared to the oil in a lamp: in time they will be exhausted; they may be



supported or diminished; when exhausted, death invariably closes the drama. Death from mere old age may be compared to the extinction of the light when the oil is all consumed; and death from disease, to the blowing out of the light when the oil is not all consumed, and might have burned longer. There are laws in nature by which man may arrive at maturity, at the summit of health and vigor; and there are laws by which his powers of life are lessened and finally exhausted. These are the "bounds which he cannot pass."

In order to extend the common term of life, man must be persuaded to return to that primeval state of nature, from which history furnishes almost incredible instances of longevity. The antideluvians enjoyed an uninterrupted state of health; their manner of living, and vegetable diet, were simple and not injurious. They had little need to attend to their health, as the seeds of disease were little scattered in such a state. We have departed from the simple mode of life which prevailed in the primitive ages. We have acquired our improved state of mental culture, by sacrificing to it much of our bodily welfare. We are less accustomed to consult what nature requires, with respect to diet, mode of life, clothing, &c., than to follow fashions, customs, and our own disordered inclinations. The desire of long life is inherent in all human nature; and the possibility of prolonging it was never doubted by the Orientals. The most important circumstances which favor the attainment of long life, are Temperance, Abstinence and Diet.

"Temperance is a kind of regimen," says Dr. Thomas "under which every man may put himself without interruption to business, expense of money, or loss of time; and may be practiced by all ranks and conditions, at any



season or in any place. If exercise assists in throwing off superfluities from the body, temperance prevents them; if exercise clears the vessels, temperance neither satiates nor overstrains them; if exercise promotes a free circulation of the blood, temperance gives nature full play, and enables her to exert herself in all her force. Cheerfulness of temper and vigor of body are the usual results of temperance. On the contrary, depression of spirits, a shattered constitution, disease, and often poverty, are the consequences of a continued course of intemperance."

It is much easier to preserve health than to recover it when impaired, and to prevent diseases than to cure them. Toward the first, the means are generally within our own power, little else being required than strict temperance in all things; but, toward the latter, the means are uncertain and perplexed, and for the knowledge of them the greatest portion of mankind must apply to others, of whose skill and judgment they are in a great measure ignorant.

The man who wishes to live long, and be healthy, must submit to live regularly and be temperate in his habits, since he cannot otherwise expect to enjoy the fruits of such a life, nor be agreeable to himself, or useful, in all probability, to his friends; neither can he relish the bounties of Divine Providence, nor acquit himself of his duties to God. Some inconsiderate and sensual persons affirm, indeed, that a long life is no blessing, and that the state of a man who has passed his seventy-fifth year cannot be called life, but death; but we daily see, in our public papers, instances recorded of persons having attained the age of ninety or a hundred, enjoying most of their faculties; and whoever will read the tract of Sir Thomas



Barnard on the comforts of old age, as also the life of Lewis Carnaro, the Venetian, will perceive that this is a mistaken notion. At the age of one hundred years he was, by temperance in all his pursuits and indulgences, and particularly in his diet, capable of mounting his horse without any assistance, or advantage of situation, and not only ascend a flight of stairs with ease, but climb up a hill on foot with the greatest ease; moreover he was gay, pleasant, and good humored; free from perturbation of mind and every disagreeable thought. He did not find life burdensome, but, on the contrary, spent every hour, we are informed by him, with the greatest delight and pleasure; sometimes in conversing with men of his acquaintance, valuable for their good sense, manners and letters; sometimes in reading the works of favorite authors, and occasionally in writing. He was extraordinarily sober, and dieted himself with so much wisdom and precaution, that, finding his natural heat decaying by degrees in his old age, he also diminished his diet by degrees, so far as to stint himself to a very trifling meal indeed. By this means he preserved his health, and was also vigorous to the age of a hundred years; his mind did not decay; he never required the assistance of spectacles; neither did he lose his hearing; and that which is no less true than difficult to believe, is, that he preserved his voice so clear and harmonious, that at the end of his life he sung with as much strength and delight as he did at the age of twenty-five years.

“O, Temperance!” says Sir William Temple, “thou physician of the soul as well as the body, the guardian of youth and support of old age, the tutelar goddess of health and universal medicine of life, that clears the head and cleanses the blood, that eases the stomach and



purges the bowels, that strengthens the nerves, enlightens the eyes, and comforts the heart; in a word, that secures and perfects digestion, and thereby avoids the fumes and winds to which we owe the colic and spleen, those crudities and sharp humors that feed the scurvy and gout, and those slimy dregs and humors of which the gravel and stone are formed within us; diseases to which mankind are exposed rather by the viciousness than frailty of our nature, and by which we often condemn ourselves to greater torments and miseries of life than perhaps have yet been invented by anger and revenge, or inflicted by the greatest tyrants upon the worst of men. And yet so little notion have the generality of mankind of the virtue of temperance, that life with them is one continual scene of intemperance."

To what cause, so much as to intemperance, are owing faded youth and premature old age, an enervated body, and an enfeebled mind, together with all that long train of diseases which the indulgence of appetite and sense have introduced into the world? Health, cheerfulness, and vigor are well known to be the offspring of temperance.

The man of moderation culls the flowers of every allowable gratification, without dwelling upon it until the flavor be lost; he tastes the sweets of every pleasure, without pursuing it till the bitten dregs rise; whereas the man of the opposite character dips so deep as to stir up an impure and noxious sediment, which lies at the bottom of the cup.

How quickly does the immediate pursuit of carnal pleasures, or the abuse of intoxicating liquors, ruin the best constitutions? Indeed, these vices generally go hand in hand.



Hence it is that we so often behold the votaries of BACCHUS and VENUS, even before they have arrived at the prime of life, worn out with diseases, and hastening with swift pace to an untimely grave. Did man reflect on the painful diseases and premature deaths which are daily occasioned by intemperance, it would be sufficient to make them shrink back with horror from the indulgence even of their darling pleasures.

The innocent too often feel the direful effects of it. How many wretched orphans are to be seen embracing dung-hills, whose parents, regardless of the future, spent in riot and debauch what might have served to bring up their offspring in a decent manner! How often do we behold the miserable mother, with her helpless infants, pining in want, while the cruel father is indulging his insatiate appetite!

It is too true, that the major part of mankind are intemperate and sensual, and they love to gratify their appetites and commit excess; and seeing that they cannot avoid being greatly injured by their excesses, they, by way of apologizing for their conduct, say that it is better to live ten years less, and enjoy themselves, not properly considering of what importance are ten years more of life, especially a healthy life, and at a mature age, when men become sensible of their progress in knowledge and virtue, which they cannot obtain to any degree of perfection before this period.

A life of irregularity and intemperance has the certain effect to destroy persons of the best constitutions, even in the prime of life; while, on the other hand, one of regularity and temperance will frequently preserve men for a length of time, who are of a very delicate or bad constitution, and far gone in years. Whoever will read



the life of LEWIS CORNARO must be convinced of this. This Venetian had been addicted to a life of intemperance up to his fortieth year, the consequence of which was, that a heavy train of infirmities had invaded him, and made great inroads on his constitution; and after having to no purpose tried every means of relief that art and medicine admitted of, he at last, by the advice of his physician, entered on a life of the strictest temperance, by which he regained his health, and lived to a very advanced age. Daily observation has, indeed, fully convinced me that an elderly man, even of a delicate constitution, who leads a regular and sober life, has a better chance of a long one, than a young man of the best constitution, who invariably leads a disorderly one.

That irregularities of diet, repletion, and unwholesome food are the origin of many diseases, cannot admit of a doubt; and that the preservation of health much depends on a proper regimen, is equally obvious.

When it is considered that many serious diseases are entirely occasioned by an improper diet, and that in almost every complaint the due direction of diet is perhaps of equal importance with the prescription of medicines, it is highly blamable to neglect this powerful resource. To delicate women and sickly persons, to pregnant women and those who are nurses, and to young children, restrictions on diet are indispensably necessary.

It has wisely been observed by HIPPOCRATES, (who has been called the father of medicine,) that if a man eats sparingly and drinks little, he is nearly certain of bringing no disease upon himself, and that a moderate supply of food nourishes the body best. The quantity of food which nature really requires for her support is small, and he that lives temperately, and eats and drinks moderately



at each meal, stands fair to enjoy sprightliness, vivacity, and freedom of spirits. Bodies that are governed by temperance and regularity are rarely hurt by melancholy, or any other affection of the mind. To have a clear head, we must have a clear stomach; for this is the grand reservoir in which the food is first deposited, and thence its nutritive power is distributed throughout all parts of the body.

An error into which many people fall, is that of eating too much at once. If the stomach be filled with a greater quantity of food than it can easily bear, or what is proper, its coats are stretched beyond their natural tone, and rendered incapable of performing their digestive powers; the food being longer retained than by the laws of the circulation it ought to be, and undergoing a disorderly fermentation, gives rise to crudities, sour eructations, flatulence, listliness, headache, and stupor; for the stomach having an intimate connection with the brain and nervous system by sympathy, whenever one of them is disordered, the other seldom fails of partaking in the calamity.

“Who never feasts, no banquet e’er enjoys;  
Who never toils or watches, never sleeps.”

He that consults his health must check his appetite, and invariably rise from table with the ability and disposition to eat and drink still more than he has done. He should also diligently apply himself to discover what kinds of food are best suited to him; for the proverb, that whatever pleases the palate must agree with the stomach and nourish the body, or that which is palatable must be wholesome and nourishing, is founded in error. The best rule will be, not to take anything but in such quantity as the stomach can easily digest, and to



make use of only those things which, from observation and experience, the person has found to agree with him. The quality, as well as quantity, is therefore to be taken into consideration. By repeated trials and experience, any man may acquire a perfect knowledge of his constitution, and ascertain not only what food, but likewise the liquor, that agrees best with the stomach; and, in regulating his diet, he may place a safer reliance on his own judgment than he can on the opinion of his medical attendant, be he ever so skillful.

Attention to diet and temperance in all other respects is not only necessary for the preservation of health, but is likewise of great importance in the cure of diseases; and many of them, indeed, may be cured by a suitable diet alone. Avoid, therefore, any excess at table, or the partaking of a great variety of dishes; for intemperance not only renders the understanding cloudy and injures the constitution, but likewise degrades the soul. Do not confine temperance, however, to merely eating and drinking, but let it be extended to the moderating every other appetite, inclination, or passion.

Abstinence is the best cure for any excess which has been committed in eating or drinking. In paying a strict attention to temperance, we are to take care at the same time not to carry it so far as to border on abstinence of an excessive nature; for this is by no means conducive to health, but the direct contrary, because a copious supply of fresh and wholesome food is requisite for the support of the body, and is peculiarly necessary for those who labor hard.

Dr. CHEYNE imputes most of the chronic diseases, the infirmities of old age and short lives, to repletion or intemperance, and alleges that they may be either prevented or cured by abstinence.



But if abstinence is not sufficient for a cure of diseases, yet it greatly assists the operation of medicines, and is a preventive against a multitude of dangerous disorders. Several writers relate extraordinary cures performed by it, and many instances of its extending the term of human life. It is, indeed, surprising to what a degree of age the primitive Christians of the East, who retired from persecution into the deserts of Arabia and Egypt, lived, healthful and cheerful, on a very little food. CASSIAN assures us, that the common allowance for twenty-four hours was only twelve ounces of bread and mere water, and adds, that on this spare diet ARSENIUS, tutor to the Emperor ARAADIUS, lived a hundred and twenty years, and many others to nearly the same age. A man of the name of LAURENCE preserved his life to a hundred and forty years, by temperance and labor. And SPOTSWOOD mentions one man who attained the age of one hundred and seventy-five years, by means of abstinence.

It appears from the registers of the society of Friends, that one half of those born among them live to the age of forty-seven years; whereas, says Dr. PRICE, that of the general population of London, one half live only two and three quarter years. The number of Friends who live to the age of seventy, compared with the general population of London, is as four to one. This superior longevity is properly attributable to the temperate habits of the society generally; and it may be added that, from the same cause, they enjoy a greater portion of health, and exemption from the commonly allotted ills of life.

A still greater benefit flowing from the habitual temperance of this society, is the almost total absence of



pauperism among them. Although they relieve the public from all charge on account of their poor, it is believed that they are not subjected to any heavy burden thereby, their habits of temperance and economy operating to keep nearly all above want.

Food which is simple, provided it be easy of digestion, and afford a due quantity of nourishment, is far preferable to that which is compounded by the rules of art and cookery, and rendered more savory by an addition of aromatic spices. Eating a variety of high-seasoned viands, and partaking of many dishes, is very unwholesome; for the stomach thereby becomes overloaded with an heterogeneous mass, exceedingly pernicious in its effects. Moreover, we are induced to exceed the bounds which nature has prescribed for us, and by such means the stomach labors under all the direful effects of repletion. To eat moderately of one dish is certainly most wholesome. Simplicity of food requires no physical alteratives, and due exercise, with temperance, prove the best cathartic.

The new school of France seems to be well aware of this truth, and has retired back to the simplicity of nature, to those days of primitive manners, when the dietetic school spread its doctrines abroad for the relief of man. If you ask the French professors what is the best mode of curing disease, they will answer you, like the Greek orator, when it was inquired what was the first essential in eloquence, he answered, action; and what the second, action; and what the third, action: so would the physicians of Paris, if it were inquired what was the first requisite in curing disease, answer, diet; and the second, diet; and the third, diet.

Wonderful cures, says Dr. MEASE, have been effected



by simplicity of diet. The father of Professor COOPER, of South Carolina, was cured in London of an asthma, to which he had been long subject, by an exclusive diet of boiled carrots for two weeks, as recommended by JOHN WESLEY, in his "Primitive Physic." During this time he drank little water. He remained well for twelve years; but, having returned to his former generous living, he was again attacked. I have heard of another cure by the same diet.

The disease called broken wind in horses, which is no more than the asthma in the human species, is caused in England by an exclusive diet of the same vegetable.

In eating our food, due care should be taken to chew or masticate it sufficiently previous to its being swallowed. This is a point deserving of a very strict attention, and may be deemed the first process of digestion; for without the solid parts of our food being well triturated in the mouth, and at the same time incorporated with a due proportion of the salivary secretion, it can not be converted into chyle or healthy nutriment.

The simplicity of aliments and temperance are, in fact, the abundant sources of health and life. "It is sufficient," says PLUTARCH, "to have the taste of true pleasure, to be temperate." Regimen has the greatest influence, not only upon the physical, but also upon the mental part of man.

I have been thus lengthy on these subjects, because I am satisfied that habits of transgression are the forerunner of the most of diseases.

#### FOOD AND DRINK—ANIMAL FOOD.

"It appears very evident that man, in his primeval state of simplicity, never ate any animal food whatever.



Previous to his transgression, he was not permitted to kill any animals nor partake of any meat, as appears by command of his Maker, recorded in the Bible.

“Vegetables alone seem to have been his only food. From this fact we may infer that vegetables are more congenial to the system than animal food.

“We may infer this also from the effects which follow the long-continued use of meat. Sailors who use it on long voyages are subject to the scurvy, which often proves fatal, when a recurrence to vegetables immediately removes the disease. A vast number of complaints are unquestionably produced by animal food. The evil consequences arising from it are in part owing to the quantities of oil or grease it contains; by reason of which the digestion is disordered, the bile vitiated, the blood corrupted, and cutaneous and other diseases induced.

“Injurious effects are very frequently immediately felt after eating a meal of high-seasoned meats, such as oppression at the stomach, lethargy, and subsequently, if persisted in, dyspepsia, and other complaints. Animal food then may, in general, be considered hurtful, and requires a very strong and healthy stomach to digest it; and it ought, therefore, if used at all, to be taken very sparingly, and not more than once a day. Besides, it is better taken cold than warm. Where animal food and wine have been received into the stomach, no sooner is the digestive process begun, even before any portion is introduced into the circulating fluid, than the action of the heart is increased and the pulse is quickened; but the same effect is not observed from vegetables.

“The blood of the person who eats animal food is richer, thicker, and more stimulating, and produces a



much greater excitement of the different organs, than the blood of those fed on vegetables. Flesh diet, therefore, gives a greater tendency to inflammatory and other complaints than a vegetable diet. Among other ill effects of animal food is a temporary fever after eating it, called, by the old medical writers, "the fever of digestion." No such effects follow the use of vegetable food.

#### VEGETABLE FOOD.

Vegetable food is much lighter, more easily digested, and much less inclined to putrify than animal food. Besides, from the natural stimulus which it possesses, the bile is rendered more healthy, by which the regular peristaltic motion of the bowels is kept up, and costiveness, the source of so many evils, obviated. This is easily proved, for every one knows that the use of certain fruits, such as apples, raisins, tamarinds, peaches, prunes, pears, plumbs, whortleberries, etc., besides other articles which will be hereafter mentioned, keep the bowels in a constant soluble state.

To show still farther the influence of vegetable food in promoting a healthy state of the system, we need only advert to the inhabitants of those countries who use it exclusively. For health and vigor of constitution, they are noted. Observe, for instance, the Irish, who live upon potatoes and buttermilk, how muscular and athletic they are, and how their countenances glow with genuine health. They can endure more hardships and more privations than any other people, and yet subsist upon this vegetable from infancy to old age. Our forefathers, the hardy sons of New England, enjoyed uninterrupted health and lived to a good old age, by adhering to a



simple diet, such as bean porridge and hasty (Indian meal) puddings. But how have their descendants degenerated in point of health, by a departure from these simple and wholesome rules. It must be acknowledged that, by their habits of luxury, they do not live half as long as their ancestors.

That man is capable of sustaining the health, vigor, and strength of his system upon a diet purely vegetable, is established by so many proofs as to place the fact beyond the possibility of doubt. The Hindoo lives almost exclusively upon rice and water. A great proportion of the Irish peasantry subsist on potatoes, with the addition of oaten cake or bread and milk; and the laboring classes in many districts of Scotland and the North of England, are nourished upon little else than oat meal and potatoes; while in various other countries of Europe the poor are restricted almost exclusively to a vegetable diet, even less nourishing than these. When the food just referred to is in sufficient quantity and of a good quality, more robust, active and vigorous frames, and a greater amount of general health can scarcely be met with in the inhabitants of any other country or among any other classes of society, whatever may be the nature of their diet. Vegetable food affords as much or more nutrition than animal, while the former produces much less excitement.

An intelligent farmer of Pennsylvania, whose health had for some time been declining, and who, at the age of sixty years, finding himself completely broken down, and laid by with all the infirmities of a premature old age, was induced to adopt a simple diet of vegetable food and water, with the hope of mitigating in some de-



gree the severity of his sufferings. Of the effects of this experiment, he thus expresses himself:

“In less than twelve months from the time I commenced living on my abstemious vegetable and water diet, I was perfectly restored to health, and seemed to have renewed my life. I was entirely free from pain and ailment, and was very active and vigorous, and more serenely and truly cheerful and happy than ever before since my childhood. My sight improved astonishingly, in-somuch that whereas, before my change of diet, I could with difficulty see to read with the best of glasses I could procure, now I can easily read the finest print of my newspaper without glasses. But the most wonderful effect was produced on my mind, which became far more clear, active and vigorous than it had ever been before; indeed, no one who has not experienced the same, can have any adequate conception of the real intellectual luxury which I enjoyed. It seems as if my soul was perfectly free from all clogging embarrassments and influence of the body. I could command and apply my thoughts at pleasure, and was able to study and investigate the most obtuse subjects; and to write with an ease, perspicuity and satisfaction which I had never before known nor had any idea of.” (For further evidence of the kind, see treatise entitled, “*Science of Human Life.*”)

I shall make a few remarks upon the articles of diet most in use.

*Bread.*—Bread is said to be the staff of life, being used more than any other kind of diet. The articles, then, of which it is composed are of the greatest consequence. I am satisfied that bread, as now made and used, is one great cause of disease. The flour from which it is made is separated from the bran, the coarser part, designed by



nature to keep up a continued action and stimulus to the bowels, for the purpose of preventing costiveness and a deranged state of the stomach and intestines. Another objection to bread in our large cities is, the quantity of yeast added to the flour, which ferments it so much as to destroy the sweetness and often forms acidity.

Some, it is said, add alum, vitriol, and other deleterious substances, which render it very unwholesome. This is another source of indigestion and complaints of the liver. In grinding wheat, the coarser parts should never be separated from the fine; but both should be ground coarse and mixed together, then made into bread in the ordinary manner. A small quantity of Indian meal may be added, and yeast to ferment it sufficiently. This kind of bread, although it is not so white as that made of superfine flour, is more palatable, much lighter, more easily digested, regulates the bowels, and I know not but I may with propriety add, that, with other precautions, it is a cure for dyspepsia.

*Tea and Coffee.*—Tea and coffee are injurious, especially to invalids, dyspeptic and nervous people; they produce debility, hysterics, and other evil consequences. Tea and coffee, being both narcotic or poisonous, have many ill effects, by impairing the powers of the stomach, producing various nervous symptoms, palpitation of the heart, restlessness, headache, a pale and sallow hue of the skin, and all the usual train of morbid feelings which accompany dyspepsia.

*Cookery.*—The arts of cookery render many things unwholesome which are not so in their own nature. By jumbling together a number of different ingredients, in order to make a poignant sauce or rich soup, the composition proves almost a poison. All high seasoning,



pickles, &c., are only incentives to luxury, and never fail to injure the stomach; they disorder it and impair the health of the system generally, by rendering the food too heating and difficult of digestion, and by inducing us to partake of too much food, or to eat in the absence of the natural appetite. It were well for mankind if cookery, as an art, were entirely prohibited. Plain boiling or roasting is all that the stomach requires.

*Pastry.*—Pastry is generally unwholesome, and whatever is hard of digestion. In a word, plain and wholesome food, simply cooked, ought to be used. Ripe fruits of all kinds may be taken with safety; but crude and unripe fruits are very dangerous; they bring on acidity and bowel complaints.

*Milk.*—Milk is the food destined by nature to the infant period, and seems admirably adapted for the use of young children, as well as adults whose powers of digestion are enfeebled either by dissipation or disease. In its pure state, however, it is apt to disagree with some persons, in which case it will be advisable to dilute it with water. Those who labor under pulmonary consumption and hectic fever, are frequently confined to a milk diet, and in such cases the milk of the goat has been much employed in preference to that of the cow, being of a lighter nature. When that of the former is not to be obtained, that of the latter may be rendered more easily digestible, by allowing it to stand for some time, and then skimming off the cream from it.

#### SIMPLICITY IN DIET.

Nature delights in the most plain and simple food, and every animal, except man, follows her dictates. Man alone riots at large and ransacks the whole creation in



quest of luxuries, to his own destruction. An elegant writer of the last age speaks thus of intemperance in diet: "For my part, when I behold a fashionable table set out in all its magnificence, I fancy that I see gouts and dropsies, fever and lethargies, with other innumerable distempers, lying in ambuscade among the dishes."

*Water.*—Good water is of the greatest importance to the animal economy. It is the most simple of all liquids.

"Nothing like simple element dilutes

The food, and gives the chyle so soon to flow."

Water should be free from any mineral or vegetable ingredients. It may be considered pure when it is perfectly clear, without any disagreeable taste or smell, soft, and easily unites with soap. The more pure the water, the more healthy. When it is impregnated with foreign substances, ill effects follow the use of it. The water of marshes and stagnant ponds is not fit to drink, and the water of many cities, particularly the city of New York, is very injurious. It is highly impregnated with the carbonate of lime, as may be seen by the decompositions of calcareous matter, which is copiously deposited on the bottom and sides of those vessels in which it is boiled. By using such impure water constantly for drink and cooking, large quantities of earthy and deleterious substances are taken into the system, and occasion dyspepsia, gravel and other complaints. Rain and snow water, and that running over gravel beds, is considered purest, but good spring water is better than either. The noted "rain water doctor" cured his patients by prescribing the free use of this "universal menstruum." It should neither be drank too cold, especially when the body is heated or in a profuse perspiration. The most dreadful consequences follow drinking cold water in hot wea-



ther, while the pores are open, or when in a copious perspiration. Spasms, convulsions and death often follow quickly. If this should happen, perspiration should be restored as soon as possible. Bleeding should not be resorted to, as is now the custom; but give a large teaspoonful or two of camphorated spirits in a little gin or brandy, every fifteen minutes until relief is afforded, and if my All-Healing Liniment can be obtained it never fails to cure. The hands and face should be washed or bathed before any cold water is drank, and then a small quantity only taken at a time. Let it also be held in the mouth a few minutes before it is drank. It is as equally dangerous to drink fresh buttermilk when a person is overheated. A person died in a few minutes after drinking it freely. Many have lost their lives for want of these precautions. Another caution is necessary for farmers and other persons residing in the country. When stooping down to drink from brooks on woody mountains in this country, they will sometimes meet with small lizards and insects concealed among the leaves in water, which are sometimes inadvertently swallowed, and prove dangerous.

Simple water, in general, is sufficient for those who are in health; but it may be rendered more palatable by the addition of molasses. The addition of a table spoonful of good lemon syrup to half a pint of fresh water, makes a very pleasant and wholesome drink. Good syrup should be procured, as it is often adulterated by the juice of lemons that are decayed. Common lemonade, made by the fresh juice of lemons or limes, and sweetened with loaf sugar, makes a cooling and agreeable drink in hot weather.



## FERMENTED LIQUORS—ARDENT SPIRITS.

Water, says Dr. Cheyne, is the only simple fluid fitted for diluting, moistening and cooling—the only ends of drink appointed by nature; and happy had it been for mankind, if other mixed and artificial liquors had never been invented. Water alone is sufficient and effectual for all purpose of human wants and drink. Strong liquors were never intended for common use; they were formerly kept as other medicines are, in apothecaries' shops, and prescribed by physicians to refresh the weary, strengthen the weak, and raise the low spirited. As natural causes will always produce their effects, the effects of the common use of wine and spirituous liquors are, to inflame the blood into gout, stone, rheumatism, fevers, pleurisies, &c., and to dry up the juices, and scorch and shrivel the solids. Those whose appetite and digestion are good and entire, never want strong liquors to supply them with spirits. Such spirits are too volatile and fugitive for any solid or useful purpose of life.

Spirituous liquors inflame the blood, corrode the coats of the stomach, impair digestion, destroy the appetite, and induce many diseases of the most dreadful kind, such as gout, scirrhus of the liver or spleen, dropsy, apoplexy, palsy, madness, and fevers of different kinds; they also impair the judgment, destroy the memory, and produce intoxication.

Of all the ways in which spirituous liquors are used, that of drinking them in the form of drams is the most injurious; and although, perhaps, it may be a slower way of destroying life than by taking a dose of any active poison, still in the end it will be attended with that dire-



ful effect. The habit steals on imperceptibly with many, and under any depression of spirits they have recourse to it; but one dram begets a necessity for another, and at length the indulgence becomes unlimited and the vice uncontrollable. The constitution shows its effects; the appetite is destroyed, digestion impaired, lowness and dejection of the mind, with tremors of the nerves ensue, the face is blotched, the nose red and beset with bumps, and nausea, vomitings, frequent eructations, flatulency, and great disorder in the biliary organs take place; the liver becomes enlarged, indurated, and tubercular, and at last dropsy manifests itself, if the patient is not previously cut off by apoplexy or palsy.

It does not seem easy to determine which of the two, viz: opium or spirituous liquors, by being improperly used, proves most detrimental to the human constitution. Unluckily, the victims who addict themselves to either, are ensnared by a habit which they find it impossible to relinquish, because the constitution, when habituated to a strong stimulant, becomes incapable of carrying on the functions of life without constant excitement, which of itself brings on debility and premature decay.

The speedy effects which opium, or indeed any of its preparations, is observed to have on those persons who take it habitually, are an exhilaration of animal spirits; and from a dozing and depressed state into which they sink after passing the usual time of taking the dose, they become alert and cheerful; but those who accustom themselves to this drug are of a yellow complexion, look much older than they really are, lose their appetite, and their bowels are invariably constipated. Those who indulge in a free use of strong and spirituous liquors have but little desire for food after a time, the liver becomes diseased,



(being either beset with tubercles or indurated, scirrhus or enlarged,) the countenance is tinged of a yellow hue, general debility ensues, and dropsy at last destroys life, Palsy is often also the consequence of a continued course of such intemperance.

Habits of drunkenness often take their rise from a connection with some company or companion already addicted to the practice, which affords an almost irresistible invitation to take a share in the indulgences which those about us are enjoying with so much apparent relish and delight, or from want of regular employment, which is sure to occasion many superfluous and pernicious cravings, and frequently this among the rest; or it may have originated from grief or fatigue, either of which strongly solicit that relief which inebriating liquors administer, for the present, and furnish a specious excuse for complying with the inclination. But the habit, when once adopted, is continued by different motives from those to which it owes its origin. Persons addicted to excessive drinking suffer, in the intervals of sobriety, and near the return of their accustomed indulgence, a faintness and oppression which exceed the common patience of human nature to endure. This is usually relieved, for a short time, by a repetition of the same excess; and to this relief, as to the removal of every long continued pain, those who have once experienced it, are urged almost beyond the power of resistance. The only remedy is total abstinence.

#### WINE.

Wine, unmixed with alcohol, used in moderation, may be considered a wholesome drink. In those countries where it is produced in abundance, the people drink freely of it without injury, and are proverbially tempe-



rate. In France, where there are such immense quantities of wine, a drunkard is seldom or never to be found. It seems to destroy that hankering after ardent spirits, which is so peculiar to other countries where wine is not much made.

The wine imported into this country contains such a large quantity of alcohol, that it becomes injurious. Hence the necessity and importance for Americans and others to plant vineyards. Some of our most sensible men give it as their opinion, that if wine was as freely used as in France, it would eradicate the universal vice of intemperance. This, however, is very doubtful.

Says a noted writer upon this subject, "Wine, when used in moderation, proves generally grateful to the stomach; it warms and stimulates it to greater exertion, promotes probably a more speedy discharge of its contents, and, from its immediate action, imparts a transient sensation of warmth and comfort; but when taken in an immoderate quantity, it produces intoxication for the time, and, its exhilarating effects having subsided, it leaves the frame disordered, relaxed and weak. Wine may be considered as the best of cordials, where its good qualities are not destroyed by too free and frequent use. Most of great drinkers of vinous and spirituous liquors die of relaxation, debility, loss of appetite, tubercles and scirrhus of the liver, or dropsy."

"The uses of wine are great, both as a beverage and a medicine. Several physicians recommend it as an excellent cordial, and particularly serviceable in fevers. The moderate use of wine is of service to the aged, the weak, and the relaxed, and to those who are exposed to a warm and moist or corrupted air; wine deserves to be ranked first in the list of antiscorbutic liquors. Con-



sidered as a medicine, it is a valuable cordial in languor and debility; grateful and reviving; particularly useful in the low stage of malignant or other fevers, for raising the pulse and resisting putrefaction."

#### BEER.

Malt liquors waste the powers of life, keep up a constant fever, exhaust the spirits, inflame the blood, cause headache and premature old age, and, drank frequently to excess, exposes the body to numberless diseases. They particularly disagree with persons of a bilious temperament, and those subject to flatulency, coughs, and inflammatory affections. In cases, however, of great debility, where a stimulous is required, they may be given with success, particularly in the form of porter. This article is very strengthening to females debilitated by nursing.

#### SPRUCE BEER.

This is a very cooling and pleasant beverage, which may be freely drank. It must be made, not of the syrup of spruce, which is now customary, but with a decoction of the leaves, by which the flavor and qualities are rendered altogether different and much improved.

#### MEDICAL OR ROOT BEER.

The following beer will not only be found a substitute for many common drinks, but a very pleasant and wholesome beverage. Besides, it possesses alterative properties, attenuates viscid humors, and purifies the blood:

- Take Sassafras root, (Rad. Sassafras,) q. s.
- " Burdock root, (Arctium Lappa,) q. s.
- " Wild Cherry tree bark, of the root, (Prinos Virginiana,) q. s.
- " Root of Black Alder, (Prinos Verticillatus,) q. s.
- " Spice Wood or Fever Bush, q. s.



Make a strong decoction by boiling several hours, strain, sweeten well with molasses or honey, then add, when it is blood-warm, sufficient yeast to ferment it. In a short time, or as soon as it commences fermentation, it is fit for use. This may be freely taken as a diet drink. It is very pleasant, and is excellent to prevent disease and keep the system in a healthy state; and it is grateful and cooling in all kinds of fevers. A little ginger and hops make it better.

## CIDER.

Cider made from ripe apples, properly fermented, and racked or purified, is of all fermented liquors the most innocent and the best. But too little pains is taken with cider. It may be made, by care and proper management, as fine flavored and as clear as wine.

## MEAD.

Mead made by adding honey to water, and fermenting it, is very pleasant and wholesome.

## AIR.

Few are aware of the effects of air in producing disease or the promotion of health. It is the principal medium by which animal life is supported; and so necessary is it for this purpose, that life cannot exist a moment without it, as will appear by placing an animal in the exhausted receiver of an air pump.

## IMPURE AIR.

Impure air is a very common cause of disease. Where it is very impure it proves fatal suddenly; and where it is mixed with that which is pure, the effect of it on the system soon becomes perceptible. Indeed, it would appear that most disorders proceed from unwholesome air,



or an atmosphere highly charged with deleterious gases. The influenza, which often occurs as an epidemic, is caused by it, seizing thousands of persons and spreading over extensive districts. Also, Indian cholera, so highly pestilential, is communicated by an impure atmosphere. Also, the intermittent, remittent, and yellow fevers.

Cities, towns and villages have been almost depopulated, by reason of unwholesome air received into the circulation through the medium of the lungs.

The deleterious nature of impure air is still more strikingly exemplified where carbonic acid gas, called "choke damp," or fixed air, has accumulated in large quantities, as in wells, mines, beer vats, and in such places as the Grotto Delcani, in Italy, where animal life becomes immediately extinct. Dogs are thrown into the latter place, and are immediately killed by inhaling the gas with which it abounds; and the great number of lives that are annually lost in wells and mines is familiar to all; from which we learn the great influence which impure air has upon our health. Persons should never descend any of these places, until they have previously let down a light to ascertain if combustion can be supported. If the light is extinguished, I scarcely need add that no one can subsist in them a moment. By thus letting down a lighted candle into any place that has been long closed, many valuable lives might annually be saved. I was engaged in sinking a shaft, some 280 feet deep; I had to use great caution, in letting down lights, after having made a blast, and on Monday mornings, and other times, when it had stood any length of time without being worked. I may here also observe, that, in case a person has been thus suffocated, another person may be let down with a rope fastened to a tub, or a noose may



be made of the rope by which he might be enabled to take hold of and rescue the patient, provided he holds his breath during the time he is in the lower part of the well, that he may not inhale the gas; or a number of ordinary bags, or those made of muslin, may, in a few minutes, be made, and placed over the head and tied to the neck of the person; these (bags) may be kept opened by attendants above a sufficient time to admit the common atmospheric air, which will enable him to respire and continue any length of time where gas exists.

When it has been discovered that this kind of air exists in any place, in order to remove it slacked lime must be plentifully introduced. The carbonic acid gas unites with the lime, for which it has a great affinity, and a carbonate is formed, which renders the air pure.

#### AIR OF CROWDED ASSEMBLIES.

When we reflect upon the quantity of atmospheric air which a single person renders impure or unfit for inhalation, we shall readily see the danger arising from the air of crowded assemblies. It is computed that a man destroys the vital portion of a gallon of air per minute. To test this, let an animal be confined in a jar of common air perfectly closed; in a short time the inhalation of it absorbs the oxygen, and leaves only the nitrogen and a small proportion of carbonic acid gas, which, being incapable of supporting combustion, soon takes the life of the animal. In the same manner, the health of people is impaired, by being confined in jails, prisons, or being in crowded assemblies, or sleeping in close rooms, and where there are a number of others. Many have been suffocated in this manner. A most melancholy



circumstance occurred in the black "hole" of Calcutta. A vast number of prisoners were crowded so closely together, where there was little or no circulation of air, that most of them died in a short time. It is owing to this that close stoves prove so injurious. They destroy the vital portion of the air, so indispensable to health and life, while the remaining impure air is inhaled, and the consequence is headache, languor, and other ill effects. Those who are obliged to use small stoves should place a vessel of water upon them, which, in a great measure, affords a preventive.

Persons should be careful also to promote a free circulation of air in their houses, by frequently opening their windows. I have been in the habit of doing it at night without receiving the least injury; but, on the contrary, I think, with much benefit.

"I would propose," says a writer, "that the casements of all public rooms, and, indeed, of private houses, shall be so constructed as that the upper division shall slide down, and that a certain portion of them, according as the room is more or less crowded, be always kept open. By thus promoting a free and constant circulation of air in every apartment, whether occupied or not, the internal or external air becomes nearly of an equal temperature; the foul air which is generated in close, unoccupied chambers, and which adheres to the walls and furniture, will be carried off before it is accumulated, and the usual practice of airing rooms, by opening the windows, and warming them with fires, will be less, if at all, necessary.

"The most neat and delicate person, after having passed the night in his bed chamber, does not, when he awakes, discover any offensive smell in his room; but if he quits it for a few minutes, and returns to it after



having been in the open air, and before fresh air has been admitted, he will quickly discover an essential difference."

In crowded meetings or assemblies, delicate persons often become sick and faint, and in every place where the air becomes injured by repeated breathing, or by fires, candles, etc.; and how often is a bed-chamber rederevery offensive, by the neglect of extinguishing the snuff of a candle. This should always be done before retiring.

#### AIR IN CITIES.

The air in cities is injured by being so often breathed and stagnated by narrow streets, numerous and compact houses and apartments, a dense population, exhalations arising from putrid substances, filth, smoke of factories, dirty streets, etc. The streets of our cities are altogether too narrow, as well as too filthy. Those who come from the country to the city often become immediately affected by the polluted and contaminated air.

Our cities should be built as Babylon and other ancient cities were. The streets were wide; houses a distance apart; numerous gardens, trees, plants, etc. It is a disgrace to our municipal authorities, that no more attention is paid to the cleanliness of our streets and yards; the exhalations arising from which are not only unpleasant, but very unwholesome. Yards, privies, and every house should be often thoroughly cleansed and white-washed.

#### CHANGE OF AIR.

The effects of change of air on the health is almost incredible, especially by removing from the city to the country. The effect seems still greater on infants and



children than adults, thousands of whom annually die from the effects of impure air. Many who have been laboring under the most serious and apparently incurable diseases, by removing from the city to the country, or from an inland residence to the sea-shore, have rapidly recovered. I might mention striking instances of this fact. It is often equally as salutary to remove from one climate to another, of an opposite temperature. It frequently occurs that the whole system undergoes a complete change without the use of medicine. Persons afflicted with pulmonary and nervous diseases, should be careful to avoid the air of great towns or cities. Those who are unable to leave the city for any length of time, should frequently take excursions in the country or on the water.

#### TREES AND PLANTS.

Trees and plants are great purifiers of the atmosphere, and are conducive to health. They emit oxygen gas (the only vital portion of the air) during the day, while at night they imbibe and decompose it, and retain the carbonic gas or fixed air, the deleterious nature of which has been pointed out.

By this we see how much they contribute to life and health. Let them, therefore, be nursed and cultivated, both for health and ornament.

#### BURNING CHARCOAL.

The practice of burning charcoal to cook or to heat rooms has become very common, and many have lost their lives by the gas produced by it. The newspapers have lately recorded many cases where jars or vessels of charcoal have been placed in cabins or rooms, and the persons sleeping in them have been killed. An account



is given of two persons who lately lost their lives by burning charcoal in a vessel in this manner. It is not an uncommon, but a very dangerous practice, and not to be repeated.

#### PURE AIR IN DISEASE.

Pure air is essential to the best possible health of the system, and that just in proportion as the air we breathe becomes impure, does it become unhealthy.

It is a universal law, and can never be violated with impunity. We see the effects of impure air in ill ventilated meeting-houses. It is not uncommon for persons to faint in consequence of inhaling this kind of air; in others it produces different effects. The ball-room, and crowded party, give rise to headache, indigestion, fainting, eruptions of the skin, general debility, etc. Houses, factories, school-rooms, hospitals, and every place where many meet, should be well ventilated. Man subsists upon air more than upon his food and drink—hence the necessity of having it pure.

A sensible writer on this subject thus observes: "If fresh air be necessary for those in health, it is still more so for the sick, who often lose their lives for want of it. The notion that sick people must be kept very hot, is so common that one can hardly enter the chamber where a patient lies, without being ready to faint, by reason of the hot, suffocating smell. How this must affect the sick, any one may judge. No medicine is so beneficial to the sick as fresh air. It is the most reviving of all cordials, if it be administered with prudence. We are not, however, to throw doors and windows open at random upon the sick. Fresh air is to be let into the chamber gradually, and, if possible, by opening the windows of some other apartment.



“The air of a sick person’s chamber may be greatly freshened, and the patient much revived, by sprinkling the floor, bed, etc., frequently with vinegar, juice of lemon, or any other strong vegetable acid.

“In places where numbers of sick are crowded into the same house, or, which is often the case, into the same apartment, the frequent admission of fresh air becomes absolutely necessary. Infirmaries, hospitals, etc., are often rendered so noxious for want of proper ventilation, that the sick run more hazard from them than from the disease. This is particularly the case when putrid fevers, dysenteries, and other infectious diseases prevail.”

A number of persons lately lost their lives, by reason of the confined air on board of a ship, coming to this country from Europe.

#### EXERCISE.

We may be very temperate in eating and drinking, and observe the best rules for the prevention of disease, yet, without a strict attention to exercise, we cannot enjoy good health.

In the curse pronounced upon our first parents, there is annexed a peculiar blessing—a circumstance so strikingly characteristic of Deity. It was pronounced upon Adam, “In the sweat of thy brow shalt thou earn thy bread.”

In the very sweat produced by labor or exercise, the blessing of health is found, which may be sought for in vain from any other source.

The industrious laborer, who is under the necessity of earning his daily sustenance by personal exertion, commonly enjoys good health. He eats his scanty meal with a good appetite, unassisted by provocatives, which his



active and athletic body, by proper exercise, is soon enabled to digest, and at the return of evening he retires to undisturbed repose, where sound and uninterrupted sleep recompenses for his toil. Health makes his bed easy, and his wearied limbs, recruited by sound repose, fit him for the labor of the ensuing day. As his wants are few, he is nearly a stranger to care and solicitude; and his progeny are partakers with him in the same inheritance.

On the other hand, the sluggard is exposed to a variety of temptations; and that indolence and inactivity are the source of much immorality, we may soon be convinced of by casting our eyes round the world.—They also lay the foundation of many painful diseases; and at length the mind, as well as the body, dwindles into a state of torpor.

Indolence impedes the organic functions, undermining the fountains of health, and gradually, but invariably, leads to disease. Accordingly, we find that those persons who are obliged to labor for their livelihood, are generally strangers to the gout and some other disorders which may be considered as the offsprings of good living and indolence.

There is no substitute which we can appropriate for the non-observance of this practice. Nothing so effectually prevents indigestion, and, consequently, strengthens the solids, as exercise; but unless it be duly and properly persevered in, and our bodies daily habituated to it, we can not experience all that benefit which accompanies its use.

In the formation of our frames, and from the nature of our constitutions, it evidently appears to have been the positive intention of Providence to create in us, for our



well-being, and absolute necessity for exercise. Our love of motion is surely a strong proof of its utility, and nature implants no disposition in vain.

It seems, moreover, to be a law throughout the whole animal creation, that no creature, without exercise, should enjoy health, or be able to find subsistence.

Were men to live in an habitual course of exercise and temperance, there would be but little occasion for using medicines. Accordingly, we find that those are most healthy who subsist by the chase; and that men lived longest when their lives were employed in hunting, and had little food besides what they caught. It has been remarked that all those who have attained a very advanced age, have undergone great labor and fatigue in their younger years; such was the case with Parr and Jenkins, the two oldest men on record.

By attention to exercise, the tone and vigor of the body are very much increased; the nervous energy, and also the circulation of the blood, are materially accelerated; and this increased impetus of the blood through the whole system, produces an effectual determination to the surface of the skin, and a free perspiration is the consequence. By the same means the body is disposed to sleep, the appetite is increased, the tone of the stomach and other organs concerned in the process of digestion preserved, and the blood is determined from the interior parts, thereby preventing, as well as removing obstructions, and powerfully obviating any tendency to overfulness in the system.

Moreover, by exercise, the spirits are enlivened, as well as the body refreshed; and it is an undeniable truth, that where it is neglected, the strength and energy of the whole machine gradually fall to decay, and a morbid ir-



ritability is induced, with a long train of those unpleasant symptoms which usually accompany chronic weakness. The natural powers of the stomach and intestines sustain particular injury, the appetite is vitiated, and the bile and other fluids employed by nature in the process of digestion, are very imperfectly secreted, or perhaps considerably obstructed; the muscular fibres of the body become relaxed and debilitated; the whole animal economy is disordered, and a train of numerous and hypochondriacal symptoms, together with gout, apoplexy, palsy, glandular obstructions, and many other complaints incident to inactive, indolent, and sedentary persons, come on.

Nothing but regular and sufficient exercise in the open air can brace and strengthen the muscles and nerves, or prevent the endless train of diseases which proceed from a relaxed state of these organs. The active and laborious are seldom the subjects of nervous disease; these are the portions of sons of affluence and ease. Riches, indeed, supply many indulgences, but they are at the same time accompanied by many evils; and thus are the good and bad things of this life pretty equally balanced.

Those who wish to enjoy health, should exercise as regularly as they take their food; they should walk a certain distance in the open air every day, or ride on horseback, and they will find it to their advantage to employ a portion of the day besides in gardening, or some agricultural pursuit.

The studious, and men of letters more particularly, are required to attend to these points; for, if study be united with a want of exercise, it infallibly proves injurious to health, and never fails to destroy the appetite and impair digestion; then costiveness, flatulency, crudities,



headache, apoplexy, and palsy, are the certain consequences. Exertion of the mind and inaction of the body, when carried to excess, are destructive of the most robust health. An alternate mixture of daily and sufficient exercise, business, and reading, enables us to allow rest, by turns, to the body and the mind, and keep the faculties in due equilibrium and in a state of progressive improvement.

To render exercise as beneficial as possible, it will be necessary that it be not too violent, and that moderation, both in eating and drinking, accompany it.

Active exercise soon after eating a full meal, is likely, also, to be injurious; a state of quietude, therefore, for some time after dinner in particular, as being the principal meal with most persons, will be advisable; but, nevertheless, we should not indulge in sleep soon after eating. This custom some people practice, but it is an improper one.

Exercise certainly gives strength and energy to the body, but it should not be carried too far or continued too long, as it may then be productive of mischief instead of benefit. It should be gentle and moderate, and, when practicable, be taken in the open air. Another rule necessary to be attended to for rendering exercise advantageous is, that due care be taken that the body, when heated, be not suddenly exposed to cold, either by subjecting it to currents of air, or fresh breezes, or by drinking cold liquors of any kind. In warm climates, exercise should always be taken in the cool of the day, particularly in the morning.

Females are so confined by domestic labor, that they seldom have much exercise in the open air, which is calculated to make them sickly; besides, they are in



general so over-burthened with work, that their constitutions often become broken by over exertion, and hence experience little besides care, vexation, and ill health, the accompaniments of such habits. They are made slaves, either from necessity or choice, and mostly from the latter. Now this is wrong, and was never intended by our Creator; and, to obviate it, they should obey the command of the Apostle, "Be careful for nothing," and simply attend to those duties which are indispensably necessary, and, if too great, procure assistance. As regards exercise, females should make it a part of their duty to labor as much as possible in the open air, and, instead of sitting so much, exercise the whole body in some manner; if in no other way, by walking or riding, daily; and in the summer season they should work at least two hours in the kitchen or the flower garden every day. Even the practice of the Indian women excels us in this respect. How much has civilization done for us?

#### CLOTHING.

Those who wish to pay a due regard to their health, must attend to their clothing. It should be adapted to the climate, the season of the year, age, etc.

#### CLIMATE.

The principal object of clothing is to preserve a right temperature of the body. Hence persons in very cold climates require much more clothing than those in warm. Custom or habit, however, has a great influence.

The natives of this country live throughout the most rigorous winters almost without any clothing, while we apparently experience more suffering with a very great quantity of clothing.



## AGE.

Youth, in consequence of the rapid circulation of the blood, requires less clothing than middle and old age.

## SEASON.

The dress should be adapted to the season of the year, as every one knows that winter requires much more clothing than summer. But the greatest caution is necessary to make the change very gradually. Woolen garments should be put on early in the fall, and worn late in the spring. This is the more necessary, by reason of the sudden and great changes of our climate; one day the thermometer rises to a hundred, and the next it sinks to forty, which racks the constitution, and proves very destructive to health. These vicissitudes must be guarded against by proper clothing, which never should be very thin, even in midsummer.

## FASHION AND FIGURE.

More consequence is now attached to figure and form than to health and convenience. Persons must dress fashionably, no matter how ridiculous or dangerous it may prove. Hence, fashion and shape are continually changing, without regard to health, climate, or comfort. In order to reduce the body to a fine shape, the stomach and bowels are squeezed into as narrow a compass as possible. By this reprehensible practice, digestion, fainting, coughs, consumption, and other complaints, are produced.

## BANDAGING, ETC.

Garters, when drawn too tight, not only prevent the free motion and use of the parts about which they are bound, but likewise obstruct the circulation of the blood, which prevents the equal nourishment and growth of



these parts, and occasions various diseases. Tight bandages about the neck, as stocks, cravats, necklaces, etc., are extremely dangerous. They obstruct the blood in its course from the brain, by which means headaches, vertigoes, apoplexies, and other fatal diseases, are often occasioned.

## QUANTITY OF CLOTHING.

A judicious physician, in speaking upon this subject, has the following excellent remarks: "Robust persons are able to endure cold better than the delicate, and, consequently, may clothe the lighter; but the precise quantity of apparel which may be necessary for any person cannot be determined by reasoning—it must be entirely a matter of experience, and every person is the best judge for him or herself, what quantity of clothes is necessary to keep him or her sufficiently warm and comfortable. The state so nearly approaching absolute nudity, in which fashionable females now make their appearance in public, is not only highly indecent, but must be very destructive to their health and personal comfort.

"While treating on clothing, I would recommend to every person to be careful in observing that their clothes are properly dried previous to being put on. This precaution will be particularly necessary in the winter months, as washer women are then obliged to dry chiefly by the heat of a fire, and this is apt to be very imperfectly done. Many lives are annually sacrificed by persons putting on damp linen, as well as by sleeping in sheets not properly dried.

"Due care should be taken to change the stockings and other clothing as speedily as possible after their becoming wet by exposure to inclement weather, rain,



snow, etc. Many persons are so imprudent as to neglect this very necessary change, and to suffer their clothes, after such an exposure, to dry on them, assisted, probably, by going near a fire for some time; but such a practice is always attended with risk, and not unfrequently gives rise either to rheumatism, fevers, pleurisy, coughs, consumption, or some other disease of a dangerous or even fatal nature."

#### KIND OF DRESS.

I shall say but little upon the kind of clothing that ought to be worn, but leave this part of the subject to the good sense of the reader to determine. I would merely add, that such articles must be used as will render the temperature of the body as uniform as possible, by keeping up a due degree of perspiration. Nothing contributes more to this than flannel.

Imprudent persons have lost their lives by taking off their flannel too early in the spring, merely because a day or two of warm weather commenced, which rendered it a little unpleasant. If it is not worn constantly, it should at least be continued till the beginning of summer, and again put on by the first of September, especially in this latitude.

In the sultry days of summer, every precaution should be taken that the body be not suddenly exposed to cold, when overheated by exercise, by throwing off a portion of the clothing, as is customary with many.

It is lamentable to see the great departure there is now from the former modes of dress, as well as in other things. Our ancestors were in the practice of dressing very warm and comfortable—stout cloaks, thick shoes, etc.,—and they, in consequence, were healthy. In these



days it is the reverse. By the present mode or fashion in dress, thousands of females are injured, if not killed.

In concluding this chapter, I will quote the remarks of Buchan on this subject: "Nothing," says he, "can be more ridiculous than for any one to make himself a slave to fine clothes. Such a one, and many such there are, would rather remain as fixed as a statute from morning till night, than discompose a single hair, or alter the position of a pin. Were we to recommend any particular pattern of dress, it would be that which is worn by the people called Quakers. They are always neat, clean, and often elegant, without anything superfluous. What others lay out upon tawdy laces, ruffles, and ribbond, they bestow upon superior cleanliness. Finery is only the affectation of dress, and very often covers a great deal of dirt.

#### DISEASE OCCASIONED BY THE WANT OF CLEANLINESS.

Many complaints are caused by want of cleanliness. Fevers, dysenteries, and diseases of the skin, often arise from filth, and they may be mitigated or cured by a strict regard to cleanliness.

#### FILTHY PERSONS AND APARTMENTS.

It is well known that the itch and vermin attack those whose apartments and persons are filthy, by which they become a common nuisance. Some of the inhabitants of the lower classes of persons, particularly of our cities, are so dirty that the most disagreeable and fetid affluvia is emitted from them. If such persons are too indolent to remove the filth about them, ought not magistrates to interfere and cause it to be done?

A writer has the following judicious remarks upon this



subject: "In many great towns the streets are little better than dung-hills, being frequently covered with ashes, dung, and nastiness of every kind. Even slaughter-houses are often to be seen in the very centre of great cities. The putrid blood, excrements, etc., with which these places are generally covered, cannot fail to taint the air and render it unwholesome. How easy might this be prevented by active magistrates, who have it always in their power to make proper laws relative to things of this nature, and to force the observance of them."

Whatever pretensions people may make to learning, politeness, or civilization, we will venture to affirm, that while they neglect cleanliness, they are in a state of barbarity.

"In ancient Rome the greatest men did not think cleanliness an object unworthy of their attention. Pliny says the Cloace, or common servers for the conveyance of filth and nastiness from the city, were the greatest of all public works, and bestows higher encomiums upon Tarquinius, Agrippia, and others who made and improved them, than those who achieved the greatest conquests."

Some of the most dreadful diseases incident to human nature might, in my opinion, be entirely eradicated by cleanliness.

#### PERSONAL CLEANLINESS.

"Personal cleanliness," says a writer, "is chiefly effected by a frequent change of dress, but is much increased by ablutions of different parts of the body daily with water. Of these the head, face, and mouth, as well as the hands and feet, claim our attention. From neglecting to keep the mouth and teeth, properly cleaned,



the breath is apt to acquire a disagreeable taint. The teeth ought, therefore, to be cleansed after every meal, as the refuse of the food naturally settles about them, and in consequence of heat, rapidly becomes more putrid, and in this state proves injurious to them as well as the gums. Every morning the tongue should be cleansed, and the throat be well gurgled and washed out with water.

“The teeth are apt to become incrustated with tartar, which in time very much injures the enamel with which they are coated externally; it should not, therefore, be suffered to collect, but be removed from time to time. They should be washed every morning with a small piece of sponge, or very soft brush, dipped in cold water, joining occasionally the powder of fresh prepared charcoal. If any of the teeth have a tendency to caries or rottenness, or the gums are spongy and bleed, the mouth may be washed with the tincture of myrrh.

“Attention to the feet is also very necessary, particularly in warm weather, and with those who, from a peculiarity of constitution, have them very moist. The perspiration proceeding from them in hot weather and after much walking, emits a very disagreeable smell; they ought, therefore, to be frequently washed. Great cleanliness by daily ablutions of the feet and the change of stockings, are not only the most convenient, but the most salutary means of preventing all unpleasant odors.”

The most rigid cleanliness must also be observed during sickness. The clothes of the person must be frequently changed, everything offensive removed, and the apartment must be kept perfectly clean.

Mechanics and those who are under the necessity of working where there is constant dirt and filth, ought to



wash themselves and change their clothing as often as possible. They should frequently bathe, both in the summer and the winter season.

#### SLEEP, EARLY RISING, ETC.

“For the purpose,” says Dr. Thomas, “of recruiting the waste daily produced in the human body, and enabling it to perform every function properly, nature has wisely and beneficially determined that an adequate renovation should succeed this exhaustion by alternate periods of sleep and watching.

“An insufficient quantity of sleep exhausts the spirits and produces headache, anxiety of mind, and moroseness of temper; moreover, it debilitates the nervous system. On the contrary, too great an indulgence in sleep is also injurious, as the muscular motions are thereby debilitated, the nerves and other fibres become relaxed or torpid, and a state of indolent stupidity supervenes, which is not thrown off the whole day; added to which, that sprightliness of life and vivacity are wanting which are usually the consequences of early rising. It is evident, therefore, that sleep requires some regulation as well as our diet. A habit of retiring soon to rest and of rising early appears to be very favorable to the development of the powers and the preservation of health. Those who lie half of the day in bed become effeminate and enervated, and they soon lose that activity which, properly directed, can alone confer value on life.

“It would appear that six hours’ sleep every night is sufficient for any adult person during the summer, who is in health, and in winter about seven, or, at the most, eight. Those who indulge for nine or ten hours in bed are commonly wakeful or restless during the forepart of



the night, and when they ought to rise, sink to rest and slumber on till noon; by which imprudent conduct even the strongest constitution will eventually be injured.

“Nothing, however, more certainly destroys the constitution than that of sitting up a great part of the night and lying in bed the pleasantest and most healthy part of the day, as is too much the custom with those who lead a fashionable life, thereby converting night into day and day into night. This plan of proceeding is sure to injure the health of its votaries, and to shorten the natural period of life, and it will undermine the strongest constitution, even if accompanied with habits of regularity in other respects; but how much more destructive must its effects be, when conjoined with intoxication, gambling, sensuality, and other midnight excesses! Persons of athletic bodies may probably bear up for a time under late hours and intemperance, but the delicate and weak must unavoidably fall very soon martyrs to such indiscretions.

“It is indeed melancholy to observe among the votaries of fashion and dissipation, the ill effects produced on their constitutions by their midnight revels. Let any person view their pallid countenances, where color is not resorted to, as well as their ghastly forms, and they will be well satisfied that inverting the established order of things, by turning night into day, soon robs the blooming cheek of its roses and lilies, brings on early decay in process of time, and destroys the most vigorous frames.

“We should avoid sleeping in those apartments where we live during the day, and for a bed-chamber, make choice of a spacious room exposed to the sun, and can have the windows open in the daytime for the admission



of pure air and the dispersion of vapors collected during the night. To secure ourselves from the effects of a vitiated atmosphere, we ought also to take care that the beds are well shaken up every morning; and that these, as well as the bed-clothes, are freely exposed for a due length of time to the air.

“Children may always be allowed to take as much sleep as they please, but it is a very different case with adults of a youthful age. Quietude and repose, however, best becomes the constitutions of those who are far advanced in years, since the spring of life in them are rather weakened than invigorated by excessive action and want of sufficient sleep.

“The best way of making sleep refreshing, is to take proper exercise through the day; to avoid strong infusions of tea or coffee in the evening; to make a very light supper, at least an hour or two before retiring to rest, where such a meal is indispensably necessary; to go early to bed; to lie down with a mind as serene and cheerful as possible, placing the body in the position which is most congenial to the feelings and habits of the individual; and to rise betimes in the morning, for it has been observed that the most of those who have attained a great age, have generally been early risers. It must, however, be understood that although early rising and activity are conducive to health, they should, nevertheless, be regulated by the state of bodily strength, the season of the year, and the habitual exertions of the mind.

“Too much exercise will prevent sleep as well as too little. We very seldom hear, however, of the active and laborious complaining of restless nights; it is the indolent and slothful who are generally incommoded with



these complaints. The laborer enjoys more real luxury in sound sleep and plain food than he who fares sumptuously and reposes on downy pillows, where due exercise is wanting.

“Light suppers are also necessary to sound sleep ; and many there are who experience uneasy and restless nights, if they commit the least excess at that meal ; and when they do fall asleep, the load and oppression on their stomachs occasion frightful dreams, the night-mare, broken and disturbed rest.

“Those who follow intellectual pursuits with immoderate ardor, exhaust their powers, and speedily are visited by premature old age. Shun, therefore, close meditation and intense study by night.

“Anxiety of mind and intense thinking are almost certain to prevent sound sleep ; and, therefore, we should endeavor to preserve tranquility of mind, and banish anxious thoughts as much as possible, when we retire to rest, calling in the aid of philosophy to bear with due fortitude and resignation those ills which we cannot prevent.

“He that goes to bed early at night will, in general, be desirous of rising betimes in the morning ; moreover, he that accustoms himself to an early hour for retiring to rest, can rarely join in Bacchanalian revels or in the fashionable dissipations of high life ; his sleep is not disturbed by the effects of unseasonable luxury ; his slumbers are sound and refreshing, and he rises with cheerfulness and fresh acquired vigor, to breathe the morning air and commence the duties of the day.”

#### TRANSITION FROM HEAT TO COLD.

Most of our diseases arise from a sudden transition from heat to cold.



The sudden application of cold to the body in a state of perspiration, cannot but be fraught with danger. The pores become closed, perspirable matter retained, which proves a source of irritation to the system, and soon terminates in a departure from health ; and this is generally brought about by a sudden transition from a high to a low degree of temperature. The system is capable of undergoing an intense degree of cold, when it is gradually brought under the influence of it, but when it is suddenly applied, such a shock is given to the body that it rarely escapes without receiving injury, from which we may infer the great necessity of care and caution against sudden transition from heat to cold. A sensible writer thus remarks upon this subject :

“ By cold air the human body is considerably contracted and rendered more compact ; which is very obvious, by observing that the same clothing which in summer sits tight, will, in the winter, be too large. In proportion, therefore, as the external heat is diminished, it would appear nature intended that the internal heat should be increased thereby. In winter the blood is much disposed to inflammation, and, becoming in some measure obstructed in its passage through the lungs, produces coughs, pleurisy, inflammation of the organs of respiration, rheumatism, and inflammatory sore throat. By paying attention, however, to a proper degree of clothing, and taking particular care that a due proportion of exercise be not neglected, cold may be rendered less hurtful to the body, and the risk of incurring these dangerous complaints in a great measure be obviated.”

The effects of extreme cold are, however, sometimes destructive to the human frame, as, in northern countries, persons have been known to drop down suddenly, and



be deprived of life without any previous symptoms of disease. The loss of various parts of the body in persons of the most healthy constitution, by the effects of extreme cold, is well known. The toes, fingers, lips and nose are frequently so far exposed to its effects as to induce a mortification in those parts.

There is no change throughout nature so pernicious, either to animal or vegetable bodies, than that from extreme heat to intense cold, or from freezing to thawing, and the opposite of these.

Hence it has been observed that irritating coughs are never so prevalent as when there are sudden alterations of the weather, and when the air, after having been very cold, suddenly becomes warm and damp, and after that assumes a considerable degree of coldness again. These transitions occasion a smaller quantity of matter to be thrown off by perspiration, and the lodgment of a greater proportion of fluids upon the internal parts, which become loaded and obstructed; hence catarrhs, diarrhœa, and many other diseases.

When an ordinary change of external temperature is made gradually, such is the constitution of the healthy human frame that it bears it with impunity; but when it happens more rapidly, danger arises proportioned to the suddenness of the event.

The most dangerous, however, of all, are those rapid and violent fluctuations which arise from the artificial modes of influencing temperature by the close rooms and fires of refined life, as also by the clothing. There are many thoughtless persons who will rush out into the freezing air from a room heated to the temperature of India, or after having been warmly clad throughout the day, will go out into the cold damp air of night in the



flimsy dress of a ball-room, with their bosoms uncovered, and their neck and shoulders perfectly bare; for such is the prevailing fashion among women nearly of all ages. They are never more dressed, according to their ideas, than when thus equipped for some place of amusement, although, in fact, they very nearly approach a state of nudity. It is by such imprudences, and the changes of temperature to which they become liable, that so many thousands are annually cut off by one disease or another, but particularly by pulmonary consumption.

But we are now so accustomed to hear of colds, coughs, consumptions, rheumatisms, and a long train of other diseases of a similar nature, that we have almost been brought to consider them as necessary attendants of our situations, the unavoidable scourges of our climate and land, the existence of which we may deplore, but against which it is almost useless to employ any precaution. It is a positive fact, however, that most of our winter maladies derive their origin from sudden and considerable vicissitudes of temperature, and may, perhaps, be avoided by paying due attention to the following rules, viz: to keep the temperature of the atmosphere which surrounds us as uniform as possible, and when a change is unavoidable, to make it gradually, and not suddenly. A due regard should, therefore, be paid to our clothing and management in other respects. On quitting our houses, or coming out of a crowded place of public resort, in cold weather, persons of a delicate constitution will find it much to their advantage to pay attention to the changing of their clothes according to the vicissitudes of the season, or even, indeed, to those of the same day,



proportioning not only the quality, but the quantity thereto.

As our bodies are readily acted upon by every sudden change of weather, as from heat to cold, and the reverse of this, every precaution should be taken for the purpose of preventing any sudden check to perspiration; and it should be a fixed rule to avoid all rapid transitions from one extreme to another, and never remove from a room which is highly heated, to a cold air or fresh breeze, while the body remains warm, or till the necessary change by additional clothing has been previously made. If, at any time, the body should be greatly heated during the warm weather, it will be sure to suffer by going into a cellar, ice-house or cold bath, or even by sitting on cold stones, or ground that is damp. Severe colds, pulmonary consumption, rheumatism, and many other maladies of a severe nature, have been brought on by such imprudence, and even speedy death has been the result of such a transgression. "Avoid a stream of wind or air, especially while in perspiration, as you would an arrow."

## WET CLOTHES.

Another writer, treating on obstructed perspiration, has the following pertinent remarks: "Wet clothes, not only by their coldness obstruct the perspiration, but their moisture, by being absorbed or taken up into the body, greatly increases the danger. The most robust constitution is not proof against the danger arising from wet clothes; they daily occasion fevers, rheumatisms, and other fatal disorders, even in the young and healthy.

It is impossible for people who go frequently abroad to avoid sometimes being wet, but the danger might



generally be lessened, if not wholly prevented, by changing their clothes soon; when this cannot be done, they should keep in motion till they are dry. So far from taking this precaution, many often sit or lie down in the fields with their clothes wet, and sometimes sleep even whole nights in this condition. The numerous instances which we have of the fatal effects of this conduct, ought certainly to deter all from being guilty of it.

The erroneous and pernicious practice of persons wearing their clothes when wet, that they may dry upon their persons, is so prevalent that I deem it necessary to caution all against it. There is a prevailing idea among the laboring class—men who, by their occupations, are exposed to the wet and damp of the seasons—that it is better to dry their garments on their bodies than to take them off. The idea, I can only say, is simply ridiculous, so much so, that it should never be entertained.

#### WET FEET.

Wet feet often occasion fatal diseases. The colic, inflammations of the breast and of the bowels, cholera morbus, etc., are often the results of wet feet.

Habit will no doubt render this less dangerous; but it ought, as far as possible, to be avoided. The delicate, and those who are not accustomed to have their clothes or feet wet, should be extremely careful in this respect.

#### NIGHT AIR.

The perspiration is often obstructed by night air; even in summer this should be avoided. The dews which fall plentifully after the hottest day, make the night more dangerous than when the weather is cool. Hence, in warm countries, the evening dews are more hurtful than



where the climate is more temperate. It is very agreeable after a warm day to be abroad in a cool evening; but this is a pleasure to be avoided by all who value their health. The effects of the evening dews are gradual, indeed, and almost imperceptible; but they are not the less to be dreaded. We would therefore advise travelers, laborers, and all who are much heated by day, carefully to avoid them. When the perspiration has been great, these become dangerous in proportion. By not attending to this, in flat, marshy countries, where the exhalations and dews are copious, laborers are often seized with intermittant fevers, quinsies, and other dangerous diseases.

## DAMP BEDS.

Beds become damp either from their not being used, standing in damp houses or in rooms without fire, or from the muslin not being dry when laid on the bed. Nothing is more to be dreaded by travelers than damp beds, which are very common in all places where fuel is scarce. When a traveler, cold and wet, arrives at an inn, he may, by means of a good fire, warm, diluted liquor, and a dry bed, have the perspiration restored; but if he be put into a cold room and laid in a damp bed, the obstruction will be increased, and the worst consequences will ensue. Travelers should avoid inns which are noted for damp beds, as they would a house infected with the plague.

But inns are not the only places where damp beds are to be met with. Beds kept in private families for the reception of strangers, are often equally dangerous. All kinds of linen and bedding, when not frequently used, become damp. How, then, is it possible that beds which



are not slept in more than two or three times a year, should be safe? Nothing is more common than to hear people complain of having caught cold by changing their bed. The reason is obvious; were they careful never to sleep in a bed that had not been recently used, they would seldom find any ill consequences from a change.

No linen or muslin, especially if washed in winter, ought to be used till exposed for some time to the fire; nor is this operation less necessary for sheets washed in summer, provided they have lain for any length of time. This caution is the more needful, as persons are often exceedingly attentive to what they eat or drink at an inn, yet pay no regard to a circumstance of much more importance. Muslin sheets are much more healthy than linen ones.

If a person suspects that his bed is damp, the simple precaution of taking off the sheets and lying in the blankets, with all, or most of his clothes on, will prevent the ill consequences that might otherwise ensue. I have practiced this for many years, and never have been hurt by damp beds, though no constitution without care is proof against their baneful influence.

#### FEATHER BEDS.

There is probably not a single disease that we are not more strongly predisposed to, and which, when actually existing, is not in some measure aggravated by the use of feather beds.

Mattresses made of hair, straw, moss, Minilla grass, husks, hay, or sweet balsam, are incomparably more favorable to health and comfort than feather beds.

#### DAMP HOUSES.

Damp houses are generally productive of ill results,



for this reason: Those who build should be careful to choose a dry situation. A house which stands on a damp, marshy soil or deep clay, will never be thoroughly dry. All houses, unless where the ground is exceedingly dry, should have the first floor a little raised.

Servants and others who are obliged to live in cellars and sunk stories, seldom continue long in health.

## EVACUATIONS OR EXCRETIONS.

The state of our health is materially influenced by the excretions or evacuations of the body. Nature has provided certain outlets for the purpose of carrying off morbid and extraneous matter, which, if retained too long, injures the health.

## BOWELS.

It is scarcely necessary to say that costiveness is the cause of many complaints.

When the excrements are too long retained in the bowels, they contaminate the fluids, and seldom fail to prove injurious.

The bowels, therefore, should be kept regular. We cannot precisely determine how often they should be moved in a given length of time, as this depends upon the constitution, habit, state of the health, and other causes. As a general rule, however, once in twenty-four hours is sufficient, and two days at farthest; but there are instances where persons are so imprudent as to suffer their bowels to become so constipated that nothing is discharged in one or two weeks.

This is a very dangerous practice. Some persons, from a torpid state of the stomach and intestines, want of exercise, etc., are habitually costive, causing flatulence, swelling of the abdomen, loss of appetite, headache, de-



bility, nervous diseases, and sometimes convulsions. To those I would recommend such a course of treatment, diet, and exercise as will restore a regular action of the bowels. Most persons continually take physic for this state of the system, which injures the tone of the stomach and intestines, and, after a while, rather aggravates than removes the cause.

Young females, and all who lead a sedentary life, are liable to costiveness, which lays the foundation for many diseases. Mothers and others who have the care of children, ought to pay great attention to this matter, for they may rest assured that it cannot be neglected without much hazard to the health and life of the young.

#### REMEDY FOR HABITUAL COSTIVENESS.

A mild purgative may first be administered to remove the accumulation of feculent matter, and occasionally repeated, until costiveness can be removed by other means. After the operation of the physic, recourse must be had to proper diet. Nothing of a binding or heating nature must be taken; but, on the contrary, that kind which possesses loosening properties, such as fruit of various kinds, raisins, prunes, figs, dried peaches, apples, whortleberries, etc.; and particularly the coarse bread already spoken of. I have found corn bread the best regulator of my bowels. Those who are habitually costive will derive great benefit from a tumbler of cider before breakfast in the morning.

Says Andrew Combe in his *Treatise on Physiology*: "Neither the stomach nor the bowels are adapted in structure for very concentrated food, as meat, jellies, etc. Such articles cannot be long used with advantage. Brown and rye bread and fruits are in repute for redeem-



ing a costive habit of body, and their usefulness is explicable on the same principle. They leave a large residue to be thrown out of the system, and this residue forms the natural stimulus of the bowels, and, consequently, excites them to purer action."

A dog fed on bread made of superfine flour will live but fifty days; whereas, a dog fed on unbolted wheat flour, will continue in good health. Do we need any other proof than this of the injurious effects of common bread?

It is stated, upon good authority, that the following simple article is a remedy for costiveness :

Begin with one new laid egg, raw, to which add three times its bulk of water, and beat it thirty minutes. Take it in the morning, and one or two more in the day. Increase to three at a time, as the stomach will bear. It gradually removes the complaint. In cases where the bowels are very costive, injections of warm water are excellent.

#### THE LIVER.

The state and quantity of the bile must be attended to, in order to preserve health. The bile, in a vitiated state, or when not duly secreted, is sometimes obstructed in the liver and gall-bladder, and becomes a source of dyspepsia, constipation, and nervous complaints, jaundice, etc. When this is the case, or when a person is possessed of a bilious habit, it should be corrected principally by diet. All high-seasoned food and meats must be avoided, and vegetables substituted. Exercise should by no means be neglected; and one meal of victuals daily omitted. One or two anti-bilious pills may be daily taken, if a course of regimen should not prove effectual.



The neutralizing cordial might be used, which is very good.

#### KIDNEYS.

The kidneys perform an important office, which, if suspended or imperfectly performed, will effect the health, by inducing inflammation of the kidneys, dropsies, etc. When there is a disposition to pass the urine more frequently than usual, and when there is but a small quantity voided at a time, it is evident that there is some derangement in the animal economy. Persons in this case should immediately resort to the use of such medicines as stimulate the kidneys, and cause them to secrete a larger quantity of urine, or, in other words, to perform their office. An infusion of parsley, whortleberries, marsh-mallows, and other similar drinks, should be freely taken. Should there be, however, too great a quantity of urine emitted, it will constitute a disease termed *diabetes*, which requires an opposite course of treatment. If this be the case, as little drink as possible should be taken, and those of a tonic and stringent nature, such as a decoction of the bark of the wild cherry tree and beth root.

Some, who are styled urine doctors, pretend to know and cure diseases by the inspection of the urine alone. But this is impossible. So many things tend to change the quality and quantity of urine, as to render it altogether an uncertain criterion with respect to health or disease.

#### THE SKIN.

Perspiration constitutes the greatest of all the discharges from the body. Sanctorius, an Italian physician, was the first that directed the attention of the faculty to



the cutaneous and pulmonary transpiration, which he proved to exceed the other secretions considerably in weight; and he maintained that this function must have a considerable influence on the system, and was deserving of great consideration in the treatment of diseases. From this we may learn what effects must follow its obstructions. No doubt more complaints arise from retained perspirable matter than from any other cause. It therefore becomes of vast importance to keep up a regular and constant perspiration, for want of a due attention to which, thousands of lives are annually sacrificed.

“Whatever gives a sudden check to perspiration,” says Thomas, “may be productive of very injurious consequences, and should, therefore, be carefully guarded against, as many persons annually fall a sacrifice to not paying proper attention to the various causes from which perspiration may become obstructed; one of the most common of which is, taking or catching cold, as it is more usually called.”

By sudden transition from heat to cold, either from changeableness of the weather, the state of the atmosphere, going immediately from a hot room into the cold air, or throwing off some part of the clothing when heated by exercise, the perspiration is very apt to be obstructed; and colds, coughs, and inflammation of the lungs are the usual effects of such conduct. Drinking freely of cold water, or any other small liquor, when the body is heated, is not only injudicious, but fraught with many ill consequences. Damp houses and damp beds or linen; exposure to night air, especially in hot countries; not changing clothes quickly after their getting wet, and continuing to wear stockings, shoes, or boots which are saturated with water, exposing the feet



thereby to cold, are all likely to be attended with injurious consequences, by occasioning obstructed perspiration. The same will happen by throwing open a window when the room is hot, and sitting in or near it, so as to be exposed to a current of air.

Some are so imprudent or fool-hardy as to bathe themselves in cold water when considerably heated by walking, dancing, or the like exercises; and by such conduct have been soon attacked with some dreadful disease or other. In some instances, death has been the result.

I shall here give rules to persue, when perspiration has been obstructed from any cause. If the clothes have been wet, they should be immediately taken off, and dry ones substituted. The feet must be immediately bathed in warm water, and a glass of gin sling or toddy taken as hot as possible, or a glass of the tonic wine bitters, which is excellent in those cases where perspiration has been checked. After which, an infusion of tea of some medical plant may be taken, such as sage, mint, catnip, pennyroyal, hyssop, etc. This course will restore perspiration, and prevent dangerous, if not fatal, diseases. This is much better than sending for a common physician, to be *bled*, *blistered*, and *mercurialized*.

#### BATHS.

Baths of various descriptions are now so generally resorted to for pleasure or the cure of disease, that it becomes very important to consider their effect upon the human system in a medical point of view. They are attended either with considerable advantage or much injury to all who use them. Many have been cured, others injured, by them, and all which must be attributed to their indiscriminate use, the disease, or the circumstances



under which they have been used. We shall now mention the different kinds, and the different complaints in which they prove beneficial, and in which injurious. They are denominated: Cold, Warm, Hot, Vapor, Sulphur, and Shower.

*The Cold Bath.*—The cold bath consists of water, either fresh or salt, in its natural degree of heat, or it may be made colder by art. The temperature of it, in general, varies from thirty-two to sixty-five degrees of Fahrenheit's thermometer. Sea water and the water of ponds and rivers are very similar in their effects; but sea water is preferable, from the stimulating effects of the salt with which it is impregnated.

In treating of the cold bath, we wish it expressly understood, that the temperature of the water suitable for bathing in general must be similar to that of our bays and rivers in the summer months. A sensation of comfort and some degree of warmth must be experienced a moment after immersion. A sensation of chilliness, on the contrary, is an evidence that the temperature of the water is too cold.

Cold bathing may be used in the following complaints: Fevers, chronic rheumatism, hysterics, hypochondria, and paralytic affections, rickets, scrofulous complaints, general debility, obstructed perspiration, languor and weakness of circulation, accompanied with profuse sweating and fatigue on very moderate exercise. It is useful in that slow, irregular fever to which many persons, particularly those who lead a sedentary life, are subject. Such persons have constantly a pulse rather quicker than natural, hot hands, restless nights, impaired appetite, dejection of spirits, etc.

The cold bath is injurious in all cases where immediate



reaction does not follow its use. If, instead of perspiration or warmth, it is attended with chills, great depression, languor, headache, etc., it is obvious that it should not have been used. It is productive of apoplexy in plethoric habits; and is dangerous in obstructed menses, in coughs, ruptures, or when any internal organ is diseased. If the temperature of the body is below the natural standard, or there is a profuse perspiration, cold bathing should invariably be avoided. Those who are constitutionally weak, and who have but little energy of circulation, are injured rather than benefited by the cold bath.

We believe that there are few, if any, cases in which the sudden application of cold water to the system (except in some particular diseases) proves beneficial. On the contrary, the sudden shock given to the system often brings on disease; therefore, a very cold bath should be seldom used. The water for ordinary bathing, for persons in health as well as in disease, should be of such temperature as to cause an agreeable sensation while bathing. When this agreeable sensation is not felt, but, rather, there is a sense of coldness, the person should leave the water immediately, wipe himself dry, then walk or exercise briskly until warmth of the system is restored. For the want of proper precautions in bathing, many have lost their lives.

Five minutes is long enough to remain in cold water; and, on coming out, the whole body should be rubbed over briskly with a coarse towel.

*Topical Bathing.*—The application of cold water in cases of local inflammation proves highly efficacious. It may be freely and safely used in inflammation of the brain, dropsy of the head, and in some grades of fever, particularly typhus.



A variety of chronic catarrh, which displays itself in a troublesome flow of mucus from the nostrils, and often continues for months, is cured by immersion of the head in cold water, or by the application of this fluid to the part by means of a sponge or towel. The following case, from an old writer little known, (*Vander Heyden*,) will show the utility of this practice :

“Bathing of the head in cold water cures inveterate pains of that part, and also the continual catarrhs and defluxions ; for it is certain that, if the head be put in cold water as far as the middle bone of the hinder part of the head, and to the end of the nose before, so that there be left just so much of the nose out of the water as that the party may have freedom of breathing only, and that this be done so long as while a man may be saying the Lord’s Prayer, the pain of the head, though it hath been of long continuance, will thereby be removed and the defluxion stopped, as hath often been proved by experience.

“I have been much confirmed in this opinion of mine by an experiment of it made upon a certain English knight named Sir Toby Mathews, a man no less eminent for wisdom than fit for public trust. This gentleman having been troubled twenty years together with an intolerable pain on one side of his head, and also with a continual and violent defluxion of the head, distilling through his palate and nose in so great a quantity that he could never go without a wet handkerchief in his pocket ; he was so happily cured of both these maladies in the sixtieth year of his age, by thus bathing his head in cold water, as that, till the seventieth year of the same, which he hath now passed, he hath never had the least touch of either during the said space of time ; and,



being now better in health than ever he was in his life before, to prevent his falling into the like infirmities again, he useth the said immersion of his head in cold water all the year long, and even in the depth of winter. Also, he saith that he received this profitable advice from a certain English nobleman, who, having himself been a long time much tormented with the same disease, had by this means cured both himself and very many others, who were alike affected, and restored them to perfect health, to the great admiration of all men."

It is stated that several wens have been cured by bathing them frequently in salt water.

A very intelligent physician informs me that eye-sights which are weak and dim from age or any other cause, are essentially benefited or cured by holding the face under clear water every day, and suffering it to come in contact with the eyes by winking a few times. It is reasonable to suppose that this practice is calculated to give them tone and energy.

Dipping or bathing the crown of the head every morning in a basin of cold water is an excellent remedy for pains of the head, melancholy and nervous disorders. Let those who are afflicted with either of the above diseases, try the remedy, and they will soon feel the happy effect.

*Warm or Tepid Baths.*—The temperature of the warm bath should be ninety-five of Fahrenheit's thermometer. This kind of bath is much better calculated for bathing in general, in most seasons of the year, than either the cold or hot bath.

We cannot doubt of the tranquilizing and soothing effects of the sedative operation of warm bathing. There seems to be, however, this difference between the cold and warm bath, that, while the former depresses at once,



and powerfully, the circulating and nervous systems, benumbing and rendering them torpid even unto death, or preparing for a violent and irregular reaction—tingling and glow—the latter is just in that relation with the nervous system to convey a sensation, soothing by its mildness and active by its diffusiveness, and with the capillary system to invite blood into the smaller vessels of the extremities, which were of a temperature less than the water, and thus produce an equal, yet moderate, fullness and action of these vessels.

To those who are past the meridian of life, says Darwin, and have dry skins and begin to be emaciated, the warm bath, for half an hour twice a week, I believe to be eminently serviceable in retarding the advances of age. Acting on this principle, this learned physician relates that, when Dr. Franklin was in England, he recommended the latter to use a warm bath twice a week, a practice which he afterward continued till near his death.

“So early as the time of Homer, an opinion seems to have prevailed of the utility of warm bathing in advanced life. When Ulysses, after his return to Ithaca, found his father Laertes reduced to great weakness, he advised him to use warm bathing, and, to encourage him, told him he had seen one *whose case was exactly similar to his, worn down and emaciated with age*, who, by the use of warm baths, very quickly *recovered his appetite and rest*. He likewise adds, that its efficacy in such cases was well known, and that it was a common *custom among old men*.”—Odyss, xxiv.

It has been supposed till very lately that one constant effect of the warm bath is to relax and debilitate the body; but numerous experiments seem to prove that this



opinion was founded in error, and that, on the contrary, persons debilitated by disease have felt stronger on the days when they used the warm bath, and were soon restored to their former strength. If in any cases relaxation and debility follow the use of the warm bath, it is to be attributed to the heat of the bath having been too great for the constitution of the patient, or the immersion having been continued too long.

The stimulant effects of the warm bath are very inconsiderable, and it is found useful in allaying irritation, diminishing morbid frequency of the pulse, relaxing and purifying the skin, and in inducing sleep and repose. The warm bath will be attended with advantages in those cases of fever, where the heat is preternaturally great; but where, from some affection of the lungs, consumption, or other unfavorable symptoms, cold bathing is inadmissible; in the paroxysms of hectic fever; in eruptive diseases, attended with increased heat and dryness of the skin; in gout and rheumatism, stiffness and swelling of the joints; in obstruction of the menses; in slight cases of palsy; in scrofulous swellings; in some spasmodic and convulsive affections, where the cold bath might prove too violent; in all those affections of the bowels that seem to depend on an irregular or diminished action of any part of the alimentary canal; and in cases of debility, attended with nervous irritation. In cases of predisposition to coughs, it shares the frequency of the pulse, and tends to retard at least, if it does not wholly prevent, the pulmonary affection. The time of continuing in the warm bath should be varied according to the temperature of the water, and the feeling of the patient. In a bath of ninety-six, a person may remain fifteen, twenty, or thirty minutes.



Where the constitution is not sufficiently vigorous to secure reaction after the cold bath, as indicated by a warm glow over the surface, it certainly does an injury.

For habitual use, bathing in water moderately warm is the safest and most valuable, especially for invalids, during the autumn, winter and spring.

In France, the warm bath is held in such a high repute in some complaints, that it is used three or four times a day. It is highly recommended in cases of insanity. Says Dr. Combe : "When I visited the hospital for the insane, M. Esquirol spoke to me in very strong terms of the benefits resulting from warm bathing, and declared that he had ever found it, when used with ordinary prudence, a safe and valuable remedy."

*Hot Bath.*—By the hot bath we understand a greater degree of heat than the warm bath. The water should be made as hot as the person can endure it. In this state it possesses the most powerful relaxing properties, and should only be used in cases of emergency, in very painful and dangerous diseases, where an immediate relaxation becomes necessary, such as fits, suppression of urine, gravel, strictures, complaints of the kidneys, cramp, hypochondria, bilious cholic, etc. The most sudden and salutary effects are experienced from the hot bath in these and similar complaints.

*Topical Applications.*—Hot or warm water applied to any painful part is attended with the happiest effects. It removes the tension of the skin, diminishes irritability, and is often very useful.

Neither the hot nor the warm bath should be used where there is a great determination of blood to the head, or where there is much plethora.



Fourcray relates the case of an individual who, being immersed in a bath of the immoderate heat of 66 degrees of Reaumur, (180 degrees of Fahrenheit,) fell down apoplectic an hour after. And a writer acquaints us with the history of a patient who was seized with paralysis from having used a bath excessively hot. Peter Frank mentions the development of an inflammatory fever, followed by the appearance of fourteen abscesses after the application of such a bath.

*The Vapor Bath.*—The vapor or steam bath is a contrivance by which steam, either simple or medicated, is brought by pipes from a vessel of boiling water, and admitted to the body, placed in a small box or chamber. The room is heated to a temperature considerably above that of the atmosphere, and the naked body (sometimes including the head) is suffered to remain in this heated air until perspiration takes place. Aromatic herbs are thrown into the boiler, which render the bath more pleasant and more stimulating in its effects. It may be made by placing the person in a common chair, with the outside clothes removed, and a blanket thrown around the body, to exclude the external air. Under the chair a suitable tub or vessel must be placed, and a decoction of the herbs thrown into it. The vapor arising from this surrounds the body, and after fifteen or twenty minutes a free perspiration takes place. If the steam is not sufficient to cause this perspiration, a brick or stone, previously heated, may be thrown into it—some substitute burning alcohol or spirits to produce the steam. A bath still more simple in its construction, and which answers well for all domestic purposes, may be made in the following manner: Let the herbs, say pennyroyal, spearmint, catnip, and tansy, a double handful of each,



be all boiled in a pailful of water, and the whole thrown into a tub of a suitable size; then place one or two narrow pieces of board across the tub, and partially covered with a piece of flannel or cloth of any kind. The person will sit over this in the manner above directed, until he perspires freely. A heated brick or stone in readiness may also be necessary in this case to add to the decoction. Care must be taken that there are sufficient openings by the sides of the strips of boards, or the covering of them, to admit the steam to the body; bathing the feet at the same time and drinking freely of an infusion or tea of catnip, will greatly aid the process of sweating.

The steam or vapor bath, used in this manner, is very valuable in many diseases. It is useful in the commencement of all diseases where it is necessary to promote perspiration, and where the patient is not confined to his bed, in fevers, rheumatism, cold, inflammation of the lungs, and other painful affections.

The vapor or steam bath may be applied with advantage in every case which is attended with a torpid state of the vessels of the surface and extremities of the body. Many a cold and many a rheumatism attack, arising from obstructed perspiration, might be nipped in the bud by its timely use. In chronic affections of the skin, in St. Anthony's Fire, disease of the lungs, throat, stomach, and intestines, with which the skin sympathizes so clearly, the judicious use of the vapor bath is very beneficial. It is also advantageous in mental and nervous diseases, in which languor and inaction of the skin are usually attendant symptoms.

The prevalent fear of catching cold, which deters many from using the vapor bath, is founded on a false



analogy between its effects and those of profuse perspiration from exercise or illness. The latter weakens the body, and, by diminishing the power of reaction, renders it susceptible of injury from sudden changes of the weather; but the effect of the vapor bath is very different. When not too warm or too long continued, it increases, instead of exhausting the strength; and by exciting the vital action of the skin, gives rise to a power of reaction which enables it to resist cold better than before, as experience teaches; and the fact is exemplified in Russia, where in winter the natives sometimes rush out of the vapor bath and roll themselves in snow, the stimulus given to the skin by the bath preventing their taking cold.

*Ablutions, or bathing the surface.*—When the perspiration is brought to the surface of the skin and confined there, either by injudicious clothing or by want of cleanliness, there is much reason to fear that its residual parts are again absorbed, and act on the system as a poison of greater or less power, according to its quantity and degree of concentration; thereby producing fever, inflammation, and often death itself, for it is established, by observation, that concentrated animal effluvia form a very energetic poison.

The substances emitted from the skin by perspiration are water, carbon, carbonic acid, phosphate of lime, and sometimes urea and animal oil, and perhaps phosphoric acid. Now, it must be obvious, that an absorption of these agents is liable to cause disturbance and irritation, which proves the necessity of frequent attention to the skin, both in health and disease.

When we consider that the whole surface of the body is continually discharging morbid matter or impurities



from the body, and that it holds very near and powerful relations to the lungs, stomach, and other internal organs, we shall see the importance of keeping it in a healthy state, and in order to do this nothing is more necessary than frequent ablutions, bathing, or the shower bath.

Bathing the surface, with friction, is excellent to prevent disease and restore health. It removes from the surface every species of impurity, promotes a free circulation of the blood in the minute vessels of the skin, and enables this important organ to perform its office, without which some complaint ensues. It promotes the growth and development of the muscles, invigorates the digestive organs, and imparts a pleasant glow and an increased energy to the whole system, by which it is rendered less liable to be disordered by cold or the changes of the atmosphere. The ancients, it is said, had the art of rendering fat people lean, and those who were emaciated, fleshy, by exercise and frictions of the skin. Though useful to preserve health, bathing and rubbing the whole surface of the body are calculated to increase the health and vigor of persons laboring under debility, who lead a sedentary life, and are subject to indigestion, nervous diseases, rheumatism, coughs, fevers, pains, and such as are subject to disease by the sudden changes of the weather. This practice destroys the susceptibility to cold, which is the existing cause of so many diseases.

The whole body should be daily, or at farthest weekly, bathed entirely over with weak lye or water, and immediately after brisk friction with a coarse or crash towel applied to the whole surface, till the skin begins to grow red and assumes an agreeable glow.

This practice is highly useful in the case of delicate persons, and bathing children in this manner promotes



their growth and activity, and prevents scrofula, rickets, cutaneous, and other complaints. My wife would rather put her children to bed without supper than without first bathing them before putting them to bed. She always washed them every night and put clean clothes on them, and she never had much trouble with fretful children at night. Those who are subject to wakefulness and disturbed sleep, and hysterical affections, will find, in addition to a properly regulated diet and active exercise in the open air, that sponging the body with cold or tepid water, followed by brisk frictions of the surface for a few minutes, will more effectually remove these symptoms than most other means, or the shower bath may be used. This process cleanses and invigorates the skin, is very refreshing, and contributes much to health; it is pleasant even in cold weather. After this ablution, exercise of some kind should be taken. Should there be any sense of cold or chilliness, the operation must be discontinued, or the water warmed.

Those who practice this bathing of the surface will never suffer much, if any, from cold, (the forerunner of consumption,) sore throats, or similar complaints. "Man studies the nature of other animals, and adapts his conduct to their constitution; but of himself he is ignorant, and him he neglects." "If one-tenth of the persevering attention and labor," says Combe, "bestowed in rubbing and currying the skins of horses, were bestowed by the human race in keeping themselves in good condition, and a little attention were paid to diet and clothing, colds, nervous diseases, and stomach complaints would cease to form so large an item in the catalogue of human miseries."



## SEXUAL INTERCOURSE—ONANISM, VENERY, ETC.

This subject, from the nature of it, is not generally treated of by writers on health. But none is more important, as it involves consequences of the most serious kind. The semen is the most subtle, vital, and ethereal part of the body. It contributes to the support of the nerves, as well as the reproduction of the human species; and its evacuation is by no means necessary, and, when retained, adds greater strength to the system. The emissions of the semen enfeebles the body more than the loss of *twenty times* the same quantity of *blood*, and more than violent cathartics, emetics, etc. Hence, excess of this nature produces a debilitating effect on the whole nervous system, on both body and mind.

It is founded on the observations of the ablest physiologists, that the greater part of this refined fluid is reabsorbed and mixed with the blood, of which it constitutes the most rarified and volatile part, and it imparts to the body peculiar sprightliness, vivacity, and vigor. These beneficial effects cannot be produced if the semen be wantonly and imprudently wasted. Besides, the emission of it is accompanied with lassitude and relaxation, and often with great nervous depression. It therefore should never be evacuated only in a state of superfluity, and even then, never unnaturally.

Perhaps the best criterion for married persons is this, *never indulge in the propensity while it can well be avoided*, for the same reason that we should never eat till very hungry. Any deviation from this rule will be attended, directly or indirectly, with debilitating effects, especially with the weak and nervous. By this pernicious practice,



is meant the emission of semen artificially, and which prevails among both sexes to a most fearful extent.

MASTURBATION, ONANISM, SELF-POLLUTION, ETC.

Persons should never practice it, (onanism or masturbation,) under any pretense, except they wish to expose or ruin their health and morals. Obey the injunction of the Apostle, "Flee youthful lusts." This doctrine is agreeable to the laws of physiology, or nature, as well as the law of God. Emitting the semen artificially, by the too common practice of onanism, lays the foundation for many incurable complaints, and causes more bad health than even physicians are aware of. It has been shown by reports of Lunatic Asylums, that it often causes insanity in both sexes.

"The fact that the ceremony of marriage has been performed, will not save people from the consequence of venereal excesses. The laws of our nature remain the same; and, if violated, we must suffer the consequences. Hundreds and thousands are hurried into a premature grave, or made wretched while they live, by diseases induced by venereal excesses, with no knowledge of their causes." The practice of self-pollution pervades all ranks, male and female. Professed Christians are often among its victims. Some time since, says Mary S. Grove, I became acquainted with a lovely and intellectual young man, who was a student in one of our theological seminaries. His health became so poor that he was obliged to leave the seminary and return to his friends. I saw him lose his reason and become a maniac. I was satisfied, from all the symptoms in the case, that this sin was the cause of his wretched condition. He died without recovering his reason, and a friend of his, who was



in the seminary with him, told me, after his decease, that he was indeed a victim of "SOLITARY VICE; that it caused his death."

A short time since, I was conversing with a physician who seemed to feel deeply on this subject. "But," said he, "what can be done? I dare not offend parents by telling them the habits of their children. Only the other day," said he, "I was called to a youth who was destroying himself by this practice, but I dare not mention it. The parents would have been very angry if I had."

Dr. S. B. Woodward, superintendent of the hospital for the insane, has the following remarks on this practice: "For the last four years," says he, "it has fallen to my lot to witness, examine, and mark the progress of from ten to twenty-five cases daily, who have been the victims of this debasing habit; and I aver that no cause whatever, which operates on the human system, prostrates all its energies, *mental, moral, and physical*, to an equal extent. I have seen more cases of idiocy from this cause alone, than from all the other causes of insanity. If insanity and idiocy do not result, other diseases, irremediable and hopeless, follow in its train, or such a degree of imbecility marks its ravages upon body and mind, as to destroy the happiness of life, and make existence itself wretched and miserable in the extreme."

That the evil is wide spread and exceedingly injurious to the young, cannot be denied or doubted. Its effects upon physical strength and constitutional stamina are very prejudicial.

Its influence in prostrating the mind is no less appalling. Consumptions, spinal distortions, weak and painful eyes, weak stomachs, nervous headaches, and a host of other diseases, mark its influence upon the one; loss



of memory and the power of application, insanity and idiotism, show its devastating effects upon the other.

It is equally opposed to moral purity and mental vigor. It keeps up the influence of unhallowed desires. It gives the passions an ascendancy in the character; fills the mind with lewed and corrupt images, and transforms its victim to a filthy and disgusting reptile.

The evil is common—its dangers little known. Let the young beware of it; and those who are in the way of danger, abandon it forever.

Books have been written, filled with the most startling facts on this subject. See Tissot, Graham's Advice to Young Men, and other works. Reader, beware how you thus hazard your health. The best preventive is abstinence, diet, and regimen; to avoid all animal food and stimulants, and to use vegetables and fruit only. High living excites venery, and leads directly to sensuality and licentiousness.

#### MARSHES.

The neighborhood of marshes is peculiarly unwholesome, especially towards the decline of summer and during autumn; and more particularly after sunset. The air of marshy districts is loaded with an excess of dampness, and with the various gases given out during the putrefaction of the vegetable matters contained in the waters of the marsh. Persons exposed to this air are liable to various diseases, but especially ague, bilious fevers, diarrhœas, and dysenteries. They who breathe it habitually exhibit a pallid countenance, a bloated appearance of the abdomen and limbs, and are affected with loss of appetite and indigestion. Health is best preserved in marshy districts by a regular and temperate



life, exercise in the open air during the middle of the day, and by retiring, as soon as the sun sets, within the house, and closing all the doors and windows. The sleeping apartment should be in the upper story, and rendered perfectly dry by a fire lit a few hours before going to bed, and then extinguished. Exposure to the open air should, if possible, not take place in the morning before the sun has had time to dispel the fog, which, at its rising, covers the surface of the marsh. Persons who are intemperate, or use ardent spirits habitually, are those most liable to suffer from the unwholesome air of marshes; such generally perish from diseases of the liver and dropsy.

#### HAIR, BALDNESS AND FASHION.

The hair often falls off of the head at an age which is quite unnatural, and which, therefore, constitutes disease. It is caused by excessive action of the brain, such as intense study, great anxiety of mind, afflictions, etc.; all which cause unnatural heat or inflammation, and this causes the hair to drop off prematurely. I know of nothing better for this than bathing the head daily with cold water, and rubbing it well with a coarse towel.

People are often led to try this thing and that thing, to prevent the hair from falling off. Doubtless there are many pounds of hog's fat sold every year as bear's grease, etc., to cause the hair to grow. Correct habits and daily washing the head with cold water, and combing it with a fine comb, are the best preservatives and restoratives of hair.

If any one's hair should grow while putting on these quack ointments, which after all are only common oil and fat disguised, they may rest assured that it would have grown equally well without them.



A majority of the present fashions are very deleterious to the growth and preservation of the human hair, and are repugnant to health, and an outrage on humanity and common sense. Let us for a moment take a view of some of the "comforts" of a martyr to fashion. See her head loaded with hair natural and artificial, and over this a cap heavy with ornaments, and under it exhalations and foreign mixtures, in the shape of hair oils, perfumes, etc., and then we will not wonder that so many loose and spoil the natural beauty of their hair.

#### BLEEDING, SALTS, AND MINERALS.

*Bleeding.*—An opinion prevails that it is necessary to bleed occasionally to prevent disease or preserve health. This is a pernicious custom also, and ought to be deprecated by all who place any value upon their lives.

No person has a drop of blood to lose. This practice, which brings on many diseases, may afford present relief, but the consequences are very injurious. It occasions debility, dropsy, nervous diseases, etc.

*Salts.*—Many suppose that it is necessary frequently to take salts to preserve their health. This custom is also pernicious. A viscid, thin, or cold state of the blood follows the frequent use of the neutral salts. Nor are frequent purges of any kind conducive of health. The motto on a certain tombstone should be remembered by every person, particularly invalids: "I was well; I took physic, and died."

*Minerals.*—Those who wish to preserve their health must avoid the use of all minerals internally. They never were designed by the Author of Nature for medicine. They injure the coats of the stomach and intestines, and, instead of removing, create diseases.



Mercury, which is so universally in use, is the worst of all. Vegetables should be used in preference, being safer and more congenial to the system.

## THE PASSIONS.

Such is the connection between the body and the mind, that one cannot be affected without a corresponding or sympathetic affection of the other. But how this union of matter and mind exists, this material and immaterial connection, is a subject of profound astonishment, which must ever remain a mystery to the greatest philosopher or metaphysician. The most we know is, that the nerves are the connecting medium between the soul and the body. Hence, certain passions or mental affections have great influence over the system, and, likewise, whatever affects the body must, in like manner, affect the mind. It therefore becomes necessary to study the nature, causes, and symptoms of this reciprocal action; but in this place the passions more especially form the subject of inquiry. Those passions which are the most subject to derangement, or to an unreasonable and morbid excess, are love, grief, fear, and anger. To these we might add joy, envy, malice, and hatred.

## LOVE.

This passion may, with propriety, be divided into two species or kinds; one is a supreme attachment to the Creator, the other to the creature.

*Love to the Creator.*—This constitutes the most noble, the most sublime, and most heavenly of all the passions that actuate the human breast.

That being whom the heaven of heavens cannot contain, is emphatically pronounced *Love*, from which we



may infer that this is the most holy and blissful attribute of *Deity*, and the only true source of happiness to men and angels.

The exercise of this passion constitutes a *heaven*, while its opposite passion, anger, constitutes *hell*, and the suffering of the damned. There is, therefore, no passion which exercises such a healthful and important an influence as pure, celestial love. It is a fact which has been confirmed by thousands, that the most inveterate and dangerous diseases, such as have baffled the skill of physicians, have been removed by the influence of that love which has followed the pardon of sin; while *anger*, on the other hand, has brought on fatal and incurable diseases. There is, therefore, the highest incentive for us, both in a temporal and spiritual point of view, to be brought under the influence of this love.

*Love of the Creature, or Carnal Love.*—The love of the Creator, just spoken of, begets a corresponding love to all mankind—not a carnal or selfish love, but a pure, disinterested affection—emanating from a divine influence—and, so far as it is exercised, is noble, praiseworthy, and highly beneficial to society. But there is another kind of love which admits of two species, and both of which are very different in their effects.

*Selfish Love.*—This consists in a supreme regard to ourselves, and those only through whom we desire some personal benefit. This originates from low and sordid principles, and is one great cause of the misery in the world.

*Carnal Love.*—I now come to speak of that kind of love to which authors who write upon this passion invariably allude. They make no distinction between the several kinds of this passion, but treat of it as emanating from one source.



Whereas, it appears evident to me that the most clear distinction should be observed. There appears to be as much difference between *disinterested* and *carnal love*, as there is between any two diverse or opposite passions. A person becomes attached to a female, which he considers *love*, and, in the commencement, it may be *disinterested love*. But the next sensation is a *carnal passion*, which is associated with lust. When this is the case, it certainly, in my opinion, ceases to be genuine love; but how far this latter passion is consistent with the highest and best principle of love, or whether it is permitted in divine wisdom expressly to pro-create the human species, I shall not attempt to decide. But I have seen so much misery result through mistaken notions of this passion, by reason of substituting carnal for disinterested love, that I wish to draw a clear distinction between the two kinds. It is a question in the minds of many, how far the fall of man from his primeval state of simplicity has deranged this passion, and introduced selfish and carnal love. But it does appear that Deity, on account of the first transgression, permits the present state of things for wise purposes, however much it may differ from his original design.

There is one thing, however, to which I wish to call the attention of the reader, and which points out, and seems to show, an irreconcilable difference between the two kinds of love, viz: *disinterested* and *sensual*. I allude to the testimony and experience of some of the best men who have lived in any age of the world. They state that the two proceed from sources entirely opposite; that when spiritual and disinterested love pervades the soul, carnal love is entirely overpowered, suspended, and *vice versa*.



It may not be improper here to state, while writing upon the passion of love, according to the common acceptance of the term, that its influence and effect upon the mind is, in every case, very insidious and gradual; that the subject of it, from a state of indifference, slowly and imperceptibly, is brought under its influence, until it becomes fairly seated in the mind. When this is the case it may be ranked among the strongest passions; and when it is disappointed in its object, it becomes a disease and a subject of medical attendance. Every person should be well conversant with this fact, who is desirous of "avoiding *entangling* affections." The passion of love is produced on the principle of association, which begets assimilation or attachment, from which every one may learn the preventive, if not the remedy. There is one remarkable fact, respecting this passion, which I shall here mention, and that is, that love creates the most irresistible and powerful impression between the age of twelve and sixteen—a truth which shows the necessity of pointing out proper remedies. Again: it is equally striking, and a fact of great practical importance, that frequently, after disappointment in love, or even possession of the object, indifference or hatred succeeds, and the subject of it will soon be again under the influence of this passion toward another person. Perhaps, however, I should in some measure except the female sex. For the late Aaron Burr, after having taken leave of an elderly lady who was much attached to him when young, thus remarked: "That woman loves me yet, for a woman's love never dies."

*Symptoms.*—The symptoms of love, when it creates disease, are well known—melancholy, love of solitude, sighing, wakefulness, etc. It sometimes has a great in-



fluence upon the system, such as dyspepsia, hysterica, hypochondriasis, fever, and mental derangement, the latter of which has sometimes ended in suicide, while the others have occasionally terminated fatally. It is remarkable that those who have been cured of any of the diseases from love, particularly by medicines, recover without possessing any affections for the persons whom they formerly loved. It is stated that this was the case with one of the princes of Conde. He said that his physicians had, by their remedies, drawn off all his love for his mistress.

*Treatment.*—*Avoid the company of the object.* When a cure is desired for love, an opposite course must be taken from that which caused it. Association first begat assimilation, as stated above; it now becomes necessary, in order to cure it, to pursue an opposite course, and keep from the company of the object beloved. By seeing the person often it only adds fuel to the fire. A voyage or journey should be undertaken, for absence has been justly styled “the tomb of love.”

*Medicine.*—If the passion has become so seated as to create any specific disease, appropriate remedies must be prescribed. These should be adapted to particular symptoms. The stomach must be cleansed, the bowels regulated, and a restorative course of treatment pursued.

*Divide the Affections.*—Let the person laboring under this passion, and who wishes to be cured of it, mix in cheerful company, and let him or her select from the multitude another object, whose attraction shall engage the attention. By this means the affections become divided between the two objects, and the passions become weakened or entirely destroyed. Ovid speaks of this, and compares it to a river or stream which has dried up after it has become divided.



*Recreation and Rural Scenery.*—Recreation and rural scenery will contribute very much to the destruction of this passion. Let the person travel and behold the beauties of nature; let the flower garden be cultivated; let cheerful and amusing books of a moral tendency be perused.

*Indignation.*—I wish to suggest nothing inconsistent with morality or religion, nor anything calculated to excite any of the passions. But in a medical point of view, I trust I shall be excused if I recommend one passion less violent, more transcient, and less injurious in its effects, for the purpose removing another. I therefore would recommend the indulgence of a suitable degree of spirit and indignation against the object loved, sufficient at least to remove the *inordinate degree of love*; not, however, to the exclusion of friendship and benevolence.

In accordance with this, I would advise the person laboring under this passion to indulge the opposite passion, viz: dislike or aversion. Let his or her ill treatment, deformities and defects be constantly brought to mind; and in this way victory may be obtained. Many have been perfectly cured by this alone.

Let the person under the influence of this passion exercise fortitude and resolution. Let him spurn the thought of being injured by becoming a dupe to this puerile, slavish, and transcient passion, which subsides as soon as the object is possessed, and which is often followed by indifference, and even disgust, wrangling, quarreling, care, burden, perplexity, to which "single blessedness" is a stranger, to say nothing of the grief and sorrow entailed by a numerous, and perhaps wicked offspring. Think of the troubles from which you will be exempted by living in a single state, and enjoying the



company of your friends without your affections being so divided as to render their company irksome.

*Morality and Religion.*—Above all, let morality and religion be another incentive to you, to banish this passion for the creature, and to place your affections upon your Creator. Think how much better you can serve him, divested of the cares of a family. Think of the fact that is much complained of by Christians, that as soon as they get married, their cares and affections are such that they appear to lose all love for their Creator.

*Let hope in the lover be extinguished.*—A celebrated writer has the following pertinent remarks upon this passion: “As hope and love are born together, so they can only die together.” Uncommon pains, therefore, should be taken in curing love, to extinguish every spark of hope in a lover. This advice is given with singular good sense and humanity by Dr. Gregory, in his legacy to his daughters, upon the subject of courtship and marriage.

## GRIEF.

Few, if any, of the passions are more severe or more injurious than grief. Fear and anger, though more violent, are of shorter duration. Grief consumes slowly, and undermines the constitution, and is much more permanent in its effects than most any of the passions; and, where it is very deeply seated, some times proves fatal.

*Symptoms.*—The symptoms of grief are languid circulation; contraction of the heart; slow, weak, and unequal pulse; paleness, loss of sleep and appetite, flatulence, and dyspepsia. In females it is sometimes accompanied with suppressed menstruation; indeed, all the functions of the body become impaired by the indulgence of this passion; and such is the effect on the mind, that the subject of it cannot enjoy health.



A very sudden and powerful attack of grief causes hysteric and apoplectic fits, and sometimes ends in loss of memory, marks of premature old age, melancholy and insanity.

Dissections of those who have died of grief, discover congestion in, and inflammation of, the heart, with a rupture of its amicles and ventricles.

Grief produces contraction of the womb, miscarriage, etc.; it destroys the circulation of the fœtus; produces a relaxation of the muscles of the spineter and of the bladder.

There is another peculiar symptom of grief not generally noticed, which is that of profound sleep. A mother that has just lost a child, often sleeps profoundly.

The keeper of Newgate, in London, states that criminals sleep soundly the night before their execution. The son of General Custine, in Paris, slept nine hours the night before he was led to the guillotine. The disciples of our Savior slept during his agony in the garden, in consequence of sorrow having filled their hearts.

*Treatment—Anodynes.*—When grief seizes a person suddenly and powerfully, very much shocking the system, an opium pill may be administered. Should paroxysms or urgent symptoms occur, it may be repeated.

*Purgatives.*—Should grief so prey upon the system as to create great excitement, a purgative may be administered; while it lessens the excitement, it will also obviate costiveness, a very attendant symptom upon this passion.

*Silence.*—Conversing much with persons laboring under this passion often exasperates it. Silence is better than much conversation.

There is science, says a writer, as well as sympathy, in this silence; for in this way grief most rapidly passes from the bosom of the sufferer into that of his friend.



*Solitude.*—Grief is generally increased by solitude. When a person is afflicted with grief, he feels much more distressed when he is alone, no doubt by dwelling on the cause of it. Solitude should, therefore, by all means be avoided.

*Friends.*—A person seized with grief almost invariably flies to his or her nearest friend, to unbosom and unload the mind of its sorrows. Such a friend, if he is one indeed, receives a portion of the sufferings, which immediately lessens the afflictions. Therefore, the company of friends should be resorted to.

*Religion.*—The greatest consolation is, no doubt, derived from religion. The sufferer should remember well that afflictions arise not from the dust; that every event is permitted by Divine Providence, and under his superintendence, and that his afflictions or bereavements have been wisely dispensed even for his individual benefit, however heart-rending the present trial may be. We should recollect that the Creator deals out afflictions and trials to the children of men with the same scrupulous exactness as the apothecary or physician deals out his medicines; and that there is perhaps little, if any, difference in the aggregate between the various classes of society as regards their amount of suffering. The poor, who are so liable to complain of their condition in life, experience less afflictions than the rich, for various reasons which might be assigned.

*Change of Scenery.*—The mind in distress may be much relieved by a change of scenery. Let there be a constant succession of new ideas and new objects to divert the attention. Traveling, sailing, the study of any art or science, reading or writing on interesting subjects, etc., will sooner assuage grief than many other amuse-



ments. When the mind has nothing else to think about but its misfortunes and calamities, it is sure to indulge in grief. Some business, therefore, should be rigidly followed.

Persons suffering under any misfortune should carefully abstain from the use of ardent liquors, as they are apt to fly to it for relief, and thus become intemperate. In communicating sad tidings, it never should be done all at once, but gradually, that the mind may be prepared for it.

#### ANGER.

This passion exerts a most violent and powerful effect on the system. When it ascends to rage and fury, or when it is protracted into malice and revenge, it becomes a sin, and proves very destructive to health.

*Symptoms.*—A paroxysm of anger produces a determination of blood to the brain, fullness of the blood-vessels of the face, redness of the eyes, foaming of the mouth, volubility or total suppression of speech, agitation of the fists, stamping of the feet, and uncommon bodily strength. It sometimes causes hysteria, hemorrhage, and mania. It affects the sanguiferous and nervous system, producing vomiting, and often breaks a blood-vessel, or brings on apoplexy. It causes a return of epilepsy, bleeding of the nose, affects the secretions of the liver, induces colic, diarrhœa, fainting, and convulsions.

*Treatment.*—When that portion of the brain which gives rise to a certain passion or emotion becomes unduly excited, the balance of cerebral power is lost, and there is an undue excitement, which is manifested in anger, despondency, or some other passion.



I have witnessed persons under great passion or grief, who were frantic, and in a few moments, after conversing with them calmly, the mind was restored to its proper tone. Therefore, the best remedy in all cases of passion, as well as nervous diseases and insanity itself, is to apply to the brain a counter irritant, or to make an opposite impression; and this may be denominated the cordial of good or kindness, which overpowers the impression of evil or morbid excitement.

The remedies for anger, when it becomes a disease, may be divided into two classes: First, such as are proper during its paroxysm. Second, such as are proper during their intervals, to prevent a recurrence.

*During a Paroxysm.*—Let a person laboring under this passion drink a tumbler of cold water; it gives time for the rage to subside, and also gives time for reflection. Cold water thrown over the whole body has cured a paroxysm of anger. It never fails to part two contending fowls or dogs.

*Resolution.*—Let the whole powers of the mind be concentrated instantaneously to form a resolution not to indulge in the passion of anger. This is the most powerful of every other means to suppress it.

*Absence from the Exciting Cause.*—As soon as a person is attacked with a paroxysm of anger, let him immediately absent himself from the exciting cause of it, except there is a strong probability of a reconciliation by seeing the person who has occasioned it. When this is the case, be resolved to meet the person with as much calmness as possible, and let the subject be conversed upon. In such cases, the difficulty is often settled, and a greater friendship follows.

*Means of Preventing a Recurrence of Anger.*—Those who



are very passionate should avoid all stimulating drinks and liquids, as nothing tends more to inflame the passion of anger than these. It is owing to this that even friends, when they assemble together and drink ardent spirits, often begin to wrangle, quarrel, or fight. Dr. Arbuthnot states that a milk and vegetable diet has cured a very angry disposition.

*Silence.*—Whenever a person becomes very angry, let him be silent, and neither say nor do anything to fan the flame of anger.

*Science or Education.*—These have a great tendency to eradicate from the breast the baneful passion of anger. They teach the mind that there is true wisdom and philosophy in abstaining from the indulgence of such an unholy and pernicious passion.

*Opinion of others.*—Those that are subject to fits of anger should recollect, in their calmer moments of reflection, that, when they exhibit a paroxysm of anger, they render themselves as ridiculous as a drunken man.

“It will be useful for persons subject to the criminal degrees of this passion,” says Dr. Rush, “to reflect that it is not only contrary to religion and morals, but to good manners. The term gentleman implies a command of this passion above all others.”

*Religion.*—There is nothing so powerful to allay the tumults of this mighty passion as religion. It is this alone that seems fully capable of eradicating it from the human breast. It is remarkable that real Christians have been incapable of showing the least anger, under the most aggravating circumstances. Therefore, whoever labors under this besetting sin, should pray earnestly to God for its removal.



*Medicine.*—When anger causes bilious and hepatic diseases, appropriate medicines must be administered, which will be hereafter mentioned.

## FEAR.

Fear, which was no doubt implanted by the Creator for a wise purpose, exerts a great influence over the animal economy. Fear and anxiety, by depressing the spirits, not only dispose us to disease, but have a tendency to aggravate it, or even render it fatal.

*Symptoms.*—The effects of fear, when it acts suddenly upon the system, are tremors, quick pulse and respiration, globus hystericus, a discharge of urine, diarrhœa, and sometimes an involuntary discharge of the fæces, fever, convulsions, fainting, madness and death. Dr. Brambilla relates the case of a soldier, in whom fear produced not only fever, but a mortification from a blister on the leg, which destroyed his life. Besides these general effects of fear, it acts in a peculiar manner upon the hair of the head. First: in causing it to stand perpendicular. This has been described by Virgil and Shakespeare. Secondly: in converting it suddenly to a gray or white color; and, thirdly, in causing it to come out by the roots and fall off the head. Of this Dr. Huch states, that he knew an instance of a gentleman who was in Lisbon at the time of the great earthquake in 1755.

Other effects of fear have been lately noticed. The earthquake which took place on the shores of the Mississippi, in December, 1811, produced silence or great talkativeness, and moping stillness or constant motion in different people.

*Treatment.*—Although fear appears to be in a consid-



erable degree constitutional, yet it may be moderated or measurably overcome by habit, the exercise of reason, philosophy and religion.

Those subject to the passion should endeavor to exercise fortitude of mind. They should reflect that they have no just ground or reason to fear anything which can happen unto them, provided they are in the line of their duty, and act conscientiously; that nothing will be permitted to overtake them but what is for their benefit. In a word, they should endeavor to exercise perfect resignation, ever bearing in mind the following lines of the poet, which are beautifully illustrative:

“Through all the downward tracks of time,  
God's watchful eye surveys;  
O, who so wise to choose our lot,  
Or regulate our ways!

I cannot doubt his bounteous love,  
Unmeasurably kind;  
To his unerring, gracious will,  
Be every wish resigned.

Good when he gives, supremely good,  
Nor less when he denies;  
Even suff'ring from his sov'reign hand  
Are blessings in disguise.

Here happiness cannot be found,  
The honey's mixed with gall,  
Midst changing scenes and dying friends,  
Be Thou my all in all.”

*Fear of Thunder and Lightning.*—Dr. Rush has the following judicious remarks upon the prevention of fear in thunder storms:

“The remedies for it are: Living in a house defended by a lightning rod. Sitting in the middle of a room, and remote from the doors and windows of a house not de-



fended by a lightning rod. A citizen of Philadelphia, who was under the influence of this fear, obviated it in a degree by closing the doors and windows of a room, and sitting with a lighted candle in it. By this means he avoided the sight of the lightning and the anticipation of the noise of the thunder which usually follows it.

A lady of respectable character, formerly of this city, usually fainted with terror during the time of a thunder-gust, and discovered, by a livid countenance, and cold, clammy sweat, the signs of approaching death.

She was apparently kept alive by pouring into her stomach three or four wine glasses of Jamaica spirits; it was remarkable she never was intoxicated by it, and that it was disagreeable to her at all other times.

The fear which is excited by darkness, may easily be overcome by a proper mode of education in early life. It consists in compelling children to go to bed without a candle, or without permitting company to remain with them until they fall asleep. The fear of ghosts should be prevented or subdued in early life, by teaching children the absurdity and falsehood of all the stories that are fabricated by nurses upon this subject.

The fear from speaking in public was always obviated by Dr. John Hunter, by taking a dose of laudanum before he met his class every day.

The fear from sailing, riding, and from certain animals and insects, may all be cured by resolution. It should be counteracted in early life. The existence of it always shows a defective education.

Peter the Great, of Muscovy, was born with a dread of water. He cured it by throwing himself headlong into a boat when obliged to cross a river. The horror he felt in doing this often induced syncope. He finally



conquered his dread of water so as to cross seas in pursuit of the great objects which characterized his life and reign.

In cases of sudden fear from any cause, holding the breath, coughing or hawking, often give immediate relief; they impart tone to the brain by promoting a determination of blood to it, and thus infuse vigor into the mind.

To obviate fear from all its causes, great advantages will arise from creating counter motions in the mind. The fear of death in a battle is overcome by the powerful sense of glory and shame. The fear of the pain of an operation, such as drawing a tooth from a child, is overcome by the expectation of receiving afterwards a piece of money, and the prospects of all the pleasures it will procure.

Great advantages may likewise be derived for the cure of fear, by a proper application of the principle of association. A horse will seldom be moved by the firing of a gun or the beating of a drum, if he hears them for the first time while eating; nor will he start or retire from a wheelbarrow, or millstone, or any other object of that kind, after being once or twice fed upon them.

The same law of association may be applied in a variety of instances to the human mind, as well to the prevention as cure of fear.

#### OF JOY.

“This emotion,” says Dr. Rush, “is attended sometimes with pain in the region of the heart, a change in the voice, tears, syncope, and death. Mr. Bruce mentions another symptom of excessive joy, and that is thirst, which he felt in a high degree when he reached the long



sought for head of the Nile. He gratified it, he tells us, by drinking the health of his sovereign, George the Third, and of his mistress, by a draught from the fountain of that celebrated river. Joy is most intense when it has been preceded by fear. The Indian Chief, Logan, has designated this form of joy in eloquent speech, preserved by Mr. Jefferson in his Notes upon Virginia, when he declares that he knew not the joy of fear. There are many instances upon record of death being induced by a sudden paroxysm of joy. The son of the famous Leibnitz died from this cause, upon opening an old chest, and unexpectedly finding in it a large quantity of gold. Joy from the successful issue of political schemes or wishes has often produced the same effect. Pope Leo the Tenth died of joy, in consequence of hearing of a great calamity that had befallen the French nation. Several persons died from the same cause, Mr. Hume tells us, upon witnessing the restoration of Charles the Second to the British throne. And it is well known the doorkeeper of Congress died of an apoplexy from joy, upon hearing the news of the capture of Lord Cornwallis and his army during the American revolutionary war.

“During a paroxysm of joy, if it be attended with danger to life, a new emotion or passion should be excited, particularly terror, anger, fear or grief. Perhaps the affusion of cold water might have that effect. The stimulus of artificial pain should likewise be tried; it should be of a nature calculated to produce the most prompt effects.

“The morbid state of joy should be prevented by imparting the news which we expect will create it in a gradual manner, and with the alloy of some unpleasant circumstances.



“Connected with joy, but produced by different causes, is laughter. It is a convulsive disease, and sometimes induces a rupture of a blood-vessel in the lungs, spleen, or brain. Excessive laughter, when not attended with these fatal effects, is often followed with a pain in the left side, hiccough, and low spirits. The remedies for paroxysm of laughter should be fear, terror, or any other counter impression. Pinching the body, or the affusion of water over it, is calculated to produce the same effects. Laudanum seldom fails to relieve the pain, hiccough and low spirits which sometimes follow it.”

#### ENVY, MALICE, AND HATRED.

The indulgence of these baneful dispositions is attended by injurious effects on the moral and physical part of man. They eat and corrode the mind like a canker. It has been said, by an inspired writer, to resemble “rottenness in the bones.” It emits its poison, not only against friends, but likewise those who have rendered the subject of it the greatest favors. Where such an unholy disposition dwells, the mind cannot enjoy peace. It is, therefore, best to use every exertion to overcome it, and by repeated attempts we may succeed. I know by experience that it is difficult not to cherish unfriendly feelings towards those whom you have benefited, and, instead of gratitude from them, receive ill-treatment and injury. I have, with others, experienced a large share of such conduct, and know how very aggravating it is; but still, it is a duty to submit as patiently as possible, and endeavor to overcome evil with good, by forbearance and charity. Let revengeful man write down his feelings on the occasion, and afterwards peruse them. But the true antidote is to be found in religion, which enables us to love our enemies.



There is now and then a *torpor of the passions*, the reverse of the diseases in those which have been described. Instead of being unduly excited, they are devoid of all sensibility and irritability. Those who are thus affected, love and fear nothing. They are strangers to grief, and anger; they envy and hate nobody; and they are alike insensible to mental pleasure and pain. "I was once consulted by a citizen of Philadelphia," says Dr. Rush, "who was remarkable for his strong affection for his wife and children when his mind was in a sound state; he was occasionally afflicted with this apathy, and, when under its influence, lost his affection for them all so entirely, that he said he could see them butchered before his eyes without feeling any distress, or even an inclination to rise from his chair to protect them."

This paralytic state of the passions continues during life in some people. A physician of great eminence, who died some years ago in England, declared, upon his death-bed, that he had never known what it was to love man, woman or child. But we sometimes meet with this disorder in a partial state. Thus, there are men who have never loved; others who have never feared; others who have never shed a tear; and others in whom injuries have never excited an emotion of anger.

In such persons the mind is in a mutilated state, for man without passions, is an imperfect being, both as to his duties and happiness.

The remedies for this torpid state of the passions, whether general or partial, should be suited to the state of the system. Purgatives will be proper if the blood-vessels are oppressed; in a contrary state of the system, powerful stimulants, particularly pain, labor and the cold bath, are indicated."



In conclusion, I would observe, that the due regulation of the passions contributes much to health and longevity. The animating passions, such as joy, hope, love, etc., when kept within proper bounds, gently excite the nervous influence, promote an equable circulation, and are highly conducive to health ; while the depressing affections, such as fear, grief and despair, produce the contrary effect, and lay the foundations of the most formidable diseases.

#### INFLUENCE OF THE MIND ON THE BODY, PASSIONS, ETC.

Bad news weakens the action of the heart, oppresses the lungs, destroys the appetite, stops digestion, and partially suspends all the functions of the system. An emotion of shame flushes the face, fear blanches, joy illuminates it, and an instant thrill electrifies a million of nerves. Surprise spurs the pulse to a gallop. Delirium infuses great energy. Volition commands, and hundreds of muscles spring to execute. Powerful emotions often kill the body at a stroke; Chilo, Dingoras, and Sophocles died of joy at the Grecian games. The news of a defeat killed Phillip V. Muly Murdock was carried upon the field of battle in the last stages of incurable disease; upon seeing his army give way, he rallied his panic-stricken troops, rolled back the tide of battle, shouted victory, and died. The doorkeeper of Congress, as before stated, expired on hearing of the surrender of Cornwallis. Eminent public speakers have often died in the midst of impassioned bursts of eloquence, or when the deep emotion that produced them had suddenly subsided. Lagrave, the young Parisian, died when he heard that the musical prize for which he had competed was adjudged to another. Hill, at New York, was appre-



hended for theft and taken before the police. Though in perfect health, mental agony forced the blood from his nostrils, and he was carried out and died. Emmet, the noted lawyer, it is stated, fell and died suddenly while pleading at the New York bar, under great excitement or emotion of eloquence. The mind must be vigorously disciplined in order to overcome anger, revenge, and other passions. For want of this, how many thousands have been murdered and otherwise injured or destroyed! *Self* must be denied, or destruction follows.

What a man sows, that will he reap, both in a moral and physical point of view.

#### RULES FOR THE PREVENTION OF INFECTIOUS DISEASES AND CONTAGION.

It is no doubt the case that very many infections or contagious diseases may be averted or completely destroyed by adopting proper means for this purpose.

*Separation or removal.*—When any person is attacked with a disease which is contagious, or supposed to be contagious, he should be immediately removed to a place established expressly for that purpose; or, if convenient or desirable, let him be taken to a separate and remote part of the house, distant from the rest of the family, into a clear and well ventilated room. The upper portion of the house is preferable. First, because it is drier; and secondly, because it permits the contagious affluvia arising from the body of a patient more readily to pass off, as the current of air more rarified is naturally upward.

*Separate Apartments for the Sick.*—In all boarding houses, and where a great number of persons are crowded together, there ought to be a separate room for those



who are sick, Where there is not a suitable place, one should be provided in the vicinity or neighborhood.

*Intercourse with the Sick.*—There should be as little intercourse with the person affected with any contagious disease as possible. No one should be allowed to visit him except the nurse or immediate relatives, and these should be careful to keep at a proper distance from the bed, that his breath and the vapor arising from his body may not be inhaled. A handkerchief, wet with vinegar, may be held occasionally to the nose while in the room. Those who are obliged to continue in the room, should, as much as possible, avoid fatigue, be very temperate, and occasionally take a dose of physic. Let them eat plenty of raw onions; also, apply onions to the feet and other parts of the body of the sick person. It is generally admitted that fear acts as a predisposing cause in the production of infectious diseases.

It therefore becomes necessary to command as much fortitude and resolution as possible, as well as to inspire confidence in the mind of the patient.

*Ventilation.*—The greatest attention should be paid to a free and constant circulation of air in the apartment or apartments. The upper part of the window or door should be left open; but a current of air direct upon the person should be avoided. If the weather should be very windy, let muslin or gauze be hung before the window. Nothing is more important than pure air.

*Cleanliness.*—A due regard should also be paid to cleanliness. The clothes of the sick must be often changed, and the room kept perfectly clean. Haygarth lays down the following rules to prevent the spread of infectious diseases:

“1. The chamber in which the patient lies must be



kept clean and freely ventilated. No bed curtains must be allowed to be drawn around the patient.

“2. Dirty cloths, utensils, etc., should be often changed and immediately immersed in cold water, and washed clean when taken out.

“3. The discharges from the patient must be instantly removed, and the floor around the patient should be rubbed clean once a day with a wet cloth.

“4. Avoid the current of the patient's breath, as well as the effluvia which ascends from his body and from the evacuations.

“5. Visitors ought not to go into the patient's chamber with an empty stomach, and in doubtful circumstances. On coming out, they should blow from the nose and spit from the mouth any contagious poison which may adhere to these passages.”

*Fumigations.*—In order to remove any disagreeable effluvia, and to destroy the power of contagion engendered, fumigation may be used. The following: Take a suitable quantity of common oil, put it into an earthen vessel of any kind, and add sufficient sulphuric acid or oil of vitriol to moisten it. A purifying gas will be disengaged and diffused through the room. This is sufficient for small apartments, but for hospitals the vessel may be placed over a moderate degree of heat. Clothes may be submitted to the gas, and other places that are foul and suspected of contagion.

Another excellent method to purify rooms where there is contagion, is to pour vinegar on a heated shovel or peal. This should be frequently done, and particularly when anything passes the bowels of the sick person. Green plants may be left in the apartment, and the fumes of bitter herbs, bruised or boiled, are also excellent pre-



ventives. The hands, face and body should be occasionally bathed with vinegar, and the temperature of the body should not be too great, as it tends to putrefaction. Whatever diet is given should be of an antiseptic nature, nutritious, and altogether vegetable.

*Sweet Oil a Preventive.*—For the prevention of the plague, it has been recommended to bathe the body in sweet oil, as it has been ascertained that among a million of inhabitants carried off by the plague in Egypt, not a single oil man, or those who worked in oil stores, were ever infected with the disease; their clothes and bodies were besmeared with oil. I therefore recommend those exposed to any contagious disease to dip their flannels in sweet oil, wring them out, and constantly wear them in this state, thus saturated with the oil; also, take an ounce of the oil once or twice a week, and observe universal temperance

*Fever Institutions.*—These are of great importance, and ought to be established near every large town and city, being most likely to prevent the spreading of contagious diseases, under proper regulations, with proper medical attendance and nursing.

*Rigid Quarantine*—It becomes necessary for our municipal authorities to pay no regard to disputed points of contagion; but to maintain a rigid quarantine upon all vessels coming from those ports where contagious diseases are from time to time prevalent.

*Secret of destroying Contagion.*—The great secret of destroying contagion and preventing its increase unquestionably is, to *dilute the infected air or atmosphere* by ventilation, cleanliness, fumigation, separation of the sick or those suspected. There is every reason to believe that



this will not only prevent the spreading of contagion, but entirely destroy the powers of it.

*Chloride of Lime.*—In conclusion, I would state, that the chloride of lime possesses very antiseptic, disinfecting properties, which render it highly important in the preservation of health and prevention of contagion, by decomposing putrid effluvia of every kind, and preventing the generation of epidemic diseases, or arresting their progress when they already exist. It destroys the poisonous exhalations from privies, sewers, and docks or ponds left bare at low water; also of vaults, cellars, store-houses, hospitals, prisons, market-houses, gutters, etc. It is valuable for purifying the air of wells, mines, slaughter-houses, drains, stables, the holds of vessels, and the rooms of the sick. It prevents the fetid smell from dead bodies previous to burial, and such as are disinterred for judicial investigation; also the fetid effluvia from dirty clothes.

Chloride of lime immediately destroys the offensive smell from any source.

*Method of using it.*—The method of using it is very simple. A little of it may be placed in a saucepan, and kept in any place where there is contagion, or any disagreeable effluvia whatever; or the apartments may be sprinkled with the article. The fetid smell which arises from the excrements of the sick, or any other exhalation, is immediately destroyed by sprinkling a small quantity in the room. As a means of removing the sources of disease in cities and villages, chloride of lime demands the attention of the guardians of the public health.



RULES FOR THE PRESERVATION OF HEALTH, AND PROMOTING  
LONGEVITY. BY SIR RICHARD JEBB, LATE PHYSICIAN TO  
THE ROYAL FAMILY.

1. The greatest preservatives of health are exercise and temperance; these may be practiced by all ranks and at any season or place. Exercise throws off all superfluities, and temperance prevents them; exercise clears the vessels and promotes the circulation of the blood.

2. A due degree of exercise is absolutely necessary to health.

3. Walking is the best exercise for those who are able to bear it; riding for those who are not.

4. The air we breath is of the utmost importance to our health.

5. Every one that would preserve health should be as clean and sweet as possible in their houses.

6. Nothing conduces more to health than abstinence and plain food.

7. All malt liquors are hurtful; so are strong tea and coffee.

8. Costiveness is very hurtful to health; therefore, care should be taken to remove it at the beginning by cool, gentle purges.

9. Obstructed perspiration (commonly called catching cold) is the great source of all diseases. Let it, therefore, be removed immediately by gentle sweats.

10. Physic, for the most part, is only a substitute for exercise and temperance.



11. Blistering, cupping, bleeding, etc., are seldom requisite, except to the idle and intemperate; they are only expedients to make luxury consistent with health.

12. The apothecary is chiefly employed to counteract the cook and vintner. Nature delights in the most plain and simple diet.

13. Most people are the best judges of their own constitutions, and know what kind and what proportion of food agrees with them best.

14. Artificial provocations only create a false appetite.

15. If you cannot do without wine, never drink more than a few glasses.

16. A particular and very intelligent friend of mine, (says Sir Richard,) was extremely partial to what is called good living; and having a wife, of whom he was particularly fond, and a numerous offspring, he was desirous of living long enough to see them settled in the world.

17. He was, however, of a very infirm constitution, till he was about fifty years old, when, requesting my advice how to obtain that valuable end, I strongly recommended him to persist in an exact course of temperance and exercise, by duly attending to which, he recovered a sound and perfect state of health.

18. At the period I am speaking of, a train of infirmities had made great inroads in his constitution, and he had fallen into different kinds of disorders, such as colic, gout, spasms, etc., and continued slow fever, so that the best delivery he had to hope for (except for the sake of his numerous family) was death to end his pains and misery.

19. The result of my advice, which I here give in his own words, is as follows: "When," says he to me, "I



resolved firmly to live a temperate life, I soon found myself entirely freed from all my complaints, and have continued so even to this day, and I am now more than one hundred years old.

20. I am now convinced that we should consider a regular life as a physician, and which is our natural and proper physic, since it preserves us in health, makes us live sound and hearty to great age, and prevents us dying of sickness through a corruption of humors.

21. Whoever, trusting either to his youth or strength of constitution, slights my observations, must live in constant danger of disease and death.

22. I am now fully convinced, from experience, that the man who leads a regular and sober life, is more likely to live long and healthy than a young man who leads an irregular and intemperate life, however strong his constitution may be.

23. I have heard some sensual, inconsiderate persons affirm, that a long life is no blessing, and that, when a man has passed his seventieth year, he is better dead than alive.

24. This, however, I know to be an error; for I am now as well as ever I was in my life, (and perhaps better). I even now relish every enjoyment of life better than when I was young. I sleep every night soundly and quietly, and all my dreams are pleasant and agreeable.

25. I am likewise now sure that even persons of a bad constitution may, by leading a sober and regular life, live to as great an age as I have done; for I solemnly declare that my brain is as much itself now as ever it was.

26. Some, perhaps, will say that, without leading a regular life, there have been some that have lived to one hundred years or more, and therefore think that they



may be equally fortunate ; but I must tell such persons that not one in ten thousand ever attain that happiness ; and those who do, generally contract some disease which carries them off.

27. Therefore, the surest way is to embrace sobriety.

28. What I call a regular and sober life is, not to eat and drink such things as disagree with the stomach, nor to eat or drink more than the stomach can easily digest.

29. There are, I know, some old epicures who insist that it is requisite that they should eat and drink a great deal, in order to keep up their natural heat and strength ; and that were they to lead a temperate life, it would be but a short one ; but I know that large quantities of food cannot be digested, especially by old and feeble stomachs.

30. Old people should eat often, and in small portions.

31. Others will say that a sober life may indeed keep a man in health, but cannot prolong life.

32. This I know likewise to be false, for I am myself a living instance of it ; had I not followed the advice of my friend, Dr. Jebb, but continued in my former way of living, I am sure I should have been in the grave years ago.

33. Oh ! what a difference I have found between a regular and irregular life ; one gives health and longevity, the other disease and untimely death.

34. And it surely must be a great pleasure to a sober man to reflect, that the way he lives will keep him in good health, and be productive of no disease or impurity.

35. It is impossible, in the common nature of things, that he who lives a regular and sober life should breed any sickness, or die an untimely death, before the time at which it is impossible he should live ; but sooner he cannot die, as a sober life removes all the usual causes of sickness, and sickness cannot happen without a cause.



36. Health and sickness, life and death, certainly depend on the bad qualities of the humors. Temperance corrects and renders them perfect, having the natural power of uniting and binding them together, so as to render them inseparable and incapable of alteration or fermentation—circumstances which engender cruel fever, and end in death.

37. For myself, I am even now, at the age of one hundred and seven, hearty and happy, eating with a good appetite and sleeping soundly.

38. My senses are likewise as good as ever they were; my understanding as clear and bright as ever; my judgment is sound; my memory tenacious; my spirits good, and my voice (the first thing that generally fails us) strong and sonorous; and certainly these are true and sure signs that my humors are good, and cannot waste but with time.

39. I likewise enjoy the satisfaction of conversing with men of bright parts and superior understanding, from whom, even at this advanced period, I learn something.

40. What a pleasure and comfort it is that at my time of life, I should be able, without the least fatigue, to study the most important subjects; nor is it possible that any one should grow tired of such delightful enjoyment, which every one else might enjoy by only leading the life I have led.

41. So that, to finish my discourse, I say, since length of days abounds with so many blessings, and I happen to be one who has arrived at that state, it is, I conceive, my bounden duty to give testimony in favor of it, and solemnly assure all mankind that I really (even at this time of life) enjoy more happiness than I can describe; and that what I have here stated is solely to demonstrate



the great advantages derived from longevity, that others may be induced to observe the delightful rules of temperance and sobriety.

42. A sober man relishes every enjoyment of life; drunkenness expels reason, drowns the memory, defaces beauty, diminishes strength, inflames the blood, causes internal, external, and incurable wounds, makes a strong man weak, and a wise man a fool; he drinks to the health of others, and robs himself of his own.

43. Now, taking my leave, I say, may others' years be as long and as happy as mine, and may they live in virtue and good will toward all."

#### BILL OF FARE AND RULES FOR INVALIDS AND OTHERS.

*Articles Prohibited.*—Warm meats of all kinds; soup, gravy and spices; coffee and green tea; salt fish, lobsters and crabs; fresh bread and pastry; mince pie and cake; ardent spirits and malt liquors; unripe fruits, pickels and nuts; tobacco in every form; all other indigestible kinds of food.

*Diet Recommended.*—Bread made of wheat, ground coarse, and unbolted; Indian rye, good butter, potatoes, rice, and stewed fruit; plain puddings and custard, milk and molosses, when they agree; cocoa shell made the same as coffee, weak black tea, oysters, fresh and salt water fish, and salt codfish; eggs cooked rare, onions thoroughly boiled.

*Remarks.*—I have mentioned the kind of diet which should be rejected, and which, as a general rule, should be taken; but there may be some exceptions, inasmuch as what may agree with one will not agree with another. In such cases, it must be left to the choice of the patient,



bearing in mind that whatever digests well or rests easy on the stomach, may be safely taken; but it should never be overloaded even with light food. No late suppers, and early rising. As much depends upon the quantity as the quality of the food. As great an amount of guilt is attached to the man who gluts or poisons himself to death, as to the one who cuts his throat or hangs himself. Rise with an appetite.

"Let supper little be, and light,  
But none makes the best night."

Again:

After breakfast walk a while,  
After dinner sit a while,  
After supper walk a mile.

Masticate or chew the food well. Eat slow. Drink no hot liquids. Meals should be taken at regular intervals, and as near as possible at six hours apart, and nothing between them, and none just before going to bed.

Abstinence should be preferred to medicine. It is beneficial to omit a meal occasionally, particularly if a little unwell. No naps should be taken after dinner. Sleeping apartments should be well ventilated; but no current of air should come directly upon the bed. All bedclothes to be well aired. No corsets or tight clothes to be worn. Flannel should be taken off on going to bed, and it is best to wear it over the shirt. It is much better to wear muslin than linen; it preserves a more uniform temperature. Take a shower bath daily, or at farthest, weekly; after which, rub the whole surface briskly with a coarse towel, and particularly any part which is weak. Bathe the throat, neck, head, and breast,



for sore throat, earache, weak lungs, eyes, and nervous affections. Ablution or bathing the body is a good substitute for the shower bath; if the skin is very foul, add a little ley to the water. Exercise in the open air is very necessary. Walking, riding, digging, plowing, and the spinning-wheel, are all very good. Feather beds are very injurious, especially in the summer season, straw or hair mattresses should be substituted. Avoid over exertion and fatigue as much as indolence. Avoid a stream of air, while in a state of perspiration, as you would an arrow. Avoid fretting and scolding and corroding care. Avoid the crowded party, ball-room and theater.

Says Hassar Imma, an Arabian: "Start from your couch betimes. The moments of the morning are sacred and salubrious; then the genii of health descend and communicate with those who visit the herbage of the field while rich with the dews of heaven.

"How pure and sweet the smell of the air in this unpolluted state, before it is contaminated with corporeal effluvia. The fragrance of the groves will regale your senses, and the melody of birds allure your hearts to gratitude and praise; your regimen ought to be simple and inartificial. Drink only the simple water. It is the beverage of nature, and not by any means, or in any way, to be improved by art. No spirits whatever are half so salutary. It is stronger than the strongest wine, purer than the virgin honey, and sweeter than the sweetest nectar.

"Cleanliness is one of our greatest concerns. All animals are subject to its laws. The means of it are always at hand. The limpid stream and the briny wave were for this purpose ordained and given to the inhabitants of the earth. They purify the surface, and they brace and



strengthen at the same time all the nerves and fibres of the human frame. In this manner have the destinies proscribed nastiness. It is the source of innumerable diseases. It is loathsome and detestable, and the man or woman who is averse to bathe or wash ought not to live.

“Forget not to mingle moderation and abstinence even with the holiest rites of wedlock. A proper and habitual restraint in conjugal pleasure, is like incense to the flames of the altar; so far from quenching, it cherishes and improves the heavenly fire. Healthy, happy, vigorous and beautiful are the offspring of chaste and rational love.”

Study to acquire a composure of mind and body. Avoid agitation or hurry of one or the other, especially just before and after meals, and while the process of digestion is going on. To this end, govern your temper; endeavor to look at the bright side of things; keep down as much as possible the unruly passions; discard envy, hatred and malice, and lay your head upon your pillow in charity with all mankind.

Let not your wants outrun your means. Whatever difficulties you may have to encounter, be not perplexed, but only think what is right to do in the sight of Him who seeth all things, and bear the result without repining. “If I were asked,” says a writer, “on what conditions more than others health and purity depend, I should reply, *active exercise, attractive industry, and healthful employment for body and mind.*” In a word, there must be universal temperance, regularity and exercise, in order to secure health and long life.

In all cases of tolerable health, and in those cases of milder disease, where exercise, drink, sleep, etc., can be



so regulated as to bring about the restoration of health, medicine should be avoided.

It is only by obedience to these constitutional laws, fixed and immutable as the laws of the planetary world, which a wise and benevolent Creator has established in our nature, that life and health can be secured.

REMARKABLE INSTANCES OF LONGEVITY.

Isabel Walker, a Scotch woman, died at one hundred and twelve, without much severity of regimen; but she was distinguished by a placidity of temper, and possessed that medium state of habit, neither lean nor corpulent, favorable to long life.

Peter Garden, a Scotchman, died at the age of one hundred and thirty-one; his stature was tall and his employment agriculture, which he continued to his death, with a wonderful appearance of freshness and youth.

John Taylor, a Scotch miner, lived to one hundred and thirty-two; his teeth continued sound to the last.

Gylloul Macrain, a native of the Island of Toura, in the Hebrides, died after keeping one hundred Christmas masses.

Catherine, Countess of Desmond, in Ireland, who died in the reign of James the First, was one hundred and forty, and thrice in her life she renewed her teeth.

Brian Monagher, a native of Ireland, walked twenty miles to vote at a contested election in Queen county, he being then one hundred and fourteen years old. The law required that forty shilling freeholders should renew the registering of their qualifications every seven years, and so little idea had this farmer of death, that, in giving a plumper to Sir Henry Parnell, he intimated his in-



tention of registering as a £50 freeholder the next time, which answers for life.

Thomas Parr, a native of Shropshire, was buried in the Abbey of Westminster at the age of one hundred and fifty-two.

Lawrence, a native of the Shetland Islands, married at the age of one hundred, and died at one hundred and forty.

Kentigern, or St. Mungo, Bishop of Glasgow, lived to the age of one hundred and eighty-five, as certified on his monument.

Henry Jenkins, of North Allerton, Yorkshire, lived to the age of one hundred and sixty-nine, being first a laborer, and afterwards a fisherman.

Sarah Rouen, one hundred and sixty-four, and John Rouen, her husband, one hundred and seventy-two, were married one hundred and forty-seven years, both natives of the Directory of Carsoueber.

Petratsch Zolton, a native of Hungary, and a cow-herd, lived to one hundred and eighty-five.

The greater proportion of these persons were natives of Scotland, though it is known that the most numerous instances of longevity are to be met with in Norway and Russia. Out of 6,229 persons in Norway, sixty-three had lived to a hundred; and out of 726,273 in Russia, two hundred and sixteen attained one hundred years, two hundred and twenty above it, and four one hundred and thirty. In the list of longevity enumerated above, all those persons were of a low situation in life, except the Countess of Desmond, and the diet of all of them seems to be moderate, and in some instances abstemious. Parr's maxims of health were to keep the head cool by temperance, your feet warm by exercise, to rise early and go



soon to bed, and if you are not inclined to get fat, to keep your eyes open and your mouth shut, or be moderate in your sleep and diet.

The diet of Jenkins is said to have been coarse and sour, and in the North of England, distinguished for long lived people, it is much the same, consisting of salted meat and sour leavened bread.

Zolton's diet consisted entirely of milk and cakes, with a glass of brandy, and being of the Greek Church, he was to the last a strict observer of all their fasts.

The following instance of longevity is mentioned in the St. Petersburg Gazette: "There is living near Polosk, on the frontiers of Lithuania, a man named Demetrius Crabowski, who is one hundred and sixty-eight years old. He has always led the humble but tranquil life of a shepherd, assisted by his two sons, the eldest of whom is one hundred and twenty, and the youngest ninety-seven years old. This man has lately died, aged one hundred and eighty-eight. He had seen seven monarchs on the throne of Russia, and served Gustavus Adolphus as a soldier during the Thirty Years' War. At ninety-three he married his third wife, who lived fifty years with him, and bore several children."

A person named Francisco died at the the head of Lake Champlain, aged 138. He was at the coronation of Queen Anne, was in several battles under the Duke of Marlborough, served in the British army during the French war in America, served as a soldier in the American Revolution, was desirous to serve in the last war, but was considered too old. His diet was very simple, seldom eat flesh, generally supped on milk. At the age of ninety he was active and cheerful, and able to perform light labor.



Thomas Carn died at the age of 207 years. Of this individual the following account is given in Taylor's *Annals of Health and Long Life*: "The most remarkable instance of longevity which we meet with in British history, is that of Thomas Carn, who, according to the parish register of St. Leonard Shoreditch, died on the 26th of January, 1588, at the astonishing age of 207 years. He was born in the reign of Richard the Second, A. D., 1381, and lived in the reigns of twelve Kings and Queens, viz: Richard II., Henry IV., V. and VI., Edward IV. and V., Richard III., Henry VII. and VIII., Edward VI., Mary and Elizabeth. The veracity of this statement may be readily ascertained by any person who may choose to consult the above register."

Jonathan Foster, at the close of the war, retired to Mason, N. H., where he lived in a shanty in the woods, far from trouble and care, and upon the plainest and simplest food, with water only for his drink. He died at the age of 103.

Old Dr. Holyoke died a few years since in one of the New England States, aged over 100. He lived very frugal and temperate.

Sergeant Andrew Wallace, of Pennsylvania, died a few years since, aged 105. He lived strictly temperate, drank almost exclusively water, food plain and simple. He had his sixth wife, and was the father of thirty-four children. While attending a cannon on the Fourth of July, he was struck down by lightning, and lay in an insensible state for seventeen days, without any signs of life, except a little warmth at the pit of the stomach.

This should be a caution against premature interments. William Tennant, a Presbyterian minister, lay three days in a trance, and it was very difficult for his physician to prevent his friends from burying him.



The following is an epitaph on Margaret Scott's tombstone, in Scotland :

Stop, passenger, until my life you read,  
The living may get knowledge from the dead.  
Five times five years I lived a virgin's life,  
Ten times five years I lived a widow chaste;  
Now, wearied of this mortal life, I rest.  
Between my cradle and my grave have been  
Eight mighty kings of Scotland and a queen;  
Four times five years the Commonwealth I saw,  
Ten times the subjects rose against the law;  
Twice did I see old Prelacy pulled down,  
And twice the cloak was humbled by the gown;  
An end of Stuart's race I saw—nay, more,  
My native country sold for English ore;  
Such desolations in my time have been,  
I have an end of all perfection seen.

## COMPARATIVE STATEMENT OF LONGEVITY.

To these facts we may add, in comparing the different classes of society with respect to longevity, that the profession of the gardener is the most healthy ; next to it, husbandmen are also healthy ; but from their great exertion and exposure to every weather, they are soon worn out, and generally old men before fifty. Manufacturers are neither healthy or long-lived. Miners, who are much below ground, are generally healthy and often long-lived. Soldiers, unless cut off by the casualties of war, are long-lived, as well as sailors, who are generally healthy.

Persons engaged in commerce, if not too speculative, and their minds racked with anxiety, are generally long-lived. The voluptuous, both in town and country, are generally cut off in their prime, from their constant excesses. The learned professions, at the farthest, seldom



exceed the age of eighty. In addition to these truths, it may be observed, in respect to the sexes, that women are generally longer lived than the men, and mothers than single women. On this solid foundation, then, illustrated in the preceding pages, is the code of longevity built, which no speculative reasoning can overturn, and which every practical fact tend to confirm and enforce. The means of carrying it into effect are simple and clear, neither wrapped in mystery nor needing disguise to recommend them.

I shall conclude the different chapters on health and longevity by introducing a few anecdotes.

A very aged man was called into court as a witness. The Judge being struck with the advanced age of the witness, asked him how he lived to be such an old man. He replied in the following language :

“Wine and women I always refused,  
Late hours I never used,  
I kept my head and feet from cold,  
And that is the reason I am so old.”

*Boerhaave.*—This celebrated physician and scholar, in his will, ordered that all his books and manuscripts should be burnt, one large volume with silver clasps excepted. The physical people flocked to Leydon, entreating his executors to destroy his will. The effects were sold. A German count, convinced that the great gilt book contained the whole arcanum of physic, bought it for two thousand guilders. It was all blank but the first page, on which was written: Keep the head cool, the feet warm, and the body open, and then bid defiance to the physicians.

*Three Great Physicians.*—The bed-side of the celebrated Desmoulins, a few hours before he breathed his last, was surrounded by the most eminent physicians of Paris,



who affected to think that his death would be an irreparable loss to the profession.

"Gentlemen," said Desmoulins, "you are in error. I shall leave behind me three distinguished physicians."

Being pressed to name them, as each expected to be in the trio, he answered, "Water, Exercise and Diet."

*The Secret let out.*—A friend of mine, Wait Munson, during his residence in Ohio, asked the physician in his place what he did when he or his family became sick. He replied, "*we abstain only.*" "And why do you not recommend the same to your patients?" "O," said he, "*in that case I should lose them all!*"

#### PRELIMINARY REMARKS.

Dr. W. Beach properly gives the definition of health and disease as follows:

*Health.*—When all the functions of the system are duly performed, a person may be said to be in *health*.

*Disease.*—Any alteration from this state, or when any part ceases to perform its office or functions, disease is the consequence. It is a salutary effect of nature to repair an injury to the system or re-establish health. What is termed disease, appears, in reality, to be nothing more than an inherent principle in the system to restore healthy action, or to resist offending causes. Pain or disease is not the result of any new or independent action in the system, but arises from an excess of excitement in the healthy functions of the body; or, in other words, is like fever, a healthy or conservative power of nature to expel noxious agents or restore health.

*Disease a Unit.*—Is it irrational or unphilosophical to consider disease a unit?—all its innumerable forms or



systems being derived from one cause acting upon different organs or tissues of the body.

*Disease, Primary or Symptomatic.*—Disease is either primary or symptomatic. Primary, when it does not depend upon any other. Symptomatic, when it does depend on some other complaint; for instance, when the head aches, by reason of a disordered state of the stomach.

*Disease is Acute or Chronic.*—Acute, when the attack is very severe, attended with violent symptoms, terminates in a few days, and is dangerous. Chronic, when it is slow in its progress, little or no inflammation, and is not attended with immediate danger.

*Peculiarity of Constitution, (Idiosyncrasy.)*—A peculiarity of constitution, in which a person is affected by certain agents, which, if applied to a hundred other persons, would produce no effect. Thus some people cannot see a finger bleed without fainting; and thus violent inflammation is induced on the skin of some persons by substances that are perfectly innocent to others.

*State of the Mind.*—Fear, anxiety, and a fretful temper occasion and aggravate disease. In vain do we apply medicines to the body for diseases which proceed from the mind. When that is affected, the best medicine is to soothe the passions, to divert the mind from anxious thought, and to keep the patient as easy and cheerful as possible. This constitutes a considerable part of the duty of those who prescribe medicine to the sick.

*Age.*—Here it must be observed that the doses of medicine mentioned in this work, (with some exceptions, pointed out in their place,) are those adapted for an adult; but as in the two extremes of life, childhood and old age, the body is weaker, and in early youth more



susceptible of all the impressions, these quantities cannot be administered with safety in every case; and hence the judgment of the prescriber must be exercised.

*Sex.*—Although some women possess as much bodily strength and vigor of constitution as the majority of men, yet the greater delicacy and sensibility of the female frame, at every period of life, requires not only caution in apportioning the doses of active medicine, which should be less than those ordered for man of the same age, but the medicines themselves should be such as are likely to fulfill the indication without much violence. The state of the uterine system likewise must not be overlooked in prescribing for a female. Thus the employment of aloetic and drastic purgatives should be suspended during the period of pregnancy.

*Temperaments.*—It is undoubtedly true that persons of different temperaments, or original confirmations of body, are differently affected by the operations of medicines. Stimulants more readily affect those of a sanguine than those of a phlegmatic temperament, and, therefore, smaller doses are required. In the phlegmatic, also, the bowels are generally torpid, and require both a prescription of purgatives and such doses as would endanger an irritable and delicate constitution.

*Habit.*—Habits have considerable influence in modifying the operation of medicines. Persons addicted to the use of spirits, narcotics, and other stimulants, are less easily excited, both by medicinal stimulants and narcotics. Persons in the daily habit of taking purgatives, must take a different article to produce much effect upon the bowels. In the employment of medicines, which require to be long continued, the beneficial effect is soon lost if the dose be not increased.



*Of the form and composition of Prescriptions.*—In every prescription simplicity should be kept in view ; and when such medicine will answer the intention of the prescriber, it ought to be preferred. The nauseous taste, however, and other qualities of some medicines, require the addition of others to modify their taste or action ; but, although medicines are more generally prescribed in a compound form, yet the practice of accumulating a great variety of ingredients in one prescription should be avoided.

Medicines exhibited in a fluid form operate sooner and with more certainty than in the solid state ; but in choosing the vehicle or solvent, the taste of the patient ought not to be overlooked. Syrups do this tolerably well. Medicines, which, when given alone, produce griping, require the addition of aromatics to correct that quality ; and when they operate with violence, mucilages or opiates are necessary to moderate their action. In prescribing purgatives, it is also necessary to consider the particular part of the alimentary canal on which they immediately act. Thus, rhubarb acts chiefly on the upper part of the bowels, aloes on the lower, and jalap and senna on the whole intestines. Another reason for ordering medicines in a compound form is the necessity of producing two or more effects at one time. Thus the same dose may be required in a case of colic, for example, to allay pain and open the bowels, or in fever to determine to the skin, to allay irritation and to produce sleep. But, in combining medicines, care must be taken not to bring together incompatibles, or substances that decompose each other, or chemically combine, and, consequently, alter the nature of the mixture, or render it inert, unless the resulting compound be the remedy on which the prescrib-



er relies. Thus acids and alkalies are incompatible, unless the neutral salt be the remedy required.

*Doses.*—It should be remembered that when we speak of a tea-spoonful being a dose, one of an ordinary size is meant, which is a fluid drachm. When a table-spoonful is mentioned, one of an ordinary size is ment, and which is a half an ounce.

*Pills.*—When the weight of pills is not mentioned, those of an ordinary size are ment; they contain usually three or four grains.

I prefer this method because it is much more convenient than to weigh every time it is necessary to administer it, and it is sufficiently accurate for all ordinary medicines. When greater accuracy is required, the weight and measure will be mentioned.

*Prescriptions.*—Every prescription or direction for the administration of medicines, except the prescriber gives it himself, should be in writing, and that very plain and explicit. The quantity to be given, and the time when it should be given, ought to be particularly mentioned, and these directions ought to be left with the nurse only. Many valuable lives have been lost for the want of these precautions.

*Cardinal rules in the Practice of Medicine to be committed to memory.*—1. As far as practicable, ascertain the disease; 2. What indication or intention to fulfil in treating it; 3. The best agent or means to accomplish this object; 4. To administer the medicine at the right time, or when it is obviously required; 5. Give as little medicine as possible to answer the purpose; 6. Give the most simple kinds of compounds; 7. To know when to omit the administration of medicine, and to rely on the resources of nature, with diet, bathing, regimen and nursing. In



these rules consist the principal art of healing the sick. The physician who assists our nature to throw off disease and recover health with the least use of medicine, is the best friend to our constitution, and evinces the most true science and skill, and deserves our highest respect and warmest gratitude. The greater the ability, age, and experience of physicians, the less medicine they give; the longer they practice, the more they depend on the restorative efforts of nature, and the less confidence they have in the specifics of art. Therefore, do not think less favorably of your physician, if you employ one, because he prescribes little. Thousands are sent to their graves by the very medicines which are intended to cure them. I would, therefore, try to impress upon the mind of the reader, that too much attention cannot possibly be paid to the observance of the foregoing rules.



## PART II.

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### DISEASES AND TREATMENT.

#### CANCER.

The first disease to which I shall call the reader's attention is cancer and cancerous affections. This disease is one of the most frightful, and at the same time one of the most difficult with which the profession have to contend. In all ages of the world, it seems to have baffled every effort made to subdue it, and all authors generally consider it incurable, except by extirpation, as soon as the disease is made certain. To this theory I beg leave to offer my dissent, and hope in these pages to convince the reader that by strict attention, and the application of proper remedies, this loathsome affection may be easily and most effectually conquered. In the course of my practice, I once treated, and entirely cured, the worst case of this disease I ever saw; and had there been no other mode of treatment than that of resorting to the knife, the patient would have certainly lost his head, for almost every part of his face and mouth was under the influence of the hideous monster which was dragging him down to death. Yet he was cured, and his face healed up. Extirpation will not always work a total eradication of the disease; for I have known many cases where the knife had been freely used, and a cure supposed to have been effected, yet, in less than three



years, these same cases have been brought to me in order to have the affection removed from the system. I have also known other cases that were just as badly treated by those who professed to understand the disease, and who, perhaps, had but one mode of treatment for every class of cases; and after butchering and torturing the patient, leaving some injured and disfigured for life, and a disease, the result of the use of mineral medicines, left in the system, which was even worse than the cancer itself. I have treated both of these classes of cases, and found them much more difficult to manage than where no treatment of any kind had been resorted to. But it may be urged in objection to my treatment, that if I do not cut, I burn, and that one is as bad as the other. In answer to this objection, I may remark that there is just as much difference between the two operations as there is in cutting off the stalk of a bush with an axe, and killing it with salt, or the bitterings of salt; for in the first case the root is subject to sprout again, while in the second case the treatment kills the root as well as the top of the bush. I claim that a cancer which has been extirpated by the knife, although for a while seemingly eradicated, will eventually break out again with all its original fury. The same result will also follow where a cancer is only partly eaten out by medicine; but when an application is made which goes at once to the seat of the disease, which destroys not only the main body, but every root and fibre, one may then reasonably hope to effect a perfect and permanent cure; for we not only remove the disease, but the cause which produces it. I do not wish to be understood as waging a wholesale war against surgery or surgeons, for they are indispensable, and, when properly employed, are the means of doing a



great deal of good. But I do think, that if they would devote as much of their time to the "healing art" as they do to the "cutting art," or "butchering business," and heal the patient instead of carving him up, we would have a fewer number of cripples, and human suffering would be alleviated much more than it now is. In many cases, it is much more troublesome and difficult to heal than it is to amputate; and I fear that this fact has its influence over those to whom are confided the lives and limbs of their fellow-men. A surgeon can amputate a limb and cast it away. The stump, if properly treated, will heal, and become perfectly cured. Not so, however, with a cancer. The most skillful surgeons fail to reach all the parts of this hideous monster, and after their most labored and minute investigation, there is still left a germ, from which it springs forth anew.

After having had some thirty years of practical experience in treating this disease, I feel safe in asserting that the knife is not the means to be made use of in removing this disease; and in the course of these pages I hope to lay before my readers a theory which will enable all who are afflicted with this disease to successfully subdue and conquer it. I believe that there are but very few cases which will not yield to judicious treatment.

The commencement of a disease is the time when the remedy should be applied. This is true of all classes of disease, and especially in the case of cancer. It is very important that every one should be sufficiently acquainted with their physical organization to detect at once the approach of this terrible foe, and when its presence is known, to adopt immediate measures to arrest its progress. Many persons are in the habit of sending for a physician upon the slightest pretext, when, in reality,



there is not the least shadow of an excuse for so doing; and under the false impression of warding off a threatened attack, dose themselves with a large quantity of drugs, the influence of which is more deleterious than the effects of one-half the diseases to which human flesh is heir. Acting under this mistaken theory, persons not only lose their time, but frequently lose health, money, and sometimes their lives. Others again place great dependence on patent medicines, which, in nine cases out of ten, are a filthy, nauseous compound, calculated to do more harm than good, and sure only to relieve the sufferer of his money.

Cancer seems to arise from a degeneracy in a gland in the skin, or other parts, from which is produced the organization of a decline in good quality. This substance is formed with the power of growth, and also of secreting a humor which is destructive to the human system. This local decline arises in most cases from some general cause which lurks in the system, and want of a proper understanding of this cause will explain why so little has been accomplished in all former attempts to remedy this disease. The investigation of this subject is one of great magnitude, for it comprehends within its legitimate limits the cause, prevention and cure of the most terrible and loathsome diseases which have ever fastened themselves upon the human system. One very important point in the treatment of this disease, is to fully understand the constitution and habits of the patient. There can be no doubt that cancer is a disease which may be inherited, and which may have its foundation deep in the physical constitution of the patient. In a case of this kind, it is an all-important matter to work upon the constitution and blood, and to devote strict attention to



the bowels and the diet of the patient. His food should be light and nourishing; for if the system is kept in a sinking state, the prospect of working a cure of a constitutional cancer will be very meagre. I am aware that there are many persons who will differ from me in the above opinions, but the experience of a quarter of a century confirms me in my belief.

*Symptoms.*—The symptoms of cancer may be thus described: As the parts liable to be affected by this disease are various, so are the symptoms which denote the commencement of the affection. With but few exceptions, however, a scirrhus, or hard tumor, which is considered as the occult or primary stage of cancer, becomes an ill-conditioned ulcer, discharging a fœtid, ichorous, and often a bloody humor, attended with quick pain. Shooting pains are also present while the scirrhus state exists. The edges of the cancerous ulcer are hard, uneven and reverted; the bottom uneven, and disposed to form a kind of fungus, which contaminates the whole system, affecting the neighboring glands. This may be observed under the arm-pits, when the breast is the seat of the cancer. The composition of cancers is various. They are mostly a tissue of gristly or cartilaginous lines, with flesh between them. Sometimes we find a watery sack, with a smooth fungus within. At other times they are more of a hydatid nature. There are also sores of a nature apparently simple, which secrete a humor that corrodes the diseased flesh.

*Cancers in the Breasts of Women* proceed from small or large knots or lumps that form themselves in tumors, which begin with shooting pains, and after a while grow to the skin and then to the muscles, producing various veins and puckerings of the skin, making a hard, uneven



surface, and often covering up the nipple. The color at first is dusky and leaden, which soon after changes to a dark red. The tumor becomes quite polished just before it ulcerates, and at this period a tendency to ulceration becomes obvious. A cancer is an ulcer of the worst description. Its surface is uneven, its edges ragged and painful, and it sometimes spreads itself very rapidly, and discharges a thin corrosive matter, which excoriates the neighboring integuments, and generally has a very foetid smell; generally swelled, hard and painful edges. The disease is mostly confined to the glands, and particularly the breast. Occasionally it makes its appearance in the angles of the eyes, and in the tongue. It is most frequently met with in persons advanced in life, and particularly in women about the time when the menses cease.

Another feature of the disease is, that it is often attended with a peculiar burning and tearing pains, which are, as a general thing, intermittent. The edges of the ulcer are thick, and often the seat of the most torturing pains; they are most generally inverted, and the odor of the discharge is frequently so intolerably offensive that it is difficult for persons to inhale it any great length of time.

*Cancer in the Uterus* begins with a discharge unlike whites, accompanied with shooting pains across the pelvis and a preceñcia of the uterus. Upon examination, the uterus will be found enlarged and in some parts hard, especially about the orifice. In process of time, blood will be found to issue from an ulcerous, ragged sore, discharging at the same time, and perhaps at a short time previous, a foetid, thin, watery matter. The pains will be increased and the distress indescribable. This is in the last stage of the disease.



*Cancer of the Scrotum* (common among chimney sweeps) begins with a wart, which ulcerates at the top.

*Cancer of the Body* makes its first appearance in hard, uneven elevations under the skin, which, after a time, become discolored and ulcerate.

*Cancer of the Testes* begins with knotty, painful tumors, extending to the epididiums, and involves the whole in a loathsome mass of disease.

*Cancer of the Under-lip* commences very similar to a common sore lip, and may be detected by the lip being dryer and harder, and more apt to crack open. The lip increases in size and becomes stiff and painful. It assumes a dark red color, and raises in lumps, which soon begin to affect the entire lip, and then the disease spreads as in other cases.

*Cancer of the Face.*—The symptoms in this class of cases vary in their appearance. Some commence with a small blue pimple or lump, which continues for a long time without any inconvenience or danger. Their enlargement may be detected by their first raising a thin roughness, somewhat resembling a burn. It then subsides for a while and again raises. At each successive enlargement it becomes worse, and in course of time the pimple shows a ragged edge, and inflammation sets in. At this stage of the disease, the enlargement is rapid, and continues until the cancer occupies the entire face and throat. A painful death is the inevitable result of cancer in the face, unless prompt and energetic action is had in the commencement of the disease. Unless its progress is arrested in that stage of the disease, there is but little hope for the permanent cure of the patient. The case which I referred to in the commencement of this article, was one of this class of cancers, and although



I succeeded in effecting a complete cure, yet it was an exception to the general rule.

There is another species of this disease, which begins with a sharp, stinging pain, resembling a violent itching. It frequently creates a sensation similar to that resulting from the sting of an insect, and produces an irresistible desire to scratch the parts affected. This will at times subside and again reappear in some other part of the face. In its first appearance the itching sensation is frequently first noticed on the nose; after changing its position a number of times, a breaking out may be seen, very frequently on the end of the nose, or between the nose and the cheek. Cancers of this kind are apt to linger as long as the species first mentioned, and when they break out they should be met with prompt and decisive treatment.

The species described as making their first appearance in a blueish lump or pimple, are not confined to the face alone; they are frequently met with on other parts of the body. I have seen them on the arms, legs, and side. From observation and experience, I am satisfied that these various species of cancer in the face and the different appearances which they present, are the result of the disordered constitutions and habits of the patients. Where no two constitutions are alike, and where each man's habits differ from those of his neighbor's, we could scarcely expect to see the same disease present itself precisely alike in all cases. But however much this disease may vary in its symptoms, progress and results, I feel free to say, that if they are commenced with in the earlier stages, there need be no fear as to the result. Nature's garden has spread out with a bountiful hand the means whereby the impurities of the human system may



be healed, and from that laboratory we should select the remedies for our numerous ills. I am aware that some who arrogantly style themselves "the Medical Faculty," are inclined to ridicule those who seek Nature's remedies; but I am willing to compare the results which follow from the use of botanical medicines, with those which follow in the train of calomel and prussic acid. My experience has taught me this fact, that all disease is the result of a violation of some natural law, and that a relief from the results of such transgression is found in the simple and efficacious remedies which nature provides. This is the theory upon which I base my practice, and for the purpose of bringing it home for the benefit of my neighbors, I have published this book. And with the information which I shall endeavor to impart in these pages, if properly understood, I would rather trust myself, if afflicted with cancer, in the hands of an intelligent, prudent housewife, than be under the treatment of butchers, who take such delight in mangling the human body, and whose wisdom drives them away from the simple medicines and remedies which nature has spread so profusely in every garden, field and forest.

I have been thus particular in describing all the symptoms of cancer and cancerous affections, in all their various forms, from the fact that this work is mainly intended for persons who have not enjoyed the advantages of a scientific education; and I have endeavored to make use of such terms as shall come within the comprehension of every one. And as I shall now proceed to explain my method of treatment, I will endeavor to be equally plain and particular, and shall first give such directions as I have found universally beneficial, and which I can indorse from actual experience. I shall also give various



receipts, which I have had in my possession for many years, and which have proved themselves to be equal to any emergency. The utility of having within reach a variety of agents by which to work will be seen at once. There may be times and cases where it is impossible for the patient to procure the particular ingredients of one remedy, and if he is in possession of knowledge sufficient to enable him to prepare others of equal power, he can frequently make choice from among a number, that agent which can be more easily obtained.

*Treatment.*—I am aware that on this subject I shall advance opinions which are different from any that I have ever seen laid down by any other author. In my treatment of cancer, as well as all other diseases, my first care is to look to the general condition of the patient. It is a matter of most serious importance that the physician should know precisely the state of the bowels, the habits, the constitution, the various symptoms and feelings of the sufferer. Without this no one can successfully treat the disease. Something depends upon the condition of the skin of the patient. A careful examination should be made to ascertain whether it is moist or dry, and to what extent. The state of the mind, also, should be understood, for it will require a knowledge of all these things to enable us to discover the cause of the decline in good quality, which is the primary cause of all disease. A thorough examination of all these things will enable us to go to work properly. The general health of the patient should always receive strict attention. There may be cases of cancer where this is not a matter of paramount importance, but as a general thing it is an essential particular, especially when the case is one of cancer in the breast of a female. In such instances, we



must not expect to apply a course of treatment as strong and rigorous as in the case of a robust man. It would be bad policy to treat cancer in the breast of a delicate woman, when the disease was in its last stages, when the parts were swollen and inflamed, with such powerful applications as zinc plaster, red sorrel roasted, or a plaster made from the extract, or the liquid made from nitric acid, blue vitriol, corrosive sublimate and sal ammoniac, (or the compound arsenic plaster, which I will never recommend or use, as I do not consider it fit for use on any species of cancer; a few trials satisfied me that it was not a proper remedy to be applied.) The use of the knife in such a case as this is always pernicious, and in nine cases out of ten, results in the death of the patient. When the cancer is much inflamed, the sirrihus extremity painful, and accompanied by a high fever, the only remedy is to apply the Poultice,\* denominated No. 1, and Cancer Wash, No. 3, and give strict attention to the state of the bowels. The Liniment at this stage of the disease is of but little use. But if you commence when the cancer commences, you will never be under the necessity of treating it in the last stages, if you follow the advice given you in these pages.

When it becomes necessary for you to treat a cancer in the breast in its first stages, commence your treatment by first administering to the patient a cathartic. I usually prefer the Mandrake physic. The use of my Purifying Syrup will also be found beneficial. Bathe the cancer twice each day with my All-Healing Liniment: apply as long as fifteen minutes each time, and then oil

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\*The various remedies recommended in the body of this work will be found in the latter part, under the head of PHARMACY, and will be referred to by their appropriate numbers.



the parts affected with the Armenian oil, use it copiously, and then apply the healing and strengthening Plaster. This treatment will keep back the cancer, and should it reappear, apply the same remedies in the same manner. These directions, strictly followed, will subdue and arrest the most difficult cases. Should the cancer be too far advanced to be driven away, an effort must be made to destroy it. If the patient is sufficiently strong to bear the application, use the Zinc Plaster, and you will soon have the satisfaction of having it out, which is generally from nine to fifteen days. Should the patient be unable to bear this remedy, the Cancer Poultice, No. 1, and the Cancer Wash, No. 3, may be used to good advantage. During all these applications the use of physic and the Purifying Syrup should be strictly attended to. The poultice should be applied as warm as can be born, and often renewed. Every time the poultice is renewed, the parts affected should be well washed with the No. 3 wash, and thoroughly bathed with the liniment twice each day, using the Armenian oil freely. Should not this treatment prove satisfactory, use the Toad Powder twice every twenty-four hours, lightly, all over the cancer, first greasing it around the edges with Juniper oil. If this treatment produces the desired result, the cancer will, in the course of two or three days, assume a dead-like appearance. Then apply the healing and strengthening Plaster. The roasted sorrel is the best for this purpose, but its application will render the cancer very painful for the time being. The entire sore should be well covered with the plaster, and the operator will know from the appearance of the cancer when to apply the Toad Powder. Should this course of treatment prove satisfactory, you may then depend on the poultice, wash, and liniment.



In the event of fungus arising, make an application of the Vegetable Caustic, (when such flesh shows itself only,) and direct the patient to carefully avoid all bandaging or tight lacing.

When the cancer appears in the face, and in fact in all other cases where the disease has been neglected, and has been permitted to advance, I recommend the use of the Zinc Plaster, if the progress of the disease is not too great, and its location such that the remedy can be applied. If, however, the circumstances surrounding the case are such as to make it impracticable or impossible to use the plaster, then proceed as follows: First cleanse all the affected parts with the Cancer Wash and use the Armenian Oil and Liniment, and whenever fungus arises or shows itself, apply the Vegetable Caustic. Let the Puryfying Syrup in no case be dispensed with or neglected. It is almost impossible to give just one course of treatment that will result favorably in all cases. The various localities which the disease assumes, the causes which produce or tend to aggravate it, and the peculiar circumstances which surround the patient, are all to be taken into consideration, and will all require different management. The judgment of the patient and the operator must govern these things, and the advice above given, if strictly adhered to, will, in a great majority of cases, produce the most favorable results.

For the cure of cancer lumps, blue spots, cancer warts, etc., I advise the use of the Zinc Plaster in all cases where it can be used. Should cases be presented where this remedy would not be advisable, or where it would not be prudent to apply it, use in its stead the Vegetable Caustic in all cases where they make their appearance in the face, side, or privates. Of course I now refer to cases which have not become too far advanced.



I am of the opinion that all cases of cancer in the face can be effectually cured by the use of the Zinc Plaster, or the Vegetable Caustic, if the disease is not too far advanced. The use of these remedies is for the purpose of *killing the disease*, and in all reasonable cases, I believe that they will most effectually accomplish their purpose. I express this opinion more confidently, because in my own practice I have completely destroyed and driven away a great many with the remedies which I have enumerated heretofore.

For cancer on the lip the Zinc Plaster is best, and next to it I prefer the Vegetable Caustic. In treating cases of this kind I have frequently applied the red sorrel, mashed, or roasting it by wrapping it in wet paper, and putting it in hot ashes until it becomes soft. I have also used a plaster made from an extract of the red sorrel, but I prefer to use it when roasted.

Having thus given a general outline of my treatment of this terrible disease in all its various shapes, I propose to close my remarks upon the subject by giving a few instances in which I have thoroughly tested the efficacy of my remedies. I have had ample opportunity of becoming familiar with cancer in all its forms. I have seen its ravages in my own family and on my own person, and I know whereof I speak. A near relative, a female, was attacked by this disease. At the time of its first appearance she was about sixty-five years of age. It commenced a little below her right eye. It was ten years before any inflammation set in, and I had hoped that it would not trouble her. As soon as inflammation commenced, I found that active treatment was necessary. It attained the size of a quarter of a dollar, was of a dark red color around the edges, and had swelled her



eye nearly shut before she would submit to treatment. In three months after I commenced applying my remedies, she was completely cured. The scar, which resembled that of a burn, was the only evidence left to show that she had ever been troubled with a cancer. She died in her seventy-eighth year, and during all that time the cancer never showed the least tendency to again break out. A brother was also effected in precisely the same manner. He refused to submit to treatment, and removed to a Western State, where he died from the effects of the disease. I have for some seven years experienced all the symptoms of cancer in the face. Thus far I have been able to control it, and have had no great trouble or inconvenience with it. Whenever it shows a tendency to break out or enlarge, as it frequently does just after I am shaved, I wet it with a strong solution of hydrodate of potash. When it raises in a red spot, accompanied by a burning sensation, I apply the expressed juice of celandine, and when dry anoint it with Armenian oil. When the pain changes its locality frequently, and is accompanied by a sharp stinging or itching sensation, I bathe my face thoroughly with my All-Healing Liniment, and occasionally use the Purifying Syrup, and pay strict attention to the condition of my bowels. By this treatment I have learned that a cancer can be controlled in its earlier stages, and that the remedies which I use will accomplish the purpose for which they are intended.

The most remarkable case of cancer which ever came under my observation, was that of a young man who had been for a long time suffering with cancer in the face. The disease had located itself in the nose, and that organ was entirely eaten away. The front part of



the upper jaw and the roof of the mouth were eaten through. The upper lip was eaten from one cheek-bone to the other. One corner of his mouth and a part of his underlip still remained, and these were swollen terribly. The edges of the sore were almost black, changing to a light redish color as it extended back. The odor was so offensive that it was a disagreeable task to do anything with him. I first gave him the Cancer Wash, No. 3, and directed his wife to wash the sore perfectly clean. I then bathed it thoroughly with my All-Healing Liniment and anointed it with Armenian oil. I also required him to take the Mandrake physic, made into pills, as he could not swallow the powder. I required him to gurgle his throat with the wash and also with the Liniment, and anointed as much as possible with the Armenian oil. As soon as the physic had produced an operation, I gave him the syrup. In a few weeks this treatment made the sore look better in every respect. The swelling was reduced, and some parts of the ulcer began to assume a natural appearance. I was particular to have him bathe the outside of his face as far as it was swollen. About every other week I gave him a potion of brimstone and copperas and the Mandrake physic. In a short time I found the swelling gradually diminishing, and the sore began to show signs of healing. About this time I discovered fungus streaks all through the edges of the ulcer. I immediately applid the Vegetable Caustic whenever they made their appearance. I could not apply it to all the places at one time, for the patient could not bear it, but I used it as I thought most judicious under the circumstances. These fungus streaks were found in spots, and I used the caustic on such places only. I depended entirely on the Cancer Wash, Armenian Oil, Liniment,



Syrup, and Caustic. I also made use of the Toad Powder. In about three months I cured him sound and well.

Another case was that of a respectable married lady who resided near me. She was affected with a cancer in the nose, and previous to my treatment, had been in the hands of an individual who professed to be a professional cancer doctor. She had used a large quantity of his medicines, and received but little if any benefit. When I commenced the case, her general health was very poor. The cancer doctor had eaten away the outside parts of the disease, but had left it unsound inside, and in a very short time it again made its appearance. I depended in this case principally on the Armenian Oil, Vegetable Caustic, and the Purifying Syrup. I used the Liniment to bathe the extremities, for it is so penetrating that if applied on the surface it will go to the bone. I also made use of the extract of blood-root, and prepared a snuff of the blood-root, pulverized, and bayberry bark, mixed. I also prescribed the ordinary treatment of the bowels. In a short time I effected a permanent cure.

I cured a lady who had been under medical treatment for about a year for cancer in the womb. I gave the Mandrake physic, and prepared a mixture of four parts Cancer Wash and one part each of the Armenian Oil and Liniment, which was applied by means of an injection into the uterus. I am not positive that this was a true case of cancer. I did not see the disease, and could only judge from circumstances and the general appearance of the patient.

I once had a case of cancer on the penis, which had eaten off the head. I cured it by applying the caustic, oil, liniment, wash, syrup, and physic. Another case that had not progressed so far as this, I cured with the



physic, syrup, oil and wash. The names of all these persons, except the two last, I am at liberty to use when called upon.

Of cancer in the face I have cured a great many cases, and never experienced any difficulty when the patient submitted to treatment, and unless they do this it is impossible to effect a cure. When the disease is in its commencement, it may be cured by the use of the All-Healing Liniment, and Healing and Strengthening Plaster, the Syrup and the Armenian Oil, provided the patient will follow strictly the directions. Unless they do this, I would advise no one to touch them. This is my rule, and I find it best for all parties.

#### WHITE SWELLING.

This is a very inveterate and painful disease, and is usually located in some of the joints, although apt to appear at other places. I have seen it on the leg, between the ankle and the knee, on the thigh, and on the arm. It is generally found on the joints, such as the ankle, knee, hips, etc. It commences with a painful swelling, which remains colorless for a great while, and as the disease increases, inflammation sets in. The symptoms of the disease are various. Sometimes it commences mild and remains so for a long time; at other times it is very rapid. Frequently it shows itself by a severe pain, as if darting from the bone or joint; in cases of this kind the pain becomes intolerable upon the moving of the patient. As the disease advances, the swelling becomes harder, and instead of assuming a red appearance, it is of a shining whiteness. The swelling seems be almost a callous. It steadily increases until suppu-



ration ensues, when there is a discharge of matter from a number of openings. The limb wastes, becomes stiff and bent, if a joint is the seat of the disease. Fleishy excrescences shoot out from the ulcer, thus showing that the bone is affected, and in course of time we very frequently find that small pieces of the bone become detached and work their way out to the surface. The patient is found very pale, thin and constitutionally disturbed. The common treatment has certainly been very cruel, and, as in very many other cases, the patient, after being tortured with blisters, setons and mercury, is compelled to close the scene by submitting to amputation.

*Treatment.*—My treatment of white swelling is as follows: When it is first discovered, proceed to bathe the affected parts thoroughly with my All-Healing Liniment. Let each application continue at least fifteen minutes, so that the seat of the disease may be fully impregnated with the Liniment. Then cover the whole surface of the swelling with the Healing and Strengthening Plaster. Apply it freely, so that it may be covered over an eighth of an inch thick. This plaster will need to be renewed only occasionally, as it will not lose its virtue when there is no matter to come in contact with it, provided it is made right; and to do this, the directions for its preparation will have to be strictly adhered to. While this course of external treatment is being followed, let the Mandrake Physic and the Purifying Syrup be used, and the most favorable results may be confidently anticipated; and if the disease is not too far advanced, it will be driven away. In cases where treatment has been too long delayed, it will nevertheless prove beneficial in modifying the disease, and I advise it in all such cases, for where it may fail to work a perfect cure, it will exert a controlling



influence, and the power of the disease will be very much reduced.

When white swelling has been neglected, and the disease advanced, it becomes necessary to produce suppuration, that it may be opened and the matter removed. For this purpose make an application of Poultice No. 4, and whenever it becomes necessary to renew the poultice, bathe the swelling effectually with the All-Healing Liniment, previous to applying the poultice. The use of the Liniment will have a tendency to allay the pain and preserve the bone. After the swelling breaks, use Wash No. 6, made of little mallows tops, inside bark of black oak, and yellow dock root. Make the decoction very strong, and add half an ounce of borax, half an ounce of copperas, and a teacupful of soft soap to each quart of the Wash. With this, wash the sore perfectly clean, then bathe it well with my All-Healing Liniment, and apply the Healing and Strengthening Plaster thick enough to act as a poultice; it may be put on from one-eighth to one-fourth of an inch thick, as in the judgment of those concerned the necessity of the case may require. If the sore discharges much matter, it should be dressed as often as three times a day. The same plaster will answer for several applications if properly cleaned and renewed. The sore should always be bathed thoroughly with the Liniment, as far as the swelling extends, and use a physic made of burdock root and jalap; or, if the patient prefers it, a tea may be made of dried burdock leaves, and use the tincture of jalap for a physic. The use of the Purifying Syrup is also advised. If fungus makes its appearance, it can be destroyed by the Vegetable Caustic. If the above treatment is implicitly followed, there is scarcely a case in which you will be troubled



with fungus. The greatest difficulty in cases of this kind, is to get the patient to submit to the treatment. This is sometimes a more difficult task than to cure the disease. The Wash and Liniment is sometimes very severe, but if they are properly used, and the other directions followed, the cure will be effectual.

#### SCROFULA.

Scrofula is a term applied to a variety of complaints, among which may be found King's Evil, White Swelling, Cancers, Tetters in all its forms, etc.; and this term varies in the opinions and customs of different physicians. Some persons distinguish each by a separate name, while others class them all under the same general title of Scrofula, and as I shall consider these diseases separately, and at sufficient length, it is not necessary to make any further allusion to them here. Salt-Rheum I will speak of under its appropriate title.

#### KING'S EVIL—(*Generally termed Scrofula.*)

This disease is most frequently met with among the children of the lower classes and negroes. It is also hereditary, but never contagious. It most commonly occurs in children between three and seven years of age, but it frequently discovers itself at a later period among persons whose habits are peculiarly disposed to it.

The symptoms by which its presence may be known are the appearance of indolent, hard tumors on the glands of the neck, behind the ear, or under the chin. The upper-lip and divisions of the nostrils are swelled, with a smooth skin, and hard belly. In the further progress of the dis-



ease, the tumors degenerate into ulcer of bad digestion, the discharge of which resembles somewhat the coagulum of milk, and previous to breaking they assume a sort of purple redness, and are soft and yielding to the touch.

*Treatment.*—As soon as these tumors are discovered, an effort should be made to drive them away, as this can be done with less trouble, and a great deal less suffering, than to heal them. They can be effectually driven away by bathing them with my All-Healing Liniment, using at the same time the physic recommended in the treatment of White Swelling. Use also the Purifying Syrup. This will entirely disperse the disease. Should cases arise in which the tumors are too far advanced to be driven back, they should be brought to a head as soon as possible, and whenever they are fit to be opened, it should be done at once. The best thing to produce suppuration is Poultice No. 5, and use a wash made of Bayberry Bark, King's Evil Root, and to each pint of the wash add half an ounce of Borax. The bark and roots should be boiled in vinegar. After the sore is washed clean, apply a salve made as follows:

King's Evil Root, pulverized,.....	4 ounces.
Armenian Oil, .....	4 “
Sheep's Tallow,.....	4 “
Borax, .....	4 “

Melt all together and apply it cold as a salve or plaster. The use of the physic above named, and the Purifying Syrup, must not be dispensed with. This treatment will effect a cure. After the tumors have come to a head, there is no need for the use of the Liniment in this complaint. It is an excellent thing to drive them away in the commencement. The poultice above alluded to,



should be nearly cold, not more than blood-warm. I have never considered King's Evil hard to cure, and have always been successful in driving the tumors away when I have had them in their commencement.

TETTER—SALT-RHEUM—(*Herpes.*)

This is a troublesome, inveterate eruption, appearing on different parts of the body, usually the hands. Very small eruptions or vesicles appear, which break and discharge a thin, icherous or corrosive fluid, that causes a very great degree of irritation or itching; afterwards, scabs often form upon the parts affected, which, though they may be rubbed off or dry away, will reappear after a while.

It is attended by more or less inflammation or swelling, and such is the degree of itching sometimes attending it, that the patient is obliged to scratch continually to obtain the slightest relief. The whole hands, or parts, occasionally become excoriated, stiff and almost immovable. It seems to be located principally beneath the skin, although, from its disappearing in one part, and then appearing in another, it is evident that the disease is located in the vascular system, or the blood. It appears to be occasioned by a retention of morbid humors, which are thrown to the surface, and which the system seems unable entirely to expel.

This disease seems to be very similar to the different species of *herpes*, as described by some authors. Four kinds are enumerated:

1. *Herpes Farinosus*, or what may be termed the *dry tetter*, is the most simple of all the species.

2. *Herpes Prestulosus*.—This species appears in the form



of pustules, which originally are separate and distinct, but which afterwards run together in clusters.

3. *Herpes Miliaris*.—The miliary tetter. This breaks out indiscriminately over the whole body, but more frequently appears in clusters, though sometimes in distinct rings and circles, of very minute pimples, the resemblance of which to the millet seed has given rise to the denomination of the species.

4. *Herpes Exedens*, the eating and corroding tetter, which commonly appears at first in the form of several small, painful ulcerations, all collected into larger spots of different sizes and of various figures, with always more or less of an erysipelatous inflammation. These ulcers discharge large quantities of a thin, sharp, serous matter, which sometimes form into small crusts, which in a short time fall off.

*Treatment*.—Here, again, I shall be compelled to differ materially from those who have always been looked up to as authority upon this subject. Experience proves to me, that this complaint has, in very many cases, been badly managed. The remedy which I shall here describe will accomplish a cure in any case, if the medicines are pure and properly prepared. When the disease is discovered, take sulphur and cream of tartar, equal parts, well mixed together. Take a teaspoonful every morning, for nine days, and at the same time take the Purifying Syrup three times a day. Use the Tetters Ointment as directed. This treatment is recommended for each and every form of disease. After taking the sulphur and cream of tartar for nine days, omit taking it for the same length of time. Then again use it precisely as before, nine days longer. Make a wash of blood-root, bayberry bark, elder bark, celandine, four parts and yellow



dock root two parts, all made fine. Cover with strong cider vinegar. Let it stand a week in some warm place, and at the end of that time press out all you can. To a quart of this wash, add half an ounce of copperas, half an ounce of borax, and half an ounce of hydrisdate of potash; when it is all dissolved, strain it. With this preparation wash every part affected twice a day, and after it is dry, bathe well with my All-Healing Liniment, and then anoint with the Armenian Oil. Live on vegetables and milk, or herb tea (domestic), and part of the time use sassasfras tea. Use no salt meat. Broth is very good, but be careful not to eat too much at a time. Always quit eating while you are yet a little hungry. If you observe these directions strictly, you may rely confidently upon a perfect cure.

There is a kind of tetter which resembles ringworm, but it is much worse in its effects. This is easily cured by the application of a small amount of the Vegetable Caustic to the diseased parts, and then apply the Healing and Strengthening Plaster, and use the Purifying Syrup to cleanse the blood. I have frequently killed tetter of this description and ringworms with a wet fire, made by mixing saleratus and good oil of vitriol together, making it strong enough to scorch a feather. Apply a little of this to the edges of the part affected. This is not as severe as the Vegetable Caustic. But if it is left on too long, or if you apply too much, or if it is made too strong, it will leave an ugly scar resembling a large welt. The Vegetable Caustic will not have this effect. The Healing and Strengthening Plaster can be advantageously applied to any tetter affection, whether in splotches or in matter, and even in the dry. It shields it from the air, makes the parts soft and helps to heal.



There is another kind of tetter, or rather a disease of a scrofulous nature, which resembles a cancer, and must be treated as cancer in the face. I desire particularly to recommend the use of the Syrup, Wash, Armenian Oil, and All-Healing Liniment in treating this disease, for I believe they are essential in making a speedy and radical cure.

#### FISTULA.

This term is generally applied to those kind of ulcers which are very obstinate in their character, and which are attended with hardness, and sinus openings or orifices, with callous edges. There are three species enumerated:

1. *Fistula in ano*, when situated in or near the rectum or anus.

2. *Fistula in parinæ*, when situated in the perinæum, and communicating with the uretha.

3. *Fistula lachrymatis*, a sinus ulcer, situated in the inner canthus or corner of the eye, obstructing the lachrymal duct.

*Fistula in ano. Description.*—By *Fistula in ano* we understand a most serious, loathesome, and troublesome disease, which is located in the vicinity of the anus and rectum, and appears in the form of an abscess and sinus ulcers, with callous edges, and emitting a foetid discharge.

*Causes.*—The causes of *Fistula* are numerous; such as costiveness and relaxation of the bowels, derangement of the liver and alimentary canal, sedentary habits, high living, plethora, bruises, piles, etc. It is often connected with, and probably produces a pulmonary disease.

*Symptoms.*—The *Fistula in ano* usually commences with swelling near the rectum. The tumor advances



slowly to suppuration, and matter is formed. In some cases, however, the disease proceeds till a sinus is formed, with very little pain, so much so that the patient is ignorant of the time when it formed, but most generally the pain is very severe, swelling great, and suppuration very extensive. There is considerable variety in size and complication of Fistula. The most common form of the *Fistula in ano*, after suppuration has taken place, is an opening or orifice, extending from the verge of the anus and running obliquely, and penetrating it or the rectum at a greater or less distance from its termination. This sinus has very hard callous edges throughout its course, and the longer it has existed, the greater is the hardness or callous.

*Treatment.*—In the treatment of this disease, by those who style themselves the “Faculty,” it is generally laid down as incurable, and the only remedy which they prescribe is extirpation with the knife. The course which I pursue is somewhat different from this, and will completely lay aside the knife, that favorite medical agent upon which so many practitioners rely; and if any person, after investigating my method, prefers to have a knife thrust up their bowels, and the parts ripped out, and often enduring all the suffering consequent upon such an operation, find themselves as far from being cured as they were before they commenced, they are at perfect liberty so to do. I shall not attempt to hinder them from pursuing such a course. My treatment is more mild in its operation, and more certain in its results. The treatment of Fistula should be in accordance with the state or condition in which we find the patient when we commence, for a different course of treatment is required in a state of inflammation from that of suppura-



tion or abscess. As inflammation precedes suppuration, I shall first prescribe for Fistula in a state of inflammation.

First bathe the parts affected thoroughly with the All-Healing Liniment, then anoint it with the Healing Ointment, after which apply the White Swelling Poultice as warm as it can be borne. Let the poultice be large, and if necessary, two inches thick. If it is very painful, the patient may be steamed over mayweed and little mallows. Then apply the Liniment, Salve and Poultice. This will soon give relief. If you cannot get the White Swelling Poultice, make one of mayweed, worm-wood, rheu, and mallows; thicken it with rye or oatmeal. In using either of the above poultices, be careful first to bathe well with the All-Healing Liniment; then use either the Armenian Oil or the Healing Salve, (I consider the latter the most preferable,) after which apply the poultice. After the ulcer is open and running, (which is the stage of suppuration or abscess,) let the sore be washed as clean as can be conveniently, with any of the washes recommended for White Swelling, King's Evil, or Tetter. After the parts are thus washed, bathe well with the All-Healing Liniment, and apply the Armenian oil, or Healing Salve. After this is done, put on the Healing and Strengthening Plaster. If these directions are properly followed, and the remedies properly prepared, and are genuine in all respects, the patient will soon experience a change for the better, and will find relief. This I conceive is a much better treatment than the use of a knife.

The Liniment is rather severe in its operation, but I never dispense with its use. The pain which it produces is only transient, and is more than counter-balanced by



the effects which it produces upon the disease, as it dissolves the hard sinus edges which surround the ulcer.

The patient should live on a vegetable diet, and use the Pile Elixer for the purpose of keeping the bowels open, and this should be done gently. Much purging is to be avoided.

In some cases I have found the use of the Muscle Shell Ointment and the Egg Ointment very beneficial, but neither can be depended on in bad cases.

#### GRAVEL AND STONE.

*Description.*—By the term Gravel, we understand a collection of sand or small particles of stone, collected in some part of the body, in the kidneys, ureters, or the bladder.

*Causes.*—Our food and drink undoubtedly contain the agents which form gravel and stone. There is a sufficient quantity of sand, either in a native state, or combined with other substances, to produce or form calculous concretions. When the system is healthy, these ingredients are carried off by the proper secretions of the system; but when there is debility of any organ, especially the kidneys, they become incapable of expelling such sandy concretions, and consequently they lodge in the kidneys, ureters, or bladder. In general, the minute portions of gravel pass off without occasioning much disturbance or disease, but if there be an excess of urine, or any other acid, a chemical union takes place, and these particles of stone are united or combined together, and there is a constant opposition, until they become considerably enlarged, or a stone is formed. These stones may be deposited in the kidneys or ureters, and



give rise to inflammation of these organs ; or they may pass down into the bladder, and if not discharged, constitute all the symptoms of stone.

*Symptoms.*—There is usually a frequent and almost irresistible desire of voiding the urine. There is often a sense of weight, or dull pain in the back, and an occasional irritation about the neck of the bladder, which now and then extends along the urethra. A fit of the gravel is attended by a fixed pain in the loins, numbness of the thighs on the side affected, nausea and vomiting, and not unfrequently with a slight suppression of urine. As the irritating matter removes itself from the kidneys down into the ureter, it sometimes produces such acute pain as to occasion faintings and convulsive fits. When gravel has once formed in the pelvis of the kidneys, or elsewhere, it continues to increase by receiving on its surface new layers of uric acid successively precipitated, of which we may be convinced by cutting the concretions transversely, which enables us to perceive that they are almost entirely composed of concentric layers.

*Treatment.*—If the patient is very bad, give a tea made of the Sweating Powder, and let him drink freely once in about every fifteen minutes. After he has commenced drinking the tea, place a gallon jug filled with boiling water, with a wet cloth around it, and a heated brick, also wrapped in a wet cloth, to the small of the back, and one before the patient's face, so arranged that the steam escaping from the cloths will be inhaled. This brick should be wrapped several times around with a clean cloth or towel, which should be wet with spirits so as to make considerable steam. If the patient can bear the operation, cover him up over the head, until he is in a complete sweat, then remove all but the jug, and wipe



off the patient with a cloth moistened with camphor, (spirits.) See that the patient is kept comfortably warm. Then give a strong tea made of parsley and spearmint, to which add a tea-spoonful of saleratus, to a quart of the tea. Let the patient drink freely of this tea. The Diuretic Drops can be taken twice a day in a cup of the tea, a tea-spoonful at a time.

If the patient objects to being steamed as above prescribed, let him be immersed in a warm water bath. Heat the water as warm as it can be borne. This treatment is not as good as the steaming. You can also substitute for some of the articles before mentioned, spearmint mashed fine, with good Holland gin poured over it until it is more than covered. Let it stand a while until the strength of the mint is extracted. Then wring it out through a clean cloth, and to a quart of the juice add a tea-spoonful of salt-petre. Let the patient drink a small glass of this every four hours, and if you have, or can get the All-Healing Liniment, administer a table-spoonful, in a small cup of sweetened milk, once a day. If worm-wood and mayweed are simmered in vinegar and applied to the seat of the disease, it aids very much in allaying the pain. Bathing the small of the back and the bowels with the All-Healing Liniment has a wonderful effect in this complaint. I will give a number of prescriptions for the cure of this disease under the head of Receipts.

## INFLAMMATORY SORE EYES.

I was somewhat disposed, when I commenced this work, to confine my remarks upon diseases of the eye, to the ordinary cases of sore eyes, these being all that I had proposed, in my prospectus, to discuss. Upon re-



lection, I concluded to give a brief statement of the nature, symptoms and cure of *inflammation of the eyes*. One of the most powerful considerations which brought me to this conclusion, was the reflection, that so much suffering and distress is occasioned by the mismanagement of those who profess to have a knowledge of this disease. "Eye Doctors" are almost as numerous as the frogs of Egypt, and but few of them are sufficiently acquainted with diseases of this nature, to insure a successful treatment of the most common cases. For the benefit of those into whose hands this work may fall, I therefore propose to give a sufficient treatise upon the symptoms, causes, and treatment of diseases of the eye, as will enable any one to take care of themselves whenever they shall be attacked by diseases of this nature. And this seems to be the more important when we consider the delicate structure, complicated arrangement, and incalculable importance of the organ.

*Symptoms of Inflammatory Sore Eyes.*—Sharp pain, great heat and redness; the parts swell, the vessels of the eye increase and become turgid; the eye-ball painful upon the least motion, morbid sensibility to light; effusion of tears of an excoriating quality. If the inflammation runs high, a febrile disposition attends. During the continuance of the inflammation, small ulcers are often formed upon the corner, and little collections of matter are sometimes deposited, which frequently harden into white opaque specks, and either partially or totally obstruct the entrance of light.

*Causes.*—External injuries, as blows, contusions, wounds of the eye; extraneous bodies of an irritating nature, introduced under the eye-lids; exposure to bleak winds and cold; too free a use of vinous and spirituous liquors.



It is also symptomatic of other diseases, such as measles, small-pox, scurvy, scrofula, syphilis, and other contagions.

*Treatment.*—In treating inflammatory sore eyes, our first object should be to remove the inflammation, and the best agent I ever used to effect this purpose, (and I have had cases frequently, when they were given up, and pronounced incurable,) is a poultice made of *Garden Thyme Herb*, boiled soft in rain water, mixed with an equal quantity of *scraped potatoes* and *whites of eggs*, applied cold, and renewed when it gets very warm. The eyes, at the same time, should have a few drops of the eye-wash, or balsam, applied twice a day, and a little of the *Armerian Oil* rubbed all along the edges of the eyelid. After the wash is put in the eye, it gets easier, and it will soon diminish the inflammation and improve the eyes. The patient should take a tea-spoonful of the *sulphur and cream of tartar mixture*, in sweet milk, every morning for some time, and live on a vegetable diet, keeping out of the wind, and avoiding all glaring lights. In my opinion, the best preparation for the eyes is the *Compound Eye-Water*, or *Balsam*. The reader will find directions for the preparation of various *waters*, *balsams*, and *salves*, under the title of “Receipts,” many of which stand unrivaled; and as it is frequently necessary to change the treatment, in case of unusual severity, they will be found very convenient and beneficial.

I have often used the *All-Healing Liniment* when treating diseases of the eye, and have always obtained the most satisfactory results. I prepare it as follows: Take the *Liniment* and an equal part of *essence of peppermint*, made with *brandy*, made by adding as much oil as the brandy will dissolve. This preparation is very severe in



its operation, and at first does not seem to accomplish much good, and, sometimes, persons unacquainted with its effects would think that the eyes were growing worse, but in reality there are few cases in which it fails when used with the *Eye-Salve*. The pain which is produced by its application does not long continue, and becomes less severe with each successive trial. I used this preparation in one case which I considered as bad and as difficult to cure as any I ever saw. I frequently change the applications in my treatment, sometimes using the *Armenian Oil*, and again the *Salves*.

#### SORES, OLD AND FRESH—BRUISES, SPRAINS, ETC.

I propose, under this title, to give the reader, first, a brief description of each class of the above mentioned ills, as far as I deem the same to be necessary within the scope of this work. To those who may wish a more extended dissertation upon these subjects, I recommend to their attention "BEACH'S AMERICAN PRACTICE."

*Description.*—Fresh sores and wounds are caused by various accidents, the enumeration or description of which is entirely unnecessary in this work. Where a fresh wound has been made by a sharp instrument, and which does not reach to the inside of the body, if deep and large, the edges should be brought together as naturally as possible, and confined to the proper position by strips of sticking-plaster, or they may be stitched together with a needle. The wound should then be bathed immediately with the *All-Healing Liniment*, and should the patient be so situated as to be unable to procure it, he may bathe the wound with the *Compound Tincture of Myrrh*, and cover the whole surface of the wound with



the *Healing and Strengthening Plaster*, or, should that not be within reach, apply the *Healing Salve*. And I here take occasion to remark, that every family into whose hands this book may fall, should at once prepare and constantly keep on hand an abundant supply of the *Plasters* and *Salves*. The directions given will enable any person to prepare them, and no one should be without them. During a practice of thirty years, I have constantly kept them on hand, ready for cases of emergency. They are the principal remedies to be depended on in every variety of sores, bruises, sprains, etc. In all slight wounds, where the incision is neither deep nor large, the *Liniment* and *Plaster* is all that I have been in the habit of using, and I find that they will accomplish the purpose fully. Persons of my acquaintance who have been in the habit of using them, and who are acquainted with their merits, never use anything else, but depend on them entirely. Care should be taken to prepare the *Plaster* properly, so that it will adhere to the wound without being tied on. Unless it does this, it is not made right. When thus prepared, it is the most convenient remedy of the kind extant, and will give universal satisfaction in all the cases where it is recommended.

It is an excellent application for chapped hands, and persons who are engaged in out-door labor, are very liable to this annoyance. In cases of this kind, all you will have to do is to fill up the cracks made in the hand with the *Plaster*, made quite warm, and apply a little lint over it, so as to keep it from adhering to anything else, and you will experience no further trouble. Persons who are subject to chapped hands, are recommended to use the *Hand Salve*, which will most effectually prevent the appearance of this painful and troublesome affection.



In sores which stand in need of cleansing, the *Plaster* makes the most convenient poultice that can be used, as it can be cleaned and replaced at each dressing of the sore, or, if preferred, a new one can be applied. The *Washes* which are recommended for *White Swelling* and *King's Evil*, may be used with very great advantage in very foul sores. In such cases, after the sore has been cleansed, it should be bathed freely with the *All-Healing Liniment*, and there is no sore but what will readily yield to the extraordinary power and virtue of that medicine. As before stated, I seldom use anything else than the *Healing and Strengthening Plaster*, and the *All-Healing Liniment*. Experience has taught me that they are much more certain in their effects than any other preparations I have ever found. These two remedies will always stand the most severe tests. It is also impossible for any one to take a cold in any sore while using them, and they also prevent inflammation; and where inflammation has appeared before they have been applied, they will soon cause it to diminish, and eventually disappear; but in cases where there are bad bruises or much inflammation, the application of the *Liniment* produces, for the first day or two, very severe pain. This is the result of the efforts of the medicine to restore the lost circulation, and stimulating the parts to a healthy action. There are many cases of bruises and other sores, which are, comparatively, trifling in their nature and magnitude, yet producing great pain; for instance, a mashed finger or toe, which, although the skin is not even broken, yet it is sometimes so severe as to cause the parts to assume a black or dark purple color, and the pain is almost insufferable. In bruises of this kind, the part should be wrapped with a cloth until it is of two or three thick-



nesses, and kept wet with the *All-Healing Liniment*. If the bruise reaches to the sore, the pain, while the bruised parts are being restored, will be very great. If the bruise is but slight, the pain will correspond.

Sometimes we find fungus in sores; this is occasioned by neglect, and immediate steps should be taken to remove it, as there can be no cure while it remains. A little burnt alum, pulverized and sprinkled over the sore several times, will, in some cases, remove it, and I have known it to be destroyed by the application of a poultice made of the bark of red sassafras root, and also by a large wad of common chewing tobacco soaked until it becomes very soft, and applied to the sore. If these remedies should fail, a slight application of the Vegetable Caustic will effectually destroy it.

*Old Sores* need to be treated somewhat similar to cancer and white swelling, but I have never been successful in curing them unless aided by the use of the *All-Healing Liniment*, especially where they have been of long standing. It is the only preparation which has ever fallen into my hands that will so act upon these sores as to produce a healthy action from the bone; and I have always found the same results when I have used it upon bad bruises, while for sprains of any kind, I consider it the best liniment extant. I have known persons who were so lame from sprained ankles, that they were for months unable to walk, and after making a free use of this liniment for one week, find themselves so far recovered as to resume their work.

*Scalds and Burns*.—I have had considerable experience in treating wounds of this description. For about twenty years, I have been engaged in manufacturing salt, and have had occasion to treat cases of this kind, on account



of the accidents which so frequently occur in and about a furnace. I have been remarkably successful in my treatment of both scalds and burns, and for a great number of years have used no other remedies than the Healing and Strengthening Plaster, and the All-Healing Liniment. Where the wound was slight, so that the flesh was not burned or scalded, I use the Liniment alone, and I always find a speedy and permanent cure. I have known men to step into a kettle of boiling salt, and although receiving a frightful burn, yet never use anything except the Liniment and Healing Plaster, and if the burn is not deep, the Liniment alone, and in a few days they were able to again commence work. The Lime Liniment is very good in cases of this description, where the All-Healing Liniment is not to be procured; but persons who have ever used the latter will never fail to be supplied with it when it can be had. The Healing Salve is a very good application for scalds or burns, but in my opinion will not compare with the Liniment. A poultice of molasses and flour, applied to a fresh scald or burn, will soon extract the fire if renewed from time to time until the pain ceases. A plaster of yeast and finely pulverized charcoal, mixed and applied as a poultice, will produce the same effect. Cold water is highly recommended for burns, but I have never had occasion to use it, and cannot speak of its virtues from experience. Fresh manure from the cow-stable is also considered a good application. In all deep wounds, such as are made with a blunt instrument, so that the parts are much bruised, I always apply the Liniment and Plaster. They cleanse the wound and restore the bruised parts by bringing on a healthy action, and while they are applied there is no need of fear that inflammation may set in. I speak



thus positively, because no one can fully appreciate their wonderful curative powers until a personal trial is had.

When the reader is fully acquainted with all the receipts which I have given for the cure of sores, bruises, sprains, etc., he will be competent to undertake the treatment of any case, and by the exercise of common judgment, work a complete and radical cure.

## ITCH.

This troublesome and filthy disorder is too well known to need any description; and it is just as easy to cure it as it is to describe it. I have cured it by rubbing the parts affected, and about two-thirds of the body, or if the disease is very bad, the entire body, with an ointment made of lard, and enough of pure oil of vitriol to make it brown, but not strong enough to corrode the skin. The patient should be rubbed thoroughly with this ointment about three times. This will cure the disease and not produce a disagreeable smell. Care should be taken to dress the patient in old clothes, as the ointment will destroy the clothing worn by him. All the clothing which has been exposed, should be carefully washed, and for about a week the patient should take the Cream of Tartar and Sulphur Powders. Other preparations for the cure of this disease will be found with the receipts.

## HEADACHE.

Pay strict attention to keeping the feet dry and warm, and wash every morning behind the ears and on the back of the neck with cold water; and when the attack comes on, drink a strong tea made of ginger, and bathe



the feet in very warm water, for twenty or thirty minutes. Bathe the head with a preparation made as follows: take equal parts of very strong essence of peppermint, sulphuric ether, tincture of cantharides, and my All-Healing Liniment. The head should be made wet, and well rubbed, then lie down and go to sleep. When you awake, you will, as a general thing, find yourself perfectly free from headache. Those who are habitually addicted to this complaint, should use the Tonic Wine Tincture for a year, which will effectually eradicate it from the system. The Neutralizing Cordial may also be used to advantage.

Headache is generally caused by a disordered state of the stomach, except in cases of fever; then it is the result of too great a rush of blood to the head. The treatment, then, should be directed to restoring the circulation, and to its equalization.

I once had an attack of fever, in which I suffered more from pain in the head than I ever did at any other period of my life. The usual treatment of applying drughts to my feet and hands, and ice-water to my head, afforded no relief whatever. I ordered my attendants to make a preparation of equal parts of the All-Healing Liniment, ether, and strong essence of peppermint, merely cut with alcohol, mixed together. With this preparation my head was bathed, and I soon found relief. I have ever since used it as a bath for the headache, and find that it gives the most perfect satisfaction.

When the headache proceeds from a nervous affection, or is of a rheumatic nature, I prescribe a preparation somewhat different. I take equal parts of strong essence of peppermint, spirits of lavender, sulphuric ether, tincture of cantharides, and my All-Healing Liniment; with



this mixture bathe the head effectually twice a day, and see that the feet are kept warm. There is no better application than this, and its use will invariably give satisfaction to all concerned. It has given relief in chronic headache, when all other remedies have failed, although years had been consumed in giving them fair trials. The Anti-bilious Pills may be used as a purgative in this complaint.

## DISEASES OF THE BREAST AND LUNGS.

The breast and lungs are so differently affected, that a full statement of all the diseases which locate themselves in these parts would be very lengthy and tedious; and while I shall not attempt to give a treatise upon all these maladies, I shall endeavor to give satisfaction to my readers, by being plain, comprehensive and thorough, while engaged upon the affections of this important part of the system. The greatest outlines do not always convey the greatest amount of information, or give the greatest satisfaction to the reader.

The breast, or chest, is affected from various causes. It is very much subject to rheumatism; but the most prevalent causes of affections in this part of the system, are sprains and colds; and I have found some cases in which they were actually affected with chronic ceatic in the breast.

At one time in my life, I was afflicted with a pain in my breast for a number of years. I submitted to the treatment of no less than five different physicians, without receiving any perceptible benefit. My usual weight of one hundred and fifty-four pounds, was reduced to one hundred and seventeen; and there were as many different opinions, in regard to the nature of my disease, as



there were physicians who had attended me ; for each one had his own theory, and no two agreed. One of the five, whose opinion I thought the most reasonable, treated me about eighteen months, and then told me that the only chance for my relief was a sea voyage, which would either "kill or cure." I concluded to follow his advice ; but at the earnest remonstrances of my family, desisted, and I gave up all hope of recovery, and quit the use of all medicines. For about three years, I was unable to perform scarcely any work, and during the greater part of that time, I had to sit up in my bed when I wished to sleep, resting my back against the wall. I was not troubled with a cough ; but I suffered from a sharp pain under my left breast, which extended through under the point of my left shoulder blade, which located itself on the pleura or heart department. I also had a weakness in my back, which was caused by a sprain. While in this condition, I was led to commence the study of medicine, to examine into the nature of disease, and see for myself the why and wherefore of those subtle maladies which baffle the skill of those who profess to be masters of their profession. A thorough examination of the principles upon which my medical advisers acted, satisfied me that there was room for many important and radical improvements in the Healing Art, and during the thirty years which have elapsed since that time, I have studied and labored incessantly for reform in the practice of medicine. I prepared medicines and marked out a course of treatment for myself, the nature of which, and the results which followed, I here give for the benefit of my readers. I made a preparation of seneca snake root, liverwort roots and tops, spikenard roots, elecampane roots, comfrey roots, loveage



roots, rock fern roots and tops, and sulphur, equal parts. I used it at first in the shape of powders, but they soon became unpleasant, and I prepared it in a syrup, adding one-half good spirits and sugar, which made it pleasant and palatable. I then made the first of my All-Healing Liniment, (although not so perfect or so good as it now is,) and with it bathed my side, back, and breast once a day. I then applied my Strengthening and Healing Plaster to the seat of the pain, and took my Syrup three times a day. I soon found that I was improving. About this time, I commenced making my Medical Wine, which I used before eating, and from which I derived great benefit. I found that my appetite had been restored, and the use of the wine imparted new strength and vigor to my system, so that in three months I was able to resume my work upon my farm. My disease was, by some of the physicians, pronounced dyspepsia, others declared it to be liver complaint, while one of them was confident that it was consumption. Whatever it may have been does not now matter, for I recovered from it, and as I soon found others who were as unfortunate as I had been in the choice of medical treatment, and who were desirous of health more than disease, I commenced doing all in my power to relieve them. I soon found myself surrounded by a good business, which has increased until the present time. With this digression from the subject under consideration, I now return to the discussion of diseases of the breast and lungs.

I have learned that it makes no difference where the pain is situated, or from what cause it may have been produced: the use of either the Purifying Syrup and Pulmonic Balsam or the Rheumatic Syrup, taken internally, and the sur-



face well bathed with the All-Healing Liniment, and, if the pain is seated, the application of my Healing and Strengthening Plaster, according to directions, will produce the most desirable and encouraging results. If the pain arises from rheumatism, it is easily distinguished, for it will shift from place to place at intervals. A strict attention should be given to the condition of the bowels, and as often as two or three times a week, the patient should thoroughly wash his whole body in strong saleratus water, or weak ley, of sufficient warmth to be comfortable. Any complaint of the breast can be distinguished from an affection of the lungs by the pain always being near the surface, and producing a sharp, cutting sensation. If it comes from the lungs, it appears more deeply seated, and is of a dull nature, and is usually accompanied by a cough.

In some cases of disease of the lungs there is but little cough, while in others, when the affection is of an irritable nature, it produces excessive coughing, and but little matter is raised. This is more straining to the patient than if he could raise freely. That variety of lung disease called Pulmonary Consumption, may be distinguished by the debility, cough, hectic fever, and purulent expectoration which invariably accompanies it.

Some writers assert the existence of from twenty to thirty different species of consumption! This, in my opinion, is sheer nonsense, and the idea should not be tolerated among intelligent people.

*Causes.*—As before stated, the causes which produce this extensive and distressing malady, which may be properly called consumption, are very numerous. The following, however, comprise the most general causes which produce the disease :



A hereditary disposition to the disease may be classed first; a particular formation, which may be distinguished by a long neck, prominent shoulders, and narrow cheek; scrofula, or state of the system indicated by a fine clear skin, fair hair, delicate complexion, large veins, thick upper lip, and a weak voice. Certain diseases also tend to produce consumption, such as measles, small pox, scrofula, and diseases of a venereal nature; those employments which expose the artificer to dust, such as needle-pointers, stone-cutters, millers, threshers, painters, etc., or to the fumes of metals or minerals, under a confined and unwholesome air; violent passions, affections of the mind, great disappointments, or close application to study, without taking proper exercise; late watching, great evacuations, as diarrhœa, diabetes, excessive venery, fluor-albus, immoderate discharge of the menstrual flux, and a continuing to suckle too long under a debilitated state. Most commonly it is brought on by frequent colds, by too sudden a change of apparel, by keeping on wet clothes, by exposing the body too suddenly to cold air when heated by exercise, by lying in damp beds, and, in short, by doing any act or acts which have a tendency to give a sudden check to perspiration.

Bleeding of the lungs, catarrh, asthma, and tubercles, also produce consumption, the last of which is the most general cause. The present fashions of tight lacing, wearing thin shoes, thin dresses, etc., and the pernicious habit of becoming over heated at ball-rooms, and rushing into cold air without taking proper precaution with regard to dress, add much to the prevalence of this disease. Many other causes, such as wearing corsets, whereby the chest is contracted and disease produced in the liver, stomach, lungs, etc., might be enumerated, but we



have given enough to warn the unwary, and arouse the precaution of the imprudent.

Of the history and prevalence of this disease, much might be written. The most reliable history we have of it informs us that it has prevailed extensively from the earliest period to the present time, and in its ravages has swept from the earth more victims than the sword or famine. Its greatest power is felt in Northern climates. Some writers have asserted that in Great Britain alone, upwards of fifty thousand persons die annually of consumption, and it is thought that the same fatality attends our own country. Observations and experience have confirmed me in the opinion that one third of all the deaths which occur in this country are occasioned by pneumonic diseases or affections of the lungs; and this fact at once demonstrates not only the prevalence and fatality of the disease, but also the utter inefficiency of the various methods of treatment, and the worthlessness of the vast number of boasted nostrums with which the country is flooded, whereby the people are not only robbed of their money, but cheated out of their lives. As regards the curability of this disease, the authorities differ materially. The majority of those who term themselves physicians, generally advance the opinion that consumption is incurable, and this idea has become a general belief among the masses. It is a common practice now to consign to the grave any individual who gives any evidences of the existence of consumption in his system. This is not only cruel and impolitic, but it is to a high degree criminal, for experience shows us that in a vast number of cases a permanent cure can be affected. It is our duty, at least, to use every means to mitigate the sufferings of the afflicted, and if death is



inevitable, we can at least smooth their pathway to the tomb. We should never be too hasty in arriving at conclusions when human life is involved. I consider consumption a curable disease. The great, and in fact the *only* difficulty to be apprehended is, that persons who find themselves afflicted, almost invariably postpone medical aid until the system is so worn out and shattered by disease that there is nothing left to work on. In order to accomplish a cure, we must have enough soundness of the lungs to produce a healthy action, and unless we have this, there is but little hope for a cure. But even then, much can be done to alleviate the suffering of the patient.

It has been my fortune to have a large experience in the treatment of this disease, and I have tested the virtues of the remedies which I shall prescribe, by curing a great many cases. I have also been called upon when the patient was too far gone to do anything more than give a temporary relief; this I have never failed to do. *Perseverance* I consider one of the best prescriptions for this malady, and the case must be desperate indeed, that will not yield to the untiring and energetic efforts of a cheerful patient, a judicious physician, and a faithful nurse. Very frequently one of the most serious obstacles with which a physician has to contend, is the discouragement of relatives, who become wearied with continual labor, and finally give up the patient as beyond the hope of recovery. This is not only cruel, but inhuman, and should not be tolerated in an enlightened community.

*Symptoms.*—This disease may arise from inflammation of the mucous or lining membrane, or external parts of



the lungs, and also from tubercles.\* The incipient symptoms usually vary with the cause of the disease, but when it arises from tubercles, it is usually thus marked: It begins with a short dry cough, which at length becomes habitual, but from which nothing is spit up for some time, except a frothy mucus. The breathing is at the same time somewhat impeded, and upon the least bodily motion, is much hurried. A sense of straitness, with oppression at the chest, is experienced, the body becomes gradually leaner, accompanied with great languor and indolence. Dejection of spirits and loss of appetite prevail. In this state the patient frequently continues a considerable length of time, during which he is more readily affected by cold than usual, and from some of these occasions the cough becomes more troublesome, particularly at night, and at length we find it attended with an expectoration, which is always more free and copious towards morning. The matter which is expectorated becomes gradually more viscid, opaque, and assumes a greenish color, being on many occasions streaked with blood.

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\*Tubercles are small, hard, round knots or tumors, situated in different parts of the lungs, (generally at the upper part) and their number varies much. In their incipient stage they are no larger than a fine shot, but finally increase and become as large as a nut. They often exist in clusters, and if numerous, run into each other, and form hard yellow masses like cartilage, and from cold or other causes they soften and are changed into a cream color, inflame, break, and open into the bronchial tubes, and are discharged by expectoration. They form open ulcers, from which great quantities of matter issue, and sometimes blood; they depend on a strumous or scrofulous state of the system. Tubercles will sometimes exist for many years, even to old age, without very serious inconvenience. By regularity, temperance, diet, etc., they may be checked and controlled so as not to do much injury. Unless this is done they soon cause consumption, and frequently, by a sudden check of free perspiration, bring on what is termed "quick consumption."



As the disease advances, the breathing becomes more difficult, and the weakness increases. At this stage of the disease, the patient begins to be sensible of pain in some parts of the chest, and it is at first generally located under the breast-bone, and frequently under the point of the shoulder-blade. This pain makes frequent changes, and is felt sometimes in one side, and then in the other, and is often so severe that the patient finds great difficulty in lying on the side in which the pain is located. Sometimes the patient experiences but very little pain, except after a fit of coughing; and although but little pain may be experienced, yet at the same time the patient cannot lie easy on either side, without exciting a fit of coughing, or experiencing a difficulty of breathing. In consumption, the pulse and tongue are no certain guides, as they vary materially in different constitutions at the same stage of the disease; but generally, at the commencement of the disease the pulse is natural, or perhaps is soft, small and a little quicker at times than usual, and in the more advanced stages it frequently becomes full, hard, and frequent. The face begins to flush; the palms of the hands and the soles of the feet are affected with a burning heat; the breathing becomes more difficult and laborious; at evening there is an increase of symptoms, and by degrees the fever assumes a hectic form, and is increased twice every day. The first increase will be noticed about noon, followed by a slight remission about five o'clock in the evening. This, however, is soon succeeded by another augmentation, which increases gradually until after midnight. About two o'clock in the morning a remission takes place, and which becomes more apparent as the morning advances. During the absence of fever, the patient feels cold and



sometimes chilly, while the skin feels warm. As the hectic fever advances, the urine increases in color, and deposits a branny red sediment; the appetite does not seem much impaired; the tongue, by spells, is clear and moist, and at other times is somewhat coated, and of a cream color, but it is usually moist, and the thirst is considerable. With due advancement of the disease, the mouth and face put on an inflamed appearance, and the eyes become glossy. A red flush appears, first on one cheek and then on the other, and while the fever continues, the whole face presents a flushed and reddish appearance. In the absence of fever, the face looks pale and sunken. During the advanced stages of the disease, the feet and ankles swell; very frequently, at the commencement of the hectic fever, the bowels are costive, but in the last stages of the disease, a diarrhœa often comes on, and not unfrequently continues during the remainder of the disease. A cold sweat breaks out at intervals, which causes great debility. The patient often continues to decline until his body presents the appearance of a skeleton. In some cases the eye looks hollow and languid, while in others it is full and glassy. To the end of the disease the senses remain entire, the mind is full of confidence and hope, the patient seldom anticipates danger, and generally flattering himself with a speedy recovery, even in the very last stages of the disease. It is not necessary to trace this disease any further, as the above description of its symptoms, and its universal prevalence, will answer our purpose.

*Treatment.*—In this part of my dissertation upon consumption, I shall endeavor to be as explicit as possible, more particularly because it has always been deemed an incurable disease. I shall endeavor to give the reader



an idea of my treatment so plainly that any one can prepare and administer every article prescribed, excepting a single one.

The strictest attention should be paid, if possible, to commence the treatment with the first indications of the disease, for then is the time you can work with the most encouragement. I have, it is true, cured cases that were in the advanced stages; but it is extremely dangerous to postpone the time of treatment until the constitution of the patient is run down, and the whole system under the influence of disease. A great deal depends on the care which the patient takes to avoid exposure, or other causes which counteract the effect of medicine, or hasten the progress of the disease. The actions of the nurse, too, are of much importance, for, like all other diseases, it requires strict attention and extreme caution, especially when it has been some time standing.

Upon the notice of symptoms which indicate the commencement of consumption, give an emetic, and this should be repeated once a week; the whole body should be washed with saleratus water, made tolerably strong, and warm enough to be comfortable. Wipe perfectly dry with a towel; bathe the entire chest and back with my All-Healing Liniment every night, and take a dose of the Compound Expectorant every night and morning, and during the day use the Pulmonic Balsam from three to four times a day. Dress and lie warm, and use no salt meat of any kind. If the strength of the patient will permit, he should take moderate exercise in the open air every day when the weather is pleasant. Care should be taken to avoid catching cold; the feet should be kept warm and dry, and particular attention given to the condition of the bowels, which should be kept regular.



The Mandrake Physic will be found an excellent agent for this purpose. Use a little of the Tonic Wine just before eating, as it will have a tendency to regulate the food, and impart strength to the system. It is also an admirable preventive to taking cold. I have found it an indispensable medicine in my treatment of pulmonary consumption, as its peculiar virtues have a tendency to lessen the cough, remove the pain in the breast, and give strength and tone to the whole system. In protracted cases, we often find it necessary to change the course of treatment, and when the above mentioned syrup fails to give satisfaction, (cases of this kind very rarely occur,) another syrup may be prepared from the following articles:

Hoarhound,.....	1 pound.	Comfrey Root,.....	1 pound.
Seneca Snake Root,.....	$\frac{1}{2}$ "	Skunk Cabbage Root,.....	$\frac{1}{2}$ "
Liverwort, .....	1 "	Liquorice Root,.....	2 "
Elecampane Root,.....	$\frac{1}{2}$ "	Spikenard Root,.....	2 "
Red Puccoon Root,.....	$\frac{1}{4}$ "	Blue Cohosh Root,.....	1 "
Wild Cherry Bark,.....	1 "	Sarsaparilla Root,.....	2 "
Indian Turnip,.....	$\frac{1}{2}$ "	White Clover Blossoms,...	1 "

Bruise all together, cover with liquor, boil awhile, add water, and again boil it, so as to extract the strength. Strain the mixture and let it stand until it settles. Strain it off and reduce it to three gallons, then add twelve pounds of honey and one gallon of good spirits, and the whites of six eggs. Bring it slowly to boiling heat, and skim all the matter that rises to the surface; pour it into a clean vessel, and when cool bottle it for use. Dose, from one to three tablepoonsful. I have frequently used this prescription, and know that it is good. I prefer the first mentioned, and if it is properly prepared and administered, it will very seldom fail to do all that is promised of it. When I prepared the prescription



last above specified, I did it more to try an experiment than from having occasion to use it.

As to diet, my general practice is to be governed to a great extent by the appetites of my patients. Of course, there are some things which should be refused, but as a general rule, I have always found it safe to allow them any food which they desired, that was nourishing and easily digested. A reasonable quantity of soft boiled eggs may be given. Ripe fruit of almost any kind, milk, fresh butter, chocolate, any kind of domestic teas, broths of chicken, mutton, beef, squirrel, etc., so prepared as to be light and nourishing, are all excellent. Tea and coffee should not be used.

When consumption has so far advanced as to produce swelling of the feet and ankles, when the eyes are sunken and dejected, or staring and glassy, the patient cannot have much hope or expectation of a permanent cure. Experience has forced me to this opinion, and at that stage of the disease, the most that can be done is to ease the sufferer; and if this is not neglected, we may reasonable hope to prolong life, perhaps for a considerable time. But I care not in what stage of the disease the patient may be, there are no remedies better calculated to throw off the disease and relieve the patient than the Emetic, Liniment, Expectorant, Balsam and Wine, properly administered, according to the directions which I have given. If, however, the patient submits to bleeding, as a majority of our physicians recommend, I consider it is done at the peril of life; and it would be much better to do nothing at all, and let nature seek her own course, than to resort to blood-letting and the use of mineral medicines. The only effect which they can have is to shorten life.



For further prescriptions which may be useful in the treatment of this disease, the reader is referred to that part of this work devoted to recipes, where I will give all which I consider safe and beneficial. They may be used with advantage when others cannot be had. I have been careful and explicit in my remarks concerning consumption, because I am aware of the importance which is attached to it, it being one of the prevailing national maladies to which a vast majority of us are subject. While writing upon this subject, I have endeavored to keep in view the responsibility which must attach to any one who attempts to direct others through the mysterious labyrinths of disease. Every word has been carefully weighed, and no opinion advanced save those which have stood the test of experience. I here take my leave of this subject, by advising all into whose hands this work may fall, that so far as consumption is understood, it is always safe to act upon the old adage, "An ounce of preventive is worth a pound of cure." Too much care cannot be taken to avoid all exposure to cold, and if a cold should be contracted, to take immediate steps to break it up. No one can foresee the results of a trifling cold, and through carelessness may lay the foundation of a disease which will terminate in a speedy death. Remedies for colds will be found in the appropriate place in this work, and if a single individual shall be aided in avoiding or curing this terrible enemy, and restoring them to health by means of the information given in this book, the author will feel amply repaid for the labor and expense which he has bestowed upon its preparation and publication.

Remember, your health is the second great blessing in life; peace with your God first, and your health next;



and if you neglect it, when it is too late you will remember what I advised you.

## ASTHMA.

*Description.*—Asthma is a spasmodic affection of the lungs, which comes on by paroxysms, most generally at night, and is attended by a frequent, difficult and short respiration, together with a wheezing noise, tightness across the chest, and a cough; all of which symptoms are much increased when the patient is in a horizontal position.

When it is attended by an expectoration of phlegm, it is termed moist or humoral, and when little or none of this expectoration is found, it is called dry or nervous asthma. Having once occurred, its fits are apt to return, and more especially when excited by certain causes, such as a sudden change from cold to warm weather, or from heavier to a lighter atmosphere; by severe exercise of any kind, which quickens the circulation of the blood; by an increased bulk of the stomach, which may be from either too much eating, or from a collection of air in it; by exposures to cold, obstructing the perspiration, and thereby favoring an accumulation of blood in the lungs; by violent passions of the mind; by disagreeable odors; and by irritation of smoke, dust, and other subtle particles floating in the air. I was acquainted with an individual who could not go into a room where there were feathers, either in bed-clothes or otherwise, without being subject to an attack of this disease. Persons subject to this disease should avoid the use of feathers in their bed-clothing, and if straw is used, care should be taken to



have it changed frequently. Hair mattresses are preferable to straw, and should be used whenever convenient.

*Treatment.*—I have never found any preparation which will so soon relieve a person laboring under an attack of asthma, as the Asthma Tincture. The Asthma Syrup is also very efficacious. When any person is attacked with this disease, he should be immersed in a warm water bath, or else steamed until he sweats, and after the force of the attack is broken, and the fit off, so that the patient feels relieved, the Mandrake Physic should be given once a week. The use of the Tincture and Syrup should be continued once a day, and a portion of the Purifying Syrup given. This treatment should be followed for at least six months, and in order to effect a certain and radical cure, the time should be extended to nine months. A regular, faithful adherence to this course of treatment for that time, is certain to produce the most gratifying results.

An individual once told me that he cured himself of this disease by simply drinking a decoction of common chewing tobacco until it vomited him, and that he never again experienced any inconvenience from asthma. To those who are not in the habit of using tobacco, this decoction would be very nauseating and sickening.

Persons affected with asthma, or those who are liable to be troubled with it, should be cautious to keep out of the dust, and free from all other causes which produce it. There is little or no difficulty in curing the disease, if the patient is particular and punctual in attending to treatment.

#### CHRONIC INFLAMMATION OF THE BRONCHIA.

This disease is characterized by a troublesome cough,



attended with a copious expectoration of viscid, purulent or a whitish frothy matter; uneasy and somewhat oppressed respiration, accompanied at times with wheezing; more or less weight and uneasiness at the pit of the stomach; loss of appetite; a slightly furred tongue; irregular action of the bowels; a quick and irritated pulse, particularly toward evening; and deep red and scanty urine. The coughing usually occurs in fits of considerable violence, being almost always most severe in the morning on rising from bed, or on passing from a warm to a cold air, inhaling various vapors, fine dust, etc.; and the act of swallowing food sometimes increases the violence and frequency of the spells of coughing. Sometimes slight pains are felt in the chest, but more frequently no painful sensations whatever are experienced, except immediately after a fit of coughing, when a general aching is felt for a few moments in the breast.

*Causes.*—It frequently arises from bad colds, and is often the consequence of measles. It proceeds also from inhalation of irritating vapors, or particles of matter floating in the atmosphere, and from whooping-cough, particularly if cold has been taken while under the influence of this affection.

*Treatment.*—I have cured a great number of cases of bronchial affection, and have tried a good many of the various remedies prescribed by different authors, and the quickest and most certain course of treatment which I have ever found is as follows: Use the Neutralizing Cordial or Mixture to keep the bowels regular, and mix the Asthma Syrup and Pulmonic Balsam together; take a tablespoonful three times a day, increasing the dose as the stomach will bear it, and twice a day take a small teaspoonful of the Compound Tincture of Myrrh. Just



before eating, administer half a small wine-glass of the Tonic Wine. This prescription will cure any case that is not too far advanced to be within the reach of medical aid. Much benefit will be experienced by thoroughly bathing every night the breasts, sides, and back between the shoulders with the All-Healing Liniment.

#### ENLARGEMENT OF THE TONSILS.

For this disorder there is nothing better than the use of the Compound Tincture of Myrrh, and bathing the neck with the All-Healing Liniment. Use the Tincture of Myrrh as a gurgle, and let the patient swallow some, two or three times a day. Bathe the neck well twice a day with the Liniment, and let a flannel be worn around the neck. Use the Neutralizing Mixture to keep the bowels regular. I have cured cases of this disease that had been of several years standing, by this process.

The application of these remedies are not very pleasant, but in order to effect a cure, the patient must submit to some irritation and inconvenience.

#### INFLAMMATORY SORE THROAT, OR QUINSY.

This disease principally attacks the youthful and those of a full and plethoric habit, and is chiefly confined to cold climates, occurring usually in the spring and autumn; whereas the putrid sore throat chiefly attacks those of a weak, irritable habit, and is most prevalent in warm climates.

It is distinguished by a sense of heat, pain and tightness in the fauces and throat, accompanied by a difficulty of swallowing, particularly fluids.

In general, the inflammation begins in the tonsil, then



spreads across the palate and seizes the other tonsil. When the inflammation possesses both sides, the pain becomes very severe, and swallowing is performed with extreme difficulty; but if it attacks the upper part of the windpipe, it creates great danger of suffocation.

The causes which usually give rise to it are, exposure to cold, wet feet, throwing off the neck-cloth, or drinking cold water when overheated. It may also be occasioned by violent exertions of the voice, blowing wind instruments, acrid substances irritating the fauces, and by the suppression of customary evacuations.

*Treatment.*—In the treatment of this disease, the first and chief endeavor should be to carry off the inflammation, for which reason an anti-phlogistic plan must be pursued. Local applications have also their good effects, and in slight cases are often sufficient to remove the inflammation.

In treating inflammatory sore throat, I always give a cathartic or emetic. As soon as the physic or emetic has operated, produce upon the patient a moisture of the skin by gentle sweating, and gurgle the throat with a decoction made of sumach berries, (the high sumach,) sage, blue cohosh root, kercuma root, and add a little borax. After the throat and mouth have been well gurgled and washed with the above decoction, then gurgle the throat with my All-Healing Liniment, or Tincture of Myrrh. This should be done as much as two or three times a day; wear a flannel cloth round the neck, well bathed with the Liniment. The throat should be frequently moist with the same. Drink red-pepper tea for a general drink, and be careful of exposure to the cold wind. Keep out of the wet; keep the feet warm and dry. A part of the time it would be found beneficial



to drink a tea made of flax-seed. Let the diet be cooling and nourishing.

#### RHEUMATISM.

This disease may be divided into three general classes, Inflammatory, Chronic, and Mercurial.

I have never found, in the course of my reading, any writer who more perfectly expresses my ideas of the nature and symptoms of this disease, than Dr. W. Beach, author of "Beach's Family Physician." His remarks upon this subject so fully coincide with my own, that I shall copy his description, causes, and symptoms.

*"Description.*—Rheumatism is a painful disease which affects the muscles and joints in different parts of the body, and in many cases so nearly resembles the gout as to be distinguished from it with difficulty. It makes its attacks in all seasons of the year when the atmosphere is moist and variable; but it is most frequently met with in the autumn and spring. It is sometimes accompanied with fever, and sometimes there is none. In the former instance, it is known under the name of acute rheumatism, in the latter it is called chronic rheumatism.

*"Causes.*—Obstructed perspiration, occasioned either by lying in damp linen or damp, unventilated rooms, wearing wet clothes, or being exposed to cold air after having been much heated by exercise or other ways, may be considered the chief and most frequent causes of the rheumatism.

*"Symptoms.*—The acute rheumatism generally commences with weariness and shivering, succeeded by heat, thirst, restlessness, anxiety, a hard, full, and quick pulse, and all the usual symptoms of inflammatory fever.



After a short lapse of time, acute pain is felt by the patient in one or more of the large joints of the body, and these are followed by a tension or swelling of the parts so affected. The pain is transitory, and generally shifts from one joint to another, leaving the parts it occupied red, swollen, and very tender to the touch. The tongue is white, the bowels are obstinately costive in general, the urine is high colored, the pulse full and hard, the blood, when drawn from a vein, exhibits a thick, buff-colored coat on its surface, as in pleurisy, and sometimes there is a profuse sweating, unattended, however, by any relief. When the patient is in bed the pains are usually much increased, and he cannot bear the least motion without their being highly aggravated.

“The chronic form of rheumatism may either be a consequence of the termination of the acute, or it may be independent of it. In the first case, the parts which are affected with inflammation are left rigid, weak, and, in some instances, puffed up, and the pain not being movable, is now confined to particular parts; sometimes, however, it shoots from one joint to another, but without being accompanied by any inflammation or fever. In the latter case, where it has arisen from an exposure to cold, and sudden vicissitudes of the weather, pain seizes the head, shoulders, knees, loins, wrists, and other parts, and these often continue for a considerable length of time, and then go off, leaving the seat they occupied in a state of debility.

“Very alarming and fatal symptoms sometimes follow the recession of rheumatism. It passes to the *heart*, *diaphragm*, *stomach*, *bowels*, and every part of the body. When it is translated to the heart, the patient is seized with acute pain and great anxiety over that region, pal-



pitiation, partial fainting, pale, distressed countenance. When it is translated to the brain, it is attended with heaviness, with acute pain in the head, intolerance of light and sight, wild and anxious expression of countenance, occasional delirium, etc. When the stomach is affected by a recession of this disease, pain, nausea, and vomiting. Sometimes the bladder is affected with rheumatism, producing a retention of urine, and pain over the seat of that organ. Sometimes it is translated to the lungs and pleura, which become affected, producing an inflammation of those parts. Sometimes it passes to the uterus or womb, etc."

*Treatment of Acute Rheumatism.*—In the treatment of this disease, as in cancer, I shall express opinions which vary from those entertained by very many of the profession. Many physicians, in treating cases of rheumatism, bleed and blister as they do in white swelling, but my experience has taught me to pursue a course entirely different. However various may be the symptoms and location of rheumatism, they all result from the same cause, and that cause, in some cases, is on account of having too much matter in the blood, and in other cases, in having too great a quantity of water in the blood. An unbalanced state of the blood is the whole cause of rheumatism, and neither bleeding nor blistering, or both together, will ever restore it to its natural condition.

The first object in acute rheumatism is to lessen the inflammatory action and allay the fever. A gentle purgative should first be given, and the best one I know of may be made of black cohosh, wondering milk-weed, (Indian hemp). This may be used occasionally, as is found necessary. I generally give the sudorific and diaphoretic powders every two hours, alternately, and direct the pa-



tient to drink a tea made from the Vegetable Heating Powder between the times of taking the powders, until a free perspiration is produced, which is almost sure to give relief. The patient should also wash his whole body every night with tolerable strong ley water. Then bathe the parts most affected thoroughly with my All-Healing Liniment. This should be attended to at least once or twice in twenty-four hours. After the first course, take from a teaspoonful to a tablespoonful of the Liniment inwardly, three times a day. This will not interfere with the Physic or Sweating Powders, and will never fail to give relief in a short time. As soon as the force of the disease subsides, use the Purifying Syrup, which will prevent its return. Use also the Physic and Sweating Powders. This will give the quickest relief, if the proper materials are used. In this disease emetics are of no use, and light purging only is necessary. This species of rheumatism is easily cured if properly attended to. I have had cases where I often found it necessary to change my treatment of this disease, for the same treatment will not have the same effect at all times, and even the same person may be attacked at different times and require a change of treatment. It is my purpose to give a number of recipes to be used in rheumatism, but in all cases I find that the Purifying Syrup, Liniment, and Healing and Strengthening Plaster are the most reliable remedies to be depended upon. Let the diet of the patient be light and nourishing. Avoid the use of salt meats and coffee. Use spice bushes or sassafras, if you can get it. Milk may also be used.

*Chronic Rheumatism.*—This species differs from the Acute in this: it is not attended by fever, or much inflammation, and the pain being usually confined to some



particular part of the body, as the shoulders, arms or loins; but it generally occupies those joints which are surrounded by many muscles, and particularly such muscles as are employed in the most constant and vigorous exertions. When it affects those of the loins, it is called lumbago, and when seated in the hip joint, it is known by the name of sciatica. The causes of chronic rheumatism need not be discussed at large in this work, and I shall content myself with merely giving the description, symptoms and the treatment necessary to produce a cure.

*Symptoms.*—Chronic rheumatism is often the result of acute rheumatism. It often occurs, however, as a direct consequence of exposure to cold and damp air, and this is the case more especially when the system is under the influence of mercury. The parts affected are commonly neither swollen nor red, and very frequently there is no manifest fever connected with rheumatism in its chronic form, although quickness, tension, and contraction of the pulse are in some instances present in the evening and during the night. The pain often wanders from one part to another, fixing itself by turns in the head, shoulders, knees, wrists, fingers, hips, loins, etc., more especially in those cases which approach the sub-acute character. Some individuals are hardly ever free from pain; others are affected with it only occasionally, on the occurrence of cold and damp weather. In some instances the pain is seated in the joints; in others, in the muscles, and parts situated between the joints. After remaining at rest for a while, the patient feels stiffness and pain on attempting to move the affected limb; but on using exercise until the body becomes warm, both the pain and stiffness usually disappear. Those who are



subject to this form of the disease, generally feel a dull, aching pain in one or more joints, on the approach of stormy and rainy weather. Severe and inveterate cases of chronic rheumatism are apt to give rise to organic disease of the tendons, wasting and hardening of the muscular structure about the affected parts. The joints are stiff. A jelly-like effusion into the cavity of the affected joint occurs occasionally.

I have been careful to trace out all the symptoms of this disease, and particular in describing them, for the reason that it is one of the most frequent maladies with which we have to contend, and if not so fatal as some other diseases, its victims are compelled to suffer the most indescribable torture, and lead lives the most miserable. It is also a remarkable fact, that there is less done to relieve the patient in cases of this kind, than in almost any other disease.

There are, perhaps, two reasons why this should be so ; one is, that the patient gets discouraged, and despairs of ever reaching a cure, for those who make an effort are seldom benefited, because of the ignorance of their advisers, and the inefficiency of their remedies. The second reason is, that there are but few persons, comparatively speaking, who know anything about the complaint, or what are the proper remedies. I suppose that if rheumatism was located like white swelling, some of our enterprising and energetic surgeons would no doubt advise amputation as the only remedy.

*Treatment.*—In treating chronic rheumatism, my object has always been to stimulate the cutaneous vessels to a healthy action, and thus restore perspiration. In the second place, I endeavor to attenuate the thick, viscid or sizey state of the blood, which invariably at-



tends this disease. Internal remedies are very essential in this complaint, and there is nothing better than the Rheumatic Syrup. It produces a free perspiration and equalizes the unbalanced state of the blood, which is the most essential point in the treatment of this disease. In the first place, give a gentle physic—I generally give the same as in the acute; then give the Rheumatic Syrup as often and as much as the symptoms require, according to age and circumstances. Rub every affected part thoroughly and freely with my All-Healing Liniment. Let the patient take a sweat every night, with a large quantity of black cohosh root, boiled until it is very strong. Get the patient over a pot and put a blanket around him, and at the same time, let him drink a tea made of hemlock (spruce) leaves. When a free perspiration is produced, wipe off dry with a towel, and again bathe the affected parts with my All-Healing Liniment, and give from a teaspoonful to a tablespoonful of the Liniment internally, in a little sweetened milk. This will soon relieve the patient. The use of the syrup should be continued for some time. The Sudorific Drops and Diaphoretic Powder may be given with advantage. A portion of sulphur should be given every two or three days, for the purpose of preventing the disease from settling about the head. In cases where the disease is fixed in one particular locality, where an external application can be made, the Liniment and Healing and Strengthening Plaster are the most reliable remedies that can be used, and the only ones that I depend upon. There is not one case out of a hundred where they will fail to give perfect satisfaction. I have known cases where the patient's knees were hard and stiff, and so much swollen that they could not put any weight on the leg at all, and



with my All-Healing Liniment, Plaster and one bottle of the Syrup, be entirely cured and restored to their original condition. This same result is produced where the disease locates itself in the hips and back. My advice to all persons afflicted with this disease, is never to bleed or use emetics as remedies. Physic lightly, use a light nourishing diet, and make a free use of cayenne pepper, mustard and horse-radish in your diet daily.

I shall, in another place, give various receipts for preparing medicines for the cure of rheumatism, which can be used when the articles above recommended cannot be obtained; but I feel that I cannot too strongly recommend to the readers of this work, the use of my All-Healing Liniment. No family or individual should be without it; for it is a host of itself in all cases of rheumatism, and in almost every other disease to which human flesh is heir. It is convenient to keep and easy to administer.

*Mercurial or Sciatic Rheumatism.*—In cases where this form of rheumatism is to be treated, use the Rheumatic Beer for a drink, and the Sciatic Syrup. This is the best internal remedy I have ever tried, and in the course of thirty years' practice, I have had occasion to make use of all the most popular remedies. In this species of rheumatism, as in all others, sulphur should be used, and the Liniment and Plaster as directed above.

I close my remarks upon this disease, by giving to my readers a receipt which is known as "DR. JOHN WILLIAM'S LAST LEGACY TO THE WORLD," and recommended in the treatment of this disease:

Take Prince's pin tops, horse-radish root, elecampane roots, prickly ash bark, bitter sweet bark, (of the root), wild cherry bark, and mustard seed, a small handful of



ch. Make a decoction and drink. Add one gill of tar-water and one pint of brandy. Take a glass three times each day before eating.

[NOTE.—I make the above in the form of a Syrup, which is much more convenient, and, in my opinion, better, than it is as above set forth. I add half an ounce of hydrodate of potash to each bottle. I will forward it to any one desiring it. Price, \$1.00 per bottle.]

#### MUMPS.

Mumps is a swelling of the glands about the throat, and often occurs as an epidemic. Children of both sexes are more liable to it than adults. It more generally occurs in spring than at other periods. Causes—contagion.

*Symptoms.*—One or both of the parotid glands of the neck become large, hard, and often painful, and some times become so large as to impede respiration, and cause a difficulty of swallowing.

The swelling is often translated to the testicles, and becomes dangerous, increasing for three or four days, then subsides, and wholly disappears. There is usually some fever attending the complaint; other parts are sometimes affected from sympathy. Suppuration some times, but rarely, takes place. The contents of the tumor being discharged into the larynx, produce suffocation; but this is rarely the case, as the disease usually puts on a mild aspect. The great danger arises from the patient taking cold.

*Treatment.*—The patient should be directed to keep warm in bed, and perspiration promoted, by drinking freely of diluting liquors, such as an infusion of balm or



balm tea. If there is costiveness, give a gentle purgative, and bathe the feet. Be particular in the first place to keep the affected part bathed with my All-Healing Liniment, and covered with the All-Healing and Strengthening Plaster. If these articles should not be at hand, then cover the swelling with a pledget of cotton or tow; and should it be very painful or troublesome, it may be bathed with the following liniment: Castile soap, scraped, one drachm; sassafras oil, half an ounce; sweet oil, one ounce; gum camphor, three drachms; and two ounces compound tincture of myrrh; mix and bathe the parts thoroughly three times a day; cover the parts with cotton, or tow, if convenient, if not, apply flannel. In case of a secession (by which this complaint is thrown to the testicle or other parts) an emetic may be taken, and free perspiration must be promoted, by giving one teaspoonful of the sassafras or sweating drops every hour, diluted with tea and sweetened. Should suppuration take place, a poultice must be applied, made by adding Indian meal to beer or yeast, until it is formed into the consistence of a poultice.

If the above applications do not reach the case effectually, take wood ashes made wet, and as hot as can be borne, and apply to the testicle, or parts effected. The above treatment has invariably been found successful in all cases.

If my All-Healing Liniment is applied thoroughly, and the parts covered with the Healing and Strengthening Plaster, there will be no cause of working with it lower down, if the patient is kept out of the wet and cold.

#### PILES.

This troublesome and annoying disease makes its appearance in two different states.



1. A varicose or preternaturally distended state of the veins in the vicinity of the *anus*.

2. In a state of tumor or excrescence, which apparently consists of a solid fleshy mass. The first is internal, the second external.

*Causes.*—The piles are often occasioned by aloetic purgatives. When aloes are much used as purgatives or bitters, they are sure to bring on this disease.

*Symptoms.*—Discharge of mucus or blood, small round tumors, more or less hard, sometimes singly and at other times several together, make their appearance at the verge of the bowels. In some cases we find a mere tumid ring. These are attended at first with but little inconvenience, but as the disease progresses they produce headache, disordered stomach, pain in the loins, and pain in making discharges from the bowels. They will at first be occasional, coming on after a cold, or some intemperance or costiveness, but in many instances will become permanent, with occasional states of inflammation, and very painful. Sometimes they will discharge great quantities of blood, and thus weakens the patient, and produce great alarm. As the disease advances, the inconvenience attending it become greater. Extreme pain is experienced by the patient in going to stool, followed by a great tenesmus, or pressing down, with a heaviness, and an itching, disagreeable sensation through the hips. This statement is deemed sufficient to describe the disease and enable the patient to discover it when attacked.

*Treatment.*—In the treatment of either bleeding or blind piles, (state of tumor,) a strict attention must be given to obviate costiveness, and the best article for this purpose which I have found, is sulphur and cream



of tartar, taken in sweet milk, molasses, or honey, in quantities sufficient to keep the bowels regular. Let the patient drink each day a pint of ley, made of hickory ashes, a large teaspoonful of ashes to a pint of water. Let stand till clear, then skim off, and drink through the day. I have used various ointments for this complaint, and I find the best one is made as follows: Take fire weed, celandine, and yellow dock; mash any quantity and cover with good spirits, let it stand a few days, add a pound of butter, half an ounce of saltpetre, and half an ounce of borax to a quart of the pulp. My method of preparing it is to put it on the fire and evaporate all the spirit and crisp the pulp with the butter, and then press it out clean before adding the saltpetre and borax. This is the best pile salve I have ever used. I shall also give other pile salves which are highly recommended. During my practice, when it happened that I did not have the above salve prepared, I always used the Armenian Oil, and in every case found great benefit resulting from its use. I have also used the Healing Salve very successfully. If the patient is of intemperate habits, it is a matter of great importance that he should at once abandon them if he expects to be cured of piles. Pay strict attention to the condition of the bowels; keep them regular, and use the ointment as directed. I consider the use of my All-Healing Liniment as almost indispensable in this disease. It may be used in the following manner: Let the Liniment be mixed with an equal quantity of strongly saturated saltpetre water.

If the attack of piles is inwardly, use the Pile Electuary. Take a mutton-tallow candle, grease it well with the ointment, and apply it to the inside. The wash is very severe, but its use is preferable to the suffer-



ing and inconvenience which attends this disease. The pain which follows the application of the wash is not of long duration, and the benefits arising from the treatment will more than over-balance the temporary pain which it produces. I speak from my own experience in this disease, and know whereof I write. The length of time required to effect a cure of this disease depends entirely upon the faithfulness of attendance and the habits of the patient. When the disease is not very bad, use the Pile Elixer as directed, and use a wash made by putting saltpetre in brandy; with this bathe the parts twice a day and anoint with the Armenian Oil or Healing Salve.

#### FEBRILE DISEASES.

*Character.*—This class of disease is characterized by an increase of heat and accelerated pulse, a foul tongue, and an impaired state of several functions of the body.

*Fevers in general.*—Fever, says Dr. Beach, constitutes parhaps the largest proportion or class of diseases which assail the human family, and, notwithstanding the numerous inquiries, experiments, and theories on the subject by medical men, from time immemorial, the *nature*, *cause*, and *treatment* remain the same; and there is at this day no uniformity, either in opinion or practice. They all go blindly to work to cure it, like the physician mentioned by Dr. Alembert. He compares him to a blind man armed with a club, who comes to interfere between *nature* and *disease*; if he strikes the disease, he kills the disease; if he strikes nature, he kills nature, or the patient.

Says a writer: "This is the disease which to break, to



baffle, to conquer or subdue, the learned colleges of physicians have tried all their efforts, and spent their skill in vain. It must have its course, is the common sentiment; if one mode of treatment fails, we must try another, and another, and another, till the exhausted imagination, the worn out sources of the *meteria medica*, and the dying patient avert the hand of the experimenter, (and I might have said, tormenter,) or nature triumphs equally over medicine and disease.

“The practice of medicine is perhaps the only instance in which a man can profit by his blunders and mistakes. The very medicines which aggravate and protract the malady, bind a laurel on the professor’s brow; when at length the sick is saved by the living powers of nature struggling against death and the physicians, he receives all the credit of a miraculous cure; he is lauded to the skies for delivering the sick from a detail of the most deadly symptoms of misery, into which they never would have risen but by the restorative efforts of the living power which at once triumphed over poison, disease, and death.

“The causes which have conspired to cover with uncertainty the treatment of fever, and to arm the members of the faculty often against each other, are numerous and important. A brief detail would unfold the many causes of error, and the fatal consequences which often result from the established practice.”

*Description, or Definition of Fever.*—Fever is an increased action of the heart and arteries, to expel from the system irritating or morbid matter, or to bring about a healthy action. It is salutary in its nature, being the means used to throw off something that offends or oppresses her. It is often fatal, but this is rather to be at-



tributed to the fault of the constitution than the disease itself, or rather to the want of proper remedies.

When a person is attacked by a shivering, followed by a hot skin, a quick pulse, and a feeling of languor and lassitude, he is said to have an attack of fever. With such symptoms are usually present also a loss of appetite, thirst, restlessness, and diminished secretion. This constitutes the leading symptoms of fever, the characteristic features by which its presence may be detected. Every function of the body, indeed, is more or less disturbed.

*Causes.*—As much controversy and speculation as there is respecting the pathology or nature of fever, we think there is no complaint that is more simple or easily understood, as regards causes, symptoms, and treatment. It would be too tedious further to enumerate the various theories that have been maintained respecting the origin and nature of this class of diseases. We shall, therefore, omit this, and enter into a practical disquisition of the subject. I shall now speak of the remote, intermediate, and proximate causes of fever. We may consider fever a unit; that the various phenomena of the complaint depend not so much upon any specific difference in the many types in fever, but consist rather in the various exciting causes, habits, temperament, etc.

*Remote Causes.*—In general, every cause capable of producing a departure from a healthy standard, predisposes the system to fever.

1. High atmospheric temperature may be mentioned as a cause.

2. *Cold.*—As a cause of fever, cold plays a very prominent part. It diminishes the action of the capillary vessels, giving a pale, shrunken, and dry state of the skin. It also diminishes the sensibility of the system.



3. *Heat*.—Heat may also be reckoned as a remote or predisposing cause to fever. Dr. James Johnson, speaking of the effects of heat upon the system, thus remarks: “Solar heat produces only the predisposition, while terrestrial exhalations and cold, call into action the principal diseases of hot climates.”

The mode in which solar heat contributes to the production of disease appears to be either by augmenting the general irritability of the system, or, more generally, by exciting inordinate functional action of the skin and the liver, and thereby rendering them more susceptible of the paralyzing impression of cold.

Between the skin and the liver there exists a close and powerful sympathy, in consequence of which, whatever excites the functions of the former, produces, perhaps, an equal increase of the functions of the latter organ. Heat also operates as a cause of fever, by extricating or evolving certain deleterious gases or agents.

The most prolific and fruitful source of disease is cold united with moisture. When the atmosphere is cold and dry, it seldom causes any complaint; but in damp, wet, and very cold weather, the system becomes more susceptible of morbid impressions. Much, however, depends upon the state of the body when exposed to cold. If it be very gradually applied, it can be borne with impunity; but if it be applied suddenly, and especially when there is great perspiration, fever or inflammation succeeds. All sudden transitions from heat to cold, or cold to heat, are sources of fever.

The capillary system ceases to perform its office, or performs it imperfectly, the consequence of which is, that vitiated blood recedes from the surface, and is accumulated in too great a quantity upon the heart and large



arteries, which causes in them an unnatural or preternatural effort to return it to its original channels, or into the vessels of the skin, to relax or overcome its constriction, and thereby expel the irritating, morbid, or perspirable matter.

*Infection—Deleterious Effluvia.*—By this term, we understand a class of febrile agents floating in the air, and which are taken into the circulation, through the medium of the lungs. It may be divided into three kinds:

1st. Effluvia arising from the decomposition of vegetable agents.

2d. An effluvia produced by a person in a state of disease.

3d. Effluvia from putrid animal substances.

1st. *Marsh or Vegetable Effluvia.*—The effluvia arising from the decomposition of vegetable matter, aided by a degree of heat, and perhaps moisture, mixes with the atmosphere and contaminates it. This is taken into the system, and, if not thrown off by some of the excretory ducts, proves an exciting cause of fever.

It is an established fact, that marsh and other effluvia, passing over bays or rivers of water, are absorbed and annihilated. Daily experience still confirms that it is in the neighborhood of marshes, and all such places where vegetable and animal putrefaction takes place to any extent, that pestilential and other diseases of various grades and violence prevail.

Epidemics, attended with carbuncles and berboes, which are denominated, in conjunction with ordinary symptoms of what is called hospital or jail fever, the characteristics of the plague, down to the mildest intermittents, have appeared and raged with extraordinary violence,



occasioned by the exhalations from putrifying animal and vegetable substances.

There can be no doubt but stagnated water is a very common cause of fever under any circumstances. It is related in Goldsmith's *Animated Nature*, that vessels becalmed in the ocean near the Cape of Good Hope, when the water had been perfectly still for some time, its surface was covered with a green slime, and numerous snakes and other animals were seen in different directions. The consequence of the corrupted state of the water was, that a number of the crew became sick of a fever and soon died. As soon as they were favored with a breeze, no more were attacked, and recovery of the sick succeeded.

This fact shows that a deleterious gas or effluvia proceeded from the water and generated the disease.

2d. *Human Effluvia*.—By this term we understand such a secretion from the body of a person laboring under disease, as is capable of producing another of a similar nature, aided also by filth, heat, and other causes. It occurs in crowded apartments, jails, hospitals, ships, etc., and other places not duly ventilated. Dr. Smith, of New York, observes that this effluvia is especially generated in the apartments of the sick, particularly of those who are laboring under a typhus state of fever. Dr. Eberle, of Philadelphia, says: "I would restrict this term to those morbid effluvia which are generated by decomposition of the animal secretions, whether formed in a state of health or disease; and to the ordinary exhalation from the body, when accumulated in such a manner as to deteriorate the atmosphere of confined rooms, if these be really capable in themselves, and without de-



composition, of exciting fevers." This effluvia is the source of typhus and some other continued fevers.

Under this head may be enumerated the effluvia or contagion arising from persons laboring under small-pox, measles, scarlet fever, etc.

There is an instance recorded in the New England Medical Journal, from Dr. J. A. Allen, in the state of Vermont, of three persons having died in one house of typhus gravior or malignant typhus. The weather being unusually warm, the corpses of the last two suddenly run into the putrefactive process, and not being deposited in coffins sufficiently close, the effluvia evolved was very offensive to the people who attended the funeral ceremonies. Nearly all who were exposed to those septic gases had an attack of the disease; and from the sick it was communicated to their attendants through the season, and thus it became epidemical. The interim of time from exposure to an attack was from ten to twenty-one days. The spasmodic cholera may be communicated in the same manner.

3d. *Animal Effluvia*.—Putrid animal matter is another cause of fever. Magendie found that, on exposing different animals to the exhalations arising from putrid animal matter, diseases were produced in them, similar to those produced by pestilential effluvia. It is, therefore, very probable that such putrid agents floating in the atmosphere constitute the deleterious principle of putrid animal effluvia, and that the different kinds or modifications of disease produced by it depends upon the state of the system, peculiarity of constitution, the quality of noxious effluvia, and the substances from which it is derived. It has been from this source that many pes-



tilential fevers have originated in different parts of Europe, particularly after battles. The gas or effluvia arising from the decomposition of dead bodies after a battle, when they have been suffered to lay above ground, have caused fevers of the most fatal character. It appears very evident that contagious diseases, fevers particularly, are communicated to the system through the lungs, and not the stomach, as some suppose. The small-pox cannot be communicated by conveying the poison or virus into the stomach, as has been proved; but on exposing animals to the effluvia arising from putrid substances, they became diseased and died. After this poison has been taken into the constitution, it acts as a foreign or extraneous agent to the internal surface of the heart and arteries, and there is immediate commotion or effort to dislodge it by the skin or the other excretions; and if they perform their offices well, if the perspiration be not obstructed, or if it be free, such agents or poisonous effluvia will be carried off without much shock or injury to the system. But, on the contrary, if it be predisposed to the disease by any means whatever, fever becomes established, to effect what the powers of nature are unable to accomplish. It is under such circumstances that her salutary efforts must be aided.

The reason why the stomach is generally so much effected in febrile diseases, is in consequence of the lungs and their appendages being lined with a continuation of the mucus tissue or first passages, and, therefore, being more accessible to the deleterious air or effluvia inhaled or inspired.

*Intermediate Causes.*—Among the various intermediate causes of fever, may be ranked a morbid state of the



stomach, arising either from vitiated bile, worms, or other sources of irritation. This morbid condition of the stomach, however, sometimes arises from the deleterious state of the atmosphere. A late French author, Broussais, maintains that the source of all diseases originates in the stomach and first passages, or the mucus membrane of the alimentary canal. This he termed *gastro enteritis*. In accordance with this theory, he gives few or no purgatives, but prescribes the mildest medicines, leaches over the region of the stomach, clysters, etc. But the principal and almost only intermediate cause of fever, is obstruction in the capillary vessels; cold, suddenly applied or long continued, acts as a sedative, closes the pores, and thus becomes a powerful intermediate cause of fever. A viscid state of the blood or other fluids, may in part cause this obstruction.

Nature, in such circumstances, appears to be retreating before some powerful invader; but when the sedative powers are violent and suddenly applied, she makes strong efforts to relieve herself, and the gates of this tumultuous city are barred, while she is assembling all her forces to expel the enemy; for during the paroxysms of fever, the pores are strongly closed, while the vital energy is evidently concentrated and collected in the heart, which propels the blood with renewed vigor through the arterial system in the whole extent.

It is not found easy to explain how debility produces this spasmodic contraction, but is imputed to the law in animal economy above mentioned, by which motions are excited to obviate the effect of anything noxious to the constitution; and that the spasm exists appears from the suppression of all excretions, and the shrinking of the external parts during the cold stage. This proves



an indirect stimulus to the sanguiferous system, by throwing the blood mixed with acid, perspirable matter, back with violence upon the heart and large arteries, and exciting them to stronger and more frequent contractions, which increased action of the heart and arteries continues till it restores the diminished energy of the brain, extends this energy to the extreme vessels, overcomes the spasm, restores their action, on which sweat breaks forth, the other excretories are also relaxed, and the fever abates.

*Proximate or Immediate Cause.*—The proximate or immediate cause of fever is a retention of acrid, stimulating, or morbid matter or humors, which, instead of being carried off by the outlets or excretions of the system, enters the circulation, and stimulates the heart and arteries to an undue and increased action, to overcome the obstruction of the capillary vessels and to expel such morbid matter.

*The seat of Fever, then, is in the Blood-Vessels or the Vascular System.* It is well known that most fevers follow a sudden check of perspiration. Hence it is evident that the existing cause must be in the blood, and arises from an excess of stimulus, or a morbid excitement applies to the heart and arteries, or the sanguiferous system. This fact is demonstrated by the phenomena of eruptive disease, small-pox, measles, etc. This infection, or contagion, is taken into the blood through the medium of the lungs, and as soon as it becomes sufficiently impregnated with the specific humor or virus, a preternatural action of the blood-vessels immediately takes place. Nature is arrested and makes a powerful effort or struggle to expel the poison from the system. As



soon as she accomplishes this object, the exciting cause or agent in these eruptive complaints is thrown copiously to the surface, and appears in the form of vesicles or eruptions; and when they are thus expelled, the fever immediately subsides, but will re-appear, if, from debility or other causes, the poison or humor is absorbed. It is the case also in hectic fever, as almost every one knows; matter from the lungs or an ulcer is taken into the circulation, and causes fever. It is also proved from the termination of fever by sweats, and also by fever sores. These facts reduce it to a mathematical demonstration, and render the subject so simple and plain, that it is really a matter of profound astonishment, that any one at least acquainted with fever, should be ignorant of its nature, cause and cure.

With all the evidence which we possess, therefore, that the blood frequently becomes charged with substances of an irritating or deleterious character, there can surely exist no reasonable doubt that fever must sometimes be the result of a direct and primary irritation of the heart and arteries; for it will, most assuredly, not be denied that agents which are capable of causing morbid impressions on the nerves of the skin, the alimentary canal, or of any other organ, will be equally capable of producing irritation in the heart and arteries, when they are brought in immediate contact with their internal surface.

These morbid agents may likewise act upon some organ, cause inflammation, and thereby produce symptomatic fever.

The acid sweats (says a writer) thrown out from the poison mass of blood, by means of the small exhalent



arteries, in malignant and pestilential diseases forming the matter of infection, and adhering to the bed-clothes and linen, which, by its corrosive qualities, it destroys and rots, and, if exerted in any considerable quantity, so commonly relieves the patient, (inasmuch as the volume of poison contained in the arterial system is thereby lessened,) shows that the blood, in certain diseases, contains something of a noxious nature. The appearances also which blood, drawn in pestilential fevers, puts on, corresponds with that in which septic gas had been artificially injected. Blood, thus infected with this poison, taken up by the absorbent vessels, will continue to stimulate the heart and arteries, wearing out their excitability, and, consequently, bring on death, if the constitution be incapable of becoming habituated to its stimulus, or a part or whole of the stimulus be not subducted. If it be present in any great quantity, it may cause a sudden extinction of the vital principle, as is observed sometimes to happen in highly pestilential diseases. In a word, we may sum up the causes of fever as follows:

*Remote Cause.*—1. Cold. 2. Heat. 3. Marsh or vegetable effluvia. 4. Human effluvia. 5. Animal effluvia; to which may be added great exertion and fatigue, the passions, injuries, etc. But cold, or a check of perspiration, no doubt produces three-fourths of the febrile diseases.

*Intermediate Causes.*—1. Morbid state of the stomach from worms, bile, etc. 2. Obstruction in the capillary vessels.

*Proximate Causes.*—Extraneous morbid or deleterious agents, generated in or out of the body, mixed with the blood, and acting as incitants or stimulants upon the



internal surface of the heart and arteries, propelling the blood with increased force or velocity, in order to expel these morbid agents by the skin or other outlets, or excretions of the system; and, therefore, fever may be considered a friendly effort of nature to restore the system to health. It is evident that the deleterious agent is first mixed with the blood, and occasions the fever; and, consequently, if not arrested, it fastens itself on some of the organs or solids, and causes irritation and inflammation.

*Symptoms.*—1. *Chill and Heat.*—The first characteristic symptom of fever is chills, succeeded by a preternatural degree of heat. Sometimes the chill is very severe, at other times very light; but fever is almost invariably ushered in by this symptom. The patient complains of great coldness; he shakes and trembles; the skin becomes pale, rough, and shrunken, and sometimes there is a sensation as if cold water was running down the back. After a while the chilliness subsides, and flushings and heat prevail, with a return of the colors of the skin. The eyes and face become red, and the patient now complains of heat.

This may be said to constitute the hot stage of fever. The continuance of the cold stage is very uncertain; sometimes it lasts an hour; at other times it continues several days, with alternate flushing of heat.

There is no satisfactory or reasonable cause assigned for the chill or cold stage of fever, but it appears to me very obvious and self-evident. When the blood, by cold or anything else, is obstructed in the blood-vessels of the surface, it must recede, be thrown back, and accumulate upon the heart and great blood-vessels. Cold then, as a matter of



course, must predominate. The blood or circulation, the cause and seat of animal heat, being cut off or carried on very partially in the vessels of the skin, there is then experienced a cold sensation, which we call chills or rigors. As soon as an unnatural or preternatural stimulus of the blood is felt by the heart and arteries on account of such obstruction, a powerful reaction takes place to overcome it, the heart beats more violently, the pulse is accelerated, and the blood is thrown back into the capillary system so forcibly as to cause an unnatural or too great a degree of heat, which we term fever. Thus we see that a battle, as it were, occurs between these two contending parties or agents—cold on the one hand, termed chills, and heat on the other, termed fever. If the former (cold) prevails, the disease proves fatal; if the latter, (heat,) recovery or health is the result; that is, if it so far prevails as to overcome the obstruction or remove the cause of the disease. In other language, there is a struggle between the vital powers and the febrific agent.

2. *Increase of the Pulse.*—Another invariable symptom is an increase in the frequency of the pulse. It usually becomes more frequent, fuller and harder; showing clearly the increased action of the heart and arteries, which, however, is modified or altered by various incidental circumstances; by some of the passions, by diet, air, medicine, etc.

3. *Debility.*—Another invariable symptom attendant on fevers is debility. There is a sense of languor, lassitude and fatigue, which is generally increased by any exertions.

4. *Pain.*—There is pain experienced in different parts



of the body, in the head, neck, along the course of the spine, and in the extremities, in the muscles and joints; a sense of soreness of the flesh or bones, and great depression and heaviness is complained of; a general trembling, want of sleep, or it is disturbed and unrefreshing; there is a peevish or fretful temper, and difficult respiration.

5. *The Secretions*.—All the secretions and excretions of the body are deranged on or before the accession of fevers. By looking at the tongue, the back part of it particularly, a very unhealthy and morbid appearance will be discovered; it appears coated with a foul substance, and this serves as an index to point out the accumulation of bilious matter, or a disordered state of the stomach. There is usually thirst, loss of appetite, nausea and vomiting; the mouth is dry and clammy; the skin is dry and parched from diminished perspiration; the urine is scanty and high colored; and there is generally constipation of the bowels, and the evacuations from them are dark and foetid. In a word, all the functions of the body are impaired.

6. These are the leading characteristic symptoms of fever from various causes and circumstances; there is an infinite number of variations and modifications; but such are the most prominent features of this class of diseases.

7. *Fever is Primary or Symptomatic*.—There should be a distinction made and kept in view between primary and symptomatic fevers. First: Primary, when it does not arise from any other complaint. Second: When it does arise from some complaint, as injuries, wounds, etc.

8. *Restoration of the Secretions*.—It is exceedingly impor-



tant in a practical point of view, ever to bear in mind the method invariably adopted by nature to cure a fever, which is the restoration of the secretions, and in most cases it is by sweat or perspiration. Without this knowledge, there will be error in practice. But when a practitioner is well apprised of this fact, he will at once know what indications to fulfill; in other words, what course of treatment to pursue.

*Common Treatment.*—The principal and almost only remedies (if such they may be called) resorted to, are mercury, bleeding and blistering. It is sufficient here to observe, that, instead of such treatment proving beneficial, by aiding nature to overcome the disease, it counteracts her salutary efforts, and either destroys the patient, endangers his life, or protracts his complaint; and should his constitution be sufficiently vigorous to withstand the combined influence of these “herculean remedies,” or, in other words, should the patient recover in spite of them and the violence of the disease, the subsequent effects injure or ruin his health.

When a person is attacked with a fever, the whole sanguiferous system is stimulated or aroused to throw off or cast out the enemy, and she invariably points, as we before stated, to certain doors, outlets, or excretions of the system, as the only natural and proper passages through which such enemy must be driven from the system; and it is the province of the physician to aid her in this wise and well-established effort and intention; but when such means are made use of, instead of rendering her the necessary assistance, her powers and energies are entirely crushed, weakened or diminished; first, by bleeding; second, by administering a poisonous mineral,



(mercury,) and thereby corrupting the fluids, and inducing another dangerous disease, perhaps worse than the first.

*General Indications of Cure.*—Restore the suppressed evacuations, or the secretion and excretion. This will remove the offending or irritating cause; and when this is removed, the effect, or, in other words, the fever, must necessarily cease. In fulfilling this *one* indication, consists the whole secret of curing febrile diseases.

*Particular Indications of Cure.*—1. Moderate the violence of arterial excitement.

2. Obviate local inflammation and congestion.

3. Support the powers of the system.

4. Relieve urgent symptoms.

The necessity of fulfilling all these indications must be borne in mind by the practitioner; in every modification of fever, it becomes his duty to render himself an assistant of nature.

What she endeavors in the commencement of the disease to accomplish, is to evacuate the deleterious agents by the proper passages. The whole business of art, therefore, is to assist nature in these two efforts of secretion and excretion of the morbid matter. The manner of effecting this, in every particular species of fever, is given under their respective heads; but as we are treating of fever in general, it may be proper to give the general principles of treating them, without entering into the various subdivisions or modifications. The treatment, however, here laid down, is proper for all kinds of fever.

The remedies which are to be given to assist the secretion and preparation of the morbid and diseased matter, are sudorific, diluting drinks, and medicines such as produce a determination to the surface, evacuate and



give a healthy tone to the stomach and bowels, kidneys, etc.

*Secretions and Excretions.*—I have already stated that the great secret of curing fever, is the restoration of the secretions and excretions; the violence of the disease is just in proportion to their torpor or obstruction; and as soon as they are restored and perform their offices, the whole catalogue of symptoms attendant on fever at once vanish, like fire before the watery element.

When they are restored to their healthy action, how quick does convalescence take place. The gastric, the alvine, the urinary, and perspiratory discharges and functions become natural, the heat of the system equalized, the pulse falls to its natural standard; and with this decline of the febrile commotion, there is a correspondent healthy action in every organ; the appetite is improved, and strength and health re-established.

*The Stomach.*—When we reflect upon the extensive influence of the stomach over the system, and particularly the skin, we shall be able more readily to appreciate the utility of emetics in febrile diseases. It is by reason of this intimate relation and connection between the stomach and every part of the system that the administration of an emetic proves so very effectual. It not only cleanses the stomach of any bilious, feculant, irritating, or morbid matter, but it proves eminently beneficial by the general relaxation which follows it, approaching sometimes almost to fainting, and which extends to the skin and produces perspiration. They may, as a general rule, be given where there is much nausea, and where there is no peculiarity of constitution to forbid. They are very serviceable in bilious, intermitting, and remitting fevers.



An emetic given in the commencement of a fever, will sometimes remove it at once. Even when the stomach has been thoroughly cleansed, the exhibition of an emetic may be advantageously given, in consequence of the shock and stimulating effect given to the stomach, liver, and neighboring organs. Intermittent fever has sometimes been cured by a single emetic. In some diseases there appears to be such a morbid accumulation that other medicines will not act upon the living fibre, and, therefore, this class of medicine becomes important as a preparatory step in the treatment. In typhus, and other modifications of fever, emetics may be beneficially administered.

*The Bowels.*—The intimate relation which exists between the whole of the alimentary tube or canal, the skin, and other parts of the animal economy, points out the necessity of promoting in them a healthy action. Purgatives, therefore, have a decided good effect in fever. The preternatural excitement of the blood-vessels is sensibly diminished by the exhibition of purgatives. This effect takes place by removing the feculent matter which they contain, and by stimulating the exhalent vessels of the mucus membrane of the intestines, causing them to pour out copious effusions from the blood or circulating mass. Their importance must be seen in a striking view, when the length of the intestines is considered, which is about thirty feet, and also their office. There is an immense number of vessels opening into them through their whole extent, and from which there is poured out a vast quantity of feculent matter; and when there is preternatural stimulus given to the intestines by purgatives, there is a sympathetic affection of the whole system; the circulation becomes more equal, the pulse is lowered,



pain in the head and other parts diminished or removed, and there is sensible improvement. Dr. Dewies has the following excellent remarks on the utility of purgatives in febrile diseases:

“In fevers of almost every description, purging is not only useful, but in many is indispensable. There exists constantly a want of equilibrium in the circulating system whenever the body is attacked with fever, and the determination, for the most part, is to the brain, the liver, the spleen, or to the lungs, and few remedies are found so effectual in restoring this want of balance, as well chosen and properly adapted aperients. Besides the determination just mentioned, fecal matter in the bowels is constantly accumulating, which it is of much consequence to remove. Occasionally, there will be a redundancy of bile, at other times a deficiency; and we are obliged sometimes to remove the one, or to solicit the other; and both of these ends are answered by the proper choice and exhibition of cathartics.”

What an absurd and dangerous treatment must that of Thompson be, and his followers, who reject purgatives, not only in this, but every disease. See Thompson's Guide to Health, Howard and Mattson's works, all of which inveigh much against this class of medicines, but highly extol emetics and steaming.

*Repetition of Purgatives.*—Purgatives may be repeated daily, and in the morning before any nourishment is taken, in those fevers which ordinarily run their course in a short time, such as inflammatory and yellow fever; in those of longer duration, such as typhus and other continued fevers, they may be given every other morning, or once in three days may be sufficient, (according to the state of the disease and other circumstances,) pro-



vided no particular symptoms or state of system contraindicate. Moderate doses of physic, in general, are sufficient, except in the onset or commencement of a fever, when a brisk purgative may be administered.

*The Pores of the Skin, or Capillary System.*—It appears that febrile diseases, in their very nature and essence, consist in a derangement of the skin or capillary system, and that no means will subdue a fever until the functions are restored. We must be convinced of the necessity of this from the extensive surface of the skin; its connection with the stomach and sanguiferous system, and its important office in casting off superfluous and noxious matter. It is calculated that two thirds of what is taken into the system is evaporated by sensible or insensible perspiration. Hence it will be seen what mischief will arise from a retention of this perspirable matter, and what benefit will also follow by restoring this secretion. Another great benefit to be derived from perspiration is the evaporation that constantly takes place on the surface, which keeps the skin cool and soft.

Diaphoretic, or sudorific medicine, then reduces general excitement, and is one excellent method of depleting the system. Evacuations from the skin invariably lessen the force of the heart and arteries, by taking from the circulation every agent which is useless or injurious; and by relaxing the constriction of the surface, they remove congestion by a determination of blood to the extreme vessels, and, in a word, lay the axe, as it were, at the root of the disease.

No sooner does perspiration break out in a febrile patient, than there is a mitigation of all the symptoms; the dry, pale, and husky state of the skin is removed, the balance in the circulation is restored, and very often a



violent attack of fever is cut short as soon as free sweating takes place. The object then should be immediately to restore perspiration, and continue it throughout the course of fever; not violent sweating, but moderate perspiration, or a gentle moisture of the skin. It is by this moisture or the dry and parched state of the skin, that we form a favorable or unfavorable opinion of the fever. If natural perspiration cannot be promoted, we predict danger. On the contrary, if it can be promoted and kept up, we predict a favorable issue. Indeed, on this depends the basis of our prognosis. One reason why ablution or bathing the surface lessens the heat or fever of the system is, that the air which comes in contact with the skin conducts off the caloric or heat of the body, and gives us a sensation of cold. Dry atmosphere, with a dry state of the skin, is a bad, or non-conductor of heat, and, therefore, conducts off little; but a moist atmosphere or skin, is a good or quick conductor, and carries off the animal heat from the body very rapidly. This is one reason why bathing the surface has such an astonishingly beneficial effect in fever.

Sudorific or sweating medicine must, therefore, be given, but not too freely, especially after a few days from the accession or the attack. If those medicines which are very stimulating will not fulfill this indication, or will not answer the purpose, then others must be given, such as will have the desired effect without increasing the heat of the body, as lobelia, Virginia snake-root, sage, lemon balm, catnip, amaranthus, etc.

The following refrigerent, or cooling drink, I have administered with excellent effect: Take the juice of a lemon, cream of tartar, supertartrate of potash, one tablespoonful, add a pint of water, and then sweeten



with loaf-sugar. Whenever the patient is thirsty, let it be freely drank, and bathe the surface with weak ley water about three times a day. The effects are almost immediate, and the fever is generally removed in a short time. The nature of this preparation, although simple, will convince the reader that it possesses very cooling or anti-febrile properties. It promotes the discharge of urine, is laxative, antiseptic, and refrigerent. I have prescribed fever powders as a febrifuge, instead of the diaphoretic powders, as I think it best to give as few anodynes as possible. This article seems to act on the skin without increasing the fever, while it imparts a more healthy tone to the digestive organs, indications very important to fulfill in the treatment of every grade of fever. Ten grains, or a common teaspoonful, may be given about every four hours during the day, in the form of pill, powder, or wine tincture; a cup of catnip or other herb tea, to be taken immediately after each dose. From the experience I have had of these powders, I entertain a high opinion of their efficacy.

*The Kidneys.*—When the kidneys cease to perform their offices, or do it imperfectly, the urine is scanty or much diminished. The fluid is retained, carried into the circulation, and must prove a source of irritation; and hence the necessity of restoring the secretion of them. Diuretic medicines, therefore, or such as promote a discharge of urine, must be administered, and it will be found that, as the urine begins to flow freely, there is diminished arterial excitement. It is the case that fevers and other inflammatory diseases are brought to a favorable termination by a spontaneous discharge of this fluid.

An infusion of spearmint possesses a remarkable diuretic property, and it may be drank freely. It not only



acts upon the kidneys, but likewise upon the skin, and often allays nausea and irritability of the stomach.

*The Lungs.*—The lungs are organs to which strict attention must be paid. They are the *primum mobile*, or main-spring of the system, their office being to supply it with the vital principle. If this is withheld, or if they absorb impure air, the fever is exasperated. It is, therefore, necessary to place the patient in a large, well ventilated room. The method of suppressing fevers by this means was practiced by the ancients; they exposed their patients to cold air, and gave them cold water to drink. Fresh air is very salutary to a person in a fever; it removes his anxiety, cools the blood, revives the spirits, and is in every view beneficial. There ought, therefore, to be a constant stream of fresh air in the chamber, so as to keep it moderately cool. Air that has been repeatedly breathed, when the blood is inflamed or the humors are in a putrid state, becomes unfit for respiration and acquires a noxious quality. The lungs also become affected by sympathy, and where this is the case, irritation and cough succeed. Under such circumstances, expectorants must be given.

*Local Treatment.*—Attention must be paid to particular symptoms, such as soreness of the throat, pain in the head or other parts, from congestion, or an unusual quantity of blood thrown upon some other organ, for sickness at the stomach, etc.

*The Surface.*—The tenacious, viscid, perspirable matter, is deposited upon the surface of the body in febrile diseases, which dries upon it, and becomes an additional means of keeping the pores closed or obstructed. The usual moisture being gone, as before mentioned, a preternatural degree of heat is generated, which creates distress and protracts the fever.



The state of the system obviously points out the propriety and necessity of bathing the surface very frequently; it removes everything which obstructs perspiration externally, by relaxing the cutaneous vessels, and by the evaporation which follows, diminishes the temperature of the body surprisingly. Nothing is better for this purpose than warm water, with ley added.

*The Feet.*—Every one knows that fevers are often occasioned by the application of cold to the feet, which drives the blood from the extremities and throws it upon some organ, or retains such agents as ought to be eliminated, in consequence of which fever takes place. Now, it must be evident that there is no better method of preventing the consequences than by recalling the blood to the feet and surface, thereby preventing and removing fever, by bathing the feet in warm water, to which a small quantity of ley has been added. I am persuaded that bathing the feet immediately after exposure to wet or cold, in nine cases out of ten, will prevent an attack of fever, aided by drinking freely of warm catnip or other tea, and then covering warm in bed.

*Medicine.*—All violent medicines are to be avoided in fevers, such as antimony, mercury, or any other mineral whatever; also, blood-letting. Nature attempts to do her office placidly and quietly in these cases, and such medicines violently disturb her motions, and often bring on mischief, which she, if left entirely to herself, would wholly avoid.

*Rest and Quietude.*—Lassitude or heaviness is generally the consequence of a recent fever; and this symptom evinces the propriety of keeping the patient easy, and, if possible, in bed; lying in bed relaxes the spasms, abates the violence of the circulation, and gives nature



an opportunity of exerting her whole force to overcome the disease.

The bed alone would often remove a fever in its early stage. The patient is to be confined to his bed, where unnecessary exertion is avoided, and the heat is equable over the whole body. The bed-chamber is to be large, and heated, when necessary, by fuel burning in an open fire-place; or cooled by sprinkling the floor with infusions, vinegar, or distilled water of some of the aromatic herbs. It is of the utmost importance that the patient lay upon a straw bed or mattress, as a feather bed increases the fever.

*The Mind.*—If the patient's spirits, in a fever, are low and depressed, he should not only be supported, but every method should be taken to cheer and comfort his mind, by conversing on subjects that are pleasant and agreeable, and cautiously avoiding every syllable that may create uneasiness. Everything, indeed, that disturbs the imagination promotes the disease. In fevers, every patient ought to be kept perfectly quiet, and not be permitted to hear or see anything which might discompose the mind.

*Drinks.*—We have already hinted at the propriety of taking freely of diluted drinks, and this should by no means be neglected. Such kinds may be given as are pleasant and agreeable to the person, and such as are calculated to keep up a moisture of the surface. Many other kinds already used in domestic practice are very good, both in this and other countries. Cold or cool water may be taken at proper intervals and in proper quantities, when the heat of the body is uniformly above the natural standard, or when there is no chill or sensation of coldness. There has ever been a very popular



prejudice against the use of cold water in fevers, which ought to be put down. There are few articles in the whole materia medica which exert such an immediate and salutary effect in fevers as cold water; but too great a quantity should not be taken into the stomach at a time, as it sometimes overloads it and causes mischief. There are thousands of instances on record where nature has pointed out the cure by creating in the mind of the febrile patient an irresistible desire for draughts of cold water, and, when drank, it has been followed by the happiest effects—by a remission of all the symptoms. Celsus directs large draughts of the coldest water in ardent fevers, and dwells with emphasis on the highly beneficial consequences of it. “The patient,” says he, “falls into a sound sleep, the heat remits, and a free perspiration ensues, though he had previously suffered much from thirst, heat, and restlessness.”

Vegetable acids are discarded by some as injurious, but without foundation. They moderate thirst, allay heat, and are very grateful and pleasant to the patient. Nothing of the kind is better than lemonade, which may be freely taken after the skin has become properly relaxed, or perspiration takes place. Buttermilk mixed with water, is a very nourishing and cooling drink.

General St. Clair, who was once a physician, was wont to cure the scarlet fever by causing the patient to drink several times each day of buttermilk, moderately acid, and as much buttermilk whey as the patient could take. This rarely, if ever, failed of cure.

• *Regimen.*—The dictates of nature must be followed as regards food or regimen in fevers; though the patient has the greatest inclination for drink, yet he seldom has any appetite for solid food; hence the absurdity of



urging him to take victuals. Much solid food in fever is very injurious; it oppresses the stomach, and instead of nourishing the patient, serves only to increase the disease. The food that is taken must be vegetable, very light, and easy of digestion. It should consist chiefly of panado, thin gruel, roasted apples, etc. Ripe fruit of every kind is excellent, such as apples, oranges, grapes, etc.

*Cravings.*—Particular attention should be paid to the cravings of the patient. They are often the calls of nature, and point out the remedy. They are not to be indulged in everything that their capricious appetites may desire; but when any particular article is eagerly desired it may be given, although it may seem not altogether proper.

*Convalescence.*—Few are aware of the danger of a relapse in fevers. The lives of thousands have been lost for the want of proper care on recovering from a fever. The stomach and body is extremely weak, and hence will not bear much food or exercise, and in which convalescent persons are very liable to indulge.

*Nursing.*—In vain will the best medicines be given, without a proper nurse or person to administer it, and to attend faithfully to every duty of her office or business. It is very seldom that we find a good nurse as profitable and as important as the profession is. Some are ignorant, some careless and inattentive. More depends upon a good nurse than upon the physician. It is the duty of the nurse to punctually administer the medicine prescribed, according to the directions given, (except they know it to be poison,) and not to cheat the practitioner by throwing it in the fire, and then give their own nostrums or some others, and when interrogated respecting it, dissemble and lie by affirming that it has been given.



The practice is very reprehensible, no matter what kind of practitioner attends the patient. Let the physician be discharged, or follow his prescriptions. It is the duty of the nurse to pay strict attention, also, to the wants of the sick, to the medicine, drink, diet, etc.; that they be given in right quantities and at a right time; that the clothes of the patient and his bed be often changed and kept clean; also, that everything offensive be immediately removed. Let the room be kept well ventilated, clean and quiet. It is not her duty to dictate and pretend to know more than the person who prescribes, nor to suffer a dozen gossips or women to associate together and recommend new doctors, patent medicines, nostrums, etc., or to make use of any language calculated to excite distrust, unnecessary alarm or fear in the patient or friends. Great mischief is often done by such a course of conduct, and all classes of physicians suffer much by it. Nurses who are guilty of such deportment ought to be admonished.

FEVER AND AGUE—FREQUENTLY CALLED INTERMITTENT FEVER,  
AND CHILLS AND FEVER.

*Description.*—This disease is so well known, that it seems of but little use to give a lengthy description, or enter largely into the details of its history; but as there are many persons into whose hands this work may fall, that are liable to be mistaken with regard to this disease, and as my object is to enable my readers to take hold of a disease in the commencement, and manage it themselves, thereby saving the expense of sending for a physician, I shall endeavor to be as plain and comprehensive as possible.



The title of intermittent fever, or ague, or chills and fever, is applied to that kind of fever which consists of a succession of paroxysms or periods of fever, between each of which there is a distinct and perfect intermission from febrile symptoms. Different names are applied to this malady, as "every day ague," "every other day ague," "third," "fourth," and even "every seventh day ague." In fever and ague, it is certain that the balance of circulation is lost in the system. The blood recedes from the surface of the body, and is thrown upon the deep seated organs, and sometimes, when the disease has not been properly treated or cured, irritation or congestion may be the consequence, and so react upon the system as to aggravate or continue it.

Every one ought to see at a glance what nature demands in this disease. When we see the retreat of the blood from the skin, and its accumulation upon the internal parts, we find a great coldness, showing the absence of blood. Now, our duty is to aid nature in equalizing the balance of the blood, and this should be done by equalizing the circulation. This purpose can be accomplished by emetics, physic and tonics, and they should possess a driving power so as to prevent a return of the paroxysms. Fever and ague often prove obstinate and frequently of long duration, in consequence of improper management. This is frequently done by overpowering tonics, without first putting the system in a condition to receive and bear the effects of them; and the disease not unfrequently resists the common mode of treatment, so as to become very distressing to the patient, and often lays the foundation for other chronic complaints, more particularly dropsical swelling, and an enlargement of the liver or spleen.



*Causes.*—I shall mention a few of the causes which give rise to this complaint. Marsh miasma, or the effluvia arising from stagnated water, or marshy ground, when acted upon by heat, is the most frequent cause of fever and ague. In such marshes, the putrefaction of vegetable and animal matter is always going forward, and hence it has been generally conjectured that vegetable or animal putrefaction imparted a peculiar quality to the watery particles of the effluvia arising therefrom. It has been ascertained that marsh miasma, when much diluted with *aqueous exhalation*, (the vapor of water effluvia, the vapor which arises from animal and vegetable bodies, marshes, the earth, etc.,) as in summer, when an unusual quantity of rain has fallen, are nearly inert, (i. e. still and quiet.) But when arising from stagnant waters of a concentrated foulness, in consequence of great drought and heat in the latter end of summer and the early part of autumn, they act with great violence and malignity.

Hence it is found that persons living in the most healthy part of cities, and far from marshes, are sometimes subject to attacks from this disease. Febrile miasma or effluvia may be wafted by currents of air to a distance far exceeding what has generally been supposed or admitted. I am thus specific in my statement as to the cause of this disease, for as I have in view the health of my readers, I desire to give them such information in regard to this very prevalent disease, as will enable them to understand the causes which have produced it, and the effect which it has upon their health. I shall now proceed to describe the symptoms which attend the complaint, and I shall endeavor to be equally plain and comprehensive, so that no one will mistake my meaning ;



and if the directions which I shall give for the treatment of this disease are strictly followed, you will never fail to effect a perfect cure. This treatment will not only break the chills, but it will totally eradicate it from the system and leave you in the enjoyment of good health.

*Symptoms.*—This disease may be properly divided into three stages, viz: the cold stage, the hot stage, and the sweating stage. The cold stage is generally the first symptom of fever and ague. It is accompanied with pain in the head, loins, weariness of the limbs, as if the patient had overdone himself with some extreme hard labor, that he was not accustomed to work at. This coldness extends to all the extremities. The patient is attacked with yawning, stretching, weakness, sickness, and sometimes vomiting, which are succeeded by shivering and violent shaking. The breathing is short, frequent and anxious, when the patient is only chilly, and this is followed by a high fever.

What is termed intermittent fever, begins in the same way, only there is more heart sickness experienced.

*The Hot Stage.*—After a longer or shorter continuance of shivering or shaking, the heat of the body gradually returns, irregularly at first, and by transient flushes; soon, however, succeeded by a steady, dry and burning heat. The skin, which was before constricted, now becomes swollen, tense and red, and is remarkably sensible to the touch. Pains attack the head, and flying pains are felt over various parts of the body; the pulse is quick, strong and hard, the tongue white, the thirst great, and the urine is high colored.

*The Sweating Stage.*—A moisture is at length observed to break out on the face and neck, which soon becomes universal and uniform. The heat falls to its ordinary



standard, the pulse diminishes in frequency, and becomes full and free. The urine deposits a sediment, the bowels are no longer confined, the breathing is free and full. After a specific interval, the paroxysm returns and performs the same successive evolutions, generally once in twenty-four or forty-eight hours. Frequently in this disease, there is more or less delirium.

*Treatment.*—I have treated a great many cases of fever and ague, both at the commencement of the disease, and when it has been of months, and even years in its duration, and in every case have succeeded in effecting a radical cure, and where the patient submitted to treatment, I have never experienced any trouble. When the patient has been obstinate and refused to follow my directions, I have had some difficulty, especially where the disease was of long standing. Yet I have never failed to eradicate the disease.

The easiest, surest and best way to cure intermittent fever or fever and ague, is first to give an emetic, (No. 1,) and if possible, it should be given just before the chill comes on, so that the patient may be vomiting instead of shaking, for it is not usual for any person to do both at the same time. After the emetic has operated freely three or four times, (if it should operate too severely, its effects can be counteracted by the Anti-Emetic Drops,) let the patient rest, and if he has any desire to eat, let him partake of some toasted bread and tea, or what is better, some nourishing chicken broth, properly prepared. In about four or six hours afterward, give the Anti-Bilious Pills, sufficient to produce a free operation. It is a matter of some importance to know the habits of the patient, and as soon as the physic commences operation, let him drink all the gruel or broth he wishes, so that it



may assist in working off the physic. This (the physic) should be repeated every three days, if necessary. The patient should now commence using the Compound Ague Tonic, while there is no fever. If the emetic has failed to break the chill, (which is very seldom, if taken in the commencement,) give another the next time after the chill and fever are off, and give the Ague Powders. This should be stopped before the time of the chill, and a full potion of the Compound Tincture of Myrrh given, and as soon as the fever is off, give the Compound Ague Tonic. In time of the fever, give the Sudorific and Diaphoretic Powders alternately every two hours, and bathe the head with soft water, vinegar, and some salt added. I have found it necessary in very obstinate cases, and particularly when they have been of long standing, to repeat this operation twice, and in a few cases, where the patients did not take proper care of themselves, three times. But a failure of this treatment is very rare, in cases where it is applied in the commencement of a disease. The diet should be light and nourishing—broths made of fresh beef, mutton, squirrels, chickens, etc. A little of the meat eaten after the fever will not be objectionable, but particular care should be taken not to eat too much at a time. The safest rule is, always quit while you are a little hungry. If able, take moderate exercise in the open air, when the weather is favorable. Be careful not to expose yourself to the hot sun or night air, or damp air of any kind. There is more danger to be apprehended from too much eating than from moderate exercise.

I very seldom give the Ague Powder if the patient submits to my course of treatment, and this course, if implicitly followed, will never fail to effect a cure, and



leave the patient cheerful, vigorous, and in the full enjoyment of health. It matters not what climate or latitude the disease may be located, or of what length of time it has been standing, the result of this treatment will be the same, except where it has run the patient into the last stages of consumption or dropsy.

I have been thus particular in this disease, because so few persons who have been attacked with it are ever restored to their former health. The receipts which I have given in this disease are invaluable to any one who may be living in a locality affected by this disease, or who are otherwise exposed to it. Under the head of Receipts, I shall give a number of different Ague Tonics, for it is frequently necessary to make a change of remedies in order to suit the patient. In some cases you will find it impossible to give the tonic, then you should use the powders until the chills are broken, and after that is accomplished, give some of the restoratives or bitters.

#### REMITTENT FEVER.

A remittent is that kind of a fever which abates but does not go off entirely before a fresh attack ensues, or, in other words, where one proxysm succeeds the other so quickly that the patient is never without some degree of fever.

*Causes.*—This fever, as well as the intermittent, is principally induced by the effluvia of stagnant water and marshy grounds, and is most apt to arise when calm, close, and sultry weather quickly succeeds heavy rains or great inundations.

*Symptoms.*—Preceding an attack of remittent fever, the patient is usually heavy and languid, and is troubled



with anxiety, listlessness, sighing, yawning, and alternate fits of heat and cold. On its accession he experiences severe pains in the head and back, intense heat over the whole body, with thirst and difficulty of breathing.

This fever is most favorable when it approaches in form nearly to an intermittent or inflammatory. If in symptoms it corresponds with nervous or typhus fevers, the danger is to be estimated as in those fevers. In this, as well as all other fevers, first cleanse the stomach and bowels, and the surest way is by an emetic and physic. At the same time there should be paid strict attention to cleanliness, and wash, the patient with saleratus water or weak ley, and the clothes of the patient should be changed once a day. Let the drink be red-pepper tea, not too strong, taken with milk, well sweetened. Try and produce a moisture of the skin at least once in twenty-four hours. This can be done by giving the diaphoretic powders, in doses of a small teaspoonful, ten grains, in catnip or any other herb tea, taken every four hours, between each dose. There should be taken a teaspoonful of sudorific drops in the same kind of tea, or water, if the patient prefers it. The emetic and physic should be repeated as often as twice a week. The compound Mandrake physic is the best that can be given in this disease. Keep the feet warm by filling a jug with hot water and applying it to them. If the head is heated, bathe with my All-Healing Liniment; if that can not be got, bathe with cold water and vinegar, by adding a little salt to it. Let the patient drink what water he wants, and the diet should be light and nourishing. I have always found the above treatment efficacious. I have given this prescription, as I want my family to follow it, and all others if they choose.



## TYPHUS MITIOR, OR NERVOUS FEVER.

This fever generally attacks persons of weak, lax fibres; those who lead a sedentary life, and neglect proper exercise; those who study much, and those who indulge freely in enervating liquors. Owing to the relaxed habits of those who reside in warm climates, this type of fever frequently occurs, and all other continued fevers are apt to degenerate into this, or malignant typhus. This fever may be induced by whatever impoverishes the blood, debilitates the general system, or depresses the mind; but the most general cause is contagion.

*Symptoms.*—This fever generally comes on with a remarkable mildness in all its symptoms, and although the patient experiences some trifling indisposition for several days, still he has no reason to suspect the approach of any severe disease. At first there is only a slight chilliness perceived, succeeded by an unusually pale and sunken face. The patient perceives, however, some degree of lassitude and debility, with anxiety, dejection of spirits, sighing, and a loathing of food, and towards evening these affections are increased.

In the course of a few days, and as the disease advances, there arises confusion of thought, giddiness, pain in the head, aching pain in the back, limbs, and flying over the whole body; nausea and vomiting, short, anxious breathing, pulse weak, quick, and often intermitting. The tongue becomes dry, and is covered with a dark brown fur, countenance flushed, urine scanty, high colored, and foetid, cold, clammy sweats break out on the forehead and back of the hands, while the palms glow with heat, profuse diarrhoea, lethargic sleep, involuntary evacuations, cold extremities, convulsions, death.



Such is usually the progress of the disease. Sometimes, however, the patient gradually, almost imperceptibly, sinks—no threatening symptoms, anxiety, pain, or distress. Yet in such cases, the arteries are seen to tremble or throb under the chin, and a dark rose or piony-colored spot appears on one of the cheeks, while the limbs are apt to be cold.

*Treatment.*—In this, as in all other fevers, an emetic and cathartic should begin the treatment. It does appear that, in this disease, bleeding and calomel are the most injurious, for they effectually prostrate the whole system. I would advise that No. 1 emetic be given, and after it has operated, say six hours, administer the Mandrake physic. This cleanses the stomach, and carries off the feculent matter, and to insure and keep up a regular alvine of evacuation in a further course of the disease, it will be proper to repeat this from time to time, particularly the physic. Strict attention should be paid to cleanliness, and to change the clothes and bed clothes often. Sponge or wash the body all over once or oftener every twenty-four hours, with warm water, to which may be added saleratus or weak ley, to make it slippery. This should be strictly attended to. Strict attention should be paid to try and produce a moisture of the skin at least once every twenty-four hours. This can be done by giving sudorific drops, and diaphoretic powders, alternately, every two hours, till a free perspiration is produced.

Let the patient at the same time drink freely of tea made of red-pepper, to which may be added a little milk and sugar. After a moisture has been produced, a tonic should be given to keep up the strength; for this take flour, sulphur, Peruvian or willow bark, wild cherry, and



rhubarb, all pulverized, of equal parts. Of these powders give a teaspoonful twice or three times a day in sweet milk, broths, syrups, or anything that the patient can take it in. This should be attended to throughout the whole course of the disease. The patient should be kept perfectly quiet, and none but those whose business it is to attend on them ought to go near them, except the symptoms are very mild, with little or no affection of the head. In such cases, the presence of a friend may soothe the mind and help to dispel gloomy thoughts. The chamber should be kept freely ventilated and cool, and the bed be lightly covered with clothes. The patient should be comforted with the hope of a speedy recovery, and his thoughts be diverted from that anxiety and dread of danger which invariably attends the disease.

After the fever has gone off and the patient has somewhat regained his strength, he may take daily exercise on horseback, or in a carriage; and in order to remove the irritability and weakness which are left behind, he should enter on a course of the alterative or the purifying syrup. In all nervous or typhus fevers, after the fever is broke, there is no medicine better calculated to arouse and restore that lost energy of the system, than my All-Healing Liniment, given in doses from a half to a teaspoonful, in milk or water, well sweetened, every two, three, or four hours, as the case may be, and use the purifying syrup as directed in the receipt, till the system is entirely restored again to its full vigor and strength, which this medicine is certain to do, if attention be paid to the bowels.

#### TYPHUS FEVER.

This fever is called malignant, putrid, spotted, and



jail fever, and takes its name from the malignancy of its nature, and the evident symptoms of putrefaction which are to be observed after a continuance of some days.

*Symptoms.*—The attack is much more sudden than that of nervous fever, and on its first coming on, the person is seized with languor, dejection of spirits, amazing depression and loss of muscular strength, universal weariness and soreness, pains in the head, back, and extremities, ringing in the ears, throbbing in the temples, beating of the arteries visible in the neck. Sometimes a great heat, load, and pain are felt at the pit of the stomach, and a vomiting of bilious matter ensues. As the disease advances, the patient experiences oppression at the breast, anxiety, sighing, and moaning; the pulse is increased in frequency, great debility, heat, and dryness of skin. The tongue, mouth, lips and teeth are covered with a brown or black fur, the patient mutters much, and delirium arises. Bleeding takes place from different parts of the body; red, blue, purple, or black spots, appear under the skin, the pulse intermits and sinks, the extremities grow cold, hiccups ensue, convulsions and death close the scene.

So soon as any of the symptoms of this fever are perceived, they should be immediately attended to in order to prevent any bad consequences from ensuing, as they will never go off of themselves, but will continue to increase until a disease of a most dangerous nature takes place. The most proper remedy at first will be an emetic, and the cleansing of the stomach is not the only good effect to be expected from this remedy, but while it cleanses the stomach it acts upon the skin. After this operation is over, the bowels may be opened with Mandrake physic, and the same treatment throughout the whole disease, as the one prescribed or recommended for the nervous typhus fever.



Above all things, do not neglect bathing and cleanliness. Strict attention should be paid to the stomach, bowels, and skin, which are the most important points in all diseases.

#### YELLOW FEVER.

This fever generally comes on with lassitude and weariness, chilly fits, listlessness of everything around, faintness, giddiness, flushing of the face, redness of the eyes, pains in the eye-balls and lower part of the forehead, as likewise in the back, debility and sighing, thirst, the perspiration is irregular, interrupted, and diminished; the urine is highly colored, small in quantity, and turbid; the saliva is viscid, the tongue is covered with a dark fur, the bile is secreted in unusual quantities, and thrown into the stomach, from which it is again speedily ejected; and the skin is hot, dry, and hard; the eyes, face, and breast put on a deep yellow tinge, a peculiar delirium arises, the sweats are of a yellow color and highly offensive, livid spots appear in the skin, the patient, in an agony, throws out and draws back his extremities in violent succession; black, fœtid stools are discharged, hiccup, pulse sinks, and death ensues.

Such are the usual appearances, yet so irregular and varied in this disease, that the most eminent physicians consider it only as a remittent fever, deranged as to its form, by appearing in subjects unaccustomed to hot climates, so that if all would stay in their native climate the disease would disappear. The causes of this fever are, exposure to noxious exhalation from swamps, rivers, lakes, ponds and marshes, or the filth of cities and towns, accumulated under a burning sun. The poison is assist-



ed by an irregular life, intemperance, exhaustion of the system, from whatever cause.

Affusion and sponging the body with cold water, when the heat of the system is steadily above the natural temperature, may be applied early in the disease. After the bowels have been loosened by some mild purgative, when malignant symptoms threaten, the Peruvian bark may be used in substance or decoction, as best suits the stomach. The bark should be continued till health is completely restored. Great care should be taken to support the strength of the patient throughout the disease with preparations of barley, sago, Indian arrow-root, etc., mixed with wine.

The same attention should be paid as in typhus fever to cleanliness, changing of the clothes and bed clothes often, and wash the body often in order to prevent any disagreeable smell about the patient or his room. The room should be well ventilated. The treatment of this disease should be the same as in typhus fever, inasmuch as it is a type of that character, except the physic. The best physic for this fever is Mandrake, Bowman root, equal parts. A dose of these powders is a teaspoonful, mixed with a little hot water, and sweetened, taken every three hours till it operates. This will remove the black, tary, morbid matter from the intestines; otherwise, pursue as in typhus fever, except instead of the pepper tea, give garden benedictus, (blessed thistle.) Make a free use of this as a drink, and as in all other fevers, pay strict attention to cleanliness and washing of the body.

#### SCARLET FEVER.—(*Scarlatina*.)

*Description*.—The scarlet fever is so denominated from the scarlet color and eruptions which appear on the body.



It occurs at all seasons of the year, but generally in the fall or beginning of winter. It often seizes whole families, but children and young persons are more subject to it. It is divided into three principal kinds. Simple scarlatina, when the throat is not affected; *scarlatina anginosa*, when the throat is affected; when accompanied with symptoms of putrescency and malignancy, it is called *scarlatina maligna*. The latter two kinds are generally blended together. There has been a dispute whether the scarlet fever and malignant sore throat are the same disease, or only a variety of the same. "It is now pretty generally admitted," says a writer, "that the scarlet fever, in all its forms, as well as putrid sore throat, (*cynanche maligna*,) is produced by the same specific contagion."

*Causes.*—Scarlet fever arises from a specific contagious effluvia.

*Symptoms.*—The scarlet fever commences with a chill and shivering, like other kinds of fevers, with nausea and often vomiting, great sickness, succeeded by heat, thirst and headache; sometimes in a very mild degree, at others more violent. The pulse is accelerated, the breathing is frequent or interrupted, the eyes red and the eyelids swollen. In two or three days the flesh begins to swell, a prickling sensation is experienced, and an eruption appears on the body in the form of a red stain or blotch, or rather a fiery redness. It usually appears first upon the face, breast and arms, then over the whole body, of a uniform red color. In about three days a gentle perspiration takes place; the effervescence or eruptions disappear; the cuticle peels off, and there remains a kind of branny scales, dispersed over the whole body, which sometimes reappear two or three times. The scarlet fever may be distinguished from the measles



by the eruptions of the former (*scarlatina*) being more of a fiery redness, and diffused over the whole body, and not as in measles, in distinct spots; nor is it accompanied with any cough, or a weeping or watering of the eyes; and the efflorescence of the measles does not appear till about two days later than scarlet fever. Where the disease appears in the simplest form, there is little required from art; a simple course of treatment soon removes it.

*Scarlatina Anginosa—Affecting the Throat.*—Scarlatina anginosa, in several instances, approaches very near to the malignant form. The patient is seized not only with a coldness and shivering, but likewise with great languor, debility and sickness, succeeded by heat, nausea and vomiting of bilious matter; soreness of throat, inflammation and ulceration in the tonsils, etc.; a frequent and laborious breathing, and a quick, small depressed pulse. When the efflorescence appears, which is usually on the third day, it brings no relief; on the contrary, the symptoms are much aggravated, and fresh ones arise.

In the progress of the disease, one universal redness, unattended, however, by any pustular eruption, pervades the face, body and limbs, which parts appear somewhat swollen. The eyes and nostrils partake likewise more or less of the redness, and in proportion as the former have an inflamed appearance, so does the tendency to delirium prevail.

On the first attack the throat and mouth are often much inflamed; but this is usually soon succeeded by grayish sloughs, which give the parts a speckled appearance, and render the breath more or less fœtid. The patient is often cut off in a few days, and even if he recovers, it will be by slow degrees; dropsical swelling, or tumors of



the parotid or other glands, slowly suppurating, being very apt to follow.

"The patient," says an author, "complains of a stiffness in the neck, with acute pain in the back of the head. The throat is sore and inflamed, exhibiting a shining redness of a deeper color than in common inflammatory sore throat, and interspersed with pale or ash-colored spots. In many cases the affection of the throat is among the first symptoms; a dark red line extending along the curtain and lower part of the uvula. The breath is highly offensive, the tongue is covered with a yellow mucus, or thick, brown fur, and the inside of the lips is beset with vesicles containing an acid matter, which excoriates the corners of the mouth and other parts. In the progress of the disease, the inside of the nose becomes red and inflamed, and a thin, acid matter issues from the nostrils, which corrodes the skin wherever applied.

*Scarlatina Maligna*—(*Malignant Species*).—"This," says Dr. Thatcher, "is the cynanche maligna of Cullen, the ulcerated or putrid sore throat of Huxham and other authors. This form of the disease has several symptoms in common with scarlatina anginosa. It comes on with rigours, dejection of spirits, pain in the head and back, giddiness, vomiting and much general oppression. The eruption comes out in blotches or small points scattered over the body and extremities, of a dark, purplish or livid hue. The fever is intense and progresses with rapidity, but manifesting an augmentation in the evening and a slight remission in the morning. The pulse is small, indistinct and irregular. There is a very great determination of blood to the brain, producing redness of the eyes, intolerance of light, throbbing pain of the



head, and delirium or lethargy. The whole neck sometimes swells and assumes a dark red color. It sometimes happens that the malignant kind appears without any affection or efflorescence of the skin, as scarlet fever in some cases presents itself without any ulceration of the throat. As the sloughs about the mouth spread, they generally become of a darker color; the whole internal mouth and throat are at length covered with thick sloughs, which, when they fall off, discover ulcers very deeply seated, and the parts quite black, and the sloughs often extend throughout the whole of the intestines. The eruption sometimes suddenly recedes, an alarming train of symptoms ensue, as also when the eruption assumes a very pale and livid appearance. The symptoms called putrid and malignant are now conspicuous; a dissolved state of the blood is now indicated by inky vessels, oozing of black gore from the nostrils, gangrenous appearances of the throat, spots upon the skin, and hemorrhage from various parts of the body. This kind generally arrives at its height about the fifth or sixth day, but in some fatal cases, the scene closes as early as the third day.

“The inflammation on some occasions affects the eustachian tube, producing ulceration in the internal ear, and often extending to the glands of the mouth, which become swelled and painful. The malignant or putrid sore throat may be distinguished from the inflammatory, by the looseness and vomiting, the puffy and dark colored redness attending the swelling, and by the fœtid ulcers of the throat, covered with white or ash-colored slough. It may also be distinguished by the slight delirium appearing early in the disease, and by the sudden weakness by which the patient is seized.”



*Treatment—Indications of Cure.*—From the appearance of the eruptions on the skin soon after the commencement of the disease, it is very evident that this fever is produced by some morbid matter taken into the circulation through the medium of the lungs, and that the increased action in the system is a healthy effort of nature to throw off such humorous or morbid matter; it is, therefore, our duty to aid nature in her salutary efforts. If unable to expel to the surface the irritating cause from the system, she must be assisted by sudorific or sweating medicines. If her struggles are too great, by which too much inflammation is produced, she must then be restrained or moderated.

*Emetics.*—Emetics will be found very useful in the commencement of the fever; none will have a better effect than pulverized ipecac and lobelia, given in suitable doses, according to the age of the patient. It is not always necessary, however, to give them; but if there is soreness of the throat and an accumulation of mucus, impeding respiration, a mild emetic will have a beneficial effect. When given in the forming stage of the disease, or at a very early period, they abate the febrile symptoms, and render the subsequent effects of the fever less violent, and in some cases cure the disease, or render it extremely light. Withering recommends them throughout the whole course of the fever; but the best effects arise from their use in the early stages of it. One great effect derived from emetics in febrile diseases, is the sympathetic action they exert upon the capillary system. The connection which exists between the stomach and skin is so great, that if a healthy action is exerted upon one, the other experiences a corresponding good effect; they appear to overcome that tension and stricture which exist in the pores of the skin, by their stimulating effects.



*Purgatives.*—Purgatives, in this fever as well as others, are highly useful. Hamilton, on purgative medicines, speaks of their utility in scarlet fever in the highest terms; they moderate arterial action, relieve the pain in the head, prevent delirium, and remove the morbid state of the liver, stomach, and the whole alimentary canal. It must be borne in mind, however, that there is a great difference in purgatives; some pass through the stomach and bowels without carrying away or removing any feculent matter, or altering the condition of the mucus membrane. In general, castor oil and salts may be mentioned among this class of purgatives; no kind will be found so useful as the common purgative, or mandrake; a teaspoonful of this powder to be put in a teacup or tumbler, with a lump of sugar sufficient to sweeten, then add a gill of boiling water or mint tea; an adult will take the whole of it when cool; but it must be recollected that children, among whom scarlatina more generally prevails, must take a dose proportioned to their age. This thoroughly cleanses the stomach and bowels, and invariably benefits the patient; it may be repeated every other morning, or at farthest, every third morning.

*Sudorifics.*—Since the mischief exists in the capillary vessels or the skin, the exhalents not performing their offices, such medicines must be given as will open the pores and cause perspiration. In this state of the system, there are two difficulties: First, obstructed perspiration, by which the poison is retained in the system; and, second, the want of perspirable matter, by which the process of evaporation is carried on, keeping the skin moist and cool. Hence it is necessary to give sudorifics to promote the excretions of the skin.

In the first stage of scarlet fever, the feet must be



bathed, and an infusion or tea of saffron freely given ; also, a teaspoonful of the Diaphoretic Powders, with a tumbler of catnip tea, to be repeated occasionally until moderate perspiration follows. The same dose may afterwards be given to keep up a determination to the surface, except the temperature of the body is too great to admit of this stimulating diaphoretic medicine, which is very seldom the case, especially if every other excretion of the body has been duly attended to. Should this be the case, however, we must rely on those medicines which produce perspiration without increasing the heat of the body.

In case the throat should become very swollen, a poultice made from the bark of the root of sumach should be applied, which will be found highly beneficial. However, before applying the poultice, first bathe the throat thoroughly with the compound tincture of myrrh, or my All-Healing Liniment, which is preferable, if it can be had. Also, gargle the throat with the compound tincture of myrrh, two or three times a day, and let a small quantity be swallowed each time. If the myrrh is used in the commencement of the disease, there will be no necessity of using the poultice.

#### HECTIC FEVER.—(*Febris Hectica*.)

Hectic fever, says Dr. Beach, is generally characterized by a frequent, weak pulse, flushing in the face, the hands or the feet, night sweats or diarrhoea. A wound or local injury upon a healthy person, produces a fever that may properly be termed symptomatic or sympathetic.

*Causes.*—The cause of hectic fever is almost always some local disease. This form of fever appears to be a



feeble and hopeless struggle of the system about to be overpowered, without any apparent tendency to remove the disease. It arises from long continued irritation of any severe local disease upon the constitution, whether accompanied with suppuration or not. It arises from the absorption of pus or matter from the tubercles on the lungs, diseased hipjoints, white swelling, curvature of the spine, scrofula, abscesses, ulcers, etc.

*Symptoms.*—Hectic fever arises at different periods after the commencement of any serious local disease. This may be owing to some peculiarity of the constitution, or the particular structure or functions of the part diseased. The more weak and feeble the patient naturally is, and the more severe and incurable the local disease, the sooner does the hectic symptoms generally begin, and the more rapid is their progress. Sometimes the first accessions of this fever are almost imperceptible, a very slight degree of emaciation, the pulse a little quicker than ordinarily, with a trivial increase of heat, particularly after meals, being the only early symptoms. As the fever becomes more established, the symptoms generally run as follows: A frequent, small pulse, quickens toward evening, but is always ten or twenty strokes in a minute faster than in health; moist skin, pale, copious urine, with sediment, a good deal of debility, the tongue seldom so much furred as in most other fevers, its edges being of a bright red color, and the papillæ swollen and prominent, florid, circumscribed suffusion of the cheeks, loss of appetite, sometimes an ejection of all food from the stomach, a great readiness to be thrown into sweats, profuse nocturnal perspirations, frequently a constitutional purging, repeated chills and flushes of heat, derangement of the nervous system, loss of sleep, indi-



gestion, heart-burn, flatulence. When, however, the biliary system is undisturbed, the digestive powers are little impaired, and the appetite remains good to the last. In an advanced stage the hair falls off and the nails become bent.

Hectic fever is more or less remittent, but never wholly intermittent. It is observed that the frequency of the pulse is generally from 100 to 140 in a minute, seldom falling below 100 even in the time of a remission, and in some cases never being under 120, while in other constitutions the pulse of health may be so low that 90 strokes in a minute would be enough to indicate an exacerbation.

*Treatment.*—In the cure of hectic fever, attention must first be directed to the exciting cause of the disease before it can be removed. If it arises from absorption of matter in consequence of an ulcer, how can it be cured while the primary affection exists? As soon as the disease is relieved or cured, which produces the febrile disturbance, the fever will cease. But when the local disease which causes it cannot be cured, it must of course be mitigated, which in almost every instance can be effected. Under such circumstances, the hectic fever must be treated on general principles. The bowels must be regulated by a laxative medicine (equal parts of charcoal and magnesia are excellent, given daily,) and upon every accession of the fever the surface must be bathed with tepid ley water.

Attention must be paid to the debility which almost invariably exists, and it must be borne in mind that this debility arises in consequence of the night sweats which attend this form of fever, caused by a relaxation of the capillary vessels. They may be checked in almost every



instance by administering fifteen or twenty drops of elixir of vitriol, in a gill of water or tea of any kind, once or twice a day. At night is the most suitable time to give them. During the day give an infusion or tea of the blessed thistle, to be taken cool. This drink may be changed, and an infusion of the Virginia snake-root may be taken. It acts both as a diaphoretic and tonic. Everything of a stimulating nature should be avoided, but a nutritious diet may be taken. Equal parts of cloves, nutmeg, cinnamon, pulverized and mixed, and put in wine, one ounce to one quart; dose, half a wine glass, two or three times a day.

#### INFLAMMATION OF THE EAR.—(*Otitis*.)

*Description*.—This is an inflammation of the membranes well furnished with nerves, which are spread upon the internal surface of the ear.

*Causes*.—An inflammation of the ear is usually brought on by exposing the ear to a partial current of air. It may arise from cutting the hair of the head very short, particularly in the winter, or any exposure.

*Symptoms*.—When the ear is inflamed the pain is very acute, attended with more or less fever, and sometimes delirium. Swelling and redness are often perceived externally, attended with throbbing; suppuration occasionally takes place, when a copious discharge of matter follows. This discharge will sometimes continue for years, in which case inject with a syringe, soap-suds a decoction of white oak, and introduce the Armenian Oil.

*Treatment*.—If the pain be very severe, take hops, a suitable quantity, vinegar and water, equal parts, simmer till the strength is extracted, enclose the hops in linen



or flannel, and apply them over the ear; first drop a few drops of the All-Healing Liniment in the ear. Repeat the same until the pain subsides. Let the feet be bathed in warm water. Should the Liniment be uncomatable, take oil of sassafras, half an ounce, olive or sweet oil, one ounce, camphor, one drachm, mix. Warm this liniment and pour a small quantity on a fladget of cotton, and bind over the ear. Provided the pain still continues, drop it in the ear.

Also, laudanum, juice of roasted onions, equal parts, may be used with beneficial results. If the above fails, give anodyne; perspiration may be promoted and a purgative given. The sap of walnut or hickory wood is said to be an infallible remedy for pain in the ear, and is highly recommended for deafness.

Take a small stick, put it over the fire or stove, and place a vessel under each end to receive the sap; put it in the ear on cotton, and repeat occasionally. An elderly person states that he obtained it among the Indians, and has known it to succeed in numerous cases. This treatment will almost invariably remove the pain and inflammation of the ear. The complaint more generally attacks children, but adults are subject to it. It sometimes becomes somewhat chronic in its character, and is very protracted. When this is the case, if the means prescribed above should not be sufficient to remove it, apply a mustard plaster behind the ear and also to the bottom of the feet, particularly at night.

My course of treating this complaint is very simple and easy, and has never failed in a single instance. Bathe the feet in warm water for about ten minutes, and drop about three or four drops of my All-Healing Liniment in the ear, and bathe all around the ear effectually



with the same, and tie a flannel over the head, and it will never fail performing a cure.

*Prevention.*—Great care is necessary in screening the head from cold or currents of air. The head should be covered, particularly at night, and a fladget of cotton or wool applied to the ear.

#### INFLAMMATION OF THE BRAIN.—(*Phrenitis*.)

*Description.*—Phrenitis, says Dr. Beach, is an inflammation of the membranes, or brain itself. When it occurs independent of any other disease, it is termed primary. It is called symptomatic when it is produced by some other disease, as fevers, eruptions, etc.

*Causes—Proximate Cause.*—Whatever causes a determination of blood to the head, produces an inflammation of the brain or membranes. Hence we find that in this complaint the blood recedes from the extremities, thereby producing coldness, and flows in an unusual quantity to the head, in consequence of which there is heat, inflammation, etc.

*Remote Causes.*—The remote causes are, fits of passion, intense application of the mind, great exercise, external violence of any kind, fractures or injuries of the head, intemperance, exposure to great heat of the sun, and suppressed evacuations. Animal food, ardent spirits, etc., are exciting causes of this disease. Symptomatic phrenitis is produced by the repulsion of febrile and cutaneous diseases.

*Symptoms.*—Inflammation of the brain exhibits the following symptoms: It usually commences with inflammatory fever, flushed countenance, redness of the eyes, intolerance of light and sound, headache, watchfulness,



and delirium. The patient experiences a fullness of the head, which is usually attended with a throbbing of the temporal arteries. The patient becomes restless, his sleep is disturbed, or wholly forsakes him. There is a peculiar disposition in the patient to injure or destroy himself, which he often accomplishes if he obtain a proper instrument. It is often preceded by great pain in the stomach, which no doubt is produced by sympathy of the brain. Sometimes fierce delirium does not commence within several days after the attack. The pain is sometimes in other parts of the head. The hearing is acute, sometimes the reverse. There is usually preternatural heat, while the extremities, particularly the feet, are cold, showing evidently a determination of blood to the head. The patient talks incoherently, and delirium gradually increases, till he arrives at a state of complete frenzy. The complaint sometimes, though rarely, intermits. Respiration is generally deep and slow, and now and then difficult, seldom hurried or frequent. The patient imagines that some person or evil spirits are constantly pursuing him to take his life, from whom he starts with horror, and no argument or assertion can induce him to believe the contrary. Sometimes there is a discharge of mucus from the nose, occasionally blood. It is usually attended with a tremor of the joints, grinding of the teeth, twitching of the muscles of the face, which is often florid, then suddenly turning pale, with a general derangement of the internal functions and whole system. The length or duration of this disease is very uncertain, as it may prove fatal in a week; at other times it continues for months.

*Treatment—Indications of Cure.*—The indication of cure is, to divert the blood from the brain by restoring



the circulation in the extremities; in other words, by equalizing the circulation.

*Treatment.*—Bathe the feet in warm water, to which has been added a little pearl-ash or ley. Let this be repeated at least twice in twenty-four hours.

*Purgatives.*—Administer a purgative every morning, or every other morning; that kind which acts with peculiar force upon the stomach and first passages. Nothing will be found better than our common physic, to be given as before directed. If the inflammation is very great, apply mustard to the nape of the neck. It will be necessary also to keep up a determination to the surface, by giving a dose of our fever or sweating drops.

*Rubefacients.*—Should not this treatment mitigate the symptoms after a few days, apply a blister plaster between the shoulders. Mustard may be applied to the feet at night. When there is great pain of the head, or delirium, make use of a fomentation of hops simmered in vinegar, enclosed in flannel or muslin; to be occasionally repeated.

*Anodynes.*—Should there be great pain, restlessness, or want of sleep, give a small teaspoonful of the diaphoretic powders in an infusion or tea of catnip, to be repeated every night.

A continuance of this course will generally subdue the inflammation in a short time. Cupping or leeching will be found altogether superior to general blood-letting. It relieves the turgid vessels of the brain, and, by its counter-irritating effects, produces immediate relief; but even this operation is seldom, if ever, necessary. Lemonade, cream of tartar, spirits of nitre, and cold water may be taken.

*Regimen.*—The patient must be kept from all noise,



and a strict adherence to a light cooling diet. Nothing of a stimulating nature must be given, either in food or drink.

My treatment in this disease is the same as the above, only I keep the head wet with my All-Healing Liniment, and apply a heavy plaster of the Healing and Strengthening Plaster to the back of the neck and head, to be taken off once a day, and bathe with my All-Healing Liniment, and drafts are to be kept to the feet. This course of treatment has never failed with me.

#### CATARRH OR INFLUENZA.

*Description.*—This is an epidemical disease which occasionally prevails, and sometimes affects nine-tenths of the inhabitants of Europe and America. It is an increased secretion of mucus from the membranes of the nose, mouth, and bronchia, with fever, and attended with sneezing, cough, thirst, lassitude and want of appetite.

*Causes.*—A species of catarrh, to which the name of influenza has been applied, sometimes makes its appearance; and considering the manner in which the epidemic infection of this disease occasionally spreads, even over whole countries, in the space of a very short time, it is evident that it is conveyed by a current of atmosphere, and derives its origin from some casual source capable of impregnating the air which we breathe with the specific poison of the malady.

Catarrh and influenza are not accompanied with danger when appearing under a mild form and properly attended to at an early period; but when connected with highly inflammatory symptoms, and these are not counteracted at the commencement by appropriate means, or



there is a predisposition in the constitution to consumption, or a tendency to asthma, unfavorable consequences may result therefrom.

*Symptoms.*—It commences by sneezing, coughing, hawking, chills succeeded by heat, hoarseness, soreness and rawness of the throat, lungs and stomach. There is an expectoration of mucus, pain of the head, chest, back, shoulders, and forehead. The eyes are red, and there is great weakness and debility. The cough is often attended with great difficulty of expectoration.

As before intimated, it seldom proves fatal, but in some epidemics the attack has been so universal as to occasion great mortality. Towards the close of the year 1831, and commencement of 1832, it prevailed throughout the United States, and proved very fatal to those principally who were aged or were subject to some other complaint. It swept off many of our most distinguished inhabitants.

*Treatment.*—In general, the vapor bath alone will remove it—it may be repeated every other day; at the same time the feet must be bathed, and warm teas drank, made of boneset, hoarhound, or other herbs, until perspiration is promoted.

A teaspoonful of the tincture of lobelia or syrup of ipecac may be taken every morning; and if the cough proves troublesome, a teaspoonful of the syrup of white poppy may be given. A purgative likewise may be occasionally taken; also bathe the feet.

*Influenza and Cough.*—Equal parts of good vinegar water; to a teaspoonful of this mixture add as much capsicum; sweeten with honey or sugar. A teaspoonful will allay the cough instantly; a dose taken at bed-time will generally enable the patient to rest well at night. It



may be taken whenever the cough is troublesome.—  
JOHN SHAW.

*Regimen.*—The diet should be light, and taken in moderate quantities ; liquids are preferable. This treatment will be found very effectual in the catarrh and influenza.  
Dr. WOOSTER BEACH.

#### JAUNDICE.

This disease most probably depends on the obstruction of the biliary ducts that carry the bile from the liver, where it is secreted, to the intestines. This is conjectured from the absence of bile in the focal discharges and its presence in the urine ; as also from the universal tinge of bile over the whole surface, more particularly, and first noticed in the white of the eyes.

The causes of this obstruction are said to be spasms in the duct, communicated from the stomach ; concretion of the bile from the thinner parts being absorbed ; gall stones passing from the gall bladder, choaking the common duct ; inflammation of the ducts, diseases of the liver ; diseases and tumors of the parts near the ducts, stopping them up ; and the enlargement and general pressure caused by pregnancy. There are many sources of the above named obstructions—grief and care produce a constant uneasiness in the pit of the stomach, and about the ducts. An indolent life will probably favor concretions and crystalizations of the bile into sort of stones. Drinking ardent spirits will inflame the whole liver ; a bilious country will also render a person liable to disease of the liver. It is no uncommon thing for a person who has had a bilious fever to have jaundice following it, the same or the next season. The dark green jaundice is reckoned for the worst.



*Management.*—A vegetable, digestible diet, watery and acidulated drinks, gentle exercise, cheerful company, great attention to clothing, avoiding damp and removing from swamps and necks, as well as all other sickly places, are necessary to a cure.

*Cure.*—Take salts of tartar, one ounce; of castile soap and gum arabic, each half an ounce; puccoon root, or blood root, one-fourth of an ounce; spirits of brandy, one pint. The ingredients should be frequently stirred and shook well together, and after standing four or five days, the medicine will be fit for use.

The dose is two-thirds of a wine-glass full, mixed with one-third of a wine-glass of water, every morning for three days in succession, when it may be left off for two or three mornings, and taken again in the same way, if necessary, until the disease begins to disappear. Where the case is a bad one, it should be taken every morning, until relief is procured. Make as a drink three ounces of dried burdock roots and a handful of nettles; boil them in three quarts of water until reduced to two; then strain it and drink a large teacupful every morning. This will also cure the scurvy, by adding a tablespoonful of nettle juice to the cupful.

#### INFLAMMATION OF THE SPLEEN.

*Description.*—This disease very much resembles inflammation of the liver, but the pain is in the left side.

*Symptoms.*—It is characterized by fever, tension, heat, tumor, and pain in the left side, increased by pressure. This disease comes on with a remarkable shivering, succeeded by a most intense heat and very great thirst; a pain and tumor are perceived in the left side, and the



paroxysms for the most part assume a quartan form. When the patients expose themselves for a little to the free air, their extremities immediately grow very cold. If a hemorrhage happens the blood flows out of the left nostril. The other symptoms are the same as those of inflammation of the liver. Like the liver, the spleen is also subject to a chronic inflammation, which often happens after agues, and is called the "ague cake," though that name is also frequently given to a scirrhus tumor of the liver succeeding intermittents.

The causes of this disease are the same as those of other inflammatory disorders; but those which determine the inflammation to that particular part more than to any other are very much unknown, excepting cold. It attacks persons of a very plethoric and sanguine habit of body rather than others.

*Treatment.*—During the acute stage of this disease, prescribe remedies to subdue the inflammation.

1. Give a purgative every other day, according to the strength of the system and severity of the disease.
2. Give sudorific medicines to produce perspiration.
3. Apply cayenne pepper, (*capsicum annum*), mixed and simmered with spirits, to the part.
4. Should this not relieve the pain and mitigate the symptoms, mustard plaster may be applied to the side or over the region of the spleen.

*Chronic Inflammation of the Spleen.*—The spleen sometimes becomes enlarged, and suppurates. This may be known by the soft or scirrhus feeling. In either case it is seldom attended with danger. Should symptoms of suppuration appear, a poultice may be applied to the part, and thus be promoted. Should the spleen become soft and pulpy, and partly destroyed, as is sometimes the



case, a plaster may be applied to the side, and purgatives and emetics occasionally used, together with the hepatic pills.—Dr. W. BEACH.

## MEASLES.

This disease attacks persons only once in life, and is the effect of a specific contagion. It comes on with alternate heats and chills, fever, cough, hoarseness, difficulty of breathing, sneezing, sense of weight in the head, nausea or vomiting, drowsiness, dullness of the eyes, running from the nose, etc. On the fourth day from the attack, eruptions, like flea bites, arise on the face and body, and in about four days more, these eruptions disappear with the fever. For the want of managing this complaint right, it frequently brings on the consumption, and a number of other complaints, sometimes takes the person off immediately, and others carry the effect with them as long as they live. It creates humors in the blood, and does not discharge it like the small-pox by means of sores, but the humors strike back into the body, or else settle back in the side. Very little medicine and management, taken in time, will answer the purpose.

*Treatment.*—When one has an attack of the measles, let them warm and drink freely of tea made of saffron or catnip, or any tea that will produce a driving quality; a little brandy or good spirits may be taken, or warm wine whey occasionally, to keep out the spots. Should they suddenly disappear, bathe the feet in warm water and sweat the patient, or give an emetic, which is better, and administer a teaspoonful of Spasmodic Tincture every three hours, and drink freely of a tea made of the Composition Powders, or a tea made from saffron or Virginia



snake root, and keep warm in bed. For hoarseness, give the Cough Syrup.

#### EPILEPSY, OR FALLING SICKNESS.

Epilepsy, called also falling sickness, is a sudden privation of sense, accompanied with unusual motions, and violent convulsions of the whole system. It occurs in paroxysms, which, after a period, leave the patient nearly in his former state; but they are generally succeeded by languor, debility, stupor and drowsiness. It takes place more frequently among young children than grown persons. It occurs also periodically, and oftener in the night than in the day-time. It is frequently an hereditary disease, attacking several in the same family.

*Causes.*—Blows, wounds, fractures, and other injuries done to the head by external violence, together with plethora of the vessels of the head, of water in the brain, tumors, concretions, polypus, and a deformity in the shape of the bones in any interior part of the skull, give rise to this disease. Epilepsy has also been known to arise from an affection of the spinal marrow; and it is to inflammation in that part, of a more chronic form, that those shaking palsies, which are attended with pain, have been imputed. Violent affections of the nervous system, sudden frights, fits of passion, great emotions of mind, frequent intoxication, acute pains in any part, worms in the stomach or intestines, teething, the suppression of some long accustomed evacuation, too great emptiness or repletion, and poisons received into the body, are productive of epilepsy. Sometimes it is hereditary, and at others it depends on a predisposition, arising from a disease of the sensorium, which is occasioned either by



plethora or a state of debility. Derangement of the stomach and bowels is a very frequent cause of this complaint.

*Symptoms.*—The epileptic fit, for the most part, occurs suddenly; the patient falls to the ground, and hence the disease has received the appropriate name of the *falling sickness*. When the complaint is fully established, it is usual for the patient to experience certain warnings of the approach of a fit, which, though lasting only a few seconds, enable him to make some preparation for it. The most frequent of these warning symptoms are, headache, giddiness, dimness of sight, or flashes of light passing before the eyes, ringing in the ears, and coldness of the extremities. Some persons are apprised of the approach of the fit by the appearance of particular spectres; but the most common of all epileptic warnings is that singular sensation of tremor, or coldness, or numbness, which has been called the *aura epileptica*. It begins at the extremity of a limb and gradually ascends to the head, when the paroxysm of lethargy and convulsions ensues.

During the fit the convulsive agitations of the body are violent. The eyes are fixed and reverted, and the pupils permanently contracted; the teeth gnash against each other; the tongue is thrust forward, and often severely bitten; and there is foaming at the mouth; the breathing is irregular and laborious; and the pulse, for the most part, small and contracted. Complete insensibility prevails. The fit varies in duration from a few minutes to a quarter, and even half an hour; in some cases it has lasted even longer. On its cessation, the patient remains for some time motionless, insensible, and apparently in a profound sleep. From this he recovers



by degrees, but without any recollection of the circumstances of the fit. It leaves him weak and exhausted, and for the rest of the day he generally complains of a degree of stupor and sense of oppression in the head. In many cases this has amounted to actual *mania*, continuing for two or three days.

The periods of recurrence of the fits are too various to admit of being stated with any degree of accuracy. When the disease first develops itself, the intervals are long, perhaps two or three months. As it becomes more firmly rooted in the system, the fits recur with a corresponding frequency, until at length the patient hardly passes a day without one. It is important, however, to bear in mind, that genuine epilepsy seldom occurs oftener than this; and, therefore, when a person has more than one fit in the day, we may reasonably conclude that the disease is of an *hysterical* nature.

Epileptic fits occur at all hours; but much more commonly during the night than in the day; sometimes on first going to sleep.

*Treatment.*—During the epileptic paroxysm in general, little or nothing is to be done, except using precautions that the patient may not injure himself; and it will be prudent to remove anything which may compress the veins of the neck, to obviate congestion in the head.

*Indications of Cure.*—1. To remove all sources of irritation.

2. To return the blood to the brain.

3. To alter that morbid condition of the nervous system on which convulsion depends; and to strengthen the body.

To one or other of these principles may be traced the good effects of all the medicines and plans of treatment which prove efficacious in the cure of epilepsy.



In the epilepsies of infants and children, scarification of the gums may sometimes prove beneficial; also the administration of an emetic, occasional doses of purgative medicines, the more liberal use of mild aperients and tonics, and strict attention to diet and regimen. Where the symptoms indicate the presence of worms, medicines to remove them must be immediately exhibited.

When the irritation is seated in the uterine system, (scanty and laborious menstruation, and the peculiar periods at which the fits recur,) our measures must be directed to the restoration of the natural determination to the uterus. Recourse may be had to the warm hip bath, stimulating injections, relaxing medicines, diaphoretics, and the different kinds of *emmenagogues*.

The second principle in the treatment of epilepsy is, the obviating general plethora, and the taking off that peculiar determination of blood to the vessels of the head, which is one of the most important features in the pathology of the disease. Such a principle is equally applicable to the sympathetic as to the primary varieties of epilepsy. Where the disease is still recent, where it occurs to adults and young persons of robust habit, and, more especially, where, in the intervals of the fits, the patient complains of headache, giddiness, stupor, or any other mark of permanent fullness in the blood-vessels of the brain, purgatives and sudorifics must be given. It may even be necessary to repeat them, before the tendency to accumulation of blood about the head can be thoroughly subdued.

Keeping the same important object in view, the practitioner will aid the effects of medicine by directing a mild and unirritating diet, early hours of rising and go-



ing to bed, regular exercise, abstinence from all fermented liquors, washing the head and neck with cold water, and bathing the feet. Under particular circumstances, he may, if other means fail, substitute cupping between the shoulders, mustard plasters to the nape of the neck, and the steady use of purgative medicine.

The physician will attempt to alter that peculiar condition of the brain and nervous system with which the state of convulsion is associated. Experience has shown that medicines of the narcotic kind possess a considerable power over it. Many of them have accordingly been employed in epilepsy, and with advantage; more particularly camphor, opium, hyoscyamus, and stramonium. Farther, there are the strongest grounds for believing that the morbid irritability of the brain and nerves, on which the spasm depends, is often connected with general constitutional *weakness*. Hence it is that many of the most powerful of the *anti-spasmodic* medicines are, in fact, *tonic*.

*Medicine.*—Having detailed the general indications and principles of cure, I shall now speak of the administration of particular kinds of medicine.

1. *Emetics.*—The stomach being either primarily or secondarily affected in this disease, it will be necessary to administer our common emetic once or twice a week, according to circumstances. From the extensive influence of emetics on the system, they are adapted to diseases of this kind; they stimulate the stomach, liver, pancreas, brain, and whole nervous system, and usually bring on more or less perspiration.

2. Moderate *purgatives* should also be occasionally given, to cleanse the first passages and intestines; afterwards, laxatives or aperient medicines may be taken, sufficient to keep the bowels regular.



3. *Anti-spasmodics* must be given. The following I have found preferable to any other: Take seeds or herb of stramonium, (*datura stramonium*,) pulverized, one drachm; henbane, a teaspoonful; spirits, half a pint; digest until the strength is extracted. Of this tincture let from twenty to fifty drops be taken three times a day in a little tea, or any suitable vehicle. The dose may be increased until there is a slight degree of dizziness, when the dose should be continued.

*Tonics*.—I have found by experience that epilepsy is a disease of general debility or weakness; indeed, it seems to be the proximate cause of the complaint; I have, therefore, always derived the greatest benefits from such medicines as have given the most tone and energy to the system.

The following formula combines anti-spasmodic and tonic properties: Take garden pæony, (*pæonia officinalis*,) one ounce; Peruvian bark, (*cinchon officinal*,) one ounce; Virginia snake root, (*serpent. Virginian*,) half an ounce; wild valerian, or ladies' slipper, one ounce; extract all the strength from these, by repeated boilings, then strain and simmer to one quart, and add a pound of loaf sugar and half a pint of Maderia wine. Of this the patient may take from half a wine glass to a wine glassful three or four times a day, fasting.

I have found that *fine salt* has a very salutary effect in epilepsy. As soon as there are any premonitory symptoms, give a teaspoonful in a little water, and, if practicable, repeat in fifteen or twenty minutes; it prevents or shortens the fit, and may be taken two or three times a day.

*Capsicum* is also very good in this complaint, and may be given in the form of powders, half teaspoonful doses,



in syrup or water, just before an accession of a fit, or when there are unpleasant symptoms. It may likewise be given combined with other articles, as follows : Take tincture of lobelia seeds, one pint ; tincture of capsicum, one pint ; tincture of valerian, three gills, or in this proportion ; mix ; dose, from a small teaspoonful to a small tablesoonful, occasionally, or according to circumstances, in water.

Take dragon's claw, (called also *crawley amaranthus*,) fever root, etc., two ounces, bruised ; wild valerian, ladies' slipper or nervine, bruised, one ounce ; put the ingredients in a two-quart pitcher, and pour boiling water upon them. Dose, half a pint twice a day, milk warm. The warm bath three times a week, and a cold salt bath may be used after the fits have been suspended. The shower bath will probably be better than the cold bath.

The above will be found well calculated to remove the disease ; but should these means fail, others may be tried.

The following is used by a celebrated French physician, in Paris, for epilepsy : Nitrate of silver, six grains ; extract opium, one drachm ; musk, two scruples ; camphor, four scruples ; mix, and divide into ninety-six pills. The dose is one pill, night and morning, gradually augmented, according to the patient's ability to support it. These pills are employed in the treatment of chronic nervous affections, more especially of epilepsy.

Dr. Henry states, in his Herbal, that several miserable patients have been radically cured of epileptic fits or convulsions, (under the Divine blessing,) by the following prescription, in three or four weeks : Take one pound of fresh green leaves of stramonium or stinkweed, pound them, press out the juice, put it in a pewter plate, and



place in the sun to evaporate; stir frequently, until the extract is fit for pills. First give the patient an *emetic*; the next day give a small sized pill of the extract (two grains) night and morning. The dose may be increased to three grains morning, noon and night.—DR. W. BEACH.

The following preparation is highly extolled as a remedy in this disease:

Reduce the seeds of the lobelia inflata to a fine powder, and to half an ounce of this powder, add the same quantity of cayenne pepper, a gill of the tincture of myrrh, and a spoonful of valerian root; keep it closely corked in a bottle for use. Dose, a teaspoonful for an adult, and children in proportion.

It is also recommended in cases of measles, small-pox, locked jaw, bite of a mad dog, suspended animation, etc.

When the disease is hereditary, or proceeds from a wrong formation of the brain, a cure need not be expected.

#### PALSY

Is a disease consisting in a loss of the power of voluntary motion, but affecting certain parts of the body only, and by this it is distinguished from apoplexy. In the most violent degrees of palsy, the patient loses both the power of motion, and sense of feeling, either of one side, or the lower half of the body. The first is termed hemiplegia, the latter paraplegia. When it affects any particular parts only, as the tongue, the lips, eyelid, etc., it is termed a local palsy. It is more or less dangerous, according to the importance of the part affected.

A palsy of the heart, lungs, or any part necessary to life, is mortal. When it affects the stomach, the intes-



tines, or the bladder, it is highly dangerous. If the face be affected, the case is bad, as it shows that the disease proceeds from the brain. When the part affected feels cold, is insensible, or wastes away, or when the judgment and memory begin to fail, there is small hope of a cure.

*Symptoms.*—If this disease be not the effect of apoplexy, it is preceded by universal torpor, giddiness, a sense of weight or uneasiness in the head, dullness of comprehension, loss of memory, and sense of coldness in the part about to be affected; there is also sometimes tremor, creeping, and pain in the part.

*Causes.*—The immediate cause of palsy is anything that prevents the regular exertion of the nervous power upon any particular muscle or part of the body. The occasional and predisposing causes are various, as drunkenness, wounds of the brain, or spinal marrow, pressure upon the brain or nerves, very cold or damp air, the suppression of customary evacuations, sudden fear, want of exercise, or whatever greatly relaxes the system, as drinking much tea or coffee, etc. The palsy may likewise proceed from wounds of the nerves themselves, and from the poisonous fumes of metals or minerals, as mercury, lead, arsenic, etc. It is also produced in consequence of extreme debility, and old age.

*Treatment.*—In this I have to differ from almost all other physicians. I have treated several cases of this complaint, and some that have gone through all the common practice laid down, such as bleeding, blistering, and mercury; and after torturing them for a year or two, then giving them up to linger out a miserable existence.

My mode of treatment is, first, effectually wash the entire surface with strong saleratus water, comfortably



warm; wipe the patient dry with a clean towel; then thoroughly bathe the part affected, if that should be the whole body, with my All-Healing Liniment, all that can be rubbed in, for fifteen minutes at a time; do this twice a day. After one or two days, give an emetic, and in about eight hours give the Mandrake Physic; after it has operated, give the Anti-spasmodic Tincture. Dose: from one to two teaspoonfuls three times a day, according to circumstances. Children, from twenty drops to a teaspoonful, according to their age. Let the patient take a small lump of saltpetre, about the size of a grain of corn, once a day, dissolved in cold water; children in proportion, according to their age; and give the Mandrake Physic once a week, and use the Purifying Syrup twice a day, by adding half an ounce of the hydrodate of potash to a quart of the syrup; and if attended to punctually—to the washing and bathing with the Liniment, and the other medicines—you can depend on a cure, if the articles are all pure. This generally cures in nine or twelve months. Exercise is of the utmost importance; but the patient must beware of cold, damp, and moist air.

CROUP.—(*Cynanche Tracheules.*)

*Description.*—This is an acute inflammation of the mucus membrane of the trachea or wind-pipe, characterized by fever, cough, and hoarseness, difficulty of breathing, with a considerable degree of spasmodic affections.

*Causes.*—The usual causes of croup are, cold, exposure to damp atmosphere, and whatever checks perspiration. It prevails chiefly in winter and spring.

*Symptoms.*—The symptoms of the complaint are, difficulty of breathing, and a peculiar whistling noise. It is



attended with a cough, which generally increases until it becomes very troublesome. It occurs in paroxysms, which agitate the whole frame; great thirst, restlessness, and expectoration of mucus, which is raised with a great deal of difficulty. The head is thrown back in great agony, as if attempting to escape suffocation. The cough is generally dry, but if anything is spit up, it has either a purulent appearance, or seems to consist of films resembling portions of a membrane. Where great nausea and frequent retching prevail, coagulated matter of the same nature is brought up. There is an uneasy sense of heat over the whole body; a continued inclination to change from place to place, and frequency of the pulse. Very often the symptoms differ considerably, and sudden remissions and exacerbations take place. In an advanced stage of the disease, respiration becomes more difficult, and is performed with still greater difficulty, and some degree of spasmodic affection, being repeated at longer periods and with greater exertions, until at last it ceases entirely. The disease has, in a few instances, terminated fatally within twenty-four hours, but more generally, when it proves fatal, it runs on to the fourth or fifth day. In this disease, great quantities of lymph are poured out into the trachea or wind-pipe, and bronchial tubes, larynx, etc., which produce the suffocation and many other symptoms attending it.

*Treatment.—Indications of Cure.*—Prompt means should be taken to lessen increased action of the mucus membrane of the wind-pipe, larynx, and bronchial tubes. To accomplish these means, it will be necessary to bathe the feet in weak ley. Give the Expectorant Tincture or the Emetic Powder. To a child of one year old, give a common teaspoonful every twenty minutes, until gentle



vomiting takes place. This acts with peculiar force upon the trachea, separating or removing the effusion of lymph collected there, by which the breathing becomes easy and all the symptoms more favorable. This must be repeated occasionally, or as often as there are any returns of the severe symptoms or paroxysms. Of the powder give a quarter of a teaspoonful. A purgative may be given a short time after the operation of the emetic, which may be repeated every day until the symptoms abate.

*Expectorants.*—Should there be great difficulty of expectoration, the following syrup may be given: Take seneca root and squills, of each half a pound; water, eight pounds; boil it slowly till the water is half consumed, strain off the liquor, and add strained honey, four pounds, then boil to six pounds, or the consistence of a syrup; to every pound of this syrup add one quarter of a pound of tincture of lobelia. An ordinary sized teaspoonful may be given to a child one year old, as often as a paroxysm of coughing occurs, particularly if the mucus is discharged with difficulty. This acts as an expectorant, diaphoretic, and laxative. Bathe the chest and throat with the Rheumatic Liquid. If the cough proves very troublesome, give occasionally a teaspoonful of the syrup of garlic. Should not this preparation diminish it in a reasonable time, administer the Pulmonic Syrup, according to the directions given. If there is much febrile excitement, let the surface be occasionally bathed, and mustard plasters applied to the feet and between the shoulders, and to the chest, alternately. Steep hops and vinegar, inhale the steam, and apply to the throat. It is stated that it has cured when all other remedies have failed.—Dr. W. BEACH.



My treatment for croup is, first give an emetic, (I use my No. 2 Emetic,) and if warm water is handy, immerse the child in warm water for five or ten minutes, and give the child a tea made of blue or black cohursh root; as the black is much stronger, it must be used in less quantity. It makes the emetic work better. A tea made of saffron will answer the same purpose. After the emetic has operated two or three times, give the child strong sage tea, well sweetened. I mix sage and blue cohursh together, and give pigs' foot oil, or olive oil; but when neither of these articles are at hand, melt fresh butter, and give it from a teaspoonful to a tablespoonful frequently. The dose should be according to the age and urgency of the case, and give spasmodic tincture as the child can bear it. I have cured different cases with a tea made of lobelia and blood root, and give it so as to produce nausea or vomiting. Bathing is very good. It gives prompt relief. The spasmodic tincture is the handiest and the best medicine in this complaint, and should be kept in every house.

#### INFANTILE REMITTENT FEVER.

*Description.*—This fever is peculiar to children from the age of one to five years. It comes on very gradually, manifesting itself by a costiveness, and sometimes by relaxation of the bowels.

*Causes.*—This fever is evidently symptomatic. It arises from disordered digestion, and depends partly upon the absorption of the putrid contents of the intestines.

*Symptoms.*—On the symptoms making their appearance, the child becomes fretful, its lips are dry, hands hot, breath short, the head painful, and pulse quick, fre-



quently reaching 120 per minute. An unwillingness to stir or speak, and a disturbed sleep, are some of the symptoms in this fever. Also a rejection of food may be taken, in conjunction with other causes already mentioned, as an indication of the approach of the disease. At times, very little is discharged from the intestines, while at others, a copious discharge is exhibited, the stools being of a mucus or slimy appearance. The child frequently becomes delirious and stupid, and not unfrequently speechless. Drowsiness and stupor intervene between the paroxysms; yet at times it appears tolerably well, or at least livelier, which is manifest by peevishness. These symptoms probably manifest themselves for eight or ten days, when all at once a more violent paroxysm of fever will arise, preceded by a fit of shivering and vomiting; the pulse increases to 140 in a minute, the cheeks are flushed, the drowsiness is much increased, and the child keeps picking almost incessantly at the skin of the lips and nose and angles of the eyes.

This species of fever is mild at its commencement, slow in its progress, and very uncertain in its results. In some respects, it resembles dropsy in the head, and is sometimes mistaken for that disease; but in the latter there are occasional screamings, with much tossing of the hands above the head, etc. The child refuses food and medicine, whereas in dropsy of the head, it will usually take whatever is offered to it without reluctance. The fæces are remarkably changed from their natural color and general appearance, being sometimes black and smelling like putrid mud, and at others they are curdled, with shreds of coagulable lymph floating in a dark greenish-colored fluid.—DR. BEACH.

*Treatment.*—In this, as in all other fevers, first cleanse



the stomach by a gentle emetic, and the bowels by purgatives. This will moderate the febrile symptoms; then restore the lost energies of the system by the use of tonics.

A dose of senna and manna may be administered to the child twice or three times a week. After the bowels have been thoroughly cleansed, I scarcely ever give children any other purgatives than the neutralizing mixture (cordial). I give this medicine freely, and it answers very well for children in most cases. The child should be bathed, as in other fevers, and kept perfectly clean. Strict attention must be paid to keeping the feet warm and the head cool. Apply cloths, dipped in vinegar and water, to the forehead. Keep up a determination to the surface by giving diaphoretic medicines. When the fever is nearly subdued, and there is great debility, give an infusion of equal parts of colombo, gentian, and chamomile; this will strengthen the system. As soon as the child is able to be about, give the Purifying Syrup, and it will soon regain its original health and vigor.

*Prevention of Fevers.*—I shall now proceed to give the recipe for preparing the disinfecting gas, which will be found useful in the prevention of this disease. The following are the directions to be observed: Take saltpetre, pulverized, six drachms; oil vitriol, six drachms; mix them in a teacup, by adding to the saltpetre the oil of vitriol, one drachm at a time. Place the cup, during the operation, on a hot brick, shovel, hearth, or any other heated substance, the mixture to be stirred with a tobacco pipe or iron rod.

I have recommended several kinds of herbs and plants to promote perspiration, but there are others equally as good, and perhaps, in another climate, better, which may be substituted when necessary. Every climate



abounds with medicinal vegetation, the virtues of which, if known, are sufficient to eradicate all curable diseases. Those in other sections, who wish to prescribe for the sick, according to the practice laid down in these pages, will find no difficulty in selecting suitable kinds of herbs and roots to serve as remedies in the treatment of all diseases.

I have taken some pains to prescribe different treatments and give different remedies, and a number of receipts for diseases, that all, in every locality, may find it in their power to cure diseases without going from home, only to nature's garden. My object is to do all the good I can in relieving those suffering, and I am satisfied that if those who may read this work will pay due attention to the rules laid down for the treatment of diseases in this volume, they may save life and "Doctors' bills."

WHOOPING-COUGH.—(*Pertussis*.)

*Description*.—This is a disease known by a convulsive, strangulating cough, with whooping, returning by fits that are usually terminated by vomiting. Children are most commonly the subjects of this disease, and it seems to depend on a specific contagion, which affects them but once in their life. The disease being once produced, the fits of coughing are often repeated without any evident causes. The frequency of the fits may depend upon various exciting causes, such as violent exercise, a full meal, the having taken food of difficult digestion, and irritation of the lungs by dust, smoke, or disagreeable odors. Emotions of the mind may likewise prove an exciting cause.

*Causes*.—It is evidently produced by contagion. Its proximate or immediate cause seems to be a viscid matter or phlegm, lodged about the bronchia, trachea, and



fauces, which sticks so close as to be expectorated with the greatest difficulty.

*Symptoms.*—The whooping-cough usually comes on with a difficulty of breathing, some degree of thirst, a quick pulse and other slight febrile symptoms, which are succeeded by a hoarseness, cough, and difficulty of expectoration. These symptoms continue perhaps for a fortnight or more, at the end of which time the disease puts on its peculiar and characteristic form, and is now evident, as the cough becomes convulsive, and is attended with a sound which has been called a whoop. When the sonorous inspiration has happened, the coughing is again renewed, and continues in the same manner as before, till either a quantity of mucus is thrown up from the lungs, or the contents of the stomach are evacuated by vomiting. The fit is then terminated, and the patient remains free from any other for some time, and shortly afterwards returns to the amusements he was employed in before the fit, expresses a desire for food, and when it is given to him takes it greedily. In those cases, however, where the attack has been severe, he often seems much fatigued, makes quick respirations, and faints. At the commencement of the disease there is little or no expectoration, or if any, it consists only of thin mucus; and as long as this is the case, the fits of coughing are frequent and of considerable duration; but on the expectoration becoming free and copious, the fits of coughing are less frequent, as well as of shorter duration. By the violence of coughing, the free transmission of blood through the lungs is somewhat interrupted, as likewise the free return of blood from the head, which produces that turgescence and suffusion of the face which commonly attends the attack, and in some instances brings on a hemorrhage



either from the nose or ears. The disease having arrived at its height, usually continues for some weeks longer, and at length goes off gradually. In some cases it is, however, protracted for several months, or even a year, and sometimes terminates in other complaints.

*Treatment.*—The symptoms of this disease can only be mitigated, not suddenly arrested, as it will run its course.

*Emetics.*—It is generally reckoned a favorable symptom when a fit of coughing makes the patient vomit. This cleanses the stomach, and greatly relieves the cough. It would, therefore, be proper to promote this discharge by giving an emetic or the expectorant tincture. Emetics not only cleanse the stomach, which in this disease is generally loaded with viscid phlegm, but they likewise promote perspiration and the secretions, and ought, therefore, to be repeated according to the obstinacy of the disease. They should not, however, be strong; gentle vomits, frequently repeated, are both less dangerous and more beneficial than strong ones. For this purpose, a half teaspoonful of the Expectorant Tincture or Emetic Powder may be given to a child a year old, in any kind of tea, sweetened, every half hour, till it operates as a gentle emetic. It may be repeated whenever a fit of coughing occurs and there is sense of suffocation; or if there is great debility, or the attack is not very severe, a sufficient quantity may be given to loosen the mucus or phlegm, and to cause the child to breathe freely; give also the Pulmonic Syrup.

Opiates are sometimes necessary to allay the violence of the cough. For this purpose, a little of the Syrup of Poppy, according to the age of the patient, may be taken in a cup of hysop or pennyroyal tea, and repeated occasionally.



*Laxatives.*—The bowels must be kept freely open by gentle laxatives. A good medicine for this purpose is the cold-pressed castor oil, mixed with a little milk, sweetened. A teaspoonful or two may be given to a child one year old, two or three times a day, as there is occasion. For those that are older, the dose must be increased and repeated until it has the desired effect. Those who cannot be in this manner induced to take the castor oil, may have it mixed with a little syrup or currant jelly, to disguise the taste, or the common bilious physic may be given.—DR. BEACH.

The feet must be bathed in warm ley water every night, and draughts applied to the feet and chest. In this complaint, I depend almost entirely on the Spasmodic Tincture and the Neutralizing Cordial, and give the pigs' feet oil, or flax seed oil, and pay strict attention to keeping the feet warm and dry, and keep them out of the cold and wet, and bathe their feet every night in warm water, and also bathe the throat and breast with my All-Healing Liniment every night, and keep a plaster of the Healing and Strengthening Plaster between the shoulders.

*Regimen.*—Whatever injures the digestion, obstructs the perspiration, or relaxes the solids, disposes to this disease; consequently its cure must depend upon cleansing and strengthening the stomach, bracing the solids, and at the same time promoting perspiration and the different secretions. The diet must be light and of easy digestion; for children, milk, good bread made into pap or pudding, chicken broth, with other light diet, are proper. One of the most effectual remedies in whooping-cough is change of air. This often removes the malady, even when the change seems to be from a purer to a less wholesome air.



PLEURISY.—(*Pleuritis*.)

*Description*.—Pleurisy is an inflammation of the pleura, which lines the internal coat of the thorax and covers its viscera. When it is seated in this membrane, which lines the inside of the breast, it is called a true and internal pleurisy; but when it chiefly occupies the external parts, and principally affects the muscles within the ribs, it is called the spurious or bastard pleurisy. The pleurisy is most predominant in the spring season, and prevails among laboring people, especially such as are much exposed, and are of a sanguine constitution.

*Causes*.—Its causes are cold applied to the skin, sudden and great extension of the pleura in drawing breath, drinking cold liquors after being heated by violent exercise, cold, northerly winds, sleeping without doors on the damp ground, wet clothes, plunging the body into cold water, or exposing it to the cold air in a state of perspiration; generally speaking, whatever obstructs perspiration, may occasion the pleurisy. It may also be produced by drinking strong liquors, stopping issues, ulcers, sweating of the feet or hands, or other usual evacuations; the sudden striking in of the small-pox, measles, or any eruption. It may also be brought on by violent exercise, as running, leaping, wrestling, lifting heavy burthens, blows on the breast, etc.

*Symptoms*.—This, like most other forms of fever, begins with chilliness and shivering, which are followed by heat, thirst, inquietude, and the other common symptoms of fever; and after a few hours the patient is seized with a violent pricking pain in one of his sides, commonly about the short ribs, which sometimes extends itself toward



the backbone, sometimes toward the shoulder-bone, and sometimes toward the forepart of the breast, and this is attended with frequent coughing.

The matter which the patient spits up is at first small in quantity, thin, mixed with particles of blood, but as the disease advances, it is more plentiful and purulent, but seldom without a mixture of blood. The pulse is remarkably strong, and seems to vibrate like the tense string of a musical instrument; and the blood drawn from a vein, as soon as it is cold, looks like melted suet. Sometimes there is little or no expectoration, and hence pleurisies are distinguished into moist and dry.—Dr. BEACH.

*Treatment.*—In this, above all other diseases, the vapor bath is the most essential. I never pretend to treat a case without it, as it is certain to give immediate relief. Emetics should not be given in this complaint. Give a tea made of pleurisy root, or the vegetable heating powders. Bathe the side affected with my All-Healing Liniment, and give a tablespoonful in sweet milk or water sweetened, then apply the vapor bath, by placing a bladder or stone jug filled with hot water, with a wet flannel wrapped around it, one to the feet, and one to the small of the back, and one before the breast-bone. The one before the breast should be wet with liquor or spirits of camphor. Repeat the Liniment occasionally, and give the tea freely, and if this is done in the commencement of the attack, there will be an immediate relief. The Sudorific Drops and Diaphoretic powders may be given. The Liniment and sweating are the main articles in this complaint.

#### INFLAMMATION OF THE LIVER.—(*Hepatitis.*)

*Description*—By this disease we understand an inflam-



mation either in the membranes or substance of the liver, characterized by febrile excitement, with tension, and pain of the right side, often pungent, like that of pleurisy, but more frequently dull, a pain at the top of the shoulder blade, difficulty of breathing, dry cough, vomiting, and hiccough; yellowness of the eyes sometimes appears.

This disease is either chronic or acute.

*Causes.*—The causes are all those producing inflammation; scirrhus tumors in the liver; injuries from external violence; mercury; hot climate; obstructing the hepatic ducts; anything that suddenly cools the liver after it has been much heated; drinking largely of wines and spirituous liquors; eating hot, spicy aliment; violent exercise; exposure of the heated body to the cold air, etc.

Those who have exposed themselves to the destructive habit of drinking to excess, are particularly liable to diseases of the liver.

Tubercles, scirrhus hardness, and chronic inflammations are the changes which in general are produced in this organ by this pernicious practice.

*Symptoms.*—The acute species of this complaint comes on with a pain in the right side, extending up to the shoulder, which is much increased by pressing upon the part, and is accompanied with a dry, short, and frequent cough, oppression of breathing, and difficulty of lying on the left side, together with nausea and sickness, and often with vomiting of bilious matter, tongue coated. The urine is of a deep saffron color, and small in quantity; there is loss of appetite, great thirst, and costiveness, with a strong, hard, and frequent pulse; and when the disease has continued for some days, the skin and eyes become tinged of a deep yellow.



The chronic species is usually accompanied with a morbid complexion, loss of appetite and flesh, costiveness, indigestion, flatulency, pains in the stomach, a yellow tinge of the skin and eyes, clay-colored stools, high colored urine, depositing a red sediment and ropy mucus; an obtuse pain in the region of the liver, extending to the shoulder, and not unfrequently with a considerable degree of asthma.

The symptoms are, however, often so mild and insignificant as to pass almost unnoticed, as large abscesses have been found in the liver upon dissection, which in the person's lifetime had created little or no inconvenience, and which may have been occasioned by some previous inflammation. Hepatitis, like other inflammations, may end in resolution, suppuration, gangrene, or scirrhus, but its termination in gangrene is a rare occurrence. Sometimes suppuration takes place, and the matter is discharged by vomiting or purging.

*Treatment—Indications of Cure.*—As in all other inflammatory diseases, the first object will be to lessen the determination of blood to the part inflamed, by equalizing the circulation, to effect which it will be necessary to produce a free perspiration. The feet must be bathed in warm water and ley, and a teaspoonful of the sudorific drops, in half a pint of an infusion of catnip, must be given every hour or two until the pain ceases, or perspiration is produced or promoted. The patient must drink freely of balm or pennyroyal tea. Let fomentations be applied warm to the side or over the region of the liver. Should they not take off the tension or afford relief, apply cayenne pepper and brandy, simmered a few minutes together. These may be applied often and as warm as the patient can bear. A purgative may be



given daily while the acute symptoms continue. In this disease vomiting is a very common symptom, to allay which, give a little super-carbonate of potash, or saleratus, in peppermint water or tea, as often as the vomiting returns. This will allay the irritability of the stomach. Should not these applications mitigate the symptoms, apply the following plaster to the side: Take mustard, or red cayenne pepper, equal parts; Indian meal, a tablespoonful; vinegar sufficient to form a plaster or poultice of suitable consistence; apply warm to the side, and continue it as long as the patient can bear. I have occasionally applied a blister in this disease, but I find that mustard plasters do much better. Blisters should be dispensed with, their effects always proving very troublesome, and not unfrequently serious. If the pain continues severe and prevents sleep, ten grains of the diaphoretic powders may be given in currant jelly, roasted apple, or any other convenient vehicle, every two hours, until relief is afforded. Or, if there is much nausea, give the anodyne powders. If the stomach continues to exhibit a morbid state, which is sometimes the case from sympathy, great relief will be found by giving a mild emetic every other morning or evening; this will stimulate the liver to healthy action when other means fail. And should the disease be so obstinate as to resist the above treatment, which with me has been invariably successful, a few leeches may be applied, one application of which is far better than many bleedings from the arm.—DR. BEACH.

Neutralizing mixture may likewise be given. The side should be well bathed daily with my All-Healing Liniment, and the All-Healing and Strengthening Plaster put on the side, and worn for a long time, and frequently renewed.



*Regimen.*—The same regimen is to be observed in this as in other inflammatory disorders. All heating articles are to be totally avoided, and cool, diluting liquors, as whey, barley-water, etc., drank freely. The food must be light and thin, and the body, as well as the mind, kept easy and quiet.

CHRONIC INFLAMMATION OF THE LIVER.—(*Liver Complaint.*)

*Description.*—Sometimes inflammation of the liver becomes chronic in its character, as before mentioned, arising from long continued intermittents, and other causes. The symptoms are a dull pain in the right side and top of the shoulder; the stomach sometimes disordered; yellow tinge of the skin, and often a swelling over the region of the liver.

There is usually in this complaint dyspepsia, cough, with slight expectoration, headache, lowness of spirits or despondency, debility or weakness, flatulency, morbid sensibility, great irritability, jaundice, gall stones, emaciations, stools clay-colored, tongue coated, costiveness and indigestion, urine pink colored, countenance sallow.

*Treatment.*—An emetic may be given occasionally, and our common purgatives administered. Deobstruent medicines must likewise be given, and none is better than the hepatic pills. These soon remove the pain and obstruction, and will be found exceedingly valuable in liver complaint. Give two or three at a dose, twice a day; apply the common Strengthening Plaster to the side, and let it remain for several weeks. If the disease proves obstinate, give a portion of Mandrake twice a week. The cure of this complaint is generally slow, requiring some time—six months or more.

Diet the same as in dyspepsia.—DR. BEACH.



INFLAMMATION OF THE INTESTINES OR BOWELS.—(*Enteritis*.)

*Description*.—An inflammation of the mucus membrane lining the intestines. This disease is characterized by fever, fixed pains in the abdomen, costiveness, and vomiting.

*Causes*.—An inflammation of the intestines is occasioned by long continued costiveness, or hardened, feculent matter, lodged in some part of the tube; by the strangulation of a protruded portion of the gut in a rupture; by preceding colic; eating unripe fruits, or great quantity of nuts; and by scirrhus tumors of the intestines or strictures. But the most frequent cause is exposure to cold, particularly when applied to the lower extremities or bowels, and occasionally by cold drink, swallowed when the body is much heated by exercise.

*Symptoms*.—This dangerous and painful disease is characterized by acute pain in the bowels, which is much increased upon pressure, and shoots round the navel in a twisting manner. There is obstinate costiveness, tension of the belly, and the vomiting generally bilious, or dark and foetid; the urine is high colored, the pulse quick, hard, and contracted, with some degree of febrile heat; thirst, and great depression or loss of strength. The patient is constantly belching up wind, and in protracted cases he even discharges excrements by the mouth; the motion of the intestines becoming inverted from there being no passage downward.

*Treatment*.—Stimulating purgatives should be avoided in this disease, as they are calculated to exasperate it. The most cooling treatment and regimen must be followed. The feet should be frequently bathed in strong ley



water, and warm fomentations applied to the abdomen. An ounce or tablespoonfull of cold-pressed castor oil may be given every two hours until it acts upon the bowels, and afterwards administer as occasion requires. Should not this operate as a laxative, administer our common injection, to which add a teaspoonful of laudanum.

Administer this injection blood-warm with a French syringe, to be repeated according to the urgency of the symptoms. If the pain is severe, it may be given every two hours.

To allay the irritation of the stomach and vomiting, which not unfrequently attend this disease, as well as to mitigate urgent symptoms, ten grains of the anodyne, or diaphoretic powders, may be given every two hours till relief is afforded, and a dose also given every night. Bleeding and blistering are much resorted to in inflammation of the intestines, yet I have never known any benefit derived from them, but, on the contrary, much injury. Should not this treatment arrest the complaint in a short time, the following fomentation may be applied: Take tansy, wormwood, hoarhound, and hops; boil all in vinegar and water, then enclose them in a flannel or muslin, apply to the abdomen and change them often. Should vomiting be a predominant symptom, the following preparation may be given: infusion of spearmint, half a pint; saleratus, a teaspoonful; give a tablespoonful every hour.

The inflammation sometimes is so great that the passage of the bowels seems closed, so that nothing will pass them. Should this be the case, and should not the means already prescribed prove effectual, the patient may be put in a warm bath, and occasionally repeated.



Should the swelling, inflammation, or pain continue after the above treatment, let a mustard plaster be applied to the bowels and kept on till the skin is reddened, and the anodyne powders given every two hours. Give, also, senna and manna, to which may be added a teaspoonful of epsom salts. In very urgent cases a few leeches may be applied to the bowels.

*Regimen.*—The regimen in this disease should by no means be stimulating, but the reverse. The most cooling, demulcent, and diluting, such as slippery elm.—DR. BEACH.

To the above treatment of Dr. B., (which is good,) I wish to add, that I once had a most severe attack of inflammation of the bowels, and after resorting to all the prevailing prescriptions for the disease, and finding no benefit, I concluded to have my abdomen thoroughly bathed with my All-Healing Liniment, and then had a poultice made of bitter herbs, thickened with bran, as hot as could be borne, applied all over the region of the bowels. By prompt attention to the above treatment for several days and nights, I soon found that the inflammation was subsiding, and I rapidly recovered.—During the first stages, the pain in the bowels was most intense, agonizing. I drank a weak ley made from hickory ashes, and found a decided benefit therefrom. The poultice was often renewed.

#### INFLAMMATION OF THE KIDNEYS.—(*Nephritis*.)

*Description.*—Inflammation of the kidneys is known by fever, pain in the region of the kidneys, and shooting along the course of the ureter; drawing up of the testicles, numbness of the thigh, vomiting, urine high color-



ed and frequently discharged, costiveness, and colic pains. It is symptomatic of calculus, gout, etc.

*Causes.*—The causes which produce this complaint are external contusions, strains of the back, acids conveyed to the kidneys in the course of the circulation, violent and severe exercise either in riding or walking, calculous concretions lodged in the kidneys or uterus, and exposure to cold. In some habits there is an evident predisposition to this complaint, particularly the gouty, and in these there are often translations of the matter to the kidneys.

*Symptoms.*—This disorder is characterized by an acute, pungent, or, more frequently, an obtuse or dull pain in the region of the kidneys, shooting along the course of the uterers, or ducts, which convey the urine from them into the bladder; pain also in the small of the back, together with a fever, and frequent discharge of urine which is small in quantity, red, and high colored; yet in the highest degree of the disease, watery and limped, the thigh feels benumbed, and there is a pain in the groin and testicle of the same side, together with a reaction. There are, moreover, continual eructations, with bilious vomiting, debility, etc. This disease sometimes assumes a chronic form, known by heat, pain, etc., over the loins.

*Treatment.*—The first object to accomplish is to relax the system by producing perspiration. If the pain be violent, apply over the seat of the disease the following fomentation of bitter herbs: Take hops and wormwood, equal parts, simmer in vinegar and water, apply warm, and renew often. The diuretic drops may be given to diminish the inflammation of the kidneys, to promote the urinary discharge, etc.; give a teaspoonful three or



four times through the day, in one or two teaspoonsful of the mucilage of gum arabic. At the same time give through the day a decoction of marsh-mallows, parsley, mint, or slippery-elm tea; make a strong decoction, drink freely and warm. This promotes the discharge of urine and allays irritation. It will be necessary, if the patient be of a costive habit, to give a purgative every day or two, according to the violence of the disease. Sometimes spasms arise from irritation of gravel passing the ureters; when this is the case an opium pill or powders, containing two or three grains, may be administered every two hours until relief is afforded, and the patient may be put into a warm bath; this usually affords great and sudden relief. A teaspoonful or two of spirits of nitre in a gill of mint tea is very beneficial. Equal parts of spirits of mint and spirits of nitre, mixed, and given often in half-tablespoonful doses, is an excellent remedy.—DR. BEACH.

When the disease is chronic, and there is pain in the small of the back, etc., let the part affected be bathed with my All-Healing Liniment. This should, by all means, be got, as it will penetrate the kidneys if freely applied. But if it is not at hand, use the following: Red pepper or cayenne, one ounce; alcohol, one pint; bathe the parts two or three times a day, and use the drops mentioned above. In the course of a few days, or when the inflammation has measurably subsided, apply a strengthening plaster to the back.

*Vomiting.*—Should the disease be attended with vomiting, which is often the case, give saleratus; one teaspoonful may be dissolved in half a pint of cold water; a tablespoonful given as often as vomiting takes place. At the same time give an infusion or tea of peppermint.



*Regimen.*—Everything of a heating or stimulating nature is to be avoided. The food must be thin and light, as panado, Indian gruel, with mild vegetables, mint tea, drank freely. Emollient and thin liquors must be plentifully drank, as pennyroyl tea, sweetened with honey, decoctions of marsh-mallow roots, and other diuretic plants, with barley, etc. Let the feet be often bathed.

INFLAMMATION OF THE BLADDER.—(*Cistitis*.)

*Description.*—This disease is characterized by pain in the region of the bladder, attended with fever and hard pulse, frequent painful discharges of urine, with suppression and general tenesmus.

*Causes.*—It is occasioned by an improper use of acid medicines, (such as cantharides,) inflammation extending along the urinary channel, permanent or spasmodic strictures, local irritation from the lodgment of a stone, hardened fæces, or a diseased state of the prostate gland, and mechanical injury, as well as by all the usual causes of inflammation.

*Symptoms.*—Where this disease exists, an acute pain and some degree of tension at the bottom of the belly, with a constant desire to make water, a difficulty in voiding it, or total stoppage, a frequent inclination to go to stool, much uneasiness and heat, a general febrile disposition, a frequent and hard pulse, sickness and vomiting, not unfrequently attend. It sometimes becomes chronic, and is very afflicting. There is a frequent desire to urinate, and a discharge of mucus or blood.

*Treatment.*—We must employ similar means in this disease as in the inflammation of the kidneys. The tepid or warm bath may be employed morning and evening.



The diuretic drops must be given; also, mint and barley tea.—Dr. BEACH.

Spirits of mint and spirits of nitre, equal parts, may be given every two hours, in half a tumbler of herb tea or water, as in inflammation of the kidneys. Fomentations of bitter herbs must also be applied over the region of the bladder. The patient should abstain from every thing that is of a hot, acrid, and stimulating quality, and should live on gruels and mild vegetables. Purgatives must also be administered.

In the chronic form, I have seen great benefit derived from repeated purgatives, and a blister occasionally applied on the pubis or lower part of the bladder. Take also the teas of burdock, wild carrot, wild parsley seed, dandelion, cleavers, and pennyroyal. Diet the same as above.

#### SMALL-POX.—(*Variola.*)

*Description.*—Small pox is a disease of a very contagious nature, marked by a fever which is usually inflammatory, but now and then is of a typhoid nature, attended with vomiting; and, upon pressure of the stomach, with pain, succeeded after a few days by an eruption of red pimples on different parts of the body, which, in the course of time, suppurate and scab, and at length fall off, leaving frequently behind them little pits in the skin, and, in severe cases, scars. It has been estimated that, before the introduction of vaccination, 450,000 individuals died annually of small-pox in Europe.

*Causes.*—Both the distinct and confluent small-pox are produced either by breathing air impregnated with the effluvia arising from the bodies of those who labor under



the disease, or by the introduction of a small quantity of variolous matter into the habit by inoculation; and it is probable that the variety of the small-pox is not owing to any difference in the contagion, but depends on the state of the person to whom it is applied, or on certain circumstances concurring with the application of it. On and after the sixth day, the infection is communicated to another. The period during which infection remains latent in the body, is from the fifth day to the sixteenth, seventeenth, and even the twenty-third. The disease may be communicated from the mother to the child. In some cases, the body of the child at its birth has been covered with pustules, and the nature of the disease has been most satisfactorily ascertained by inoculating with matter taken from these pustules. In other cases, there has been no appearance of the disease at the time of the birth.

*Symptoms.*—Of this disease there are two species, the distinct and confluent. In the distinct small-pox, the disease begins within an inflammatory fever. It generally comes on with some symptoms of a cold stage, and commonly with a considerable languor and drawsiness. A hot stage is soon formed, and becomes more considerable on the second and third days. During this course, children are liable to frequent startings from their slumbers, and adults, if they are kept in bed, are disposed to much sweating. On the third day, children are sometimes affected with one or two epileptic fits. Towards the end of the third day the eruption commonly appears, and gradually increases during the fourth, appearing first on the face, and successively on the inferior parts, so as to be completed over the whole body on the fifth day. From the third day the fever abates, and by the fifth, it entirely ceases.



The eruption appears at first in small red spots, hardly prominent, but by degrees rising into pimples. There are generally but few on the face, but even when more numerous they are separate and distinct from one another. On the fifth or sixth day, a small vesicle or bladder, containing an almost colorless fluid, appears on the top of each pimple. For two days the vesicles increase in breadth only, and there is a small pit in the middle, so that they are not raised to globular pustules or eruptions till the eighth day. These pustules, from their first formation, continue to be surrounded with a circular inflamed margin, which, when they are numerous, diffuses some inflammation over the neighboring skin, so as to give somewhat of a damask rose color to the spaces between the pustules. As the pustules increase in size, the face swells considerably, if they are numerous on it, and the eyelids particularly are so much swelled that the eyes are entirely shut. As the disease proceeds, the matter in the pustules becomes by degrees, first more opaque or cloudy, then white, and at length assumes a yellowish color. On the eleventh day, the swelling of the face is abated, and the pustules seem quite full. On the top of each, a darker spot appears, and at this place the pustule on the eleventh day, or soon after, is spontaneously broken, and a portion of the matter oozes out, in consequence of which the pustule is shriveled and subsides, while the matter oozes out, dries, and forms a crust upon its surface. Sometimes only a little of the matter issues out, and what remains in the pustules becomes thick and even hard. After some days, both the crust and the hardened pustules fall off, leaving the skin which they covered of a brownish red color; nor does it resume its natural color till many days after. In some cases,



where the matter of the pustules has been more liquid, the crust formed by it are later in falling off. On the legs and hands the matter is frequently absorbed, so that at the height of the disease these pustules appear empty.

On the tenth and eleventh days, as the swelling of the face subsides, a swelling arises in the hands and feet, but which again subsides as the pustules come to maturity. When the pustules are numerous on the face, upon the sixth or seventh day, some uneasiness in the throat, with a hoarseness in the voice, comes on, and a thin liquid is poured out from the mouth. These symptoms increase with the swelling of the face, and the liquids of the mouth and throat, becoming thicker, are with difficulty thrown out, and there is, at the same time, some difficulty in swallowing, so that liquids taken into the mouth are frequently rejected or thrown out by the nose. But all these affections are abated as the swelling of the face subsides.

The more exactly the disease retains the form of a distinct kind, it is the safer, and the more completely the disease takes the form of the confluent kind, it is the more dangerous. It is only when the distinct kind shows a great number of pustules on the face, or otherwise, by fever or putrescency approaching the circumstances of the confluent, that the distinct kind is attended with any danger.

There is not much danger in the mild distinct small-pox, except when the patient is extremely loaded, especially about the head and throat. This disease sometimes lays the foundation of consumption and obstinate inflammation of the eyes, and frequently by removing complaints that existed before, it improves the health and constitution.



*Confluent Species.*—In the confluent small-pox, all the symptoms above mentioned are much more severe. The eruptive fever, particularly, is more violent, the pulse is more frequent and more contracted. The drowsiness is more considerable, and there is frequently a delirium. Vomiting also generally attends, especially at the beginning of the disease. In very young infants, epileptic fits are sometimes frequent on the first days of the disease, and sometimes prove fatal before any eruption appears, or they usher in a very confluent and putrid small-pox. The eruption appears more clearly on the third day, and sometimes in clusters, like the measles.

In the confluent species of small-pox, the vesicles or eruptions all flow or run together, and the whole face and other parts assume a black and crusty appearance. The effluvia is very offensive, and I have seen worms or maggots crawling in the flesh, and yet the patient has recovered. This disease generally terminates favorably under proper treatment, except where the subject of it is intemperate, in which case it proves very dangerous or fatal. In this kind of small-pox there is often a very considerable putrescency of the fluids, as appears from pretechia, serous, or watery vesicles, under which the skin shows a disposition to gangrene, or mortification, and from bloody urine or other hemorrhages, all which symptoms frequently attend this disease.

In the confluent small-pox, also, the fever, which had only suffered a remission from the eruption to the maturation, at or immediately after this period, is frequently renewed again with considerable violence. This is what has been called the secondary fever, and is of various duration and event.



In the confluent kind the danger is always considerable, and the more violent and permanent the fever is, the greater the danger, and especially in proportion to the increase of the symptoms of putrescency. When the putrid disposition is very great, the disease sometimes proves fatal before the eighth day, but in most cases death happens on the eleventh, and sometimes not till the fourteenth or seventeenth day. Though the small-pox may not prove immediately fatal, the more violent kinds are often followed by a morbid state of the body, sometimes of very dangerous event.

*Treatment — Indication of Cure.*—The object of the physician in this disease, as it ought to be in every other, should be to aid the salutary efforts of nature in eliminating or expelling the morbid or variolous poison.

1. If the powers of nature are sufficient to expel it, such medicines must be given as will produce this effect.

2. If, on the other hand, there is too great an excitement in the system, or too much fever, it must be moderated.

3. Counteract a tendency to putrescency.

When called in the commencement of small-pox, it will be found necessary to treat it in a considerable degree on general principles, having in view at the same time, particular symptoms, such as vomiting. For such is the similarity between eruptive and febrile diseases, that it is sometimes difficult to discriminate between them, and if the symptoms are ever so well marked, a very similar course of treatment is called for in both complaints.

Should vomiting be predominant, such medicine must be given as will allay the irritability of the stomach, and the best for this will be the bicarbonate of potash, or



saleratus, given as has been previously directed, to be accompanied with an infusion or tea of spearmint. When this is allayed administer a purgative. After the stomach and bowels have been cleansed, attention must be directed to the skin; such medicine must be given as will produce gentle, not profuse, perspiration. This must be kept up moderately throughout the whole course of the disease.

The following infusion may be given: Take of saffron and catnip equal parts, make a tea and give it warm. This will soon produce a moisture of the skin, and assist nature to expel the eruptions. It will be indispensably necessary to immerse the feet in warm ley water, to be repeated once or twice daily. The surface must be entirely bathed with the same liquid, and repeated as often.

Should the reaction or febrile excitement be too great, it must be moderated by attention to all the secretions and excretions. Purgatives and sudorifics are the principal class of medicines to fulfill this indication. Should the heat be great, let the body be bathed in warm water, notwithstanding the eruptions. Attention must be paid to particular symptoms, such as pain in the head, delirium, sore throat, etc. For pain in the head, in addition to bathing the feet, which alone is often sufficient to remove it, let a mustard poultice or plaster be applied to the bottom of the feet. The head may likewise be bathed with equal parts of rain water, spirits, and vinegar, and applied tepid. For soreness of the throat, and accumulation of mucus and phlegm in the bronchial vessels, give one or two teaspoonfuls of the expectorant tincture, to be repeated occasionally. The throat may also be gurgled with a decoction of equal parts of sage and hyssop, sweetened with honey, and a little borax



added. When there is a great tendency to putrescency in the fluids, give a wine glass of yeast three or four times a day. Sometimes there is a sinking or great prostration of strength; when this is the case, wine whey may be given, and buttermilk, moderately acrid. Also, quinine, or Peruvian bark.

During the complaint there is great restlessness or pain, want of sleep, etc. For such symptoms, as well as to keep up a determination to the surface without increasing the heat of the body, give ten grains of the diaphoretic powders, and particularly at bed time; at the same time a weak infusion of the Virginia snake-root may be given. In consequence of debility, it is sometimes the case that the vesicles or eruptions are flabby or not well filled, showing, evidently, that the variolous matter is retained in the system. Under such circumstances, a more stimulating course of treatment must be pursued.

A teaspoonful of the sweating drops must be given in half a pint of catnip tea, and after giving this, should not the pox become fuller and more healthy, give milk punch, to be continued until an improvement is perceptible. When the eruptions suddenly subside, or, as it is familiarly expressed, strike in, or in other words, when there is a recession of them before they have arrived at maturity, the danger is very great. Should such symptoms occur, the same treatment as last mentioned must be promptly and rigidly pursued, in addition to which a tea made of equal parts of saffron and snake-root may be freely given.

The most dangerous period of the small-pox is when a secondary fever appears, which generally commences when the disease begins to blacken or turn. Most of those who fall victims to the small-pox are carried off by



this fever, and often, it appears to me, for the want of proper treatment. Nature often attempts, at the turn of the small-pox, to relieve the patient by diarrhœa, and did physicians take this hint they would know what to prescribe. We learn from this fact that the secondary fever arises from the absorption of the variolous matter, and that there would be little or none were nature properly aided in her attempts to carry off the complaint. Therefore, her kind endeavors must be promoted. When the eruptions are thrown to the surface, and the disease begins to turn, the patient must be freely purged, whereas, previous to this period, a cathartic occasionally administered is sufficient.

Our common physic is the best preparation that can be given in both species. Sometimes infants are affected with convulsions before the eruptions appear. There is no occasion for alarm in this case. All that is necessary to be done is to bathe the feet in warm water, and give warm, diluent drinks, such as balm, mint, or cat nip tea, etc.

This treatment is designed for both the distinct and confluent species. The only difference in the treatment is, that in the latter a more active course of treatment is called for.

*Regimen.*—During the eruptive fever the patient must be kept cool and easy, and weak, diluting infusions given, such as mint, balm, and catnip tea, and if the patient is very thirsty and the eruptions well out, give also lemonade, currant jelly, and toast water.

His nourishment should be barley water, Indian meal gruel, buttermilk and water, roasted apples, ripe fruit, and particularly mush or hasty pudding. There should be a current of air in the room, but must not be suffered to come in direct contact with the patient.



The temperature of the room should be uniform, neither too hot nor too cold. Great attention ought to be paid to cleanliness. As soon as anything passes the bowels it should be immediately removed, and vinegar thrown upon a heated brick or other substances. The linen and clothes should be often changed, and all noise and confusion, as far as possible, prevented.

Various means have been recommended to prevent the pitting which attends the small-pox, such as opening the pustules, and the application of lunar costic, but it is very questionable whether any benefit arises from this practice, or any other of a similar nature.

Nothing is better to diminish the inflammation and pitting of the face, as well as to mitigate the inflammation of the eyes, than a poultice made of the superfine flour of the slippery elm. The eruptions, if very large and full of matter, attended with great irritation, may be punctured, the fluid let out, and sprinkled with the dry flour of slippery elm.

The above treatment I have found invariably successful in small-pox, never having lost a single case where I have been called in any reasonable time. It carries the patient safely and shortly through the worst species of the disease, while the course pursued by the physicians generally, such as bleeding, mercury, and cold applications, is attended with the most distressing or fatal effects.—Dr. BEACH.

#### COW-POX, OR VACCINE DISEASE.—(*Vaccina*.)

It has been demonstrated that the cow-pox or vaccination is in most cases an antidote against the small-pox. It either prevents it entirely, or modifies the violence



of it. When this does not prove to be the case, it is to be presumed the vaccine matter has not been genuine, or has not been taken at a proper period. In all cases where a scar or mark remains after vaccination, it may be considered a proof that the matter has made the desired impression on the system. It is prudent, however, to vaccinnate again with cow or small-pox, and it will generally be found, if the first has been genuine, that the pustule forms imperfectly or is spurious. Some have supposed that after a term of years, cow-pox loses its efficacy, and the system again becomes liable to the small-pox, but there is no satisfactory evidence of this.

The following circumstances are deserving of attention in inoculating for the cow-pox, and substituting this mild and safe disease for that dangerous and pestilential one, the small-pox :

1. That the matter with which we inoculate be not taken later in the disease than the ninth day, and from a healthy person.

2. That the fluid be perfectly transparent, as it is not to be depended upon when it has in any degree become opaque.

3. That the matter taken should be allowed to dry gradually and thoroughly before it is laid by for use, when not employed immediately or in its fluid state.

4. That the punctures with the besmeared lancet or powdered scab, which lasts any length of time, be done as superficially as possible, and only one be made in the same arm.

Here it may be proper to remark, that the inoculation for this disease will not be likely to succeed well if there be any herpetic eruption on the skin. If the inflammation of the arm be very great, apply a slippery elm poultice.



In many instances, as has been already stated, vaccination protects the system completely against infections from small-pox contagion. In other cases, the system is only partially freed from liability to the variolous infection.—Dr. BEACH.

#### CHICKEN AND SWINE-POX.

*Description.*—These diseases are the same, and differ only in name.

*Symptoms.*—The eruptions make their appearance, in many instances, without any previous illness; in others they are preceded by a slight degree of chilliness, lassitude, cough, interrupted sleep, wandering pains, loss of appetite, and a febrile disposition for three or four days. Most of the eruptions are of the common size of those of the small-pox, but they are not numerous nor confluent. On the first day they are red, and much resemble in their appearance the small-pox. On the second day the red pimples have become small vesicles, containing a colorless fluid, but sometimes a yellowish liquor. On the third the pustules arrive at full maturity, and in some instances so much resemble the small-pox as to be distinguished with difficulty. When the little bladder is broken by accident or rubbing, as sometimes happens on the first or second day, there forms a thin scab, and the swelling of the other part abates without its ever being converted into proper matter, as it is in the small-pox.

The few which escape being burst, have the little drop of fluid contained in the vesicle at the top of them, turn yellow and thick, and it dries into a scab. On the fifth day of the eruption, the pustules are almost dried and covered with a slight crust, but no mark is left behind when this falls off.



*Treatment and Regimen.*—The complaint is usually of so trivial a nature as seldom to require the aid of medicine; but should the febrile symptoms run high previous to the appearance of the eruption, or after it has shown itself, it may be advisable to give the patient some cooling medicine from time to time, drinking plentifully of herb tea, and keeping the bowels open, if necessary, by some gentle aperient medicine.

After the disappearance of the eruption, one or two doses of any mild purgative may be administered, with an interval of three or four days between each.—Dr. BEACH.

#### INFLAMMATION OF THE LUNGS.—(*Pneumonia.*)

*Description.*—When the mucous membrane lining the lungs, or the substance of the lungs, are inflamed, it is termed pneumonia, or an inflammation of the lungs. When any part of the contents of the thorax is inflamed, it is termed by some pneumonia; by some peripneumony. This disease attacks all classes, and is extremely prevalent.

*Causes.*—The most general cause of this disease is the application of cold to the body, which gives a check to the perspiration, and determines a great flow of blood to the lungs. It attacks principally those of a robust constitution and plethoric habit, and occurs most frequently in the winter season and spring of the year; but it may arise in either of the other seasons, when there are sudden vicissitudes from heat to cold.

Other causes, such as violent exertions in singing, speaking, or playing on wind instruments, by producing an increased action of the lungs, have been known to



occasion inflammation of this organ. Those who have labored under a former attack of this complaint are much predisposed to returns of it.

*Symptoms.*—Inflammation of the lungs comes on with an obtuse pain in the chest or side, great difficulty of breathing, (particularly in a recumbent position, or when lying on the side affected,) together with a cough, dryness of the skin, heat, anxiety, and thirst. At the first commencement of the disease, the pulse is usually full, strong, hard, and frequent; but in a more advanced stage, it is commonly weak, soft, and often irregular. In the beginning, the cough is frequently dry and without expectoration; but in some cases it is moist, even from the first, and the matter spit up is various, both in color and in consistence, and is often streaked with blood.

If relief is not afforded in time, and the inflammation proceeds with such violence as to produce suffocation, the vessels of the neck will become turgid and swelled; the face will alter to a purple color; an effusion of blood will take place into the cellular substance of the lungs, so as to impede the circulation through that organ, and the patient will soon be deprived of life.

If these violent symptoms do not arise, and the proper means of subduing the inflammation have either been neglected or have proved ineffectual, although adopted at an early period of the disease, a suppuration may ensue, which event is to be known by frequent slight shiverings, and an abatement of the pain and sense of fullness in the part, and by the patient being able to lie on the side which was affected, without experiencing great uneasiness.

When pneumonia proves fatal, it is generally by an effusion of blood taking place in the cellular texture of



the lungs, so as to occasion suffocation, which usually happens between the third and seventh days; but it may likewise prove fatal, by terminating either in suppuration or gangrene.

When it goes off by resolution, some very evident evacuation always attends it; such as a great flow of urine, with a copious sediment, diarrhœa, a sweat diffused over the whole body, or a hemorrhage from the nose; but the evacuation which most frequently terminates the complaint, and which does it with the greatest effect, is a free and copious expectoration of thick white or yellow matter, slightly streaked with blood; and by this the disease is carried off generally in the course of ten or twelve days.

*Treatment.—Indications of Cure.*—The most prompt means should be used to reduce the inflammation and remove the disease, by resolution or by preventing supuration.

In consequence of the vicissitudes of our atmosphere, this disease (inflammation of the lungs) is the greatest scourge of this country. It proves more fatal than the yellow fever, or any other epidemic—if not immediately, by its subsequent effects upon the system.

It is the practice universally among physicians to bleed in this as well as other inflammatory diseases; but I have invariably succeeded in treating the worst species of the complaint without ever having drawn one drop of the vital fluid; notwithstanding it is asserted by authors that the most dangerous consequences result from the neglect of bleeding. I know by experience that the disease is cured much sooner, and without endangering the life or health of the patient. The lives of thousands have been destroyed by the use of the lancet in this and other diseases.



In this, as well as other diseases, it will be necessary, in the incipient or first stage of inflammation of the lungs, to produce free and copious perspiration, by administering sudorific medicines; and a very excellent method to answer this purpose is, to steam the patient over bitter herbs, as mentioned in other parts of this work, or by making use of the vapor bath. This may be resorted to if the strength of the patient will enable him to sit up; otherwise, the sudorific or sweating drops may be given in the usual manner, until the patient perspires freely for several hours, and this must be continued moderately until the inflammation has subsided. This single operation will divert the blood from the lungs and prevent congestion, lessen the febrile excitement by equalizing the circulation, remove the pain, and favor expectoration. When the patient has recovered from the operation of free perspiration, a purgative may be given, and occasionally repeated during the disease. When the arterial action has diminished, mild emetics may be administered; they generally produce immediate relief from the oppression of the chest, cause a determination to the skin as well as a free expectoration. They expel the viscid mucus which fills the air cells of the lungs, restore respiration, and thereby increase the strength of the system. These may be repeated as often as the circumstances of the case justify. The emetic powder is the best medicine that can be administered.

It will be found very serviceable to inhale the steam of bitter herbs: the tension of the lungs is thus removed, and mucus expectorated with more freedom; and these may be repeated frequently through the day. When the arterial excitement has diminished, should the cough prove troublesome, one or two teaspoonsful of the syrup



of poppy or paregoric may be given. If these should not allay the cough sufficiently, give ten grains of diaphoretic powders at bed-time, until rest or sleep is procured; to be repeated every night, if necessary.

*Expectorants.*—If there is much accumulation of mucus, oppression at the chest, cough, etc., difficulty of breathing and expectoration, give the expectorant tincture, or syrup of ipecac.

These preparations have the effect of lessening all the symptoms of the complaint. They are expectorant, diaphoretic, etc.

*Mustard Plasters.*—When the inflammation is very acute and the symptoms violent, a mustard plaster may be applied on the chest, till the skin becomes reddened; and when the inflammation has in some degree subsided, should the cough continue, use the cough powders. An infusion of hoarhound and boneset may be used through the day, sweetened with honey.

I once attended a case of inflammation of the lungs, in which the paroxysms of coughing were so severe and protracted, that I was baffled with all my usual means. The cough powders gave immediate relief, and, with other appropriate treatment, the patient recovered. I have ever since used the same invariably with success.

The patient may drink an infusion of flax-seed, bran, and slippery elm. These, by their demulcent properties, will be found singularly beneficial. Lemon juice may be added, and it may be sweetened.

It will be particularly necessary, in the acute stage of this disease, to avoid the use of pectorals, syrup, and such medicines as possess bracing or tonic properties, except in conjunction with depletive means.



The inflammation must be in some degree first subdued, before these can be administered with a good effect.

The feet must be daily immersed in warm ley water, fifteen or twenty minutes at a time; and, when removed, wipe dry, and sinapisms applied at night.

Should the pulse continue full, tense, and hard, after the patient has submitted to this treatment, or should not the inflammation gradually subside, then give the tincture of fox glove (*digitalis*); fifteen or twenty drops may be given morning, noon, evening, and at bed-time, in any kind of tea.

This plant increases the discharge of urine, and thereby lessens inflammation. It lessens the circulation through the lungs, by diminishing the action of the heart and arteries, and is thus attended with a very favorable effect.

A purgative must be administered every day or two, according to the obstinacy or violence of the disease. It has a tendency to lessen inflammation.

*Pectorals.*—Should the cough continue obstinate, or should it remain troublesome after the other symptoms have subsided, give the pulmonary syrup or balsam. In very severe cases, I have applied a blister to the chest.—  
Dr. BEACH.

I recently attended a patient with inflammation of the lungs, so severe that I was fearful that he could never recover. I gave occasionally an emetic and a mandrake purgative, with my Pulmonic Syrup, under which he gradually grew better, until he recovered.

The syrup of blood-root is also a very good medicine in this and all other bronchial affections; and likewise the Balm of Gilead.



The diet, as in all other inflammatory diseases, should be light and cooling.

## COLIC.

*Description.*—Colic is characterized by great pain in the bowels, seated principally in the umbilical region, extending to the stomach, accompanied with nausea, retching or vomiting, and often a spasmodic contraction of the muscles of the abdomen. Several species are enumerated :

1st. *Flatulent Colic*, when there is costiveness, griping in the bowels, a rumbling noise, distension of the stomach, pain severe, with an inclination to vomit.

2nd. *Hysteric Colic*, when there is nausea and sickness at the stomach, severe spasms, costiveness, depletion of spirits, etc.

3rd. *Bilious Colic*, when there is a bitter taste in the mouth, thirst, febrile heat, a vomiting of bilious matter, and costiveness.

4th. *Painters' Colic*, occasioned by the absorption of lead.

This disease is called colic, from its being more directly seated in the intestines called the colon, than any other.

*Treatment.*—I never use anything but the Liniment, both externally and internally, and give assafoedita freely; and so far I have never seen it fail to cure in a short time. When these complaints have been of long duration or badly managed, it requires more time and attention, and then it is frequently necessary to give larger doses. Bathe first well with the Liniment and ley water; and in some cases, when the cramp is in the stomach, I give the Spasmodic Tincture. But I have



always depended more on the Liniment in cramp and colic than all other medicines put together, and it seldom ever fails affording speedy relief. All who are subject to attacks of these complaints should carry the Liniment with them, and every family should keep it on hand, as I am very well satisfied that no remedy can be found to excel it in relieving these complaints.

#### DROPSY.

There are various classes of this disease, and to notice each character in as full a form as it is possible to do, the limits of the present work will not warrant me in doing; but my object shall be to give a general statement of the different kinds, and make it so intelligible that any one may easily distinguish between the different forms, and also make remarks which will lead any to know when they are attacked by it. I shall, therefore, proceed to give a synopsis of the different kinds, under their appropriate heads, commencing with

*Dropsy of the Abdomen.*—By dropsy of the abdomen, we are to understand a collection of water in the cavity of the belly or abdomen.

*Causes.*—A preternatural collection of serous fluid, either in the cellular membranes, or in the cavities of the body, is caused by absorption falling short of its duty, either in part or in whole. In either case, a sac for the water is made. These collections are owing to the secretions overbalancing the absorption, so that it would appear that dropsy might arise from an excess of secretion, or a defect of absorption. I am of opinion that it often proceeds from both causes, and that defects exist in both sets of vessels. This disease, however, like many others, is also hereditary. Sometimes it is brought



on by salivation. In other cases it proceeds from the patient having previously been the victim of long continued fever and ague; yet this is an evident fact, that in all cases the absorbing vessels are more or less deranged.

I wish to be understood that from whatever cause dropsy may arise, that the absorption vessels failing to perform their functions, from debility, is the cause, except in hereditary cases.

According to my circular, I placed myself under no obligation to treat of this disease; but I now have a higher object in view than merely coming up to the stipulation laid down therein; for I wish to make this work as useful to suffering humanity as I possibly can.

Dropsy is a disease not to be cured by every one, and some cases will baffle the skill of the most scientific and learned men of the profession; and there are other cases which would seem to be much worse, which readily yield to treatment, at least I have found it so. I shall now endeavor to give the symptoms in such a manner that any one afflicted with the dropsy may readily know it.

*Symptoms.*—Dropsy of the abdomen is often preceded by loss of appetite, sluggishness, dryness of skin, oppression in the chest, cough, diminution of the natural discharge of urine and costiveness. Shortly after the appearance of the symptoms, an enlargement in the abdomen is perceived, which extends gradually, and keeps on increasing, till the belly becomes uniformly swollen and tense. There is a difference in the feeling—according to the position of the body. At night, when the body is in a recumbent position, it is more keenly felt, and that on the side on which the patient is lying. As the accumulation of water goes on, the difficulty of breathing



much increases; the countenance exhibits a pale and bloated appearance; the skin is dry and parched; the urine very scanty, high colored, and deposits a sediment. The pulse, in this disease, like in consumption, cannot be depended upon; for at times it is very quick, while at others it is quite slow and sluggish. It is sometimes very difficult to distinguish between a dropsy of the belly and a state of pregnancy. When deception is wanted to be practiced, the most skillful physician, with all his care, is liable to be deceived; and the reputation of both the physician and female may suffer serious consequences from the decision.

*Dropsy of the Chest.*—This is also a collection of water in the membrane which surrounds the heart, or in the cavities of the thorax—the chest, or that cavity which contains the heart and lungs—but generally is connected with and attached to particular parts of the internal surface of the pleura—a membrane lining the chest.

*Causes.*—As I have already stated, the same causes which give rise to one kind of dropsy, is much the same in all cases, although the disease may have its locality in different parts of the system.

*Symptoms.*—The symptoms in every variety of dropsy are different. Dropsy of the chest comes on similarly to an attack of asthma, with a sense of uneasiness at the lower part of the breast-bone; difficulty of breathing, which is always so during the night. As the disease advances, the difficulty of breathing increases, particularly when the patient is in a horizontal position. There is frequently at first a dry cough, which changes to an expectoration of this mucus. The feet and legs commence swelling. In some cases, the face swells, and as the disease advances, the arms and body swell; the



countenance is dejected. The thirst diminishes; flow of urine; great debility and loss of flesh. In some cases dropsy of the chest proceeds very slow, and for years does not alarm the patient. But in lapse of time the disorder is fully formed, and the difficulty in breathing becomes so excessive that the patient can seldom remain in a recumbent position but for a short period at a time, and the head and upper part of the trunk of the body must be supported almost erect in order that the patient may sleep. The sleep is frequently interrupted by alarming dreams, out of which the patient quickly starts up in bed, almost suffocated, resembling an attack of spasmodic asthma. When afflicted with these distressing symptoms, the patient is under the necessity of continuing erect, with mouth open, and is in the utmost anxiety for fresh air. (These are the precise symptoms of a Mr. Smith, whom I attended.) The patient suffers from palpitation of the heart, irregularity and intermission of the pulse, which may be regarded as among the most frequent attendant of hydra-thorax. But the symptoms are much varied in different cases, and in some instances the last named are not present. I think, from the foregoing, that every one who may read this work, can easily discover when they have the premonitory symptoms of dropsy of the chest.

*Dropsy of the Head.*—I shall have but little to say under this head. It is peculiar to children, being seldom known to attack those over the age of twelve or fourteen, and seems more of a scrofulous character than otherwise. I have cured several cases by giving equal parts of cream of tartar and sulphur, half teaspoonful, in sweetened milk, every morning, for nine consecutive mornings, and then gave my Purifying Syrup, as directed in the recipe, which will be found under the head of



"Recipes." I also give my Neutralizing Cordial part of the time.

Having given the description, causes and symptoms sufficiently upon this class of disease, I shall now proceed to give some of the various modes of treatment.

*Treatment.*—In curing dropsy, it is necessary and absolutely important to keep four objects in view. First, to evacuate the water; second, open the pores of the skin; third, restore the lost condition of the circulation; and fourth, to restore the tone of the entire system.

*For Dropsy of the Abdomen.*—Give the Compoundalap, cream of tartar, and Indian hemp; also, a purgative. Repeat this every other day, for several days; then only repeat twice a week, and as the disease diminishes, once a week until the patient is cured. After one or two purgatives have been given, if the patient will submit, sweat well with little or big mallows, by boiling the herb well. Then place the invalid over the decoction of the herb, with a blanket wrapped round him, and let him sup some tea made from the same herb; and give three times a day just before eating, the Tonic Wine Tincture, and each day give two pills of mandrake and cayenne pepper. This treatment will soon strengthen the stomach and restore the digestive powers. Between times, however, the Diuretic Drops, as much as once a day, should be given. After six or seven days, if these remedies do not entirely restore the patient, make a preparation as follows:

Queen of the Meadow,.....	1 ounce.
Big-podded Milkweed,.....	1 "
Juniper Berries,.....	1 "
Horse Radish Root,.....	1 "
White Mustard Seed,.....	1 "
Bark of the root of Elder,.....	1 "
Indian Hemp,.....	1 "
Prickly Ash Bark,.....	1 "



Pulverize and mix together, and add two quarts of Lisbon wine, or good cider that has been racked. Stew these slowly for three hours, and as it reduces in quantity, add water. Give of this tincture from one to three table-spoonsful three to four times a day, except the day the Compound Jalap is taken. Give an emetic once a week, and steam as often as once in seven days, and no fears need be entertained of a speedy and sure cure. But as I have already stated, that whatever will cure one will not cure all, therefore I have given other remedies, which will be found under the head of "Recipes."

*Dropsy of the Chest.*—If you want to make a sure cure—and most every one does, who is laboring under a malady—commence by first giving an emetic, then follow by giving the Compound Jalap, mandrake and cream of tartar; after this, give every day one of the Hydragogue Pills (after the physic has operated) every hour, till a very free passage is produced—as much as two or three evacuations—and every day until the swelling subsides, give once a day, two pills of the mandrake and cayenne pepper. In the morning, as a change, give the following: Take of fox glove one scruple, or a teaspoonful, well pulverized, add a half pint of boiling water, and cover it over. Of this infusion give a dessert table-spoonful, when it is cold, every two hours. Should it produce nausea or giddiness of the head, give half the quantity. This medicine has a powerful effect in dropsy of the chest. Its effects soon shows, and an improvement is sure to follow. Bathe the body well with saleratus water made strong, twice a week, and bathe the arms and legs, if swollen, with my All-Healing Liniment. After the water has evacuated, and the patient is relieved of shortness of



breath, which is generally in a week or ten days, give the Purifying Syrup. But as these articles, necessarily, are not always on hand, I have inserted under the head of "Recipes," various other recipes which will be found highly useful in the treatment of dropsy of the chest.

*Dropsy of the Scrotum.*—I deem it unnecessary to say much about this kind of dropsy; as I have heretofore stated that each variety proceeds from the same cause—derangement of the absorbent vessels. This disease consists in an effusion of water or serum collected within the inner coating of the testicles. There is a tumor formed which slowly increases. It is transparent in appearance; sometimes light and elastic. Great care should be taken to discriminate, in the treatment of dropsy of the scrotum, between it and hernia or rupture. In hernia, the tumor reclines in a recumbent position—not so, however, in the dropsy of the scrotum.

*Treatment.*—Tapping the tumor and draining off the water is the ordinary prescribed rule for curing this form of the dropsy. But experience has convinced me that this is not the best or safest method of treatment; nor is it the easiest, particularly in the earliest stages of the complaint. I believe that when the tumor has got very large, and of long standing, that after putting the system in order, that the tumor may be safely tapped, and the water drawn off; yet it requires great care, for there is danger of inflammation ensuing, and serious consequences would, in all probability, be the result. If the tumor is tapped, it should be poulticed with sumach bark, and bathe the parts with my All-Healing Liniment twice a day. Take the same medicines as recommended for dropsy of the abdomen. Never, however, should a child or any one else be tapped, if the proper treatment



is resorted to in time, as it can as effectually be cured without.

I have managed many cases of infants, and I never had any trouble in curing them. For infants, bathe the parts well with a strong decoction of oak bark and witch hazel, once a day, and give the Neutralizing Cordial, and keep the diaper or bandage usually worn by children, dry. For young and grown men, proceed the same as in dropsy of the abdomen. I cured a case once, where the symptoms were of such an alarming nature, that the young man had decided upon being castrated, and he has been well ever since. If you will only have patience, and attend to yourself carefully and diligently, there is no doubt but you will soon find a speedy and safe cure.

## FLUX.

This disease may properly be termed dysentery, for it generally begins first in that way, and nearly the same causes produce all this class of diseases, such as cholera-morbus, diarrhœa, dysentery, flux, etc. Flux is secondary from the others. It is caused from a poisonous acid being secreted in the liver. When this is thrown into the stomach, it produces cholera-morbus; it is thrown into the circulation and mixed with the blood and thrown upon the intestines, causing irritation, inflammation, and blood to be passed, then it is called flux. There are various things that bring on this disease. Some seasons it appears that this poisonous acid is in the atmosphere, and by inhalation, if this be a fact, the disease is engendered. Other causes, too, may be ascribed for it, such as a sudden check of perspiration, after the body has been heated, unwholesome diet, night air, damp beds, wet clothes, and sometimes it becomes a contagious epidemic.



*Symptoms.*—The first attack is generally commenced with a loss of appetite, costiveness, sickness at the stomach, and sometimes vomiting, and almost always with chills, succeeded by heat, and frequency of the pulse, and soon a griping pain is felt in the region of the bowels, and increased evacuations soon occur. When the inflammation commences in the lower part of the intestinal tube, the stools become more frequent, and while passing through the inflamed parts they occasion great pain.

*Treatment.*—My theory, although I know it is antagonistical to some of the authors on this disease, is, that the sooner it is stopped the better. The symptoms themselves argue that the longer it runs the more danger from inflammation; yet, in the face of this fact, men may be found that contend that to suddenly check the disease is to endanger inflammation. In all the practice I have had in the flux, I have invariably found that the sooner it was stopped the more speedy was the cure, and less danger was it to the patient. I contend that if the disease is taken in time, there is no trouble whatever to check it, and finally cure it. I have cured hundreds of cases, and many of them who had been down the river and had contracted what is termed the river diarrhœa, and never yet had any difficulty from suddenly stopping it. The reason of this is, that the medicines I use for the flux restores the circulation as it should be, and creates a healthy action.

The treatment is as follows: Give four tablespoonsful of the neutralizing cordial and one tablespoonful of my All-Healing Liniment, mixed together, (which should always be kept on hand, and all who have used it will always do so.) Repeat this dose every three or four



hours, according to the urgency of the case, and at the same time bathe the bowels effectually with the liniment, and take between times the dysentery syrup, as directed under the head of "receipts." If the treatment is commenced when the disease commences, it will most certainly cure all cases of flux, cholera-morbus, diarrhœa, etc. When the bowels have been checked some twenty-four or thirty-six hours, take a gentle physic, but do not be in too great haste. As the disease abates, lessen the dose and lengthen the time between taking it. This is for very severe cases. In milder cases, one teaspoonful of the liniment and two tablespoonfuls of the neutralizing cordial is sufficient for an adult. Children can be treated according to their age. This cordial is one of the best medicines for children ever given them for all diseases of the bowels. It is perfectly safe for an infant. From ten to twenty drops, mixed with sweet milk, is a dose of the liniment for an infant. I scarcely ever, however, give anything to children but the cordial and a tea made of allspice and cinnamon, and then bathe the bowels with the liniment, and if a physic is required, I give assafoœdita, which is very good for any one when the bowels are slimy. A strong decoction of pennyroyal is sometimes good. I have given other remedies under the head of "receipts."

For summer complaints in children, the same remedies will answer, particularly if the liniment is given and well bathed.

## COLDS AND COUGHS.

Although I have said considerable on coughs, under consumption, bronchitis, etc., yet I feel as if I should say



something more. There are too many who make light of a cough, as if it was nothing but a cold, supposing that it will wear away in a short time. They never stop to consider that the cough is wearing them away, and that the most cases of consumption proceed from colds. They are too careless about such matters, and should take heed from the many victims they see fall around them yearly. For a common cold, I find the vegetable heating powders are very good. A good, strong decoction of hoarhound and cayenne pepper, taken before going to bed, and bathing the feet, is also very efficacious in colds. A tea of life-everlasting, which also goes by the name of white balsam, and a tea made of the leaves of spruce, and taken before going to bed, are both excellent in colds. But the best preparation is a strong decoction of comfrey, elecampane, hoarhound, spikenard, Spanish liquorice, equal parts, made strong, and well sweetened with honey, which may be used freely; and take a teaspoonful of the tincture of myrrh three times a day, and keep the feet dry and warm; and if care is taken there is no necessity of having any trouble with a cold. Should the cold or cough be caused from having previously passed through the measles, the compound tincture, cawnabis and expectorant, mixed equal, is the best. The syrup recommended for colds, coughs, and catarrh, is excellent, and scarcely ever fails to give the most entire satisfaction.

#### POISONS—MINERAL AND VEGETABLE.

As I have but a small practice in counteracting the effects of poisons, I therefore give Dr. Beach's treatment. He says :

“Since so many cases of poisoning occur, how import-



ant that every one should have some information respecting antidotes to them, as the only prospect of affording benefit is by administering antidotes immediately after poisons have been swallowed.

1. *Laudanum or Opium, and all other Narcotics.*— I have been called to four persons, within a few years, who took laudanum to destroy themselves; I gave in each case a double portion of our common emetic, with plenty of herb tea, and a short time after, say fifteen minutes, a wine glassful of lamp oil. If this does not operate, repeat in twenty or thirty minutes; the person to be kept walking. Copious vomiting soon took place, and restored every one. This course may be pursued where any kind of poison has been taken into the stomach. As a substitute for the above emetic, give a large teaspoonful of pulverized black mustard, mixed with water; it operates promptly, and is perfectly safe.

When there is suspicion or symptoms of any kind of poison having been taken by accident or design, administer immediately large quantities of milk, then give an emetic, and repeat till free vomiting ensues; also lamp oil, as above.

*Treatment.*—For acids, give vinegar and water; for alkalies, give vinegar and lemon juice, to be accompanied with the free use of the mucilage of slippery elm bark; after vomiting has been excited, a wine glassful of sweet oil may be administered. It will be necessary at the same time to administer injections or clysters also, composed of equal parts of the mucilage of elm bark and milk, sweetened with molasses, and a gill of olive oil added; a quart of this must be introduced every half hour. Where these means fail, let a stomach pump be procured and used. I consider lobelia, in the form of



tincture or powder, to be a good antidote to all kinds of vegetable poisons. I prescribed it to one woman who had taken three large opium pills (by mistake); when this article was administered, it soon removed all unfavorable symptoms. Vinegar has been often recommended for laudanum, but I know not that it is of much use. The person must be aroused and kept awake and in motion as much as possible, by shaking and moving him about. But the greatest reliance must be placed upon the speedy evacuation of the stomach by emetics.

A late writer states that severe whipping has had the desired effect, by the irritation produced. Rather a severe remedy! In cases of poison by fungi and other narcotic plants, a similar course of treatment is required.

Where vomiting and other symptoms continue, an ounce of the bicarbonate of potash may be dissolved in two quarts of water, and a teacupful drank frequently; fomentations to the stomach and bowels will also prove beneficial. Lime water is highly recommended by Orfila as an antidote to arsenic.

The same writer states, that of all antidotes to the poison of the corrosive sublimate, he has found the white of an egg, dissolved in water, to be the most powerful and efficacious; it must be diluted with water before it is given. In cases where persons have been poisoned by taking verdigris, emetics must first be given, and afterward a solution of saleratus (bicarbonate of potash) should be freely taken as directed above.

For any of the salts of copper, the same remedy as the last.

Sugar is said to be an excellent antidote to verdigris. The effects of lead must be remedied by the use of castor oil and injections.



Salt and water counteract the corrosive effects of the nitrate of silver, or lunar caustic, and make the best antidote. A person suffering under the deleterious effects of this, should drink several glasses of it, in the proportion of a tablespoonful of the salt to two pints of water. Vomiting will ensue and the symptoms diminish.

Milk is the best antidote of muriate of tin, by which it is completely coagulated. The coagulum contains muriatic acid and oxyde of tin, which are deleterious.

An over-dose of tartarized antimony sometimes produces severe consequences. In such cases our chief dependence is to be placed upon mucilaginous and diluent drinks to speedily remove the medicine from the stomach; and, when this is done, opium, and perhaps mustard plasters, may be of some service.

In cases where nothing can be administered by the mouth, lobelia injections may be given.

For oil of vitriol, the best antidote is large doses of magnesia and water, or, what is still better, equal parts of soft soap and water. For aquafortis, same remedy as last. For oxalic acid, (this resembles epsom salts, and is often used in bedbug poisons,) chalk and water renders it perfectly inert, forming an insoluble salt of lime: magnesia is also a good antidote. For tartar emetic in poisonous doses, Peruvian bark and water, it is stated, render it perfectly harmless; if the bark can not be procured, use a strong decoction of tea until it can. For saltpetre, (which also is sometimes taken for salts,) a prompt emetic of mustard and water; afterward mucilages and small doses of laudanum. For lunar caustic, (the principal ingredient in indelible ink,) common salt forms an invaluable antidote, which is harmless.

For corrosive sublimate, metallic substances, mercury,



verdigris, tin, lead, sulphuric acid, and arsenic, white of egg may be given, and then lime water or en emetic, with plenty of water. In all alarming cases, as before directed, give immediately a double portion of the emetic powders, with the addition of a little linseed or sweet oil; in place of this give flour of mustard. For arsenic, three or four cases are reported as having been cured by doses of magnesia.

*Poison Vine.*—Both men and animals are severely poisoned by a vegetable called the poison vine, or mercury, which runs upon trees, fences, etc. It causes great heat, itching pain, swelling, pain, and inflammation, and gives rise to unpleasant and serious symptoms.

I have found the following an excellent remedy for this kind of poison, both for man and beast:

1. Apply a wash to the parts, made by simmering the bark of elder in buttermilk, every two hours; after which apply a little sweet oil, and then, if practicable, a poultice made of the slippery elm bark; give occasionally a dose of sweet oil.

A horse of mine, a short time since, became so poisoned by this vine that his eyes were entirely closed; this remedy removed the complaint in about twenty-four hours. Elder, brown, and celandine ointments may be applied; also a weak solution of salt and water."

What little experience I have had in cases arising from poison, I have depended chiefly upon my All-Healing Liniment. I gave it internally in large doses, which universally proved satisfactory.

#### SUSPENDED ANIMATION, BY HANGING, DROWNING, SUFFOCATION OR EXPOSURE TO INTENSE COLD.

*Suspended Animation from Freezing.*—A person was senseless and almost lifeless from cold; he was immedi-



ately plunged into a barrel of cold water, up to the neck, then taken out, dried well, and rubbed with flannels; and, although cold (to use the expression of a bystander) as ice, warmth gradually returned; ice formed on the body in scales, as it was drawn from the surface by the cold water. As soon as anything could be introduced internally, cayenne pepper and brandy were given in large quantities. When reaction took place, there was great soreness of flesh, with excessive pain, fever, etc. It was nearly two hours before he recovered.

*Drowning.*—When animation has been suspended by drowning or immersion under water, many of the same means recommended are here proper. The person must be taken to a suitable place, the wet clothes taken off, and the body immediately rubbed dry with warm flannels. The face is to be turned somewhat downward, to give exit to any water that may have been introduced into the lungs; but it should not be rolled over a barrel or roughly handled, as is sometimes practiced. An injection may be given, the feet bathed in warm water, and constant friction kept up for a long time. Bricks and stones may be heated, and covered with cloths wet with vinegar, and applied to the feet, legs and sides; the windows should be open, to admit fresh air. The lungs may also be inflated, by blowing into them with the mouth, or by means of a pair of bellows, while an assistant gently presses the breast up and down in imitation of natural breathing or respiration. When signs of life appear, and the person can swallow, a little lavender compound and spirits of hartshorn may be given.

The means to be used for the recovery of persons suddenly apparently deprived of life, are nearly the same in all cases; such as lightning, poisonous gases, etc., dash



a pail of water on the person, then rub dry with flannel and use friction.

#### HYDROPHOBIA, OR CANINE MADNESS.

*Cause.*—In the human species it is always the result of a specific virus or contagion, derived from the bite of an animal laboring under the disease. The poison appears to be exclusively attached to the saliva, by the fact of the disease being produced by wounds inflicted with the teeth of a rabid animal. It may be communicated by bringing the contagious virus in contact with a wounded surface. The bite of a rabid animal is not always followed by hydrophobia; when the person is bitten through clothes, particularly woollen, the virus is frequently wiped from the teeth before they enter the skin; from this cause we sometimes find only one or two out of a number bitten by the same animal become rabid.

*Symptoms.*—At uncertain periods after the bite a painful tension, redness and heat attack the part bitten, and at the same time darting pains and spasms arise in it; the patient is seized with languor, lassitude, anxiety, frequent sighing, and love of solitude; twitching of the tendons, and horrible dreams torment him. These symptoms continue for some time, and then become worse; a great aversion to, and dread of, any kind of liquid supervenes, inasmuch as the sight of it causes spasms in the throat; a frothy saliva is frequently ejected, and during the paroxysms a desire for biting attends; respiration hurried, gasping convulsions, and death.

*Treatment.*—The wound or bite should be cupped as soon as possible; after which apply the caustic potash until an eschar is formed; then apply a yeast poultice,



and keep up a discharge as long as possible. The patient should now take a strong infusion or decoction of skullcap through the day; mandrake physic once a week. If this does not prevent the disease, and should symptoms of hydrophobia appear, lobelia emetics must be given every other day. Perspiration must be promoted by the steam or vapor bath.

The medicines recommended for preventing the effects of the bite of a mad dog, are chiefly such as promote the different secretions, and anti-spasmodics. A celebrated doctor recommends the following as a preventive, and one which he never knew to fail, having used it in a great many cases :

“Take ash-colored ground liverwort, clean, dried and powdered, half an ounce; of black pepper powdered, one-fourth of an ounce. Mix these well together, and divide the powder into four doses; one of which must be taken every morning, fasting, for four mornings successively, in half a pint of cow's milk, warm.

“After these four doses have been taken, the patient must go into the cold bath, or a cold spring or river, every morning fasting, for a month; he must be dipped all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this he must go in three times a week for a fortnight longer.

“The person must be bled before he begins to use the medicine.”

The following is the famous East India specific. It is esteemed a great anti-spasmodic, and, by many, extolled as an infallible remedy for preventing the effects of the bite of a mad dog:

“Take native and factitious cinnabar of each twenty-



four grains, musk sixteen grains. Let these be made into a fine powder, and taken in a glass of brandy or arrack."

This dose is said to secure the patient for thirty days, at the end of which it must be repeated; but if he has any symptoms of the disease, it must be repeated in three hours.

Camphor may also be given in the following manner: "Take purified nitre, half an ounce; Virginia snake-root in powder, two drachms; camphor, one drachm rub them together in a mortar, and divide the whole into ten doses. Vinegar is likewise of considerable service and should be taken freely, either in the patient's food or drink."

A proper regimen must be observed throughout the whole course. The patient should abstain from flesh, and all salted and high seasoned provisions. He must avoid strong liquors, and live mostly upon a light and rather spare diet. His mind should be kept as easy and cheerful as possible, and all excessive heat and violent passions avoided with the utmost care, as a sudden fright will bring on a fit.

[Under the head of "Recipes," in this book, will be found other remedies for the cure of hydrophobia.]

#### ST. VITUS' DANCE.—(*Chorea Sancti Viti.*)

*Description.*—This singular disease is characterized by a twitching and convulsive action of certain muscles, usually confined to one side of the system; and it affects principally the arm and leg. It is chiefly incident to young persons of both sexes, but particularly to those of a weak constitution, or whose health and vigor have



been impaired by confinement, or by the use of scanty and improper nourishment; and makes its attacks between the ages of ten and fifteen, occurring but seldom after that of puberty. By some physicians it has been considered rather as a paralytic affection than as a convulsive disorder, and has been thought to arise from a relaxation of the muscles, which, being unable to perform their functions in moving the limbs, shake them irregularly by jerks.

*Causes.*—This disease is frequently found among children who are poorly clad, poorly fed, and badly used; and it may arise from various other causes; from morbid condition of the stomach, as teething, worms, acidity in the bowels, offensive smells, violent affections of the mind, as anger, fear, etc. It may arise also from debility, and from extreme irritability, or from any cause which may produce a prostration of the nervous system.

*Symptoms.*—"It is," says Sydenham, "a kind of convulsion which principally attacks children of both sexes, from ten to fourteen years of age. It first shows itself by a lameness, or rather unsteadiness, of one of the legs, which the patient draws after him like an idiot; and afterwards affects the hand on the same side, which, being brought to the breast or any other part, can by no means be held in the same posture for a moment, but is distorted or snatched away by a kind of convulsion into a different posture or place, notwithstanding all possible efforts to the contrary. If a glass of liquor be placed in the hand to drink, before the patient can get it to his mouth he uses a thousand odd gestures, not being able to carry it in a straight line thereto, because his hand is drawn different ways by the convulsions; as soon as it has reached his lips, he throws it suddenly into his mouth



and drinks it very hastily, as if he only meant to divert the spectators."

With these evidences of disturbance of the brain, are usually united very unequivocal marks of a deranged condition of the stomach and bowels. A variable, and often ravenous, appetite, a swelling and hardness, or sometimes flabbiness of the abdomen, with constipation, accompany, in a large proportion of cases, the onset of the disease. In its advanced periods we may observe impaired digestion, a very offensive state of the alvine evacuations, and flaccidity and wasting of the muscles throughout the body.

*Treatment.*—In treating this complaint, I give the Neutralizing Mixture (or Cordial) to keep the bowels regular, and give the Spasmodic Tincture twice, and the Purifying Syrup three times a day. The medicine should be continued from six to nine months, to prevent a return of the disease. This course of treatment, if rigidly followed, will be productive of the happiest results.

#### CHOLERA MORBUS.—(*Cholera Morbus.*)

*Description.*—Cholera morbus is a disease of the stomach and alimentary canal, characterized by vomiting and purging, with severe griping, pain, cramps in the stomach, abdomen, and extremities. It is very prevalent in this climate, particularly during hot weather, and much more so in the East and West Indies.

*Causes.*—The immediate exciting cause of the cholera morbus is, the action and stimulus of an acid secreted in the liver, or formed in the stomach and alimentary canal, and which produces an irritation of the mucous membrane of those parts, the same as many kinds of poison,



and which cause the phenomena of the complaint; and this probably is the nitric or septic acid.

*Treatment.*—I would say, as far as my practice in this complaint is concerned, and I have had a large share of it, I have never yet seen or heard of a single failure of an immediate relief by the use of my All-Healing Liniment, given in doses of from a teaspoonful to two tablespoonfuls, according to age, sex, and condition of the case. I myself always give the Neutralizing Mixture; and for children, I would not dispense with it. But many are the cases that my All-Healing Liniment has cured without the aid of anything else. No family should be without this valuable article.

#### DYSPEPSIA, OR INDIGESTION.

Dyspepsia is a disease which is usually confined to persons between the age of 25 and 45 years. It is arranged by Dr. Thomas in class two of nervous diseases, and order two, defect of vital powers. The nervous system is no doubt affected in this disease, and there is also a defect of vital powers. The same effect takes place in cases of colic, dysentery, diarrhœa, and many other bowel complaints; and a chronic weakness is frequently produced by all bowel complaints. It is a disease generally marked with a chronic weakness, and can therefore be called a chronic disease.

Irregularity, and a sedentary life, uneasiness of mind, grief, intense study, indolence, drinking of spirituous liquors, excess in venery, too frequent use of hot strong tea, tobacco and opium, overloading the stomach with stimulating food, a frequent ejection of saliva, a deficiency in the secretion of bile, much exposure to moist



and cold air, and a want of moderate exercise, give rise to the exciting or proximate cause of this disease.

The symptoms of this disease are numerous and tedious; such as loss of appetite, heart-burn, flatulency, nausea and vomiting, gnawing in the stomach when it is empty, uneasiness, pain in the side and breast, chilliness, pale countenance, languor, lowness of spirits, palpitations, vertigo, disturbed sleep, etc. Habitual costiveness is always, more or less, attended with acid eructations from the stomach, which plainly and pointedly indicate an acid existing in the stomach and intestines to be the true cause of the disease.

If success is to be obtained in the method of cure, it greatly depends upon the patient's resolution and mode of living. Medicine can only afford a temporary relief, without a proper diet and disposition of time. To perform a perfect cure of dyspepsia, it would be necessary to adopt a complete change of living from that in which the disease originated, and by which it is kept up and continued. If the patient has been accustomed to a fashionable life, he must forsake the haunts and habits of dissipation, crowded rooms, where the air is rendered foul and unhealthy by the greatest number of persons inhaling it, shun alluring amusements, and gambling tables, luxurious living, indolence, intemperance, and late hours.

The predominant symptoms of this disease are, pain in the head, with sickness of the stomach, called sick-headache. As the stomach is the seat of the disease, by means of its sympathetic connection with the brain, (and also with every other part of the body,) it causes headache. Acid eructations are also a prevailing symptom, which strongly mark the cause in the stomach,



which has already debilitated its nervous functions, and rendered the digestion of the food difficult and inactive; and, consequently, costiveness is followed by a long train of other difficulties, as before mentioned.

The first step to be taken is to remove costiveness, which is done by some gentle carthartic, such as butter-nut pills, (or females may use the compound pills of as-safœtida) which being accomplished, the acid existing in the stomach must then be neutralized, and nothing is better calculated to do this than the Neutralizing Mixture and the Dyspeptic Bitters, which must be continued for some length of time to keep the stomach entirely free from acid. After the first evacuation by cathartics, they may be joined or added to the alkalies, and given in small doses, so as to obviate costiveness. During the operation of the cathartics, a gruel made of oat meal or corn meal, salted a little, may be taken. The meals should be very light, and of easy digestion. After the bowels are completely evacuated, the nausea removed, and the acid in the stomach corrected and destroyed, the chronic debility remains to be remedied, and strength to be restored, which are effected by a course of tonics.

The use of tonics must first be commenced in small doses, to be increased as the stomach will admit of. There are a variety of tonics which will prove serviceable in this disease. But as a vegetable tonic, I would recommend the use of the *eupatorium perfoliatum* of Linnæus. It is a plant which has long been familiarly known by the name of thoroughwort, crosswort, thoroughstem, boneset, Indian sage, etc., etc., and it may be found in most of the marshy grounds in the United States. It is a plant which has long been used by the Indians as an emetic, from which it received the name of vegetable



antimony. It was used by them also to cure fever and ague, and other diseases of debility, with much success.

I would advise the leaves in substance pulverized, or the tincture of the leaves and flowers in proof spirits, as the best tonic preparation to be used in cases of dyspepsia. The pulverized leaves may be used in cases of dyspepsia, in doses of from ten to twenty grains every four hours, and the tincture may be used by first taking one teaspoonful, and then increasing the dose to two or three teaspoonfuls every four hours, as the stomach will admit without creating nausea and vomiting.

During the use of the tonic, the alkaline remedies should not be omitted or forgotten. They should be given through the whole course of the cure, not only at the commencement, for the purpose of neutralizing or destroying the acid then existing in the stomach and intestines, but also for the purpose of destroying this acid, as it may collect during the course of the cure. Particular attention should be paid to this part of the treatment, as the effect of other means depends upon the removal and prevention of the presence of that substance, which becomes the aggravating cause of the disease. It will also be necessary that the patient bear it in mind to prevent costiveness, which may be prevented by the use of one butternut pill, every other night, at bed-time.

It must not be expected that indigestion, a disease, perhaps of some months or years standing, without any thing more than a little temporary relief, can be completely removed in a few days; and invalids must not become impatient, if, after a short trial of the remedies advised, a cure is not performed. If they will, with confidence, steadily and patiently persevere, and submit to a proper course, they may depend upon their hopes not



being disappointed, in realizing perfect and substantial health. The desirable change which must take place, cannot be effected in a few days—it must be done slowly. The stomach resumes its former tone gradually only, and gradual must be the means applied to effect a cure. The length of time will vary in different persons, in proportion to the violence of the disease; and it will greatly depend upon the faithful attention with which the patient follows the particular advice given.

I shall now endeavor to point out the course of living which should be adopted, in the cure of this disease; and without a particular and rigid attention to the same, all medicines will prove but a temporary relief.

Some persons are fortunate enough to find out what course of living in life is most conducive to health and old age, and abide by it; but others, although they have sense enough to find out this method, have not sufficient reason and resolution to abide by it; and these are generally the subjects afflicted with the pangs and tortures of dyspepsia. To those who wish to recover from this disease, and are under the influence of medical aid for this purpose, the following mode of diet is offered:

Bread is a principal part of our food, and is an important article to effect or to prevent a cure of this complaint. It should be light, and made of flour not bolted, and never used while warm, or eaten before it is twelve hours old. If corn bread be used, it should be baked thin and crisp and eaten cold. Hot corn bread is poison to a dyspeptic person, as is also hot bread or cakes of any kind. However palatable this substance is, it proves highly injurious to the stomach, and prevents it acquiring tone, more than almost any other article of our diet. During the years of youth, when the natural vigor of diges-



tion is constantly receiving additions to its strength, hot provisions are used without much apparent inconvenience or injury to the stomach; but with the dyspeptic person, a cure cannot be obtained or expected so long as he indulges himself in the use of this article of diet.

The article of bread, therefore, should be at least twelve hours old, and crackers, biscuit, or boiled rice, may be substituted for a change in this part of the diet.

That kind of animal food which proves the easiest of digestion, and which perfectly agrees with the patient's stomach, must be chosen, and all the contrary wholly avoided.

Let it be understood that a proper method of cooking the provisions of a dyspeptic patient will much contribute to his speedy recovery, and will also prove, in a measure, the means of preventing a return of the disease. It is essential that all articles of diet should be prepared with the utmost simplicity. The gastric juice of a weak stomach will digest with much difficulty a dinner composed of a large quantity of dishes. It would be a duty imposed on it which it is totally unable to perform. The dinner, therefore, should consist of one dish of flesh, or fish, only, and one or two dishes of vegetables, with bread at least twelve hours old, made of coarse flour. Two dishes of meat at the same meal may create a disturbance in the weak stomach, as they are not so easily dissolved by the gastric juice, as one only; and the same rule will apply to the vegetable diet, as we daily see a difference in the agreement of one or more vegetables with a weak stomach. The patient may change his diet every meal if he pleases, and go through the whole routine of animal and vegetable diet, but let him not make a variety shop or a fly market of his stomach at every meal.



Let me conclude by saying that whatever be the plain diet to be used, let it be of the very best quality the market affords. Let not the potatoes be frozen and watery, or the butter old and rancid. Fresh butter will prove an innocent and nutritious article of diet, while rancid and strong butter would prove sufficient to occasion a dysentery or cholera-morbus. Fat gravy should be avoided, and the juice of the meat only substituted. Vinegar and pickles of all kinds will prove injurious, but moderate quantities of mustard and horse-radish may be eaten to advantage.

Let the invalid observe one caution, to take the utmost pains in masticating his food at all times, and never be in a hurry at his meals. When horse-radish and vegetables of the like kind are used, they should be finely scraped or grated in small or fine particles.

These observations should be attended to in all complaints of the bowels.

#### WATER BRASH.—(*Pyrosis*.)

This disease is known by a burning pain in the stomach, attended with copious eructations, generally of a watery and insipid fluid.

Whatever deranges the functions of the stomach or the surrounding viscera, may give rise to the water brash; as indigestion, acidity, etc.

The fits of pyrosis usually come on in the morning and forenoon when the stomach is empty; and the first symptom which the patient perceives is a pain at the pit of the stomach, with a sense of constriction, as if it was drawn toward the back, and this is usually much increased by an erect posture. The pain, after proving



severe, and continuing for some time, is followed by eructations and the discharge of a considerable quantity of thin, watery fluid, sometimes of an acid taste, but often quite insipid. In some instances, however, it is very ropy, and of an appearance somewhat similar to the white of an egg. On a frequent repetition of the eructations and discharge, the fit at length goes off. This disease rarely proves fatal, but is often tedious and troublesome to remove, being apt to recur occasionally a long time after it has once taken place.

*Treatment.*—The patient may commence by taking two or three of the anti-bilious pills, night and morning. Also, elixir salutis, or compound tincture of senna, tincture of the balsam of tolu, half an ounce; mix. Dose, a tablespoonful, to be taken every morning, fasting. It creates a healthy action of the stomach, and thus soon mitigates the symptoms of the complaint. The neutralizing cordial and tonic wine tincture are both good in this complaint; and after the symptoms have been allayed, the tonic wine may be used for some time to a return. Great attention must be paid to the diet; nothing greasy or acrid should be taken; only such articles as are easy of digestion.

#### CONVULSIONS OR FITS.—(*Spasmi.*)

*Description.*—The term convulsion is usually applied to all kinds of spasmodic affections, such as hysteria, epilepsy, etc. In treating of the complaint, I have in view fits or convulsions which often occur in children, and sometimes in adults, and which assume no specific character; frequently they proceed from the eruption in small-pox being retained or suddenly receding, or from teething, pregnancy, etc.



*Causes.*—Fits in children and others usually proceed from acrid matter in the stomach and intestines, such as various kinds of poison, or from flatulence, teething, worms, recession of some kinds of rash, or the retreating of an eruptive disease, such as scarlatina, small-pox; sudden emotions of the mind, as fear, anger, etc.

*Symptoms.*—Previous to an attack of convulsions in men or children, there is often great debility, with an unnatural appearance of the eyes and countenance. At other times there is a hasty accession of the complaint; the patient is suddenly seized with a spasmodic affection of the face, body, and whole extremities; trembles and shakes violently, and unexpectedly falls down, and remains senseless for a longer or shorter period; with involuntary twitchings of the muscles or tendons; the teeth clinched; and a discharge of saliva from the mouth; pupils of the eye contracted, etc.

*Treatment.*—Where the attack is sudden or violent, put the patient in a warm bath; but as considerable time elapses before this can be prepared, the feet must be immersed in warm water, and the region of the stomach bathed with capsicum and spirits, simmered a few minutes together. If there is time, an injection or clyster may be given. It is difficult to introduce any medicine during the paroxysm; but, after it is over, means must be used to prevent their recurrence. If the disease appears to exist from acrid or foul matter in the stomach, give an emetic, and afterward a dose of senna and manna. A decoction of common mullein is said to be an excellent remedy for convulsions in children. If they appear to proceed from worms, give medicines to expel them.

Should fits arise from a recession of rash, or from the invasion of some eruptive disease, excite perspiration to



aid their reappearance. A little salt and water will afford immediate relief and shorten the fit.

When they arise without any apparent cause, and occur at different intervals, they must be treated by giving emetics and tonics; in other respects, treated the same as epilepsy. When other means fail, give the tincture of stramonium and henbane. In one very severe case, where the infant had several hundred fits, the tincture of opium cured it; the dose was gradually increased.—Dr. BEACH.

VENEREAL DISEASE.—(*Lues Venerea*.—*Syphilis*.)

*Description*.—This is a most loathsome affection, which extends to every part of the system, and is occasioned by a specific poison, conveyed by contagion or actual contact.

*Causes*.—The venereal disease is supposed to arise from a specific morbid poison, which, when applied to the human body, has the power of propagating or multiplying itself, and is capable of acting both locally and constitutionally.

Dr. Steward supposes that this disease originated in the camp of Israel, as may be inferred by reading the fifth chapter of Numbers. No doubt it was first inflicted upon mankind as a curse, in consequence of departing from moral rectitude, or the law of God.

*Gonorrhœa*.—*Symptoms*.—Gonorrhœa is a discharge, resembling pus or matter, from the urethra, with heat of urine, etc., after impure coition, to which often succeeds a discharge of mucus from the urethra called a gleet, and which commences a few days after exposure. It begins with an uneasiness about the parts of generation, such as an itching in the glans penis, and a soreness and



tingling sensation along the whole course of the urethra; soon after which the person perceives an appearance of whitish matter at its orifice, and also some degree of pungency upon making water.

In the course of a few days the discharge of matter will increase considerably; will assume, most probably, a greenish or yellowish hue, and will become thinner and lose its adhesiveness; the parts will also be occupied with some degree of redness and inflammation; the stream of urine will be smaller than usual, owing to the canal being made narrower by the inflamed state of the internal membrane, and a considerable degree of pain and scalding heat will be experienced on every attempt to make water.

Where the inflammation prevails in a very high degree, it prevents the extension of the urethra, on the taking place of any erection, so that the penis is, at that time, curved downward, with great pain, which is much increased if attempted to be raised; (this is called *chor-dee*;) and the stimulus occasions it often to be erected, particularly when the patient is warm in bed, and so deprives him of sleep, producing, in some cases, an involuntary emission of semen.

*Chancre*.—From absorption of the venereal poison, little eruptions, scabs, and ulcers, arise on different parts of the head of the penis. It usually begins with an itching in the part. A small pimple, full of matter, generally arises, without much hardness or apparent inflammation or swelling. The itching is gradually changed into pain, and is converted into an ulcer. Its base is hard, and the edges a little prominent. When it begins on the frænum, or near it, that part is very commonly destroyed, or a hole is made in it by ulceration. When



the disease is more advanced, inflammation is liable to take place.

*Bubo.*—When the venereal poison takes its natural course, it becomes absorbed, and usually affects the glands of the groin. This complaint comes on with a pain in the groin, accompanied with some degree of hardness and swelling, and is at first about the size of a kidney bean; but, continuing to increase, it at length becomes as large as an egg, occasions the person to experience some difficulty in walking, and is attended with a pulsation and throbbing in the tumor, and a great redness of the skin. In some cases, the suppuration is quickly completed; in others, it goes on very slow; and in others, again, the inflammatory appearances go off without any formation of pus.

*Secondary Symptoms.*—Sometimes, from improper treatment or other causes, the venereal poison is taken up into the circulation, and the whole system becomes diseased. The skin, mouth, throat, tongue, nose, tonsils, palate, eyes, and head become very much diseased. Ulcers are formed, which discharge acrid, foetid matter, which is peculiarly loathsome. The matter sometimes falls on deep-seated parts, such as the tendons, ligaments, and periosteum, and occasions hard, painful swellings to arise, known by the name of nodes.

When the disease is suffered to proceed, and is not counteracted by the proper remedies, the patient will, in course of time, be afflicted with severe pains, but more particularly in the night-time; his countenance will become sallow; his hair fall off; lose his appetite, strength, and flesh; rest much disturbed by night, and a small fever of a hectic kind will arise. The ulcers in the mouth and throat being likewise suffered to spread, and



to occasion a caries of the bones of the palate, an opening will be made from the mouth to the nose; and the cartilages and bones of the nose being at length corroded away, this will sink to a level with the face; all which render the wretched patient an object of disgust and severe suffering, and which not unfrequently prove fatal.

Females who labor under this disease during pregnancy, communicate the poison to the child in the womb, which sometimes destroys it before it is born; at other times its effects are seen afterwards, and the poor innocent offspring must suffer for the crimes of its parent. What a curse is annexed to a promiscuous intercourse of the sexes; and yet there are some who advocate the practice, under the sanction of religion—yea, the highest holiness.

*Treatment.*—Mercury is now almost exclusively relied upon in some form for the cure of this disease, and yet I have to learn that it possesses any specific virtue in removing it. In the reliance of physicians upon this poison, they betray their prejudice, error, and ignorance, as long experience and facts demonstrate.

Setting aside the unpleasant and injurious effects to which mercury subjects the venereal patient, there are other considerations of paramount importance for entirely dispensing with it; which is principally the fact, that no preparation of mercury whatever, according to the experience and observation that I have had, (and it has not been very limited,) has any power, directly or indirectly, of curing the disease in any stage of it; but, on the contrary, often exasperates, protracts the cure, and brings on the mercurial disease, which is much worse than any form of syphilis. It is frequently itself a source of cutaneous diseases, sore throats, and symptoms, which, without its baneful influence, would never have occurred.



*Treatment of Gonorrhœa.*—Having shown the inutility, and, in some degree, the injury, of mercury, or the common practice, in the venereal disease, I shall now lay down such a course of treatment as I have found speedily to remove the disease; and, in justice to the efforts of nature, I must add, that gonorrhœa, as well as other venereal affections, are sometimes spontaneously cured, and very generally by a simple and mild treatment, such as cleanliness, simple dressing, diet, and regulation of the secretions. At the same time, by the use of more active means, the disorder may be sooner eradicated.

The first medicine to be administered in this state of the disease is, the diuretic drops; this soon allays the irritation, scalding of the urine, etc. After the inflammatory symptoms have subsided, should there remain any gleet, some stimulating injection may be used; for example, take ten grains of white vitriol, pulverized; twenty grains of borax, pulverized; a teaspoonful of elm bark, pulverized: add half a pint of warm water, and inject two or three times a day. If this does not remove it, take cubebs, pulverized, one ounce; best Holland gin, one pint; spearmint, one ounce: mix, and let it stand to digest; then take balsam of copaiva, two ounces; oil of wintergreen, one drachm: mix each of the above preparations, and give two teaspoonsful, clear, three times a day, at bed-time in particular. Also, inject a weak solution of sal soda two or three times a day. Dr. Snow, of Boston, who has had much experience in this complaint, makes use of the latter preparations. As a general rule, give the compound powder of mandrake twice a week: avoid all stimulants in eating and drinking. Should the skin of the prepuce retract, and become inflamed and swollen, an elm poultice may be ap-



plied, and also the brown ointment. Local and general bathing is very useful. If chordee attend the complaint, take an anodyne at bed-time. After this, if there still be a gleet, inject twice a day with the following: Nitrate of silver, eight grains; water, two ounces: mix. Gradually increase the strength.

*Treatment of Chancre.*—The treatment of chancre must be very similar to that of an ordinary ulcer. The inflammation must first be reduced, by applying the elm bark poultice; also the brown ointment on a pledget of lint. When the inflammation has subsided, apply the black salve; if the ulcer does not heal under this dressing, let it be sprinkled with the powdered blood-root, daily; and subsequently, if it does not heal, with caustic. No irritation is excited by these powders; but they change the character of the sore usually in twenty-four hours, causing it rapidly to heal. Every time the sore is dressed, it should be well cleansed with a mixture of castile soap, soft water, and spirits; any collection of matter in the contiguous parts must be removed with the same.

I formerly made use of a wash, prepared by adding ten grains of corrosive sublimate to ten ounces of borax or lime water. I attended a female nearly destroyed by a venereal ulcer, which this, applied on lint, cured in three weeks. But instead of this mineral preparation (called the yellow wash), I now use to better effect the vegetable caustic.

Chancres are often attended with that stage of the disease called phymosis, or paraphymosis, which renders it difficult to make any applications to the ulcers. When this occurs, poultices, cooling lotions, and other means must be applied to remove the inflammation, before any thing can be done to the chancres. Sometimes it is ne-



cessary to apply them a number of days before the swelling subsides; but there is no necessity of dividing the prepuce, as surgeons recommend, as it only requires a little time to accomplish that for which the operation is recommended. In addition to these local applications, it will be necessary to attend to the constitution. The mandrake must be given as a purgative; and the alterative syrup may be freely taken, with the addition of hydrodate of potash, in the proportion of half an ounce to a porter bottleful of the syrup.

*Treatment of Bubo.*—When the poison becomes absorbed, and affects the inguinal glands, particularly as before stated, it is termed a bubo, and our first object should be to discuss or disperse it; to effect which apply the discutient ointment three or four times a day, rubbing it in well before the fire; after which a poultice may be made, by simmering the cicuta leaves in water, and, when soft, the slippery elm bark to be stirred in, to form a poultice; it may be used constantly, but night is the most convenient time. The patient should be pretty freely purged. Should this attempt to discuss the venereal tumor of bubo fail, and should the swelling and inflammation increase, suppuration will probably succeed, which must be promoted, by applying the following poultice: Take the root of wild carrot, (*daucus sylvestris*,) bruise, and simmer in milk; then stir in the elm bark, or our common poultice may be applied to the part, to be secured by proper bandages.

When symptoms of suppuration appear, which will be known by the subsidence of pain and inflammation, with softness and fluctuation of the bubo, a small opening may be made to let out the matter; or it may be left a short time, to open spontaneously. After it has dis-



charged freely, the poultice may be laid aside, and the black plaster or salve substituted. It should be washed with a little soap water and spirits, and, if it does not heal kindly, treated as any other ulcer. See Ulcers.

*Constitutional Affections.—Lues Venerea.*—If, from neglect, improper treatment, peculiar temperament, or any other cause, the venereal poison is suffered to be absorbed and taken into the circulating mass, and thus contaminate and affect the whole system, our treatment must be varied, and adapted to this melancholy stage of the complaint.

Mercury is given in this as well as other stages of the disease, but it does not cure it. The investigations made in the military hospitals of Europe, and in the hospital at Hamburg, by Dr. Trecke, show conclusively that secondary symptoms can be cured without mercury much better than with it; the experiments were made on five thousand cases, and those who took no mercury did the best. In the treatment of this form of the disease, the object should be to eradicate the poison from the system, which must be by the excretions of the system. The patient may take the mandrake physic once or twice a week; and the alterative syrup, with the potash, as in bubo.—Dr. BEACH.

I use the Purifying Syrup in preference.

*Scirrhus of the Testicles.—Symptoms.*—An enlargement is first observed in the body of the testicle, which becomes preternaturally hard, and gradually increases in size. An acute, intermitting, lancinating pain ensues; the color of the integuments becomes livid; the surface assumes an irregular, knotty appearance; and often adhesion of the skin takes place; ulceration supervenes; the edges of the ulcer become livid, sore, hard and re-



torted; fungus excrescences sprout forth; and, if timely means are not employed to prevent the extension of the disease, the spermatic cord partakes of the affection, becoming hard and knotty. Emaciation and hectic fever ensues.

*Treatment.*—It is recommended to remove the testicle; but this operation, I believe, is never attended with any success. Sir Astley Cooper, when speaking of this disease, thus remarked: “The operation of castration for this disease is, however, extremely unsuccessful, for it rarely happens that the complaint does not return after the removal of the scirrhus testicle.” The same course must be pursued for scirrhus of the testicle as for scirrhus of any other part.—DR. BEACH.

*Inflammation of the Testicles.—Symptoms.*—Pain and enlargement of the affected testicle; shooting pains along the course of the spermatic cord. The body of the testicle next becomes affected; it swells, appears hard and painful; the scrotum becomes much enlarged and inflamed; there is a distressing pain in the loins; the system at length becomes affected with fever, quick, hard pulse, nausea and vomiting.

*Causes.*—Inflammation of the testicle may be induced by any of the common causes of inflammation, but is most frequently produced by irritation of the urethra, the matter of gonorrhœa, the improper use of injections, or incautious introduction of a bougie. It often follows a suppression of the gonorrhœal discharge from cold; sitting on wet grass is a frequent cause.

*Treatment.*—The patient should be put upon a spare regimen, remain in a recumbent posture, with the part suspended by means of the bag-truss, employed for irreducible hernia. If the inflammatory symptoms run



high, subdue them by the ordinary means; by fomentations, refrigerant washes, poultices, etc.

The treatment laid down for inflammation in general, must be applied in this disease. Suppuration must be prevented, if possible, by the use of discutient applications.

The testicle must be bathed two or three times a day with the stramonium ointment; and, after a short time, let it be changed for the discutient and bittersweet ointments. It should be fomented or steamed over bitter herbs once a day, and continued as long as there is any pain, swelling or inflammation. A plaster may be applied.

Should the disease still progress, and threaten to suppurate, apply a stramonium poultice. Simmer the plant in water till it is soft, then stir in a little of the slippery elm bark, sufficient to make it of a proper consistence. This should be applied to the testicle, and kept on by a proper bandage. After suppuration has taken place, or an abscess formed and the matter evacuated, the orifice or orifices must be kept open, by means of tents. Injections must be used the same as for any sinous ulcer. In general, I use the alkaline liquid, made strong enough to excite considerable pain for a few minutes; the black plaster or salve to be applied as usual. A purgative should be given once or twice a week, and the general health renovated by the exhibition of alterative medicines.

In this manner I have cured some of the worst diseases of inflamed and diseased testicles, where other surgeons have been unable to succeed, and where castration has been proposed as the only alternative.—DR. BEACH.

I once cured a very bad case of this complaint, that



had been of many years standing. It had become very large and painful. The man had consulted with different physicians, who advised him to have the diseased testicle removed, which operation the man declined. He had me to examine it. I advised him not to risk that dangerous operation, but first to make a thorough trial to remove the tumor without. He had me try it, and it was a happy result for him; for in a few months I had the man well, and he has been well ever since. That has been some six or eight years since.

I punctured the tumor, and after the water was diminished, I injected a decoction of yellow oak bark (black oak), by adding a little alum dissolved in the decoction; then bathed the entire testicle with my All-Healing Liniment, and applied a poultice made of the bark of sumach root, mashed fine, and gum myrrh, pulverized and boiled in sweet milk. The poultice was often renewed through the day, and each time the ulcer was thoroughly bathed with my All-Healing Liniment, before applying the poultice. I gave at the same time the Mandrake Pills, made of equal parts, of mandrake, pulverized, jalap and cayenne, and added a mucilage to form into pills. Every day, after the first week, I used the Healing and Strengthening Plaster at night, and the liniment and poultice through the day. The swelling, which at first was considerable, under this treatment soon subsided, and in a few months the patient got well. After the first week, I gave him the Purifying Syrup, by adding half an ounce of hydrodate of potash to the quart. If the scrotum has become very much enlarged, it should be punctured before the above treatment.



FELON, OR WHITLOW.—(*Paronychia*.)

A whitlow is an inflammation of the fingers, thumb or hand, exceedingly painful, and very much disposed to suppurate. The toes are also sometimes the seat of the disease.

The pain commences deep, with pricking, throbbing, swelling and inflammation. It proceeds very slowly to suppuration, and often affects the bone and sinews.

*Treatment.*—It is customary, in treating felons, to make a deep incision, even down to the bone; but I have found this practice, in most cases, to make the complaint worse, as much pain and inflammation follow. Some apply blisters, which also prove injurious, while others recommend a bread and milk poultice, most of which treatment I have found to be useless and injurious.

In treating this complaint successfully, our object should be, if possible, to remove it by resolution, or without the formation of pus or matter; and, if we are not able to accomplish this, to make use of such applications as will favor suppuration, and none will be found so good as the All-Healing and Strengthening Plaster, and my All-Healing Liniment. Nothing will compare with these, and all who once try them will always speak in their favor. The liniment will penetrate to the bone, and bring on a healthy action, and prevent the bone from being affected, and save the finger or hand; the plaster will keep it soft and mild, and prevent a great deal of suffering; at the same time it possesses a greater healing quality than anything that can be tried. These two articles alone are a host in every variety of sores, swellings, bruises, sprains, weak-back, rheumatism, scalds,



burns, and for everything that needs healing, or easing pain; with these two articles, a man may heal as many invalids or wounded, as Samson slew with the jaw-bone of an ass.

INFLAMMATION OF THE STOMACH.—(*Gastritis*.)

*Description*.—This is an inflammation of the coat or coats of the stomach, characterized by fever, great anxiety, heat, pain over the region of the organ, increased when anything is taken into the stomach; hiccough, pulse small and hard, and great debility.

*Causes*.—Inflammation of the stomach is produced by acrid substances taken into the stomach, such as arsenic, antimony, mercury, etc. Likewise, by food or drink of an improper kind; drinking cold liquor when the body is heated. It may be brought on by inflammation of some of the neighboring parts attacking the stomach, or a sudden check of perspiration from any cause.

*Symptoms*.—Burning heat, pain, and swelling, particularly after any liquor has been swallowed, hiccough, cold extremities, hard, quick, and tense pulse, pain, which is produced by pressure. There is also great thirst; when anything is ate or drank, it produces great difficulty of breathing and swallowing; sometimes syncope and fits will ensue. There is restlessness, with continual tossing of the body, and great prostration of strength.

*Treatment*.—There is nothing that will give as quick relief as an emetic. Give emetic No. 2, and then sweat freely, and take from a teaspoonful to a tablespoonful of my All-Healing Liniment, which will give immediate relief. When the Liniment can not be had, administer the compound tincture of myrrh in its stead. Physic



should also be given. Bathe the stomach thoroughly with the Liniment, and bathe the feet in weak ley water, as warm as can be borne.

*Regimen.*—The food must be light, thin, cool, and easy of digestion, and taken in small quantities. The food should not be cold or hot. Indian gruel is very excellent.

GIDDINESS.—(*Vertigo*.)

*Description.*—Vertigo or dizziness is generally symptomatic of some other complaint, such as dyspepsia and hypochondria; or it may be a premonitory symptom of apoplexy, or over-determination of blood to the head.

The patient is suddenly seized with a sense of swimming in the head; everything appears to him to turn round; he staggers, and is in danger of falling down. This complaint is attended with very little danger where it arises from hysterics, or any nervous disorder; but when it arises from plethora, or an unnatural quantity of blood in the head, there is danger of apoplexy.

This complaint often proceeds from difficult or obstructed menstruation.

It will be necessary first to ascertain the cause of the complaint. If it is symptomatic of some other disorder, that must first be removed in order to cure it; but if it be a primary affection, or be apparently seated in the head or stomach, a purgative should be occasionally used, and the feet bathed. If this does not remove it, administer an emetic, and use the tonic wine tincture.

DELIRIUM TREMENS.—(*Mania a Potu*.)

*Description.*—This is a disease which, in this day, occurs among those who are addicted to an excessive use



of ardent spirits, and such as indulge in the use of opium and other narcotic substances. It is characterized by most of the ordinary signs of insanity. This disease is called, by some, the brain fever of drunkards.

*Causes.*—It is difficult to state with certainty what the proximate cause of this complaint may be. Dr. Coates, who wrote a treatise on it, says that “the disease is the result, not of the application, but of the sudden intermission of the use of these articles.” But it appears to arise from excessive stimulus of the stomach and brain, in which organs the complaint is seated.

*Symptoms.*—It commences with nausea, vomiting, or belching of wind, and sometimes after a sudden disuse, it is said, of stimuli, and in subjects addicted to the use of spirits to excess, without becoming habitually drunk. The complaint seems to come on gradually, and it is several days before it arrives at its greatest degree of violence. There is great wakefulness, walking to and fro, or raving, and the patient seems to be in the greatest agitation and distress of mind. He is very apt to imagine that there are evil spirits continually before him, or haunting him. “This disease,” says Thatcher, “is always attended by febrile symptoms; and it is one of its peculiarities that the mind is continually haunted with the idea that they are infested by snakes and insects. I have frequently seen patients,” says he, “weary in attempting to catch snakes, which they imagined were curling about them under their clothes.” The countenance assumes a peculiar appearance, expressive of anxiety, alarm, and suspicion. The patient becomes irritable, talkative, and often cries out for assistance. He becomes boisterous and raving, being continually tormented with the idea that some one is about to rob or destroy him.



The system is usually more or less disordered during the complaint. There is costiveness, loathing of food, etc. Delirium tremens usually runs its course in four or five days, and often terminates in a fit of epilepsy; at other times, where it is properly treated, the patient recovers.

*Treatment.*—The first object in this complaint will be to allay the paroxysm, and to calm and support the nervous system, and afterward, by a proper course of treatment, to prevent a return of the complaint. For this purpose brandy or spirits may be given, which usually affords immediate relief. Should there be a determination of blood to the head, which may be known by a redness of countenance, a fulness and beating of the carotid arteries, heart, etc, the first object will be to equalize the circulation by recalling the blood to the surface and extremities. Give a teaspoonful of the antispasmodic tincture every half hour till three or four doses are given; then give twenty or twenty-five drops of the tincture of fox-glove, every four hours. If the patient, however, can be prevailed upon, commence the treatment by first giving an emetic, then pursue the treatment as indicated above. As soon as the patient is rational, administer a brisk physic; after which give the purifying syrup.

#### HYSTERICIS.—(*Hysteria.*)

*Description.*—Hysteria or hysterics is characterized by a grumbling noise in the bowels, followed by a ball ascending to the throat, attended with a sense of suffocation, stupor, insensibility, convulsions, laughing and crying without visible cause, sleep interrupted by sighing and groaning, attended with flatulence.



However dreadful and alarming a hysteric fit may appear, still it is seldom accompanied with danger; and the disease never terminates fatally, unless it changes into epilepsy or mania, or the patient is in a very weak and reduced state.

*Treatment.*—In the cure of hysteria, two indications are to be attended to.

The first is, to allay the spasmodic symptoms, which constitute the fit.

The second, to lessen the excitability of the nervous system, and strengthen the whole frame during the intermission of the paroxysms.

During a fit the patient's dress should be loosened, so that the circulation and respiration may be embarrassed as little as possible; cold water should be sprinkled or rather dashed over the face, the body laid in a recumbent position, with the head elevated, and a current of air admitted into the apartment. The attendants may be employed in rubbing the temples, abdomen and extremities. It is usual for five or six persons to clinch the patient during a hysteric fit, and confine her to the bed, or in a certain position; but this practice should be avoided. It is best to use only force sufficient to keep the patient from injuring herself or her attendants. When she suddenly rises and springs from the bed, allow as much latitude, liberty, and motion to the body and limbs as possible. If the patient shows a disposition to roll upon the floor, to use the language of the late Professor Smith, of New Haven, "let her roll."

When called to treat the disease during the paroxysm, the first object will be to suspend or shorten it. To this end, such measures must be adopted as have a tendency to divert the blood from the centre of the circulating



system toward the extremities; in other words, to *equalize* the *circulation* and nervous excitement. It will; therefore, be of the first and greatest consequence to immerse the feet and legs in very warm water. If the patient can swallow, give an emetic; in the next place, administer the expectorant tincture, which removes the rising in the throat, sense of suffocation, and the phlegm or mucus collected upon the stomach, while at the same time it throws the blood to the surface and extremities, and makes such an impression upon the brain and nervous system, that the paroxysm is often cut short by a single dose, even under the influence of spasms. Where the teeth are tightly clinched, a small quantity of the Expectorant Tincture may be introduced into the mouth between the teeth, which will relax the muscles, cause the patient to open her mouth, and enable her to swallow. Should it, from any cause, be impracticable to administer medicine, the following injection may be given: Take a strong infusion of catnip or other herb tea, one pint; milk, half a pint; sweet or olive oil, one gill; molasses, one gill; laudanum, a small teaspoonful; fine salt, a small teaspoonful; mix. Let the whole be, if possible, introduced at a time, bloodwarm, with a French syringe. This alone rarely fails to moderate the symptoms very speedily, and induce a complete intermission of the spasmodic action. It will also be necessary to apply to the abdomen fomentations of hops, wormwood and tanzy, equal parts, boiled in vinegar and water, to be renewed as often as the fomentation becomes cold. This course will soon bring about an intermission of the hysteric fit.

Should the above, however, fail, give the Anodyne Powders. This is infallible under all circumstances and in all cases. I have prescribed it where a number have



attended the person, under the influence of hysteric fits, for a whole day, and in an hour or two the patient was free from pain, and convalescent. I have now spoken of the treatment of hysteria during a paroxysm; and having suspended it, our next object will be to prevent a recurrence, to which the patient is very liable; and this must be effected by restoring the tone of the system. We may commence by giving a moderate cathartic, as this will cleanse the stomach and bowels, and prepare the way for other medicines. After the operation of it, an aperient pill must be taken, to regulate the bowels, which, in this complaint, are habitually constipated; for this purpose I give the anti-dyspeptic pill. Two or three should be taken at bed-time, in a little currant jelly or roasted apple, to be continued until the bowels become regular. This is very necessary, as the disease is often induced by an inactive or torpid state of them, causing foetid gases and feculent matter to accumulate in the intestines. During the day the patient should take from half a wine glass to a wine glassful of the Restorative Cordial or Bitters. This preparation invariably improves the condition of the patient; it creates an appetite, gives tone and energy to the nervous system, and prevents a recurrence of the hysteric paroxysm.

Where we wish to effect a radical cure, a mild emetic may be given once a week. It is only necessary to excite gentle vomiting, which contributes much toward the cure by imparting tone and energy to the stomach and nerves.

With me, the above treatment has uniformly and invariably been successful. I have been called to the patient when she has been nearly destroyed by the lancet—a succession of paroxysms immediately attending its



use—irritable, delirious and extremely feeble; the countenance almost as white as marble; and, by discontinuing such practice, and substituting the course here recommended, a remission of all the hysteric and nervous symptoms have followed, with convalescence and recovery.—DR. BEACH.

I have always found that in this complaint there was great debility, and I have never discovered anything better calculated to impart tone and vigor to the system, than the Nervous Pills, Anti-Spasmodic Tincture, and the Purifying Syrup; to the syrup the hydrodate of potash should always be added.

There is no disorder that requires more care and attention, as regards diet, soothing treatment, etc. Let the diet be light and nourishing. No unkind or censorious language should be used toward the patient.

## WOUNDS.

Under this head, Dr. Beach, in his "Family Physician," thus remarks upon gun-shot wounds, poisoned wounds, etc.:

*Gun-Shot Wounds.*—When the ball, or any other foreign matter introduced into the wound, is not carried through, but remains, it ought to be removed, if this can be done without any serious cutting or searching; for such extraneous substances often acquire a fibrous cyst, and cause no disagreeable symptoms. The finger is the best probe for detecting the ball or other foreign body; and when farther search is requisite to find it, the nature of the tissues concerned ought to be carefully considered, since the direction of its course is much affected by those of dense and unyielding structure, as the bones, muscles,



and even the skin. The velocity of the ball, and the position of the body when it entered, ought also to be taken into account. The forceps is the best instrument to extract it, when this step is practicable.

It is recommended to dilate all gun-shot wounds; but this practice is attended with very little benefit; on the contrary, with much mischief, except the ball is within reach, and it becomes necessary to remove it.

If there is much pain, swelling, or inflammation, apply a ley poultice.

*Poisoned Wounds.—Of the Bite of the Rattle-snake.*—Nausea; a full, strong, agitated pulse; swelling of the whole body; the eyes much diffused with blood; sometimes copious bloody sweats; fainting; and often hemorrhages from the eyes, nose, and ears. The teeth chatter, and the pains and groans of the sufferer indicate his approaching dissolution.

*Treatment.—Indications of Cure.*—1. To prevent the absorption of the poison.

2. To counteract its destructive effects when already introduced into the system.

1st. When a person has been bitten by any kind of a snake that is poisonous, as a rattle-snake or adder, a cup should be applied to the part as soon as possible; after it has drawn awhile, use the scarificators, apply the cups again, and thus extract as much fluid as the circumstance will admit.

The efficacy of cupping in poisoned wounds has been well tested in experiments made upon animals which had been bitten; it has proved that those to which the cups were applied experienced no bad effect of the poison, while the others soon died. This operation prevents the absorption of the poison.



2d. As soon as the wound has been cupped, apply the vegetable caustic, to be repeated twice a day.

3rd. Make a strong decoction of the common plantain, and wash the wound with it; keep it wet also with salt and water; after which mix it with the slippery elm bark, add freely of sweet oil, and apply it constantly, or as long as there is any swelling or inflammation. This has proved very effectual in poisoned wounds. The plantain has been found a certain antidote against the bites of different animals. Salt is also very good.

I have read an account of a battle fought between a toad and a snake, in which the former, whenever he was bitten, repaired immediately to a little distance and ate the leaves of the plantain, after which he returned and renewed the conflict. The person who witnessed the scene, after a short time plucked up the root, and when the animal was deprived of it he immediately died, thus demonstrating the power of the plant. This production forms the basis of a recipe for the cure of poisoned wounds, which was long and successfully used by a negro named Cæsar, residing in one of the Southern States; his master gave him his liberty, on condition that he would publish the recipe. It may be drank internally, and applied externally.

4th. An ounce of olive oil must be taken by the patient every day, and the cupping repeated. It is now customary to cut out the part wounded; but this is cruel and unnecessary.

A singular case of poisoned wound, from the bite of a rattle-snake, occurred some years since, under the observation of Dr. S. T. Barstow, of Wilkesbarre, Pennsylvania, and in some respects is perfectly anomalous.

A lady, in the fourth or fifth month of her pregnancy,



was bitten by a rattle-snake; under proper treatment she at length recovered from the symptoms usually consequent upon such wounds. At the full period of gestation she was safely delivered of a fine, healthy looking child; but immediately on its being applied to the breast, and allowing it to suck, the child assumed the peculiar hues of the rattle-snake, swelled exceedingly, and soon died. She then procured a puppy to relieve her breast, which died in two days of the same symptoms. A lamb was then tried; and, in succession, one puppy and three lambs shared the same fate. Another puppy was then procured, which escaped with its life, but exhibited some of the symptoms which had proved fatal to its predecessors. The lady remained all this time without any symptom of the disease, and had as rapid a convalescence from parturition as is usually observed.

The poison seems to have been excreted by the process of lactation; for the second year afterwards she had another child, and though she applied it to her breasts, not without fearful forebodings, yet no evil consequences resulted.

My own practice of snake-bite is not extensive, and what little I have had, I depended entirely on my All-Healing and Strengthening Liniment, which has in my own practice, and wherever it has been used, performed a perfect cure in a very short time. It in a few hours eases the pain, reduces the swelling, destroys the poison, and leaves the patient free from its effects. If applied immediately, it will effectually cure the bite of a rattle-snake in forty hours, and the person will never feel any more of its effects. Those living or traveling among those reptiles, should always have a supply on hand.



## PART III.

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### SURGERY.

*Connection between Physic and Surgery.*—It has been, and still is, customary to make a distinction between physic and surgery, committing the two branches to different sets of men. But this distinction is not well founded, since it is impossible to decide where either branch begins or ends. Internal diseases have been assigned to the physician—external to the surgeon. Unfortunately for this notion, nature has connected the outside and inside so closely, that we can hardly say where one ends and the other begins. Internal causes produce external diseases, as we see in erysipelas, carbuncle, etc.; while external agencies affect internal parts, as in rheumatic affections and wounds; and injuries produce fever. By keeping these branches separate, two persons would be required to treat one patient of the same disease or accident.

*Sympathy.*—The doctrine of sympathy should be well understood, otherwise a wrong opinion may be formed of diseases. Such is the intimate connection between distant parts, that if one organ is affected, another, contiguous or remote from it, may also be disordered. For instance, if the stomach is deranged, it may cause a sick headache; if the liver is disordered, the stomach, bowels, head, and shoulders, by sympathy, feel the effects. The irritation of the womb, in pregnancy, causes vomiting,



as also will an injury of the head. In the white-swelling of the knee, the pain may be felt in the hip. In treatment the attention must be directed to the primary, and not to the symptomatic disease.—Dr. BEACH.

For the reasons above mentioned, that Physic and Surgery are so closely united as not to know where to leave off one and begin the other, I have not taken that pains to classify this work under different and distinct heads, that is generally done.

However, I think that the reader will find it sufficiently classified to meet the wants of most of people. This is all that any one can expect in a work of this kind.

Inasmuch as I do not profess to be a surgeon, or to understand the various branches of surgery, I shall confine myself to the observations and practice of Dr. Beach, as his is the best treatise I have ever read on this subject, or, indeed, upon anything else, of which it treats.

To describe all the operations of surgery, termed under the head of surgery, and to point out the different diseases in which these operations are necessary, would extend this article far beyond the limits allotted to me in this work. I must, therefore, confine my observations to such cases as most generally occur, and where proper assistance is not always to be obtained.

Though an acquaintance with the human body is indispensably necessary to qualify a man for being an expert surgeon, yet many things may be done to save the lives of their fellow-men, in emergencies, by those who are not adepts in anatomy. W. Buchan, M. D., remarks: "It is amazing with what facility the peasants daily perform operations upon brute animals, which are not of a less difficult nature than those performed on the human species, yet they seldom fail of success."



Indeed, any man is in some measure a surgeon, whether he will or not. He feels an inclination to assist his fellow-men in distress; accidents happen every hour, which give occasion to exercise this feeling. The feelings of the heart, however, when not directed by the judgment, are apt to mislead. Thus one, by a rash attempt to save his friend, may sometimes destroy him; while another, for fear of doing amiss, stands still and sees his bosom friend expire, without so much as attempting to relieve him, even when the means are in his power. As every good man would wish to steer a course different from either of these, it will, no doubt, be agreeable to him to know what ought to be done in such emergencies.

*Fractures.*—In this, I shall generally adopt W. Beach, M. D., for the obvious reason that it is the only work I ever saw that so completely agrees with my own views on this subject. Fracture is a division of the bone into two or more fragments, generally occasioned by external violence.

*Species.*—1. *Simple*, when the bone has been divided, and the integuments remain unimpaired.

2. *Compound*, where there is a corresponding wound in the soft parts, by which the fractured extremity of the bone becomes exposed.

*Causes.*—*Predisposing.*—Certain diseases of the bone, as abscess, friability or white-swelling, etc.

*Exciting.*—External violence.

*Symptoms.*—Some of the symptoms of fractures are equivocal. The pain and inability to move the limb, commonly enumerated, may arise from a mere bruise, a dislocation, or other causes. The grating, the separation and inequalities of the end of the fracture, when the



bone is superficial; the change in the form of the limb, and the shortening of it, are circumstances communicating the most certain information. The signs of fractures, however, are so exceedingly various, according to the bones which are the subject of injury, that it cannot be said that there is any which are invariably present and characteristically confined to them. Loss of motion in the injured limb, deformity, swelling, tension, pains, etc., are usually noticed as forming the usual knowledge of fractures. The crepitus or grating sensation, or noises occasioned by the end of a fracture, when they are moved and rubbed against each other, is one of the most positive symptoms of the existence of such an accident.

*Treatment of Fractures in General.*—In the treatment of fractures in general, there are three indications to be fulfilled.

*First:* To replace or reduce the fractured or broken bones into their original or natural situation.

*Second:* To secure and keep them in their situation.

*Third:* To prevent excessive inflammation and pain. This I have never had any difficulty with, as I have always been able to effectually manage inflammation of any kind, by the free use of my All-Healing Liniment, and my All-Healing and Strengthening Plaster, and when the case was not of the worst character, I just keep the parts effectually wet with the Compound Tincture of Myrrh till well, which will be found excellent in many cases, and of every variety of wounds and sores, fresh and old.

1st. *Examination of Fractures.*—When called to an accident of this kind, it will first be necessary carefully to examine and ascertain whether the bone or limb is



fractured. By passing the finger or thumb along the course of the bones, the fracture can generally be felt: there is an unevenness or roughness communicated; a depression; and upon rotating or turning the fractured limb, a grating noise is heard or a jar felt. Besides, there is an inability to raise or move the limb, and it is usually shorter than the opposite one. Having ascertained the nature of the accident, the next step will be to remove the patient to his residence, or to the place where he is permanently to remain; if he is to be removed to any distance, the bones may be temporarily secured by splints. Having arrived or been carried to the destined place, preparations must next be made for reducing and dressing. If splints have not already been provided, they should now be made of a proper width and length, according to the part which requires their application; and they must be properly covered. Next, bandages must be prepared; muslin will answer, but those made of linen are preferable. They should be made three or four inches wide, and several yards in length, and rolled up for use. Having made the necessary preparations, the patient must be placed on a bed or mattress, and gradual extension and counter extension made; provided, one bone rides another, or is not already in coaptation. It is quite erroneous to suppose that force or much extension is necessary in reducing all fractures. In all of those that I have attended, the ends of the bones have been in contact with each other, or nearly so, except one, so that very little force has been necessary to be employed. The physician or bone-setter should take hold of the lower limb, if the fracture be upon a limb, while an assistant grasps or holds the upper portion of it, and, upon slight extension, examination should be made to as-



certain whether the fractured bones are in a straight or direct line with each other; and, also, whether the ends of the bones are even, or in no respect depressed, one below the other, as these are the distinguishing marks, or the criterion which will enable us to judge whether they are brought properly together, or in coaptation. It is true, that when swelling comes on, it is impossible always to decide, by the touch, in what degree we have accomplished an object; we are obliged to judge by the relative position of the joints above and below the fracture, and the general aspect of the limb. I have often desisted from my unavailing efforts to reduce a fractured limb to a right position, the spasms that were excited being so violent as to threaten a protrusion of the bones through the skin; and yet have found no difficulty in bringing the bones into a very satisfactory position. In many cases it has appeared to me that the coaptation has been effected by the action of the muscles themselves; for when, on the subsequent day, I had removed the splints, I have felt so well satisfied with the general position, that I have done nothing more, and each succeeding day found less cause for interference. In these cases, upon the subsidence of the swelling, scarcely any irregularity could be perceived in the outline of the bone. The bones being properly adjusted, the bandage will be put round the limb, commencing below and rising upward, or from the inferior extremity, and continuing it to the top, a suitable distance above and below the place of fracture. After covering the limb, let the bandage be still held, and splints, as many as are necessary, be placed around it to give security; and let these be held by an assistant. The roller must then be continued over the splints, until they are sufficiently compressed to keep the bones in their proper places, or in coaptation. I sometimes fold a piece of linen the width



of the splints a number of times, to place them upon, in order to prevent undue pressure. When this has been accomplished, tape or narrow strips of linen may be tied round in two or three places, to render the dressings and fractured bones still more secure.

The bandage must not be put on too tight, as the swelling that always follows will excite too much pain by impeding circulation. The limb may now be placed upon a pillow, a little flexed or bent, and kept in an easy and quiet position.

A decoction made by boiling wormwood and hops in vinegar, may be applied to prevent and diminish excessive inflammation, and after this application has been continued awhile, it may be discontinued.

After the parts have been wet with the liquid, a cloth should be laid over, to prevent too much evaporation.

But the most effectual remedy I have ever tried, is my All-Healing Liniment, or the Compound Tincture of Myrrh. All that art can do toward the reunion of a fractured bone, is to lay it perfectly straight in its original situation, secure it in that position, keep it easy, and moderate from excessive inflammation.

All tight bandages are injurious. It is in this way that excess of art does mischief. Indeed, fractures may be successfully treated without either the use of splints or bandages. It is not necessary often to remove the dressings to examine the fracture, provided we have no just ground to suppose that there is any displacement. It is sufficient to remove them occasionally, or as often as the bandages become loose, from a subsidence of the swelling or other causes. As a general rule, once a week is sufficient, except we have some doubt on our mind respecting the bones being in contact, or in their proper



places. The patient should lay in a horizontal position as much as possible; and should twitching of the tendons occur, or much pain, an anodyne may be given, particularly at bed-time; but if the fractured part be kept wet with the Compound Tincture of Myrrh, or what is still better, my All-Healing Liniment, it will prevent the twitching of tendons, etc. When the inflammation and swelling have subsided, the parts may be bathed with the spirits of camphor, and afterwards a strengthening plaster applied.

*Treatment of Compound Fracture.*—In the treatment of compound fracture we are governed by the same principles as in simple fractures. The wound is to be cleansed of all extraneous substances, such as splinters of bone, dirt, etc., which should be removed with all possible gentleness, without pain, violence, or laceration; for if the parts surrounding the fracture be farther injured, inflammation will be the consequence, and prove very injurious. There is no necessity for exciting any additional pain by probing, or any harsh means whatever.

Reduction of, or setting a compound fracture, is the same as in the simple; that is, the intention in both is the same, viz.: by means of a proper degree of extension to obtain as apt a position of the ends of the fracture, with regard to each other, as the nature of the case will admit, and thereby produce as perfect and speedy a union as possible. The wounds being cleared from any loose pieces of bone or other substances, the next thing to be done is to apply a dressing. The wound must be treated the same as any other; the edges gently brought in contact as nearly as possible, and then two or three strips of adhesive plaster applied to secure them, thus afford-



ing an opportunity to heal without suppuration. Lint should be placed over this, and then the healing and strengthening plaster.

Shortly after the bone is broken, osseous matter is deposited by the vessels, which forms a callus and unites it. This shows a wonderful provision of nature to cure such accidents; and so powerful is this principle, that it proves effectual under the most disadvantageous circumstances. A bone will unite even without bandages, splints, or any other application, either internal or external, and that, too, when it is subject to a considerable degree of motion. I lately had an opportunity of seeing this exemplified in the case of a dog that broke his leg. I daily saw it, and had thought of applying splints and bandages, but neglected it. The poor animal kept constantly in motion, and the limb also, with more or less pressure upon the ground. After a short time the bone united, and the dog walked as well as ever, leaving, however, the limb a little crooked or deformed. A cow also broke her leg; as an experiment, it was set, and bark taken from a tree and applied to the fractured limb, and firmly bound on. It united very handsomely, and the cow was as useful as formerly. A fact of practical importance should be drawn from this: instead of killing valuable animals when a bone is broken, they may, in this manner, be saved and rendered as serviceable as ever.

When a requisite time for a broken bone to become firmly united has elapsed, it is proper to examine carefully and cautiously the place of the fracture, in order to learn whether the callus has acquired a suitable degree of strength. If the bone should be found to bend in the least at the injured part, the callus is not sufficiently strong, and the limb must be immediately put up in



the apparatus again, with a view of preventing a new fracture, or at all events, deformity. For the same reasons the patient should not be allowed to make use of his limb as soon as the fracture has united. In fractures of the lower extremity, he ought to use crutches, and only let the weight of the trunk bear by degrees upon the injured limb; from neglect of this precaution the callus has been known to be absorbed, the limb to be shortened, and the patient become a cripple. An accidental slip may also produce the fracture again; for the callus, so far from being firmer than the rest of the bone, is at first much weaker.

I have often been astonished to see the treatment practiced by different persons in cases of fracture. There is no uniformity among them, and the majority appear to be governed by no principles whatever. One practitioner extends and binds down a limb in the most absurd manner, and thus tortures the patient, while another uses Desault's long splint, which is another species of torture. Another confines the limb in a box, with little or no other treatment. There is no branch of surgery that is more simple or more easy of treatment than fractures or dislocations.

I have had some share of practice in them, and should really feel mortified and ashamed if a single case that I ever treated could be exhibited in which there was any deformity or bad management.

*Particular Fractures.*—I have thus given the general rules by which we are to be governed in the treatment of fractures in general, which, if kept in view, are sufficient to enable us successfully to treat particular fractures, or every species or variety of them.



CANKER, THRUSH, OR SORE MOUTH.—(*Apthæ.*)

*Description.*—This is a disease to which children more particularly are subject.

It appears in small white ulcers upon the tongue, gums, and around the mouth and palate, resembling small particles of curdled milk. When the disease is mild, it is confined to these parts; but when violent, and of long standing, it may extend through the whole course of the alimentary canal, from the mouth down to the anus, and excite severe purgings, flatulencies, and other disagreeable symptoms. The disease, when recent, and confined to the mouth, may, in general, be easily removed; but when of long standing, and extending down to the stomach and intestines, with improper treatment, it often proves fatal.

*Causes.*—Retention of acrid humors, turned upward upon the mouth, stomach and intestines.

*Treatment.*—When the disease is seated, it may sometimes be necessary to give a gentle emetic; but, in general, purgatives are sufficient; the neutralizing mixture or cordial may be taken until it acts upon the bowels, to be occasionally repeated; and let the mouth be washed with the following gurgle: Take, sage, hyssop, sumach berries, equal parts; make a strong decoction, sweeten with honey, and to half a pint of it, add half a teaspoonful of pulverized borax; let the mouth be often washed with this. The child should take for nourishment Indian meal gruel, milk, etc. A tea made of the red raspberry leaves is also good for this complaint.

I lately prescribed ipecac pills to an adult for a case of canker, which soon effected a cure without any wash;



one pill, containing two or three grains, was given three times a day. For the sores in the mouth, apply pulverized burnt alum.

During the revolutionary war the following gurgles cured all cases of canker and putrid sore mouth, which was then very prevalent, and previously carried off many persons: Take white oak bark, white elm bark, (not slippery elm,) high blackberry root bark, bark of the root of sumach, nanny berry bark, black snake-root, (it is a small, black, bitter root :) bruise and boil all together, and make a strong decoction; then add a piece of alum, sweeten with molasses, and bottle for use: gurgles the throat and wash the mouth. The complaint may first grow a little worse. This, it is stated, cured all. It must be excellent for all kinds of ulcers.

The following preparation cured a very severe case of canker: Gold thread, one quarter of a pound; add one quart of water, boil out the strength, strain, add one quarter of a pound of sugar, (loaf,) simmer to three gills; add French brandy to preserve it; dose, half a wine glassful two or three times a day; keep the mouth and stomach moist with it; in some cases it might be best to omit the brandy. In very obstinate cases, where other means fail, use the following liquid: Muriatic acid, ten drops, rose water, twenty drops; mix, apply a drop to each ulcer once or twice a day.—Dr. BEACH,

#### VOMITING.—(*Emesis.*)

It is sometimes the case that persons are taken with vomiting without any apparent cause, and when it does not proceed from other complaints, or, in other words, is not a symptomatic disease. The stomach, from various



causes, becomes irritable, and everything taken into it is ejected. When this is the case, and it does not apparently proceed from some particular disease, our attention must be directed exclusively to the symptom of vomiting. A solution of saleratus should be frequently given; a drachm may be added to eight ounces of mint water, and a table-spoonful given as often as retching, nausea, or vomiting occurs, or the neutralizing mixture. Should not this check it, give equal parts of essence of peppermint, laudanum, and spirits of camphor, twenty drops of each in spearmint tea. An infusion of peppermint may be occasionally drank. The common soda powders are often sufficient to put a stop to ordinary vomiting. If the complaint is very violent, apply mustard paste over the region of the stomach. The following plaster has also been found very effectual in allaying the irritability of the stomach: Take equal parts of cloves, nutmegs, allspice, and ginger; pulverize, and add sufficient Indian meal and vinegar to form a plaster, to be applied to the pit of the stomach; bathing the feet has also an excellent effect. When all other means fail, the exhibition of an opium pill has stopped the vomiting.—Dr. BEACH.

[A tea made of burnt feathers will almost universally stop vomiting.]

#### VOMITING OF BLOOD.—(*Hæmatemesis*.)

*Description*.—By this disease, we understand a discharge of blood by the mouth, generally in a considerable quantity, attended with retching or vomiting, and without its being characterized by those symptoms attendant on bleeding at the lungs.

*Causes*.—This disease may arise from wounds, blows,



bruises, or anything which causes too great a flow of blood to this organ; from a suppression of the menses, or the bleeding piles; or it may be symptomatic of some other disease. It more generally, however, arises from debility, a relaxation of certain blood-vessels, etc.

A vomiting of blood is readily to be distinguished from a discharge from the lungs, by its being usually preceded with a sense of weight, pain, or anxiety in the region of the stomach; unaccompanied with coughing; the blood being discharged in a very considerable quantity, and of a dark color; and, lastly, by its being mixed with the other contents of the stomach.

If the disease arises from a suppression of the menses, let means be taken to restore them, by appropriate remedies; in all cases it will be necessary to divert the blood from the seat of the complaint to its original channels. The feet must be bathed, and perspiration promoted or restored. I have found purgatives very useful, which may be given about once a week, or according to the urgency of the symptoms; they will remove the oppression and load at the stomach, and the sense of fulness which accompanies this complaint, and, by their revulsive effects, will heal the diseased blood-vessels. If called to suppress a copious bleeding from the mouth, it will be necessary to administer astringents. A little common salt will often suppress the discharge, to be taken every two hours in water; alum water is also good. If these fail, give a decoction of beth root. After the hemorrhage is stopped, strengthening medicine must be given, for which the restorative and wine bitters are very valuable. The anti-dyspeptic pill should be given, to keep the bowels in a soluble state; and even though they be soluble, a purgative must occasionally be administered. The patient



should exercise moderately, and never fatigue or strain himself in any way; likewise, avoid sudden transitions from heat to cold: he will find it serviceable to wear a strengthening plaster on the pit of the stomach. His diet should be light, but nutritious. A cold decoction of the bugle weed or water hoarhound (*lycopus Virginicus*) may be used for constant drink, and also the flea bane; they are tonic and astringent.—Dr. BEACH.

SPITTING OF BLOOD.—(*Hæmoptysis*.)

*Description*.—This disease is characterized by coughing up florid or frothy blood, preceded usually by heat or pain in the chest, irritation in the wind-pipe, and a saltish taste in the mouth. It is readily to be distinguished from vomiting of blood, as in this last the blood is usually thrown out in considerable quantities; and is, moreover, of a darker color, more grumous, and mixed with the other contents of the stomach; whereas blood proceeding from the lungs is usually in small quantity, of a florid color, and mixed with a little frothy mucus only.

*Causes*.—A spitting of blood arises most usually between the ages of sixteen and twenty-five, and may be occasioned by any violent exertion, either in running, jumping, wrestling, singing loud, or blowing on wind instruments; likewise by wounds, plethora, weak vessels, hectic fever, coughs, irregular living, excessive drinking, or a suppression of some accustomed discharge, such as the menstrual. Persons in whom there is a faulty proportion, either in the vessels of the lungs or in the capacity of the chest, being distinguished by a narrow thorax and prominent shoulders, or who are delicately formed and of a sanguine temperament, seem much predisposed



to this hemorrhage; but in these the complaint is often brought on by the concurrence of various occasional and exciting causes before mentioned. A spitting of blood is not, however, always to be considered as a primary disease; it is frequently only a symptom; in some disorders, such as pleurisies, peripneumonies, and many fevers, it often arises, and is the presage of a favorable termination.

*Symptoms.*—Sometimes it is preceded by bleeding at the lungs, a dry tickling cough, and some slight difficulty of breathing; at other times it is ushered in with shiverings, coldness at the extremities, pains in the back and loins, flatulence, costiveness, and lassitude. The blood that is spit up is generally thin and of a florid red color; but sometimes it is thick, and of a dark or blackish cast; nothing, however, can be inferred from this circumstance, except that the blood has lain a longer or shorter time in the breast before it was discharged. It is not attended with danger where no symptoms of consumption have preceded or accompanied the hemorrhage, or where it leaves behind no cough, dyspnœa, or other affection of the lungs; nor is it so dangerous in a strong, healthy person, of a sound constitution; but when it attacks persons of a weak, lax, fibre, and delicate habit, it may be difficult to remove it.

*Treatment.*—For the bleeding pursue the same treatment as pointed out for the preceding disease; in addition to which, a strong decoction of the bugle weed, cold, may be freely taken as soon as the hemorrhage has subsided, in order to prevent a recurrence of it; the purifying syrup should be taken, and the ordinary course pursued, to equalize the circulation. A decoction of flea bane is also very good to arrest the bleeding; where the bleeding is very bad, give the anodyne powders.



I once attended a case of this kind, where the patient bled two gallons in a short time, and yet he recovered.—  
Dr. BEACH.

BLEEDING AT THE NOSE.—(*Epistaxis*.)

*Description*.—In the nose there is considerable network of blood-vessels expanded on the internal surface of the nostrils, and covered only with a thin tegument; hence upon any determination of a greater quantity of blood than ordinary to the vessels of the head, those of the nose are easily ruptured. In general, the blood flows only from one nostril; but in some cases it is discharged from both, then showing a more considerable disease. Persons of sanguine and plethoric habits, and not yet advanced to manhood, are very liable to be attacked with this complaint. Females are much less subject to it than males, particularly after menstruation has commenced. Peculiar weakness in the vessels of the part, and the decline of life, may also be considered as predisposing causes. Great heat, violent exertion, external violence, particular postures of the body, and everything that determines the blood to the head, are exciting causes.

Bleeding at the nose comes on at times without any previous warning; but at others it is preceded by a pain and heaviness of the head, vertigo, flushing in the face, heat and itching in the nostrils, a throbbing of the temporal arteries, and a quickness of the pulse. In some instances a coldness of the feet, and shivering of the whole body, together with costiveness, are observed to precede an attack of this hemorrhage.

*Treatment*.—In general bleeding at the nose soon ceases; but this is not always the case, as it sometimes proves very



serious. When a person has bled from the nose some length of time, it is necessary to take proper means to check it; and in most cases it may be easily done by diverting the blood from the head, and throwing it back to the extremities and surface, which must be effected by the usual means to equalize the circulation; the feet must be immediately immersed in a tub of warm ley water, and hyssop or pennyroyal tea taken to produce perspiration; this will generally stop it in every case. If these fail, let a little cold water be applied to the nape of the neck, the head, and the face. Again, take a piece of smoked beef that is very dry and hard—the more flesh that has been cut off, the better—and grate it; this forms a fine brown powder; push this up the nostril as far as possible, and continue to do it till it is closed, or the bleeding ceases. I have never known this to fail. This information cost Mr. Hays, the high constable of this city, he states, five hundred dollars; the curative property, I suppose, depends upon the salt.—Dr. BEACH.

#### INCONTINENCE OF URINE.

*Description.*—It is generally known that some children, and occasionally adults, are subject to an involuntary discharge of urine, particularly at night. It arises from a debility of the urinary organs, occasioned by drinking great quantities of tea, coffee, or ardent spirits, or by strains, or whatever relaxes the parts. It may likewise be occasioned by irritating substances contained in the bladder.

*Treatment.*—The treatment of this disease will consist in restoring the tone of the parts by the exhibition of tonics and astringents. The patient should be directed



to drink a decoction made of the following articles: Take wild cherry tree bark, hemlock bark, bayberry bark: bruise or pulverize, and add a sufficient quantity of water to make a strong tea or decoction. While the patient is taking this decoction, let him take the diuretic drops in a tumbler of beth root tea, or water, three times a day. The diet should consist of boiled milk and wheat flour, with a little nutmeg and cinnamon sprinkled in it. He must abstain from the use of tea and coffee, and take as little as possible of liquids of any kind. This complaint in children is often the result of habit or carelessness, in not being made to void the urine immediately before going to bed. As this disease is often occasioned by a check of perspiration, this secretion should always be restored. Tepid bathing, or applying cold water to the loins and lower part of the bowels, is beneficial, as well as laxatives. An adhesive or strengthening plaster should also be applied to the small part of the back and sacrum. Some are in the habit of giving tincture of cantharides in this complaint; formerly I administered it in a few cases, and in one it effected a cure.—Dr. BEACH.

VOIDING BLOOD BY URINE.—(*Hæmaturia*.)

*Description*.—This is rarely, if ever, a primary disease, but is commonly a symptomatic complaint, arising from some external injury by blows, bruises, or a fall; by some violent exertion, as lifting a heavy weight, jumping, or hard riding; or from a small stone lodged either in the kidney or the duct for conveying the urine thence to the bladder, and which, by its irregularity or size, wounds or lacerates the surface of the part in which it



is lodged or through which it has passed. If the blood proceeds immediately from the bladder in consequence of a stone contained in it, it is generally accompanied by a sense of heat and pain in the bottom of the bowels, and occasionally much difficulty in making water. When a discharge of blood proceeds from the kidney or urinary ducts, and is occasioned by a rough stone descending thence to the bladder, it is accompanied by an acute pain and sense of weight in the back, and a difficulty in emitting urine. The depositing of clotted blood at the bottom of the chamber in this complaint, and its staining linen of a red color, will enable us to distinguish it from the high-colored urine attendant on many diseases. The voiding of bloody urine denotes danger, but it is particularly so when mixed with purulent matter, as it then points out that there is ulceration in some part of the urinary passages. Nor is the danger less when it has been produced by wounds or bruises of the kidneys.

The treatment of this complaint likewise consists in giving stimulating diuretics and astringents. The urinary decoction may be taken according to directions given under the head of that preparation ; likewise the diuretic drops, as directed in the preceding disease ; give a decoction of the gravel plant, (*epigea repens*). I lately attended one case of this kind, which I cured by a strong decoction of peach tree leaves.—Dr. BEACH.

I have cured several cases by giving a strong tea of yarrow herb—giving one pint three times a day.

#### ONANISM, SELF-POLLUTION, ETC.

*Description.*—By this disease is to be understood an excessive discharge of the seminal fluid, either naturally



or artificially. It is a very common practice among men and women, more particularly youth. It gives rise to a variety of symptoms, which are often unsuspected or overlooked by the physician, and by the friends of the patient. The semen being the most vital fluid of the system, it is easily seen what the consequence must be when it is thrown off in an undue or excessive degree; and it is somewhat doubtful whether a discharge of it in any manner does not more or less injure the health or lessen the growth of persons.

*Symptoms.*—This disease produces febrile complaints, mania or mental derangement, dyspepsia or indigestion, hectic fever, and general debility. The more one indulges the practice, the greater the propensity for it. It causes a long train of complaints, tremors of the limbs, headache, restless nights, gleet or discharges from the urethra, pains of the system in different parts; the memory, judgment, and reason become impaired; discharge of semen, particularly at the thought or sight of women; pain in the brest and loins, cough and consumption, weakness in the back and genitals, sometimes fits of apoplexy, hypochondria, a hysteria, and great despondency of mind.

*Treatment.*—1. The patient must abandon the practice immediately.

2. Neither see nor think of woman more than is possible.

3. If there is nocturnal emissions of semen, let the patient take a few grains of the diaphoretic powders at bed-time.

4. Give the diuretic drops through the day.

5. Apply the tincture of capsicum to the back and loins.



6. Let the wine bitters be taken.
7. Tepid bathing in salt water.
8. A cooling, but nutritious diet, milk, etc.
9. Reside in the country.

For farther particulars on this important disease, consult a work by Tissot, translated from the French.—Dr. BEACH.

#### MARASMUS, EMACIATION, WASTING OF THE BODY, ETC.

Marasmus is a disease which affects the young of both sexes. A sluggishness, lassitude on slight exertion, depravity and loss of appetite, wasting of the flesh, fulness of the features, and paleness of the countenance; swelling of the abdomen, and irregular, and generally a costive state of the bowels; a change in the color and odor of the fæces, foetid breath, swelling of the upper lip, and itching of the nose, mark the beginning of the disease. When these symptoms have continued for some time, they are followed by alternate paleness and flushings of the countenance, heat and dryness of the skin, feeble and quick pulse, thirst, fretfulness, increasing debility and disturbed sleep, during which the patients grind or gnash their teeth, and are subject to involuntary starting, and twitching of different muscles. Every case of marasmus does not necessarily include all the symptoms enumerated. Different combinations of them give a variety of the disease, which is, however, in general, readily known and distinguished. Marasmus appears most commonly among weak and infirm children, where they are so from delicacy of constitution or from incidental causes. It is particularly prevalent in large and populous cities, where children are deprived of ready access to exercise in pure



air, and sicken and pine; or when they are confined in crowded and airless school-rooms. Children who are employed in manufactories, where their occupation and confinement are such as to weaken and enervate them, are also liable to be attacked with this disease. Irregularity in diet and improper food, likewise give rise to marasmus. It prevails most commonly in autumn, the season which affords opportunity for eating unripe fruit and vegetable articles.

*Treatment.*—Examine all the organs, and, if any are found diseased, direct the treatment to them; otherwise treat it on general principles. Give mandrake or antibilious physic twice a week. During the time restorative wine bitters may be given, except the fever be too great; and let the child use nothing but a milk and vegetable diet. Use the tepid salt-water bath every day or two. If not inconvenient, bathe the whole surface with salt and water. If the symptoms arise from worms, give medicines to expel them.—Dr. BEACH.

For small children I seldom give anything else but the neutralizing cordial. There is nothing better.

## CATARRH IN THE HEAD.

The glands and membranes of the head secrete a fluid to keep the mouth, nose, and eyes moist. From cold, debility, and other causes, a disease is generated which is termed catarrh. When a catarrh is formed in the head, the liquid which generally flows from the nose becomes affected, and makes the eyes tender, irritates the nose, and occasions sneezing; or it falls into the throat and wind-pipe and produces coughing, and, if long continued, will bring on consumption. It irritates the mouth



and other parts over which it passes, and sometimes collects in the throat and almost chokes the person so afflicted. The disease may continue for years. It produces pain in the eyes, cough, drowsiness, and emaciation.

*Treatment.*—It is recommended to bathe the head and shoulders with cold water, and use the cephalic snuff, but I have had better success by bathing the head every morning and evening with my All-Healing Liniment and essence of peppermint, equal parts, mixed together, using the snuff through the day, and frequently smoking a pipe full of dry sage, pulverized, and black pepper, ground, and mixed together, forcing the smoke through the nose. This is also useful for all chronic complaints of the head.

Dr. Leavit states that he has found the following snuff very efficacious in catarrh of the head: Blood-root, gum Arabic, and gum myrrh, pulverized, and mixed in equal parts. He asserts that he would not take five thousand dollars for an ounce of this snuff, in case he could not procure any more. He was reduced very low with catarrh, and it cured him.

#### OZÆNA.

The ozæna is an ulcer affecting the nostrils, and from which there is an acrid or corrosive discharge, very fœtid, and often mixed with bloody mucus.

*Treatment.*—Use the cephalic snuff, and apply up the nose the brown ointment; at the same time smoke the following: Black pepper, one teaspoonful; sage, fine, a tablespoonful: mix. Smoke two pipesfull a day, and force the smoke through the nostrils, the same as for catarrh in the head.



*Herpes's Ozoena—Taint from Vaccination, etc.*—I have just seen a patient for whom I prescribed, about a week since, for an affection of the nose, which has apparently arisen from impure vaccination. The discharge has been so corrosive, that it has excoriated the parts with which it has come in contact, and there was a herpetic eruption of the same nature on the face. I prescribed thecelandine wash, brown ointment, capsicum and sage to smoke, and force the smoke through the nostrils. It has nearly removed all the complaint in so short a time.—  
DR. BEACH.

CARBUNCLE.—(*Anthrax.*)

*Description.*—A deeply-seated, hard, immovable, and distinctly circumscribed tumor, generally appearing in the posterior parts of the body, and most frequently attacking people above the middle age, and luxurious livers. About its center it is of a dusky red, purple or livid color; but it is much paler, and often variegated toward its circumference. There is often an extensive areola of a brownish hue. It is accompanied with an intensely painful sense of burning; small purulent matter or pustules appear, which, when ruptured, evacuate a dark-colored matter.

It usually commences with a small pimple, which runs deeper and deeper until the base becomes extremely broad. In the beginning it is sometimes accompanied with symptoms of general inflammation, but more commonly with chills, sickness, faintings, succeeded by great prostration of strength, languid pulse, and symptoms of typhus. It not unfrequently degenerates into a sloughing ulcer.



Sometimes a little slough, of a black color, appears in the middle of the tumor. The progress of carbuncles to the gangrenous state is generally quick. Their size is various; they have been known to be as large as a plate. Considerable local pain and induration always attend the disease. The skin, indeed, has a peculiar feeling, like that of bran. As the complaint advances, several apertures generally form in the tumor. Through these openings there is discharged a greenish, bloody, foetid, irritating matter. The internal sloughing is often very extensive, even when no signs of mortification can be outwardly discovered.

*Treatment.*—In the treatment of a carbuncle, on its first appearance, the best method is, when they are small, to use the Zinc Plaster, as directed for cancer; and where they have become too large for that method, apply the All-Healing and Strengthening Plaster, and my All-Healing Liniment, which will keep it soft and free of pain, and by using both, they will soon bring a healthy action from the bottom of the sore, and eventually heal it. Should fungus exhibit itself, destroy it with the Vegetable Caustic. This is the easiest and surest treatment that I can recommend, and saves the patient immense suffering. The patient should take a teaspoonful of sulphur and cream of tartar, in sweet milk or molasses, every morning, fasting. The sulphur and cream of tartar should not be taken more than nine mornings in succession at any one period. It is sometimes necessary, when a carbuncle has had a long run, to poultice it the same as in white swelling or king's evil. Be very particular with them, and observe the directions rigidly, when they have been of long standing and badly managed.



With the Liniment, Plaster and Caustic, I can cure almost any sore ; and without which I could not accomplish much in the treatment of them.

## MORTIFICATION.

I have had but little to do in the treatment of mortification—having always been able to prevent such an occurrence in all cases likely to terminate so dangerously—I therefore give the manner of treatment as laid down in Dr. Beach's "Reformed Practice," and recommend it to the favorable consideration of all who may read this book :

*Symptoms.*—If it supervene on inflammation, an excessive, acute, and constant pain, great anxiety, often delirium, followed by a sudden cessation of all inflammatory symptoms. The part before tense now becomes flaccid, of a livid color, losing its heat and sensibility. Blisters are formed, under which appear brown spots. The parts soon become black, and acquire a foetid smell. If the event proves favorable, the mortified portion is completely surrounded by a white line, about which pus (matter) is formed. The dead part now loosens and sloughs out, leaving a suppurating ulcer. If, on the contrary, the termination be fatal, the mortification rapidly extends ; great constitutional irritation arises ; the pulse becomes small, rapid, and irregular ; there is a fixed flush on the countenance, with great anxiety and prostration of strength ; and death soon ensues.

Mortification is sometimes produced without previous inflammation, by blood-vessels choked by pressure, long-continued cold, long-continued pressure, violent bruises, debility, etc.



*Treatment.*—When the inflammation has been properly treated, it will seldom or never terminate in mortification. But, when called to treat it, our object should be to arrest and prevent any farther extension of it by means both local and constitutional. If it be connected with, or dependant on, inflammation, means must be taken to subdue that inflammation. If debility of the system has been a predisposing cause, it must be remedied by a more wholesome regimen, and the strength of the patient be supported by stimulants, such as wine and a nutritious diet. Tonics should also be administered; the wine bitters may be taken, and a glass of yeast three or four times during the day.

*Local Applications.*—When blisters or vesicles appear upon the parts, showing a disposition to gangrene, or when sloughing actually takes place, the following poultice will separate the living from the dead parts, and put a speedy check to it: Take yeast, a sufficient quantity; stir in slippery elm bark, to form a poultice of the proper consistence; apply tepid and often renew. This will correct the fætor of the parts, and assist the powers of nature to separate the mortified from the living flesh. I have not known this application to fail in a single instance, except in one case of dry mortification, from which a person seldom recovers.

It is now customary to amputate a limb in case of mortification, but with what propriety I am unable to decide, as it is easily arrested by very simple means; and where it cannot be, I have no evidence that the knife would save the life of the patient. If a proper course of treatment will not cure, there will be such a faulty state of the constitution, or in the ulcer or wound itself, that, should amputation be performed, the stump will



slough, or the patient will sink from irritation or the direct consequence of the operation.

It appears to me passing strange that surgeons should direct us to wait till mortification has stopped before we amputate. We are directed to remove a limb for mortification, and at the same time we are directed not to do it until this very mortification is arrested, or until a line of demarkation is formed, or a separation takes place between the dead and living parts.

The mortified limb must be bathed three times a day in warm weak ley, one hour each time. The application of a ley poultice has proved a sovereign remedy in mortification as well as in lock-jaw. It is not only well calculated to prevent, but to cure it when it has taken place. After having been applied a short time, it has often separated and detached large portions of mortified flesh, and brought about a healthy action. The elm bark should be mixed in leached warm ley, and applied tepid.

A case occurs to me where this poultice arrested the disease, seated on or near the breast of a female, and detached such a portion of dead flesh, that the opening left was as large as a common-sized teacup.

Another case occurs to me where a young man was to have had his leg amputated, but before his surgeon or the physician came, the above poultice was applied, which arrested it, and he recovered.

Dr. Ferris, who was noted for a successful method of treating mortification, made use of the following poultice: Scraped carrots and spikenard root, bruised; boil till soft; stir in a small quantity of Indian or oat meal, and apply warm. I have used this poultice but little, and, therefore, cannot speak with much certainty of its



effects; but in one very difficult and critical case of inflammation, bordering on gangrene, it changed the character of it, and was attended with a good effect.

#### SUPPRESSION AND RETENTION OF URINE.

From different causes the urine is liable to be suppressed, either partially or wholly, causing great distress. It may proceed from gravel, inflammation of the bladder, prostate gland, urethra, cold, etc. There is swelling, pain and inflammation of the bladder, with great difficulty of voiding urine, or a complete suppression.

*Treatment.*—I have found it exceedingly useful to steam the patient over a strong decoction of bitter herbs or hops, as recommended in several other complaints. Both the decoction and the herbs should be thrown into a suitable sized vessel, and a blanket put around the waist of the patient, that the same steam may be applied more immediately to the seat of the disease. At the same time let his feet be immersed in warm ley water, and let him drink freely of parsley tea. After he has been steamed fifteen or twenty minutes, let the herbs be enclosed in flannel and applied over the region of the bladder, to be often renewed, and applied as hot as can be borne. This will usually produce such a relaxation of the parts as to cause a free discharge of urine. The patient may also take the following: Take a wine-glassful of the best Holland gin; add to it a tumbler of spearmint tea and two teaspoonsful of spirits of nitre; sweeten with honey, and drink the whole. The same potion should be taken every hour until relief is afforded. Where the pain is very exquisite, forty drops of laudanum may be added to each dose. In half an hour, or



an hour, this treatment, in almost every case of retention of urine, will afford relief. The spirits of mint is also very efficacious; it usually gives immediate relief.

If the suppression of urine does not give way to the means advised, the patient should be put into a warm bath; and, having kept him in for about ten or fifteen minutes, he is then to be taken out: if the urine does not flow, introduce a silver catheter, or one of flexible gum.

In all cases it will be necessary to introduce the catheter with gentleness; even a moderate force, improperly directed, is capable of injuring the urethra in such a manner as to render the operation almost impracticable; and it must be obvious to every physician, that long-continued and violent attempts have a tendency to increase the inflamed state of the urethra; but, besides this, a laceration of its membranous parts might arise, and make an artificial passage by the catheter.

Injecting sweet oil, or even warm milk and water, frequently, up the urethra, will often afford relief, especially if the suppression has been occasioned by a small piece of gravel which has stuck in the canal. Injecting tepid water into the bladder itself, in similar cases, by a syringe, will also afford great relief.

Where the patient is frequently troubled with strangury, he should take the urinary decoction, diuretic drops, and infusions of spearmint; also, the queen of the meadow, cleavers, pumpkin seeds, etc.—Dr. BEACH.

Pennyroyal tea, drank freely, often gives prompt relief in the suppression of urine.

#### STRICTURES IN THE URETHRA.

From various causes the urethra, or canal that leads the water from the bladder, becomes thickened, smaller,



and inflamed, which partially or wholly obstructs the flow of the water. The water may likewise be obstructed by a spasmodic action of the canal. It is generally caused by the venereal disease, and cold.

*Treatment.*—1st, when the urine is obstructed, give the diuretic drops. If these do not afford relief in a reasonable time, the spirits of mint may be given, and repeated as occasion requires. Apply fomentations of hops over the bladder. If this course fails, a warm bath may be used; should neither have the desired effect, introduce the catheter, which is very simple, and may be done by the patient himself. When the stricture is permanent, a bougie, anointed with the brown ointment, and sometimes with the celendine or the bitter sweet ointment, should be introduced every day or two, as the person can bear it, and remain twenty or thirty minutes. An injection twice a day may likewise be used, of a solution of sal soda, a teaspoonful to half a pint of water. Give the alterative syrup, with the hydrodate of potash, internally, as mentioned under the head of venereal disease. Nothing heating in drink or food to be taken.—  
Dr. BEACH.

#### HERNIA OR RUPTURE.

Never having had any considerable practice in hernia, I avail myself of the suggestions and prescriptions of Dr. Wooster Beach, and copy as much of his treatise, on this subject, as my space will admit of, which I think is sufficient in all common hands. He says:

*Description.*—“Hernia or rupture is the protrusion of any viscus or part from its proper cavity. It has obtained various names from its situation, as the inguinal, when



it occurs in the groin; the scrotal, when it occurs in the scrotum; the femoral, when it is situated above the groin; umbilical, when it occurs in the abdomen or umbilical region; ventral, when it is situated in some other part of the abdomen.

There is no rupture, as the term implies, but a relaxation of the parts, which permits some portion of the abdomen to protrude and form a tumor. Sometimes the intestine descends; sometimes the omentum or cawl which covers them, and occasionally both come down. Hernia is divided into reducible and irreducible; the former, where the contents can be replaced; the latter, where they cannot be, or except with great difficulty. Also strangulated.

*Treatment.*—1st. *In Reducible Hernia.*—First return the protruded parts into their original cavity, by making gentle pressure upon the hernial tumor, and this, in general, is most easily effected in a recumbent position. There is very little inconvenience attending this complaint while the protruded parts can be easily returned. It may be troublesome, both from the bulk of the swelling and from the intestinal derangements which take place; but, independent of these circumstances, it may exist throughout life without causing more than slight inconvenience. But this state cannot be depended upon, as, from various causes, such as straining, lifting, coughing, etc., the parts may be displaced from their natural situation, and become exceedingly difficult to reduce, and be attended with very serious, if not fatal, consequences. The patient, therefore, should immediately return the parts, and then take proper means to secure them, to prevent them from being displaced. There have been several contrivances to effect this, such as various kinds



of bandages and trusses. A truss, in general, of proper mechanism, is best adapted to the purpose: by its permanent pressure upon the opening, the parts are prevented from descending, and a permanent cure is often effected. There are a great variety of trusses for the relief and cure of hernia or rupture, and some are very good. A proper truss should have a spring neither too strong nor too weak; the pad should be neither too convex nor too concave, and so constructed that it may be graduated at pleasure, and should prevent the descent of the intestines or omentum; the best manner to apply it is in a recumbent position. By the use of such a truss, bathing the parts with the oil of eggs, and, subsequently, wearing a plaster of the extract of oak bark, a permanent cure may be expected.

The parts may be bathed twice a day with salt and water, and, when well dried, bathe them with the oil of eggs as often; the truss to be afterwards applied: if these do not cure in a reasonable length of time, apply the extract of white oak bark, spread on thin leather; place this first over the rupture, and then the truss: this has cured the disease of many years' standing.

2d. *Irreducible Ruptures*.—When a rupture, from any cause, cannot be reduced, it must be supported in the best possible manner, by a suspensory bag. The bowels must be kept regular, and a vegetable diet taken.

3d. *Strangulated Hernia or Rupture*.—When any of the contents of the bowels protrude, and cannot be returned, they are said to be strangulated, usually caused by a strain. There is pain in and about the parts, sickness and vomiting, fever, tension and swelling of the parts, and costiveness. There is always more or less danger attendant on these symptoms; although patients under



my treatment have, in almost every case, recovered. The first object is to reduce it as soon as possible; to effect which the body must be bent, and the tumor pressed upon until it is reduced. The endeavors of the patient to reduce it will be attended with more success than those of another person.

The method of reduction practiced by M. Gimbernat, of Madrid, is so ingenious, and at the same time so successful, that I shall give it in detail. He places the patient on his side opposite the hernia, with his body a little bent, and lower than the pelvis, in order to relax the muscles of the abdomen; with the same intention the head is brought forward towards the chest. In the femoral hernia he elevates the thigh on which the hernia is, yet so as not in the least to obstruct the operation. Sitting then by the bed-side, with his hand which is nearest to the patient he grasps the tumor at its base, which is the upper part, and with his first three fingers he compresses it all around, to diminish its diameter; at the same time with the fingers of the other hand he pushes the apex, which is the lower end of the tumor, upward and inward, to direct it towards the crural arch, because it can not be reduced in any other direction. He has sometimes found that more than one hour was required for this operation. When the patient is fatigued, he ceases both to press and push, yet never quits his hold; when he renews these efforts, he gradually increases their force. Of numerous hernia treated by him in this way, and many of them desperate, those which have not been reduced have been very few. It may be needless to add, that this method is improper, if the tumor is inflamed and very painful, or the part which causes the strangulation. This operation is safe, easy, and generally successful.



It is now the practice with most surgeons to wait but a few hours before an operation is performed in strangulated hernia. After following those means which I have found are not calculated to reduce it, recourse is had to the knife. Some surgeons commence an operation almost immediately, alleging that it is extremely dangerous to delay even a few hours. Others, again, wait a greater length of time. The operation consists in dividing the integuments, dissecting down to the hernial sac and opening it, removing the stricture, and replacing the protruded viscera.

1st. *Purgatives*.—The treatment may be commenced by administering a dose of croton oil, two drops in milk; no other physic (olive or castor oil excepted) but this will answer in the complaint. Those of a very stimulating nature are apt to aggravate the symptoms; but oleaginous purgatives are beneficial, by the relaxation which follows their exhibition.

2d. *Injections*.—It sometimes happens that neither this nor any other kind of medicine will be retained upon the stomach. When this takes place, our dependence must be placed upon injections or clysters. The following may be given: Take of lobelia inflata and stramonium, q. s.: make a strong infusion; to half a pint of which add milk and molasses, the same quantity of each, and a gill of olive or sweet oil; five drops of croton oil may be added; mix, and administer with a suitable sized syringa, to be repeated every hour. Not only the faecal contents of the intestine are evacuated by this injection, but it has a great tendency to remove the stricture by its emollient and relaxing properties.

3d. *Opiates*.—Opium, in strangulated hernia, is often exceedingly valuable. It checks the vomiting attendant



on the stricture; allays pain and irritability of the system; removes the tension of the parts, and will often effect a speedy reduction. About three grains should be given every two hours until the desired effect is produced.

*External Applications.*—1st. *Steaming or Fomentations.*—A strong decoction of bitter herbs, tansy, wormwood, hoarhound, catnip and hops may be thrown into a suitable sized tub or vessel; a narrow piece of board placed over it, on which the patient must be placed, and a blanket thrown round to retain the steam. This will produce perspiration, and contribute very much to lessen the inflammation.

2d. *Discutients.*—Let the hernial tumor, including the neck of it, be bathed with the bitter-sweet or discutient ointment for half an hour at a time, and, when applied, let some heated article be held a little distance from the parts; the green oil may also be used; let them be alternately applied every hour or two. They also prove serviceable by their emollient and relaxing properties. Bathe likewise with the croton oil.

3d. *The Hot or Warm Bath.*—Should the hernia still remain unreduced or strangulated after these means, let the patient be immersed in a warm bath, and continue in until he begins to feel faint.

4th. *Poultices.*—After any of the foregoing applications have been used, let an alkaline poultice be applied over the parts and over the seat of the stricture. Let the slippery elm bark be mixed with weak ley, until a poultice of a proper consistence is formed, to be applied tepid, and often renewed. I have found the best effect from this application in strangulated hernia. In one case I applied it when I left the patient at night, and in



the morning the viscera returned without the taxis or any manual operation. It removed the pain, swelling and inflammation, and the parts in the morning appeared very wrinkled or shriveled.

5th. *Cupping*.—In very critical cases, where reduction is found difficult, four or five cups or leeches may be applied around the neck of the tumor. Cupping has a much better effect than general blood-letting, although I have seldom found this operation necessary in the worst cases.

6th. *Cold or Refrigerant Applications*.—Some physicians or surgeons highly extol cold applications, such as cold water, ice, etc.; but in most cases, as far as I have ascertained, they are attended with a decided injurious effect. They seem to make the stricture worse instead of better; and this, no doubt, arises from the sedative effects of the cold. There is one application, however, that appears to have been attended with some success, which is the sulphuric æther. Wet the hernial tumor with the liquid, and then, in order to produce speedy evaporation, blow upon it with a pair of bellows. A physician states that he has reduced a number of strangulated hernias by this method alone, when they had been doomed to undergo an operation.

7th. *Manual Aid or Assistance*.—It becomes necessary, during the time the patient is making use of these various means, from time to time to make attempts to return the protruded viscera by manual assistance, or what is usually termed the taxis. In accomplishing this, considerable judgment is necessary. The position of the patient should be particularly attended to; his legs and buttocks should be elevated as high as convenient, forming an angle, if possible, of forty-five degrees. This can



be very easily accomplished, by placing the back part of a chair underneath him. His thighs and body must be a little flexed, in order to relax the muscle. The tumor may then be seized, and moderate pressure made, in order to return the parts, as has been previously directed.

I have usually found that the patient himself could succeed best in performing this part of the business. In most instances it is the case, that the viscera have been down often, and he has been in the habit of returning them himself, by which means he acquires a tact in doing it, with which the most skillful surgeon is not conversant.

## POLYPUS.

A polypus is a fleshy excrescence, of various density and color, originating from the lining membrane of a canal or cavity, as the nose, vagina, rectum, etc.

The common polypus is pendulous, and hangs by a small pedicle; it is movable within the nose; its size is influenced by the state of the weather, the protrusion being greatest when hazy and damp; it is of the natural color of the skin, or of a faint red, in some degree transparent, and free from pain; it sometimes projects from the anterior, at other times from the posterior, aperture into the nose. Frequently it ulcerates and discharges matter, and affects the bone. The nostrils become full, the voice altered, and the eyes suffused with tears, headache, etc.

Several species of nasal polypi are described by authors, one of which is said to be of a malignant nature, disposed to end in cancer. This, however, I believe is extremely rare; the most common are a fleshy, red, vascu-



lar polypus, and a pale, tough, firm polypus, neither of which is of a cancerous nature.

*Treatment.*—I have succeeded in curing this disease, when it has not become too large, by directing the patient to use the following snuff: Take bayberry bark and blood-root, pulverize, and mix. This must be snuffed up the nose frequently through the day. If the polypus is too large to admit it, it may be introduced by tying a strip of linen to a probe, wetting it, then dipping in the powder, and touching the tumor with it, to be often repeated. Where the tumor is quite large, and this method does not prove effectual, it may be necessary to introduce a pair of forceps, seize the tumor as far up as possible, and compress so hard as to disorganize it, or by turning the forceps to twist it off, and afterward apply the powder to prevent a re-growth. It is very apt to appear again, except some escharotic be applied to the source or origin of it. The above powder generally turns the polypus black, when it will either disappear by a discharge, or drop off. The powder must be continued for some time after it is apparently well. The blood-root alone, snuffed up the nose, has cured the polypus.—Dr. BEACH.

#### RICKETS.—(*Rachitis*.)

This is a disease common to children, and caused by debility. It first shows itself in the glands; the bowels are enlarged, the face swells and becomes altered, the spine is bent in the form of the letter S; the flesh is flabby, the body wastes, the forehead is unusually prominent, and the neck small; the teeth are liable to drop out; the ribs become flattened; the breast-bone rises, joint-bones enlarged, and the bones so weak and soft



that they are unable to support the body; stools unnatural. Sometimes deformity of the female pelvis, and other parts, follow.

*Treatment.*—With respect to the treatment of these cases, you will observe the same general principles which I have laid down for scrofula.

The joints, or parts affected, may be bathed with salt and water and the rheumatic liquid; afterward a strengthening plaster applied. The alterative syrup should be freely given, and continued a length of time. The bowels must be kept regular. Bathing in a tepid salt water bath will also aid in the cure. I have found that a syrup made of comfrey and Solomon's seal is very serviceable in this complaint.

Some time ago I cured two very bad cases of rickets by pursuing this method. Friction on the parts is also useful. Take exercise, pure air, and nutritious diet.—Dr. BEACH.

DOW-WORM, OR SCALD HEAD.—(*Tinea Capitis*.)

This disease consists in a chronic inflammation of the skin of the head, productive of a secretion of matter peculiar in its nature, and capable of propagating the complaint, if applied to the head of a healthy subject. At first the eruption is confined to only a small portion of the head; but by degrees its acrimony is extended to the neighboring parts, and at length the whole of the scalp is eroded and beset with a scabby eruption.

Children principally are affected with it. It may arise from uncleanness, the want of a due proportion of wholesome nutritive food, and possibly from bad nursing; at any rate, these will very much aggravate the disease.



In many instances it is propagated by contagion, either by using a comb imbued with the matter from the head of a person laboring under it, or by putting on his hat or cap.

*Treatment.*—The head, or the part affected, should be first well washed with soap and water, and then the brown ointment applied; let this be rubbed upon the affected parts once a day. Give the child cream of tartar and sulphur, mixed in molasses, sufficient to act lightly upon the bowels, or other physic, as mandrake. This course soon cures it.

Professor Spielman, late Professor of Medicine in the University of Strasburgh, France, uses the following ointment in this disease with success: Take of rose ointment, one ounce; white precipitate, one drachm; mix well. Wash with soap and water.

Dr. King highly recommends the following: Chamberley, (urine,) two quarts; lard, half a pound; tar, one ounce; boil all together for two hours; when blood-warm, strain; add slowly two ounces of flour of sulphur; let it cool, then strain. Wash the parts affected with the liquid, and, when evaporated, wash with the ointment. Good for scalded head and other eruptions. Also, simmer a decoction of elder with a little cream till an ointment is formed, and apply daily. Take sulphur internally. This is said to cure always.—Dr. BEACH.

#### RINGWORM.

This is a contaneous disease; it shows itself in small red pimples, which break out in a circular form, and contain a thin acrid fluid. When the body is heated by exercise, these itch intolerably, and, upon being scratched, discharge their contents, which, by falling on the neigh-



boring parts, spread the disease to a considerable degree. The original size of the circle formed by the pimples is usually about that of a sixpenny piece, but in process of time it will become, by neglect, as large as the palm of the hand.

In some cases the disease is so universal that the habit becomes tainted, the skin puts on a leprous appearance, is much disfigured with blotches, and the unhappy patient enjoys not a moment's ease from the intolerable itching and painful excoriations.

*Treatment.*—Wash with the tincture of celandine twice a day, and then apply an ointment of the same. If these fail, use the brown or herpetic ointment. An ointment of the yellow dock is also good.

The following is highly recommended by Dr. Sidney Bowne, for ringworm, dow-worm, and barbers' itch: Take an ounce of Barbadoes tar, mutton-tallow, size of a common nutmeg, one half of an even teaspoonful of fine ground pepper; simmer together a few minutes, let it stand till nearly cold, and then stir in sulphur sufficient to form a soft ointment. It has cured in a number of instances, and no failure known where it has been tried. Wash the parts three times a day with castile soap-suds, and keep them covered.—Dr. BEACH.

I have cured hundreds of cases of ringworm and dry tetter, and have never had any trouble. My treatment is so near that which is given above, that I deem it unnecessary to give any additional remedies in this place, but under the head of "Receipts" will be found different recipes for the cure of ringworm.

## SORE THROAT.

I never use anything but the compound tincture of



myrrh, and bathe the neck at night effectually with my All-Healing Liniment, which produces the happiest results, in the shortest possible space of time. In severe cases, it is best to wear a piece of flannel around the neck to protect it from the wind.

PUTRID SORE THROAT.—(*Cynanche Maligna*.)

*Description*.—This disease generally affects the glands of the throat, while the common quinsy affects the mucous membrane. In the putrid sore throat there are also cankers, sores, and ulcers in the fauces, together with great debility of the system. In the inflammatory sore throat there is always great difficulty in swallowing, whereas in the other these symptoms are not present.

*Causes*.—The cause of this disease is specific contagion; it is often communicated by infection; when it is not, it most generally arises from cold, in habits predisposed to the disease. Whatever tends to produce putrid or malignant fevers may occasion the putrid ulcerous sore throat; as neglect of cleanliness, unwholesome air, damaged provisions, etc.

*Symptoms*.—Some consider this disease the same as scarlatina maligna; but, although very similar, there appears in some respect a marked difference. The symptoms of this complaint are chills, fever, stiffness of the neck, soreness and inflammation of the throat. Ash-colored spots appear upon the inflamed parts, which produce deep ulcerations. The breathing and speaking are attended with a peculiar noise and hoarseness. It is ushered in with sickness, vomiting, looseness, and great anxiety. The pulse in general small, quick, and fluttering. The countenance is often full and bloated, sometimes pale and sunk, and the breath is intolerably offensive. The ulcers



become livid or black, and sometimes gangrene to a considerable degree takes place. Putrid symptoms now appear, under which the patient sometimes sinks in a few days. At the close of the disease hemorrhage from the mouth, nose, and other parts, takes place.

*Treatment. — Indication of Cure.* — The indication of cure will be, to counteract a putrid tendency and to keep up the strength of the patient. Bleeding and mercury, now generally prescribed, are extremely injurious.

In the first stage of the disease a mild emetic may be administered, after which mild cathartics may occasionally be given. If there is great soreness and inflammation of the throat, let the patient inhale the steam of the decoction mentioned in the treatment of the common quinsy. The liniment there mentioned may also be applied to the throat.

When putrid ulcers appear in the throat, let it be gurgled with a mixture of yeast and milk. It will be necessary also to administer antiseptic medicines; a wine glass of good yeast may be taken every two hours during the day. If the pulse is very weak, and the patient sinks, the system must be supported by stimulating medicines and liquids. Porter and wine may occasionally be given.

Dr. Thomas speaks in the highest terms of the efficacy of the following formula, which, from experience, I have found very valuable: Two tablespoonsful of cayenne pepper; salt, a tablespoonful, in half a pint of boiling water, and add the same quantity of warm vinegar. Let it stand for about an hour, and strain the liquor through a fine cloth. Dose, two tablespoonsful every half hour. A plaster may be applied to the throat, made by melting equal parts of common brown soap and resin, to be spread on thin leather or linen.



In the revolutionary war, when the putrid sore throat prevailed in the army and proved very fatal, all means to avoid it proved unavailing, till a French or German physician came and prescribed, when every case recovered. The treatment consisted in a gurgle made as follows: Take the bark or berries of sumach, white oak bark, white or common elm bark, the common high blackberry root, of each two parts, or a handful of each; add black snake-root, half a handful. Make a strong decoction by boiling well; then strain and sweeten with honey; add a lump of alum, and frequently apply to the parts affected. Also, gurgle with the same. This soon removed the mass of corruption from the mouth and throat.—Dr. BEACH.

#### INFLAMMATION OF THE HEART.

This is an inflammation of the membranous bag which surrounds the heart, the use of which is to secrete and contain the vapor of the pericardium, which lubricates the heart, and thus prevents it from concreting with the pericardium.

*Symptoms.*—Pain in the region of the heart, suffocating weight, violent palpitation, motion of the heart, breathing by starts, dyspepsia or difficulty of breathing, increased by motion or exercise. Pressure also aggravates the symptoms. Pulse frequent and bounding; the countenance has a peculiar pale and haggard appearance.—Dr. BEACH.

*Treatment.*—The treatment of this disease is similar to that of inflammation of the lungs. Keep a determination to the surface by vapor bath and Sudorific Drops. The Anti-Spasmodic Tincture is excellent in some cases,



particularly when the disease is of a chronic form. If the pain and symptoms are very acute, apply my All-Healing Liniment freely all over the region of the heart, and give a pill of fox-glove, or twenty drops of the tincture of the same, every four hours through the day. Should there be much distress, want of sleep, etc., give the Diaphoretic Powders, and let the patient drink freely of a decoction made of catnip or pleurisy root. The feet should be frequently bathed in warm water, to which a little ley or saleratus has been added.

#### ENLARGEMENT AND CHRONIC INFLAMMATION OF THE HEART.

*Description.*—The same symptoms as in the acute, but with less violence and more protracted. It may arise from enlargement of the heart, or sub-acute inflammation of that organ.

*Treatment.*—Administer the digitalis tea five or six times a day, and a strengthening plaster placed over the region of the heart. The bowels should be cleansed with the compound tincture of jalap.—Dr. BEACH.

My companion was afflicted with this disease upward of eighteen years, and at many times suffered dreadfully from its effects. The last few years of her life, she suffered day and night, although in the last two years the paroxysms varied in recurrence, from one week to one month, yet, during these two years, she was never free from pain and suffering. In the commencement of the disease, the paroxysms generally attacked her in the night. Her pulse would sink so low as to be barely perceptible to the touch. She would become almost speechless. At the first approach of the attack she would complain of violent throbbing and beating at the heart,



great distress, and a general prostration ensued. In her first attack, I called an eminent physician, Dr. Perley B. Johnson, of McConnellsville, O., and held a consultation with him in reference to her case. His opinion was, that owing to the extreme violence of the attack, she could not survive many more such, and that she would not live three years. He pronounced it the worst case he had ever seen. I fortunately succeeded in pursuing a course which gave her the enjoyment of tolerable health for five or six years. About this time we lost a son about twelve years old, by being drowned, and I being away from home—down the river—the consequent excitement and grief attending such a severe calamity, brought the disease back almost as bad as it formerly had been. On my return home, I found her in a very critical situation indeed. She gradually recovered, to a partial extent, under my treatment, and had only slight attacks for eight or nine years, when she became very much alarmed in consequence of the falling in of the coal bank at Blue Rock, completely shutting in three men and a boy. Myself and two of my sons were present; and the anxiety on her mind during our efforts to rescue the miners, brought on another very bad attack, and from that time she grew worse yearly; the pain she endured was intense, and she grew weaker and more distressed until death ended her suffering.

In her case, I depended chiefly on the Anti-Spasmodic Tincture, my All-Healing Liniment, and my Purifying Syrup, and paid strict attention to her bowels—to keep them regular. Towards the last the Anti-Spasmodic Tincture seemed to lose its effects. I tried other remedies, but to no effect, except my Liniment, which seemed to relieve her temporarily. I wet a flannel cloth with



the Liniment and applied it to her side, and gave her from a teaspoonful to a tablespoonful two or three times a day, and bathed her feet every night with a decoction of bitter herbs, with some ley added. I am now of the opinion that if I had used the Liniment more freely at first, it would have been much better for her. The diet in this complaint must be light and easy of digestion. Late suppers must be avoided, and frequently fasting is necessary at that meal. In the case of my wife, I think that her strict attention to regimen was one great cause which prolonged her life, and always having on hand a remedy to modify, if not entirely check the paroxysms whenever she was attacked, for I never left her without the medicine in her room, so that she could avail herself of its effects when she was first attacked, and thus often prevent a week's pain and suffering.

## MATERIA MEDICA.

Below I give a general signification to the meaning of the classes of medicines—how they act—their relative virtues—under their technical names by which they are known. I do this, more because in writing a work of this kind, the author necessarily becomes the practitioner and cannot drop all the *styles* of his profession.

*Terms of Classification of Medicines.*—*Narcotics* are substances which diminish the action and powers of the system, without occasioning any sensible evacuations. They have the effect of producing sleep.

*Anti-Spasmodics* are medicines which have the power of allaying irritation and spasms.

*Tonics* are those articles which increase the tone of the animal fibre, by which strength is given to the system.



*Astringents* are articles which have the power of binding or contracting the fibres of the body.

*Emetics* are medicines which excite vomiting independent of any effect arising from the mere quantity of matter introduced into the stomach.

*Purgatives or Cathartics* are medicines which increase the peristaltic motion of the intestines, and thereby produce a preternatural discharge.

*Emmenagogues* are those medicines which are capable of promoting the menstrual discharge.

*Diuretics* are those medicines which increase the urinary discharge.

*Diaphoretics* are those medicines which increase the natural exhalation by the skin, or promote moderate perspiration.

*Sudorifics* are those medicines which produce copious exhalations or sweating.

*Expectorants* are those medicines which increase the discharge of mucus from the lungs.

*Sillagogues* are those medicines which excite a preternatural flow of saliva.

*Errhines* are those medicines which increase the secretion from the nose and head, and excite sneezing.

*Epispastics or Blisters* are those substances which, when applied to the surface of the body, produce a serous or puriform discharge by exciting a previous state of inflammation.

*Rubefacients*, are substances which, when applied to the skin, stimulate, redden or inflame it.

*Rifrigerants*, medicines which allay the heat of the body or of the blood.

*Anti-Acids*, remedies which obviates acidity in the stomach.



*Lithontripics*, medicines which are supposed to have the power of dissolving urinary concretions in the bladder.

*Escharotics or Caustics*, substances which corrode or dissolve the animal solids.

*Anthelmentics*, medicines which have the effect of expelling worms from the intestines.

*Demulcients*, medicines which obviate and prevent the action of stimulating and acrid substances, by involving them in a mild and viscid matter, which prevents their action on the body.

*Diluents*, those medicines which increase the fluidity of the blood.

*Emollients*, substances which soothe and relax the living fibre.

*Alteratives*.—The term is applied to substances which are found to promote a change in the system favorably from disease, but not with certainty referable to any other class.

*Counter-Irritants*, agents applied to the surface, which excite an eruption or an inflammation, and thus divert the humors from internal to external parts.







**MARRIED WOMAN'S COMPANION:**

**A**

**PLAIN, PRACTICAL AND COMPREHENSIVE TREATISE**

**UPON THE**

**DISEASES OF WOMEN AND CHILDREN.**



## PART IV.

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### MARRIED WOMAN'S COMPANION.

TO THE MARRIED LADIES, THIS PART OF THIS WORK IS RESPECTFULLY INSCRIBED.

Curiosity, a thirst for knowledge, and a desire for improvement, seem more natural to the female than the male part of the community. In former ages, females were almost the only physicians to attend the sick, although kept in ignorance, generally, upon literary and philosophical subjects. The diseases of the human system, and the articles of the materia medica then known, were objects of their study and cure; and though in the present age of civilization and refinement, more attention is paid than formerly, to the enlargement and cultivation of their mental powers, and to their improvement in scientific and literary attainments, it is to be hoped that they may never be induced to abandon or neglect that attention to studies, which may teach them to preserve human life, and to alleviate human suffering; and which must necessarily be of constant service to them in after life, whether as individuals or heads of families. The mistress and mother of a family, occupies one of the most important stations in community, and it is highly necessary that she should have some acquaintance with the theory of medicine and some skill in the practice, to enable her to perform the duties of her station



with credit to herself, and with advantage to the family. This treatise is intended for the service of those married ladies who are bringing up families of young children, and who are unacquainted with the numerous diseases to which they will be exposed. Many of them may be easily remedied with little expense to their husbands, by a knowledge of causes, and of such articles as will destroy those causes.

The means of preventing diseases, are no less important than the method of cure. An intelligent mother, who has taken pains to inform herself in the principle of complaints in general, as respects their nature, cause, cure, and method of prevention, may, with small expense and proper attention to their diet, during the summer months, keep her family in good health; while the neighboring children, whose parents are ignorant of these things, are sick and dying with the dysentery, diarrhœa, cholera morbus, etc., etc.

This treatise is also intended for the consideration of those eldermarried ladies, who are fitting their daughters to fill stations similar to those in which they themselves are placed. It may put in their possession principles of certain diseases, and methods to relieve them, which before had not come within their reach, and which they are perfectly capable of understanding, which may better enable them to counsel and advise those who are still under their charge.

Men, whose thoughts are occupied with the difficulties of business, and who are obliged to devote their whole attention to it, generally leave the charge of their children solely to their wives. How pleasing it is to a man of understanding, to see that his wife not only governs the conduct and disposition of his children with care and



correctness, but that she also watches their health, and is always the first to know when they are indisposed. And would it not still be more pleasing to such a man, if his wife understands the nature and cause of his children's illness, and the remedy to remove that cause before they become very sick and confined to bed, and before necessity compelled him to employ a physician? The children are always under the eye of their mother; she is always the first person to whom they mention their pains and make their complaints.

The mother, therefore, is the proper person to direct their diet and their conduct. She has a better opportunity and more leisure than her husband, to inquire into the nature and cause of her children's complaints, and consequently more leisure to exercise her mind in obtaining a knowledge of the remedies which may relieve those complaints.

For this and other useful purposes, this work is addressed to the female heads of families, with a hope that it may in some degree prove a source of benefit to themselves and their families.

It cannot be expected that a work of this kind will consist of such interesting matter, (to some persons,) as that of a novel, a tale, etc., is generally composed. If this treatise should excite curiosity, or even create amusement in the minds of some of its readers, I trust that it may, in the minds of others, prove an entertainment which may contribute, in some manner, to their improvement.

The observations on dyspepsia, (or indigestion,) if strictly attended to, are such as may be advantageous to those who lead a sedentary life, and who are subject to the distressing phenomena which accompany this dis-



ease. If those who live in opulence will exchange some of the luxuries of their tables for the pleasures of temperance, industry and exercise, by riding frequently in the open and pure air, retiring early at night, and rising early in the morning, although they may lose the pleasures of the former, for a few years, they may enjoy the pleasures of the latter to a good old age.

What a mystery is the mind of mankind to itself. Good living with moderation, generally proves innocent, and has a friendly influence upon health and long life; but intemperance in eating and drinking creates destructive effects upon the human system. These effects impair the memory, and render persons unfit for business. They weaken the understanding, and corrupt the moral faculties; are the predisposing causes of disease, and gradually shorten the lives of those who are under its baneful influence. If he chance to be a husband, who is addicted to these customs and vices, who can imagine the anguish he causes in the bosom of his wife. If she is a wife, under the same influence, what shame and disgrace does she bring upon her husband and family. But if both husband and wife are under the baneful influence, their children may picture misery, crime, infamy and disease, with every other aggravation of wretchedness that occurs to fallen man.

Females have sometimes been led to seek relief from the disagreeable sensation called breeding sickness, by the use of ardent spirits, and have thereby acquired a fondness for, and a habit of using this substance much to their injury, and but little to their relief. They will find the use of alkaline preparation, such as soda powders, soda water, lime water, or the neutralizing mixture, is preferable to any salt of wormwood, together with a



little gingerbread or biscuit, to keep the stomach from being empty between meals, much better remedies, and contribute more to their relief, than even wine or spirituous liquors. In those cases, there seems to be a tendency to the accumulation of acidity in the stomach. The use of spirituous liquors will serve to increase this tendency, while the use of alkalies or anti-acids will serve to destroy and correct it. Such remedies are offered as have proved useful in the cases for which they are recommended. It is not my wish to advise sole dependence on this work. In malignant cases, when danger and difficulty occur, no time should be lost in applying to a skillful physician. Such remedies as are useful in the hands of the mother and nurse, prove still more useful in the hands of an eminent physician, who has a superior judgment, for increasing or diminishing the doses, according to the circumstances of the patient.

The object most dear to the author, in putting this work together, has been to mitigate the suffering, relieve the miseries and alleviate the distressing pains of the human family. Such as it is, peruse it in your leisure hours, and when you are watching the distresses and and pains of your helpless sick infants, it may, perhaps, put you in mind of something that will afford them comfort or relief; and surely, I believe it will never tend to injure your reputation in society, or corrupt your morals. Accept, dear ladies, my earnest wishes for your information on this subject, and that it may prove to you a source of comfortable reflection, and a means of enlarging your capacities and opportunities for usefulness, through the many trying scenes in this life, is the sincere prayer of your cordial friend.



## MENSTRUATION.

The monthly evacuations is one of the principal constitutional characteristics of the female sex. It generally takes place at the age of from twelve to fifteen, and continues until between forty and fifty. Some women begin to menstruate without any previous indisposition; but with most of them, the first appearance of the discharge is preceded by a swelling of the breast, together with a sense of fullness in the lower regions of the belly, pains in the back and lower extremities, and some slight hysteric affection; all of which ceases as soon as the flow takes place.

It is of importance to women to know that occasional irregularities are not always the consequence of this disease. Constitutions vary as much in respect to the regular returns of this discharge, as they do with regard to its first appearance, or its final cessation. Those in whom the change occurs very early, from vigor of constitution, require little to be done for them; but in weaker and less plethoric young women, the non-appearance of this evacuation is too often considered the cause, whereas, it ought to be viewed as the effect of the state of the habit, unpropitious to its taking place. And according to family practice, under this false impression, warm teas and forcing medicines are employed at the approach of the disease, which have often done much harm.

Nature is not so defective in her own judgment as to require such auxiliaries. Care should be taken so to manage the habits of their lives, as to improve the general state of their health, by attention to diet, moderate exercise, change of air and cheerfulness; which will be



found to have the happiest influence on the body and mind, and give a salutary impulse on the circulation of the blood. For the first two or three times of its appearing, it is apt to be somewhat irregular, both as to the quantity of blood which is discharged, and the period of its return; but after these, it commonly observes stated periods, and nearly the same quantity is lost at each visitation, unless some irregularity takes place.

To ascertain the quantity generally discharged, with exactness, is impossible, as it varies in different women, and greatly depends on the constitution. Those of a delicate habit and lax fibre have a more copious discharge than women of a robust constitution. However, in general, the menses continue to flow from four to six days, and the quantity discharged is about five ounces.

When the habit of a young woman is full, and the complexion fair and florid, a low diet, cooling cathartics will be proper to relieve some occasional indisposition; but the same complaint must be treated differently, if the constitution be backward, the frame delicate, and the person of a melancholy temperament. In such cases, a nourishing diet, change of air, gentle exercise, particularly riding horseback, with strengthening medicines, as the rust or tincture of steel, or other tonics; and there is no remedy better in such cases than the Purifying Syrup or Tonic Wine Tincture, together with the occasional use of some stimulating purgative to keep the bowels open, are the best to assist nature. When an immoderate flow of the menses arises from a full habit, it is often preceded by headache and giddiness, and is afterwards attended with pains in the back and loins, some degree of thirst, universal heat, and a frequent, strong, hard pulse; but when it arises in consequence of a laxity of



the organ or of a general debility, the symptoms attending it are, paleness of visage, chilliness, unusual fatigue, pains in the back, together with a loss of appetite, and indigestion.

When a profuse flow of the menses is attended with pains in the back, and the patient is of a full and robust habit, the body should be kept gently open with laxatives that give but little stimulus; administering cooling medicines, drinking freely of cool, acidulated liquors, such as lemonade or tamarind beverage. Where we suppose that it proceeds from a laxity of the vessels, besides keeping the woman in a recumbent posture, shunning external heat, and avoiding costiveness, and the other remote causes, we should apply sedatives and astringents, both of which may be used externally as well as internally. In those cases where the hemorrhage is profuse, or of long continuance, and resists the means already pointed out, it will be proper to inject into the uterus from a gill to a half pint of a strong decoction of oak bark, in which one or two drachms of alum has been dissolved, or as much of the saturated solution of alum in water, in order to constrict and strengthen the vessels of the womb. This may be repeated two or three times a day. To prevent a recurrence of the attack in those who are subject to it, the patient must necessarily avoid the causes of which it has been produced.

## SUPPRESSION OF THE MENSES.

Whenever any interruption takes place after the menstrual discharge has once been established in its regular course, except when occasioned by pregnancy, it is always to be considered as a case of suppression. When suddenly



checked, it is usually attended with considerable pain in the stomach, bowels or back, and sometimes in the chest. In persons of a full habit, the face is generally flushed, the pulse hard and frequent, flying pains in the chest, perhaps spitting of blood, cough, palpitation, and difficulty of breathing. Persons of delicate frame and melancholy temperament, and especially those who have suffered from some debilitating cause have different symptoms, consisting what has been called green sickness, a disease always connected with, and depending on, some derangement of the sensual organs.

The cause which evidently produces a suppression of the menses, is a constriction of the extremities of the vessels of the uterus, arising from accidental circumstances, such as anxiety of mind, cold, inactivity of the body, fear, the frequent use of acids and other sedatives, etc. In some constitutions, particularly in those where pain attends the discharge, very slight occurrences suddenly interrupt the flow, and prevent its usual return; such as passion of the mind, fright, fatigue, irregularities of diet, putting on damp clothes, etc. This fact shows the necessity for certain cautions and attentions during the discharge.

The principal object we are to have in view in the treatment of this complaint, is to remove the constriction by a use of relaxants, antispasmodics, etc. As relaxants, bladders filled with warm water may be applied to the lower part of the abdomen, or by receiving warm vapors by seating the patient on a chamber pan, filled with hot water. These applications should be employed particularly at the time when nature seems to be making some effort to produce the discharge, in order that they may have their due effect. An emetic administered about



the time when the evacuation should appear, and the patient during the operation sitting in a warm bath, has sometimes been of infinite service. An obstruction may, in some instances, continue in young and healthy women for many months without any inconvenience. This is chiefly the case in those who are very corpulent, or who have been in the pernicious practice of employing vinegar and strong purges to reduce their size. By the regular use of exercise, rising early in the morning, avoiding supper, keeping the bowels regular, and living rather absteniously, the health will be preserved, and in course of time, the desired alterations will take place, particularly if the female pills are made use of as directed, under that head. With the view of exciting into action the uterine vessels, the surface of the body should be kept warm by means of a flannel smock and drawers, by frequent friction of the lower part of the abdomen and limbs with flannel or a flesh-brush, and by exercise of walking or dancing. By marriage, or a change in the mode of life, the disorder has frequently been removed, after having resisted all the ordinary remedies. No remedy, applicable to every case, can possibly be discovered; therefore, medicines, with a view to restore the periodical evacuations, ought to be administered with the greatest caution.

From all the practice I have had in this distressing disease, which has been quite extensive, I am convinced that when this distressing complaint reaches a chronic form, that the same treatment will not be found beneficial which is usually adopted in cases in the first stages. The disease arises evidently from a derangement of the uterine organs, caused by a check in perspiration. And we often find this perspiration brought about by some



unnecessary imprudence in the sufferer herself, which could easily have been avoided; such as wearing thin shoes, and similar imprudences. In treating such cases, I have found nothing better than the vegetable heating powders, my All-Healing Liniment, and the tonic wine tincture; also, the purifying syrup. The bowels should be kept open by a gentle cathartic. I usually use the anti-bilious pills, or cream of tartar, magnesia, rhubarb, and spearmint, pulverized, in equal parts; dose, an ordinary teaspoonful.

I once had as bad a case, and cured it, of suppressed menstruation, as I ever saw, or as there is on record, by the following treatment, after the patient had been attended by several physicians. The woman had suffered for four years, and was no better from the treatment she had received. I commenced treating her by advising bathing in weak ley frequently; and then bathed her abdomen and small of her back with my All-Healing Liniment. I gave her a few powders of compound mandrake, (mandrake and cream of tartar,) and left with her a box of anti-bilious pills, to be taken according to directions, and, at the same time, gave her the tonic wine tincture, to be taken before meals. I also gave my Purifying Syrup, into which I incorporated half an ounce of hydrodate of potash, to a quart of the syrup. Under this treatment, in the space of six months, she had entirely recovered. I think she used about eight quarts of the syrup. I have used the same remedies in other cases, with the same effect. During the time, she used two boxes of my female pills, the recipe for making which will be found under the head of "Receipts," in this work.

From this experience, therefore, I think I may safely assert that an entire change of treatment should be



adopted, in strict conformity with the change of the disease, from the incipient stage to that of the chronic or lingering stage.

## FLEUR ALBUS, OR WHITES.

This is a complaint to which women are peculiarly subject, and is marked by the discharge of a thin white, or yellow matter, from the vagina and uterus, attended with an offensive smell, smarting in making water, pains in the back and loins, chilliness, languor, paleness of the face, and indigestion. In process of time every symptom becomes highly aggravated, the feet and ancles swell, palpitation and difficulty of respiration are experienced; the menstrual discharge is rendered irregular, the mind is dejected, and either dropsy or consumption supervenes, and terminates fatally.

The causes which give rise to this disease are injury done to the parts by difficult and tedious labors, frequent miscarriages, immoderate flowings of the menses, an inactive and sedentary life, poor diet, profuse evacuations, etc.

In some instances it appears to depend on a full and irritable habit of body, and, in other cases, of local irritation, such as disorders of the womb, or of the urinary organs. In the treatment of this disease, regard must be had to the apparent cause, and to the state of the patient. The discharge is too often considered by the sex as the effects of general weakness in their habit, and therefore are led to the indiscriminate use of heating medicines, as balsam capavia, wine, etc., without paying attention to the habit of the body or cause of the disease. The cold bath, as sponging the thighs and loins with



cold water every morning, proper exercise, due attention to cleanliness, change of air, and a milk diet, are often sufficient to arrest the disease, if applied in time. The diet should be light and nourishing, and use the tonic wine bitters before each meal, and the purifying syrup night and morning; and it is advisable to lie on a mattress in preference to a feather bed. They should rise early, and take daily exercise on horseback or otherwise.

#### DISEASES OF PREGNANCY.

We cannot be surprised that it should be the source of many disagreeable sensations, and the cause of many diseases, when we reflect upon the changes which are produced by pregnancy. No part of the human body is possessed of greater irritability than the womb, nor any part of the increased irritability of which is more readily communicated to the system in general. The breasts are so connected with the womb by their office, that every affection of that organ is immediately accompanied by some change in the breast. The stomach, next to the breast, most readily sympathizes with the womb; and through the stomach the head and the heart are very soon brought to participate in its changes and complaints.

*Nausea and Vomiting.*—Pregnant women are apt to be troubled with frequent nausea and vomiting, and in many cases it reduces them to a state of great debility. It is generally sufficient to keep the bowels open, but when it becomes troublesome, it is necessary to interfere in time, otherwise alarming nervous complaints may be induced. The most effectual means of affording relief in those cases, are a free use of neutralizing cordial, and



the tonic wine bitters is sufficient to regulate the stomach and bowels, which is all that is required. Many women are troubled with costiveness. The same treatment will be sufficient.

*Piles.*—Commonly attendant on a state of pregnancy, and if neglected, may produce serious consequences. Women in this situation should never allow more than one day to pass without having a motion. Some gentle laxative should be used daily. Such as cream of tartar, flour of sulphur, and pile electuary, which will always give prompt relief.

*Suppression of Urine, etc.*—In some cases there is great pain or heat in making water, and, sometimes, the more serious affection of suppression during pregnancy. In the former it will be proper to make a free use of spearmint tea and diuretic drops.

*Longings*—Unnatural cravings, or what are termed longings, which, however absurd they may appear on some occasions, are frequently involuntary in pregnant women, and should always, if possible, be granted, as women are apt to miscarry from the anxiety these occasion, when not indulged in them.

These affections of the mind are often supposed to reach the infant in the womb, and to occasion marks and other deformities. But every mother may feel confident that Providence has better guarded the unborn innocent than to have exposed it to injury from every variation in the feeling of the parent. Numberless examples could be produced to convince women that the notion which most of them have, that figures of animals, or other extraordinary marks, are stamped on the face of the child in the womb, by the mere force of the woman's imagination, is a gross error. Although there are cases on



record that sudden fear or fright has produced objects similar to the object of those that produced the fear or fright.

*Fainting Fits.*—Should hysterical or fainting fits arise, and the patient be of a full habit, pay strict attention to the bowels; use the cream of tartar and flour of sulphur in the morning, and nervous pills at night, so as to keep the bowels regular, but if the patient be of a spare, delicate habit, make a free use of the tonic wine bitters, three times a day, and the nervous pills at night, and make use of a light but nourishing diet.

*Cramps.*—Cramps of the legs and thighs, which occur most frequently when lying in bed, are to be relieved by bathing the feet and legs in a strong decoction made from bitter herbs of any kind, though rue wormwood are best; hops or tansy will answer as a substitute. Bathe fifteen or twenty minutes at a time, then wipe dry, and bathe with my All-Healing Liniment, which should always be in every house, but when that cannot be had, strong vinegar and rain water, equal parts, add red pepper, or cayenne pepper, stew it up and bathe with it as a substitute. At an advanced period of pregnancy, they are only to be relieved by labor removing the cause.

*Incontinence of Urine.*—This is a very disagreeable complaint, as it keeps the woman constantly in an uncomfortable state. It can be moderated by a frequent horizontal posture, but is to be removed only by labor. Its bad effects may be prevented by attention to cleanliness. Great benefit has been derived from the tea made from the herb yearrow.

*Palpitation* is another distressing affection to which some women are liable during the whole of pregnancy. In general, invigorating diet, moderate exercise in the



open air, keeping the bowels regular, avoiding every thing that disagrees with the stomach, and whatever agitates the mind; will render the attack less frequent. In this case, the tonic urine bitters has proved to be an effectual remedy.

*False Pains.*—Pains resembling the throes of labor, and known by the name of false pains, are apt to come on at an advanced stage of pregnancy, and often to occasion unnecessary alarm. In such cases, a few doses of my All-Healing Liniment, mixed with an equal quantity of the tincture of kircuma, (yellow root,) say a desert spoonful at a dose, taken in sweet milk, will effectually alleviate the pains.

*Convulsions.*—Puerperal convulsions bear some likeness to epileptic fits, and it is only being aware of the different degrees of violence attending each, that at first sight they can be distinguished. A fit of puerperal convulsion is much more severe than one of epilepsy; and paroxysm of the former is usually so violent, that a woman, who, when in health, was by no means strong, has been so convulsed as to shake the whole room, and to resist the powers of many attendants. No force, indeed, can restrain a woman when in these convulsions.

Puerperal convulsions seldom happen before the sixth month, but may occur at any time between this period and the completion of labor, or after the labor is finished. At whatever period of pregnancy they do take place, we uniformly find, that if they are repeated, and do not prove fatal, they bring on labor, or at least open the mouth of the womb. But there are many instances where, by proper measures, the repetition of the fit may be prevented, and the patient go safely to the full time. The formation of too large a quantity of blood and an



increased susceptibility of impressions of the nervous system, occasion the tendency to this disease. When these exist in any considerable degree, circumstances suddenly brings on the fits, when, in any other condition of the body, have little influence; such as over fatigue, fright, distress of the mind, irritations of the stomach or bowels, over distentions of the urinary bladder, or obstruction to the passage of the blood through the belly and lower extremities, in consequence of the pressure of the enlarged womb.

The immediate cause of fits is an overflow, or too great determination of blood to the vessels within the head. These facts explain the necessity for so regulating the diet and exercise during the latter months of pregnancy, as shall prevent both too great fullness of the habit, and also impaired energy of the nervous system. Under proper and active management, convulsions are found to be in general more alarming than really dangerous. The frightful appearances which attend such cases having paralyzed the exertions of practitioners, may perhaps account for the unfortunate event in many cases.

A strict attention should be paid to the bowels, and make a free use of the neutralizing cordial, and at the same time take a teaspoonful of spasmodic tincture. The tincture can be taken in wine, or anything desirable.

*Discharge of Water* may take place at different times during pregnancy, especially in the two last months. The quantity is variable, and sometimes the discharge is accompanied or succeeded by irregular pains. When this is the case, give a dose of laudanum, and afterwards some gentle laxative to prevent costiveness. At the same time the patient should remain quiet in bed. By these means she may go to the full time. If the water con.



tinues for several days but trifling in quantity, a solution of alum or a decoction of oak bark should be injected up the vagina two or three times a day.

*Discharge of Blood* may proceed either from the passage of the womb, or from that organ itself. In the former case, no bad effects can be dreaded; but in the latter one the most serious consequences may ensue. The immediate cause of a flow of the blood from the womb, during pregnancy, is the rupture of blood-vessels, by the partial or total separation of those parts which connect the child with the mother.

This circumstance explains the difference of danger in the early and latter months; for in the former, the blood-vessels of the womb being small, are incapable of pouring out much blood; but in the latter, they are very large, and may discharge in a short time, a great quantity.

The management of these cases may be varied according to a number of circumstances. Tranquility of mind, and confinement to bed in an airy room, lightly covered with clothes, are of great importance.

A bladder two-thirds filled with cold water, or cloths wrung out of cold vinegar and water, should be immediately applied to the lower part of the belly. At the same time, make use of a tea of the seed of hemp, (see hemp.) In the latter stage of pregnancy, if the attack be severe or repeated, nothing can save the mother and child but delivery, which must not be too long delayed, in expectation of pains coming on, or of their becoming brisk, if they have already taken place.

*Abortion.*—By abortion or miscarriage, is to be understood the exposition of the contents of the womb, at a period of gestation so early as to render it impossible for the child to live. It is an accident of frequent occur-



rence which is always attended with disagreeable circumstances, and which, although it seldom proves fatal, may still be productive of much mischief at a future period. Abortion may happen at any period of pregnancy, but they take place most frequently about the third or fourth month. It is always accompanied with two circumstances, separation of the membranous bag, expulsive effects, or contraction of the womb itself. The first is productive of discharge, the second of pains like those of labor.

Sometimes the separation or detachment of part of the conception takes place before any pain is felt; on other occasions the pain or contraction of the womb takes place first, and produces separation. In the first of these cases the symptoms of abortion takes place suddenly, and are usually occasioned by fatigue, sudden exertion, or fright.

In the second, the child is frequently dead for some little time before the pains come on, and there are particular feelings and changes which indicate that a miscarriage is likely to take place; as for instance, the cession of the morning sickness, the subsidence of the breast, absence of motion of the child, a feeling of weight or heaviness in the lower part of the belly, etc. The causes which give rise to abortion, are violent exertions of strength, severe exercise, as dancing or walking, the fatiguing dissipation of fashionable life, sudden fright, violent fits of passion, great uneasiness of mind, over fullness of blood, profuse evacuation, excessive venery, former miscarriages, general debility of the system, a diseased state of the womb, external injuries, as blows and bruises, strong acrid medicines, which are often taken for the express purpose of exciting abortion and the death of the child.



Such criminal intentions to destroy the child by artificial means can never succeed, unless the most violent effects are produced on the organs contiguous to the womb, which seldom fail to produce inflammation of these delicate parts, and occasion the death of the mother. Whenever, therefore, women commit such unjustifiable crimes to conceal the indulgence of irregular passions, their life is exposed to the greatest danger.

When a woman is threatened with miscarriage, there are two objects to attend to. The first is to prevent it if we can; the second is to manage it so that as little blood as possible be lost, and these are obtained both by the same means. With this view, the patient should immediately on the first alarm undress and go to bed, lightly covered, with a firm determination not to rise till the process be either checked or completely over. There should be little fire in the room, though it should be in winter, and, in summer, the windows must be opened. Clothes, wet with cold water, should instantly be applied to the lower part of the belly and back. The drink must be cold, and everything stimulating avoided. A woman that is subject to habitual abortions, and who is of full plethoric habit, ought to, before the usual time of her miscarrying, make a free use of blue cohush root, either in the form of powders or made into a tea.

She should likewise keep the body perfectly open with gentle aperient medicines, using a spare diet, consisting principally of vegetables; and avoid all agitation of the mind, severe exercise, violent efforts, and such objects as may be likely to make a disagreeable impression on her. The sleep should be abridged in duration, and not to be taken on a bed of down, but on a firm mattress, preventing, at the same time, the accumulation of too much



heat about the body. Every day she ought to take regular and moderate exercise being cautious at the same time not to carry it to the length of exciting fatigue. In a woman of a lax habit, as a means to prevent habitual abortion, for such, nutritive and generous diet, moderate exercise in a carriage, cold bathing, together with tonic medicine, will be necessary, the patient at the same time avoiding the exciting causes.

In all cases during the last stages of pregnancy, when our endeavors to stop or repress the hemorrhage prove abortive, and the life of the woman becomes endangered by its severity, it will be advisable to deliver her as soon as possible.

If the ovum be still entire, and the pregnancy considerably advanced, the expulsive action is to be excited by rupturing the membranes. When the whole conception comes away at once, the pain and discharge usually go off but, if only the child comes away, all the symptoms either continue and increase till the after-birth comes away, or, if they be for a time suspended, they are sure to return.

After the process is over, if the discharge be profuse, and does not stop on the application of cold water to the lower part of the belly, it will be proper to plug up the vagina, and this is best done by taking a pretty large piece of soft cloth, dipping it in oil, and then wringing it gently. This is to be introduced with the finger, portion after portion, until the lower part of the vagina be pretty well filled. The remainder is then to be firmly pressed on the orifice, and held there some time for the effused blood to coagulate.

In obstinate cases, previous to the introduction of the plug, we may insert a little powdered ice, or snow, tied



up in a rag, if it can be procured, but neither of these should be continued so long as to produce pain or much shivering. In addition to this mode of treatment, it will be advisable to have recourse to astringent medicines, as advised in immoderate flow of menses. Indian arrow-root, sago, panado, rice, milk, etc., constitute a proper regimen in this disease. If the process be protracted and the strength much impaired, the diet may be more liberal. In every case, ripe fruit is safe and useful. The bowels are to be kept regular, and sleep, if necessary, is to be produced by an anodyne. It requires great attention to prevent abortion in subsequent pregnancies, whenever it has happened. In all such cases it will be highly necessary to attend to the usual habitudes and constitution of the woman, and to remove that condition which is found to dispose to abortion, which may be done by attending to the rules already laid down.

## LABOR, DELIVERY, ETC.

Dr. Beach, in his "*Reformed Practice of Medicine*," speaking of labor, delivery, etc., so completely coincides with my views, that I shall condense his remarks to such a length as will come within the bounds of this work, and substitute it in lieu of any remarks I would otherwise have made myself.

After seven months of pregnancy, the foetus has all the conditions for breathing and exercising its digestion. It may then be separated from its mother, and change its mode of existence. Child-birth rarely, however, happens at this period; most frequently the foetus remains two months longer in the uterus, and it does not pass out of this organ till after the revolution of nine months.



Examples are related of children being born after ten months of gestation ; but these cases are very doubtful, for it is extremely difficult to know the exact period of conception. The legislation of France, however, has fixed the principle, that child-birth may take place the two hundred and ninety-ninth day of pregnancy.

Nothing is more curious than the mechanism by which the fœtus is expelled ; everything happens with wonderful precision, all seems to have been foreseen, and calculated to favor its passage through the pelvis, and the genital parts.

The physical causes that determine the exit of the fœtus are the contraction of the uterus as that of the abdominal muscles ; by their force the liquor aurnii flows out, the head of the fœtus is engaged in the pelvis, it goes through it, and soon passes out of the valve, the folds of which disappear ; these different phenomena take place in succession, and continue a certain time ; they are accompanied with pains more or less severe, with swelling and softening of the soft parts of the pelvis and external genital parts, and with an abundant mucus secretion in the cavity of the vagina.

All these circumstances, each in its own way, favor the passage of the fœtus. To facilitate the study of this action, it may be divided into several periods ; but without practical use.

*The First Period of Child-Birth.*—It is constituted by the precussory signs. Two or three days before child-birth, a flow of mucus takes place from the vagina ; the external genital parts swell and become softer ; it is the same with the ligaments that unite the bones of the pelvis ; the mouth of the womb flattens, its opening is enlarged, its edges become thinner ; slight pains known



under the name of flying pains, are felt in the loins and abdomen.

*Second Period.*—Pains of a peculiar kind come on; they begin in the lumbar region, and seem to be propagated towards the womb or the rectum, and are removed only after intervals of a quarter or half an hour each.

Each of them is accompanied with an evident contraction of the body of the uterus, with tensions of its neck and dislocation of the opening; the finger directed into the vagina discovers that the envelopes of the fœtus are pushed outwards, and that there is a considerable tumor, which is called the waters; the pains very soon become stronger, and the contraction of the uterus more powerful; the membranes break, and a part of the liquid escapes; the uterus contracts on itself, and is applied to the surface of the fœtus.

*Third Period.*—The pains and contractions of the uterus increase considerably; they are instinctively accompanied by the contractions of the abdominal muscles. The woman who is aware of their effect is inclined to favor them, by making all the muscular efforts of which she is capable; her pulse then becomes stronger and more frequent; her face is animated, her eyes shine, her whole body is in extreme agitation, and perspiration flows in abundance. The head descends into the lower strait of the pelvis.

*Fourth Period.*—After some moments of repose, the pains and expulsive contractions resume all their activity; the head presents itself at the valva, makes an effort to pass and succeeds when there happens to be a contraction sufficiently strong to produce this effect. The head being once disengaged, the remaining parts of the body easily follows on account of their smaller volume. The



section of the umbilical cord is then made, and a ligature is put around it at a short distance from the umbilicus or navel.

*Fifth Period.*—If the mid-wife has not proceeded immediately to the extraction of the placenta after the birth of the child, slight pains are felt in a short time; the uterus contracts freely, but with force enough to throw off the placenta and the membranes of the ovum; this expulsion bears the name of delivery. During the twelve or fifteen days that follow child-birth, the uterus contracts by degrees upon itself, the woman suffers abundant perspiration, her breasts are extended by the milk that they secrete; a flow of matter, which takes place from the vagina, called lochia—first sanguiferous, then whittish, indicates that the organs of the woman resume, by degrees, the disposition they had before conception.

#### MANAGEMENT OF LABOR.

Women, in general, are ignorant of parturition or delivery. Almost all of them are under the impression that labor is completed more by art than nature, hence the most noted accouchers are employed to attend during this interesting period; and professional men in general have no wish to undeceive them on this subject, as their interest is too much concerned. I have often been astonished to see the credulity and ignorance manifested on these occasions. Thanks and blessings have been poured upon me, under the idea that I had saved their lives in labor, when I had merely looked on and admired the perfect, adequate powers of nature, and superintended the efforts of the work, and it is nature that accomplishes all, while the accoucher gets the credit



of it. There is not one case in a thousand in which you can do more than remain a silent spectator, except to calm the fears of the ignorant and timid attendants. The mischief and injury that is done by the untimely interference of art, is incalculable.

In pregnancy, women are bled till they have not strength enough to accomplish delivery, and when it takes place the forceps, or other instruments, are used which often prove fatal to the mother or child, or both. Were all women properly instructed in this branch, many lives would be saved, and it is in this branch that I wish to see a reform as well as other branches of medicine; but the want of room, and the object for which this work is intended, prevents me from here enlarging upon this subject. All women ought to be instructed in mid-wifery, and those who are of a proper turn of mind, should be well qualified to act in the capacity of midwives; no man should ever be permitted to enter the apartment of a woman in labor except in consultations or on extraordinary occasions. The practice is unnecessary, unnatural, and wrong. These are various particulars to be avoided, and several things to be done in the management of women during labor. I have room here to state only a few, and shall begin by pointing out the course to be pursued in.

*Natural Labor.*—When called to a woman supposed to be in labor, we must first ascertain whether her pains are true or false, and which may be easily known by a little inquiry. If the female complains of flying or unsettled pains about the system, occurring mostly towards evening, or during the night, and being slight or irregular, it may be taken for granted that they are spurious or false. If these symptoms prove troublesome, an infusion



or tea of hops may be taken, or what is still better, a tea of vegetable heating powders, or if this is not sufficient to relieve them or procure sleep, an anodyne may be taken, and it may be necessary also to give laxative medicines, or an injection with a little laudanum. True pains may be known by the pain being more concentrated in the lower part of the belly through the loins and hips.

The pains now increase in regularity and force, returning every ten or fifteen minutes, and leaving the woman comparatively easy in the intervals. When the pains become regular and severe, there is a discharge of slimy matter, tinged with blood, known by the name of shows. At this period of labor, it will be proper for the person who attends the labor, to examine, in order to ascertain what part of the child presents, which may be done by requesting the female to sit in a chair, or on the side of the bed, and to extend the legs, when the longest finger, dipped in sweet oil, may be passed up the vagina to the part which presents, and the sense communicated will determine the nature of the presentation. In nineteen cases out of twenty, or in almost every case, the head will be felt. Frequent examinations should be avoided.

Dr. Bard, speaking of examinations, remarks: "What terms shall I use to condemn, as it deserves, the abominable practice of boring, scooping, and stretching the soft parts of the mother, under the preposterous idea of making room for the child to pass. It is impossible to censure this dangerous practice too severely; it is always wrong; nor can there be any one period in labor, the most easy and natural, the most tedious and difficult, the most regular or preternatural, in which it can be of



the least use ; in which it will not unavoidably do great mischief ; it will render an easy labor painful ; one which would be short, tedious, and one which, if left to nature, would terminate happily, highly dangerous."

"All that is proper to be done in a case of natural labor, from its commencement to its termination," says Dr. McNair, "will suggest itself to any person of common understanding. I have long labored under the conviction that the office of attending women in their confinement, should be entrusted to prudent females. There is not, according to my experience, and the reports of the most eminent surgeons, more than one case in three thousand that requires the least assistance. I am aware, however, that there are crafty physicians who attempt, and often succeed, in causing the distressed and alarmed female to believe that it would be altogether impossible for her to get over her troubles without their assistance ; and for the purpose of making it appear that their services are absolutely necessary, they will be continually interfering, sometimes with their instruments when there is not the least occasion for it. It is my confirmed opinion, (after forty years' practice,) that there would be much less danger in cases of confinement, if they were entrusted altogether to females. There is no doubt in my mind, but that one-half of the women attended by these men are delivered before their proper period ; and this is the reason why we see so many deformed children, and meet with so many females who have incurable complaints.

"If the business was trusted to aged midwives, they would give more time, and nature would have an opportunity to do its work ; and if necessary, advice might be had with more safety."



It is a very common circumstance for an inexperienced (or he may be an experienced, but ignorant) practitioner to attempt a rupture of the membranes, and in doing so, rupture the bladder, which would render the woman miserable during life. I am acquainted with twenty-five or thirty females who have met with this sad misfortune, and many of them have been attended by those who are termed most successful or old experienced physicians. Dr. Rush, speaking of child-bearing among the Indians, says: "that nature is their only midwife; their labors are short, and accompanied with little pain; each woman is delivered in a private cabin, without so much as one of her own sex to attend her; after washing herself in cold water, she returns in a few days to her usual employment, so that she knows nothing of those accidents which proceed from carelessness or ill-management of midwives or doctors, or the weakness which arises from a month's confinement in a warm room."

Dr. Whitney remarks: "I have had many cases where I found the attendants alarmed, and some in tears, from supposing they should have had help sooner, fearing the worst consequences from delay; but admitting that the doctor knew best, they would calmly wait for hours, when in nature's time, all ended well. I pledge myself as a physician, that all honest doctors will tell you that labor is the work of nature, and she generally does it best when left to herself."

"Among the Arancanian Indians," says Stevenson, in his *Twenty Years' Residence in South America*, "a mother, immediately on her delivery, takes her child, and, going down to the nearest stream, washes herself and it, and returns to the usual labor of her station."

"The wonderful facility with which the Indian women



bring forth their children," says Lewis and Clark, in their well known journal, "seems rather some benevolent gift of nature in exempting them from pains, which their savage state would render doubly greivous, than any result of habit. One of the women who had been leading two of our pack-horses, halted at a rivulet about a mile behind, and sent on the two horses by a female friend. On inquiring of one of the Indian men the cause of her detention, he answered with great appearance of unconcern, that she had just stopped to lie in, and would soon overtake us. In fact we were astonished to see her in about an hour's time come on with her new-born infant, and pass us on her way to the camp, apparantly in perfect health." Having thus shown who are the proper persons to assist in parturition, and the necestity of depending on the great resources of nature to accomplish delivery, I proceed to treat of labor, delivery, etc.

When it has been ascertained that the labor is natural, or that there are no impediments or obstacles, there will be very little more to do than superintend the person. It will be necessary to give instruction to the attendants to make suitable preparations, or have everything required in readiness.

The woman may be delivered on a bed or a cot, as is most convenient; if a bed be used, all but the mattress should be turned back toward the head, and it should be so prepared that the moisture from the uterus and other discharges may not add to the discomfort of the woman. A dressed skin, oil cloth, or folded blanket may be placed on that part of the mattress on which the patient is to rest; a coarse blanket folded within a sheet ought to be laid immediately beneath the patient to absorb the moisture, which must be removed after delivery; the



rest of the bed-clothes are to be put on in the ordinary way. The woman when she is no longer able to remain up, may lie down with her head elevated in any position which is most desirable, and in nearly every case that I have ever attended, the back has been preferred, although almost all writers recommend that the woman be laid on her side; the latter practice is unnatural and wrong for obvious reasons: it retards the labor pains, and prevents the midwife from superintending the progress of the labor; the pillow that is directed to be placed between the knees to keep them widely separated soon gets displaced by the motion or change of the female; and the legs instead of being kept apart, again comes in contact, and thus the passage of the child is obstructed; but when the female is placed upon her back, this difficulty is obviated; a free passage is permitted; the pains are more effectual; the spine is better supported, and better access can be had to the parts during labor and after the delivery of the child; in short there is a decided advantage in this position in every respect.

The dress of women in labor should be light and simple, both to keep themselves from being overheated, and to prevent any thing from being in the way of what assistance is necessary. In addition to the means recommended, I direct a sheet to be placed around the waist of the woman to prevent the blood, excrements or waters, from coming in contact with the linen or clothes, and as much as possible, the bed; her linen may be tucked or pushed up so far that there will be no necessity of a removal after delivery. Everything being thus adjusted, very little more will be necessary but to wait patiently the efforts and operations of nature. There should be but



few attendants in the room, and these are not to whisper to each other, or to express any fear or doubts.

“A humane midwife will use any ingenious effort in her power to quiet the useless fears, and support and comfort the patient. A crowd of frightened hysterical women assailing the ears of the woman with tales of woe, and sad disasters that have happened, should be admonished. Half a dozen midwives, each making pretensions to great skill, ambition, and competition for obstetric fame, assembled around a feeble woman, when labor is of a lingering character, is always an unfortunate circumstance, and it would be much better if nearly every one was afar of.”

When the pains become very severe, quickly succeeding each other, the midwife, or the person who officiates, may sit by the side of the woman, and, upon every severe pain, may keep her hand upon the parts, even though no manner of assistance can be afforded; and occasionally, when the head of the child presses hard, it may be gently touched or pressed with the longest finger in order to ascertain the parts that prevent the progress of labor, as well as to be able to give, from time to time, suitable encouragement; not only so in the last stage of labor, the hand may be kept near the parts, to know the moment when the head of the child presents, as some little assistance at this time is called for, not by supporting the perinæum, as some advise, but,

*First:* To remove any obstructions which often arises from the clothes.

*Second:* To support the child in its passage, and in the intervals of pains, and to keep the head from pitching downward and thus obstructing the labor.

*Third:* To detach the umbilical cord or navel string



from the neck when it encircles it, as is often the case, and which endangers the life of the child.

*Fourth:* To deliver the woman in case of hemorrhage or great flooding, but at the same time there must be no farther interference of art. Little or nothing can be done toward facilitating the delivery of the child, except when a large bay or collection of water presents and opposes, when it may be ruptured with the longest finger, which affords much aid. Although such is the ignorance and credulity of some women, that they suppose almost everything to be accomplished by art. Physicians or midwives who watch only the process of labor and do little or nothing, are pronounced inhuman and cruel, and perhaps ignorant, because they are honest in not interfering with the simple and beautiful process of labor, or in other words, for relying upon the great resources of nature; but such is the fashion and credulity of mankind, or rather womankind, that physicians are obliged to take the advantage of such ignorance and credulity, and regulate their proceedings accordingly. I have often been obliged to stand for hours over a woman, under pretense of aiding delivery, when in reality I did nothing at all. The labor would have progressed just as well had I been out of the room, but this deception I have been obliged to practice in order to satisfy ignorant gossiping or crying attendants. When the woman is disposed to make much noise, she should be directed to hold her breasts during the pains, and aid or assist them by pressing downward as much as possible; the feet may press against the bed-post, and the woman take hold of a handkerchief and pull when a pain occurs, or she may grasp the hand of an assistant for that purpose. Sometimes, from various causes, labor is very much retarded



from rigidity of the parts, the situation of the child, debility, etc. When this occurs, and labor is tedious and protracted, our reliance must still be upon the powers of nature. We may, however, aid her efforts by warm fomentations of bitter herbs, often applied to the lower parts of the belly, which will prove relaxing and will facilitate the labor; warm diluent drinks may also be given, such as tanzy, pennyroyal, etc. If the labor still continues stationary, we have nothing to fear, provided there is a right presentation, but should the pains become feeble or lessened from flooding, debility, or any cause, or should they prove unavoidable after a reasonable length of time, a drachm of spurred rye or ergot may be put into a teacup and a gill of boiling water poured upon it, and when cool, a tablespoonful given every fifteen minutes. This will increase the pains and speedily accomplish a delivery, but it should be very seldom or never used, except when there is a right presentation, and under the most urgent circumstances.

It is prudent, by judicious precaution and care, to remove obstructions, prevent accidents by holding or supporting the child in a proper position, and giving such aid as reason and judgment will dictate. Receiving the child, preventing its fall, securing the navel cord, assisting in the removal and disposal of the after-birth, are objects which are to be accomplished, and all in the most calm and most simple manner; no hurry or excitement is necessary, but on the contrary they embarrass. Yet how common is it that females in general, married and unmarried, are so stupid and ignorant, that instead of attending to those duties, if necessary, or in case of emergency, they are thrown into the greatest consternation, and perhaps run out of the room and let the child suffo-



cate by the bed clothes or by the navel cord twisted about the neck, and die merely for the want of a little common sense and knowledge which might be acquired in an hour. Is it not highly disgraceful, if not criminal, that persons can and do attend to these duties toward their stock, and yet remain entirely ignorant of them towards their nearest relatives? Young women and men are taught music and dancing, drawing, needle-work, and many ornamental branches, considered so essential to a polite education, yet they are suffered to remain entirely ignorant on a subject of so much vital importance. Is there any hope or prospect of enlightning this generation, or must it be delayed till the next, and have them look back with amazement at our ignorance? I hope there is something yet redeeming in a large proportion of the community—that the people will yet awake to their own interests.

When the head is delivered, all that is necessary to do is to support it and wait for the pains to expel the child, except it seems livid and in danger of injury, or when the cord is twisted around the neck, when assistance must be rendered to accomplish delivery. The face of the child must now be turned upward and the cord freed from the neck or body; the person who assists will pass a narrow piece of tape around the cord, or navel string, about an inch from the body, and tie it as tight as it can be drawn, otherwise hemorrhage or bleeding will take place, and another must be tied at a little distance from it above, and be separated between with a pair of scissors. The child is then to be given to the nurse to be washed, dried, and dressed. The woman must now be covered and directed to lay quiet.

*The After-Birth.*—The after-birth, or placenta, must be



detached or removed, if nature does not accomplish it in a short time. Generally, after about twenty or thirty minutes, a pain is felt which may be sufficient to expel it; if it should not, and should there be no pain, gentle manual attempts may be made to remove it. The head and breast may be elevated and the cord taken hold of by the left hand; the two first fingers may be carefully introduced into the vagina, and the anterior or forepart of the placenta, or after-birth, held in this situation for some minutes in order to excite a contraction of the uterus. The woman may now be directed to hold her breath and press down, which forces it forward, and at the same time a little exertion may be made upon the cord with the left hand, while the extension is made upon the after-birth with the right; this will almost invariably extract it in a few minutes. If from any cause it should not, no farther attempts must be made for the present, but left for a few hours, when, if the natural contractions of the uterus do not remove it, it must be done in the manner recommended, with this difference, that a little more force be used. In the interval, however, everything wet must be taken away.

*Subsequent Treatment.*—After the labor has been thus completed, if the woman is not too weak, assistants may raise her up and sit her upon the side of the bed or cot, while another removes all the wet clothing from the patient and her bed, and with a little warm spirits washes off the blood, water, etc., that remains on her person. This is particularly necessary as the omission of it may give rise to puerperal fever. I know not that any other has practised this method, but I have found it conducive to the comfort, as well as the health, of the patient. Some practitioners will not suffer the woman to be re-



moved from the situation in which she has been delivered under twelve or twenty-four hours, for fear of hemorrhage or flooding, but this is a great and dangerous error. It is impossible to tell what mischief may arise in consequence of suffering her to remain drenched in water and blood for this length of time. After these precautions have been observed and the bed properly prepared, on which has been placed folded blankets, skin or oilcloth, covered with a warm sheet, she may be laid down and a diaper or suitable piece of muslin laid to the part to absorb local discharges; a bandage may also be placed around the abdomen or belly and made moderately tight, but not so as to render her uncomfortable. A large tub, previously well dried, may be placed by the side of the bed, and the woman directed to place her feet in it, and when she is lifted up everything that is around her wet, to be passed into it. It prevents the necessity of afterward washing the floor and carpet which might prove injurious by causing a check of perspiration.

*Preternatural Labor, or Cross Births*, are those in which some other part than the head presents. We can not, in general, assign any reason for such occurrences, nor can the woman, by any sensation of her own, be assured that the presentation is unusual. Apprehensions of this kind should not be indulged in. If the feet or breach present, the delivery is to be accomplished by properly accommodating the position of the child to the capacity of the pelvis but no force should be employed; and though there is always some risk to the life of the infant, yet there is none to the mother. If the arm, shoulder, or side of the child presents, the delivery is not impossible, but difficult, until the infant be turned and the feet be brought down into the passage. This is an operation



which may be done with comparative ease and safety, if the wrong position of the infant be discovered before the waters are discharged; but otherwise both mother and child are in considerable danger, though there is often a spontaneous evolution, and delivery is effected. The womb closely contracting around the body of the infant, when the water is drained away and being soft and spongy in its texture, it is liable to be torn if much force be employed, and then either the child may escape into the cavity of the belly, or if it be extracted by the feet, the blood may be effused from the womb into that cavity and such injury be done as to prove fatal. Women too frequently add to the danger of the operation of turning by their restlessness and impatience: they should remember how much is at stake, and exert all their fortitude so as not to embarrass the practitioner. The labor having been thus accomplished, it will be necessary to guard against any subsequent symptoms which may occur or take place. In tedious and very difficult labors, and where common physicians use the lancet, the hot bath will be found of extraordinary benefit in facilitating labor by its relaxing the system without debility, altogether better than bleeding. First apply spirits, water, and salt to the head, then let the woman continue in the bath about fifteen minutes.

## TREATMENT AFTER DELIVERY.

*After-Pains.*—Soon after delivery these usually come on, and, with some women, prove remarkably severe. The quicker the labor has been the slighter will they prove in general. Women with their first child are seldom much troubled with after-pains, but as the uterus is



thought to contract less readily after each future labor, so they are more liable to suffer from them in any succeeding delivery than in the first.

When after-pains prove so troublesome as to deprive the patient of her rest, it will be necessary to have recourse to fomentations or anodynes: red pepper and spirits, simmered together a few minutes, and flannels dipped in it and applied to the belly, will generally relieve them; if it fails, apply a fomentation of bitter herbs, and give two teaspoonsful of tincture of hops in milk or tea. If these fail, which is very seldom, (give a teaspoonful of the tincture of kircuma, and a teaspoonful of my All-Healing Liniment, in sweet milk well sweetened); a few doses of this every few hours will effectually relieve the pains. These remedies are to be assisted by keeping up a sufficient pressure on the belly at the same time, by means of a broad bandage.

*Costiveness.*—Costiveness is apt to prevail after delivery, and should always be removed by a laxative clyster or some gentle purgative, such as senna and manna, or one ounce of castor oil. The Anti-Dyspeptic Pills are also excellent.

*Flooding of the Lochia.*—After delivery, there is a flow of blood from the womb, and sometimes it is excessive. When this is the case, apply vinegar, spirits and water to the lower part of the bowels, and give some astringent, as a cold tea of fleabane, beth-root, etc. A little salt and water is also very good, (a gill of hemp-seed, pounded, and infused in a pint of boiling water, and taken in doses of a gill, every fifteen minutes, is an effectual remedy to check the flooding.

*Milk Fever.*—From cold or other causes, the milk becomes obstructed, and the breasts are hard, swelled and



painful, attended with fever, nausea, pain in the head and back, with thirst.

*Treatment.*—Apply the child to the breast as early as possible, and if necessary, from any cause, let the milk be drawn two or three times a day by some person. If there is too much milk, use a spare diet, no animal food. The breasts may be bathed with the bitter-sweet ointment, or with soap liniment. Keep the bowels regular. A little physic may be required. Should there be inflammation and tumors in the breast, treat them as laid down under that head.

*Milk or Swelled Leg*—(*Phlegmasia Dolens.*)—A short time after delivery, this disease sometimes appears. It usually attacks one leg, and may extend to the other, and the whole system may become affected. The limb appears firm, glossy, elastic, swollen and painful. The attack is generally preceded by a chill, succeeded by fever. The limb is stiff, heavy, and is irritable; by motion, is tender; the skin is not discolored, but has an increase of heat. After a period of about two weeks, these symptoms subside, leaving the limb stiff, benumbed, heavy and weak, and is very liable to remain more or less so for a great length of time. It may arise from a suppression of the lochial discharge, or the milk, or from cold.

*Treatment.*—Give occasionally a cathartic, and promote moisture of the skin. Foment the limb in cloths immersed in a strong decoction of hops, and repeat two or three times a day. It may likewise be steamed over bitter herbs, or a bandage applied and kept wet with the decoction. If hot, applications aggravate it; keep the limb wet with stramonium leaves simmered in spirits, and applied cool. If it proves obstinate, ley water may



be used in the same manner, likewise salt and water, and the whole limb may be anointed with bitter-sweet or mullein ointment.

*Falling or Projection of the Womb.*—This happens to lying-in women and others, either partially or wholly. The womb descends into the vagina, and sometimes protrudes entirely out, which causes much distress, pains in the back, groin, leaning down, with great weakness and nervous symptoms. It arises from various causes, as over exertion, straining, lifting, or any violent exercise. The ligaments which secure the womb to the body become relaxed, which permits it to fall down.

*Treatment.*—A broad bandage should be worn over the lower part of the bowels, and drawn moderately tight; a strengthening plaster applied to the back, the restorative wine bitters used, the bowels kept regular, and the surrounding parts bathed twice a day with salt and water, (and what is still better, my All-Healing Liniment.) A decoction of oak bark or witch hazel, to which may be added a little alum, may be injected into the womb or vagina once or twice a day.

There are several kinds of abdominal supporters invented to take off the weight and tension from the tomb, which may prove very serviceable. These can easily be made, or one may be purchased already made. When the womb protrudes it ought to be replaced by laying the woman in a recumbent position, applying the fingers and thumb to the lower part of the tumor, and then by a gradual and gentle pressure, carried upwards into its centre, and continued until the parts are returned to their natural places. This being effected, a proper sized sponge is to be introduced, and the woman kept in a recumbent position for several hours. A sponge ought to



be introduced as high up the vagina as can easily be borne, and it must occasionally be removed and well cleaned. As the parts recover their proper strength and tone, one somewhat of a smaller size should be substituted. The same bandage may be worn as recommended under the head of fistula.

*Inflammation of the Womb.*—This disease sometimes takes place. For symptoms and treatment, I refer the reader to it under its proper head.

*Sore and Excoriated Nipples.*—This complaint often happens, and it is very distressing. Wash the parts with a little borax water; also with a tincture of the Balm of Gilead buds. The celandine and mullein ointments are very good; after applying one or more of them, cover the parts with slippery elm bark, mixed with cream or milk. This course will in general cure. Should it fail, anoint the nipples and excoriated parts with oil of eggs. This cured one very bad case, when some of the above applications failed. The oil is procured by boiling the egg hard, and pressing it out between two pewter plates.

*Nursing.*—A child must not be put to the breast if the mother's health is very poor, or if she has any venereal, scrofulous, consumptive taint or herptic disease, St. Anthony's fire, etc. I have conversed with a female to-day, who is subject to the last complaint, and she communicated it to three of her children, which destroyed them all. The poison is transmitted from the mother to the child. In any of these cases, the infant must be reared on the nursing bottle. Jemima Bowne, a very sensible woman, states that in all cases it is best to use cream instead of milk; the child thrives well upon it; less quantity answers, and it does not curdle like milk upon the



stomach. She has always reared her own children upon cream.

*Atrophy from Suckling.*—Some women of a delicate constitution cannot suckle long without an evident appearance of declining health, and if persisted in, it might terminate in a general wasting of the body and loss of strength, or some morbid affection of the lungs. When, therefore, a woman finds her health declining, and that she gets weaker every day, with loss of appetite and languor, she ought immediately to leave off suckling; she should use a generous diet with a moderate quantity of wine bitters daily, and if convenient, change the air, particularly if an inhabitant of a large and populous city or town. If the change is not found sufficiently efficacious of itself, when conjoined to a restorative diet, a course of tonics should be given. Gentle exercise on horseback or in a carriage will greatly assist the effects of these medicines. Other diseases of women as well as children not noticed here, are treated under their proper head.

#### DISEASES OF CHILDREN.

*Still-Born Infants.*—This occurs from difficult labors, or the cord encircling the neck, or a membrane may cover the head or the body. I once attended a woman who was delivered of a child that had a singular appearance when it was born, and was at a loss for a few seconds to account for it. I discovered that a thin membrane covered nearly the whole body, and prevented the child from breathing. I immediately removed it, brought it home and laid it aside to keep. But from a superstitious notion that the child would possess a second sight, or see into futurity, some females I believe, know-



ing the circumstance, destroyed it. When anything of this kind occurs, the membrane should be immediately removed. If no signs of life appear, the infant may be put into the warm bath, and the mouth and body wiped dry. A little cold water may be dashed into the face, the lungs inflated by some person, and a slight motion made upon the chest in imitation of breathing. The navel-string may be allowed to bleed a little. I attended a woman whose child was still-born in consequence of having been in labor for a long time, locked in the passage, with the face upward. The pains were terrible. The head and face were bruised and swollen, and I supposed it was dead, but after a time it gasped, and finally recovered.

*Retention of the Meconium.*—The bowels of all infants at the time of their birth, are filled with a blackish colored and viscid matter of the consistence of syrup, known by the name of meconium. The efforts of nature are in general sufficient to dislodge and carry it off, if assisted by the mother's milk, which is always at first of a laxative quality; therefore, infants should be applied to the breast as soon as they show an inclination to suck. Should it be retained, or not sufficiently carried off, a small teaspoonful of castor oil, or a little senna tea may be given, particularly if the secretion of milk in the mother's breast is rather tardy.

*Acidity, Flatulency and Gripes.*—From various causes, the infant is sometimes afflicted with these complaints. They arise generally from unpure milk from the mother. When this is the case, the mother should take the neutralizing mixture, and if it does not relieve, give some to the infant. The bowels may likewise be bathed with warm spirits of brandy, to which a little salt must be



added. The mother should be careful about her diet, and avoid taking cold, both of which affect the child. Catnip and root teas are very good; also the carminative drops.

*Soreness or Purging.*—This is soon removed by giving both the child and the mother a little of the neutralizing mixture.

*Teething or Dentition.*—A great many children are taken off from teething. It causes heat and pain in the head, restlessness and fever, and the gums are swollen and painful; it often occasions fits.

*Treatment.*—In extremely bad cases the gums may be scarified. A little physic may be administered every other day; the feet often bathed; also the head with spirits; the warm bath is excellent. If the child cannot sleep, give a few of the diaphoretic powders. "A crust of bread," says a writer, "is the best gum-stick." The strengthening plaster may be placed between the shoulders.

*Galling and Excoriation.*—Young children are very apt to become excoriated in particular parts of the body, especially about the groins, wrinkles of the neck, behind the ears, and under the arms; such places being kept much moistened by urine or sweat.

These complaints prove very troublesome to children, and are in some measure owing to a want of cleanliness in the mother or nurse. To prevent and likewise to remove them when they do occur, it will be necessary to wash the parts well with cold water once or twice a day, to change the clothes often, and keep the child perfectly clean. After the child is washed and dried, the parts may be sprinkled with fine elm bark or pulverized starch. When the excoriation of galling is considerable, the parts



after having been washed with cold water, may be anointed with celandine, or mullein ointment.

*Aphthæ, Thrush, or Canker.*—Infants and children are often affected with little sore spots or eruptions about the mouth. The disease usually extends from the stomach to the end of the bowels, giving rise to many painful and unpleasant symptoms. This complaint arises from a morbid state of the stomach, and must be treated by giving a gentle neutralizing physic, such as the medicine mentioned above. The mouth may be washed often with a decoction of sage, gold thread, and hysop, or, instead of golden thread add blue cohosh, sweetened with honey; a little fine borax may be added. Says a physician: "Among the vegetable productions of our country, perhaps none excel the wake robin, or wild turnip, finely pulverized, and rubbed into a paste with a little honey, which should be placed in small quantities on the infants tongue, and often repeated, to have it spread through the mouth."

*Convulsions.*—When fits or convulsions arise from teething or any other cause, the feet must be immediately bathed in warm ley water, and an anodyne be administered, such as the syrup of poppy, or paregoric. Garlic should be bruised and applied to the stomach, and if there is heat of the head, spirits, rain-water, and vinegar, may be applied. These means must be repeated as often as fits occur. In obstinate cases it may be necessary to use a warm bath.

*Soreness or Excoriation of the Navel String or Umbilical Cord.*—About the time the umbilical cord separates, there is sometimes soreness and inflammation; for such symptoms, sprinkle with a powder of slippery elm bark, and apply the brown ointment, (or my All-Healing and Strengthening Plaster.)



*Rupture—(Hernia.)*—Sometimes from crying, and other causes, infants are afflicted with ruptures; when this happens the earliest attention is required. The infant or child should be placed in a recumbent position, or on its back, then press the tumor or protruded part back; make a compress of linen, which has been previously wet in a decoction of oak bark, applying it over the rupture, and secure it by a bandage. If this fails to keep it in its proper situation, apply a truss.

*Tongue-Tied, or Division of the Frænum Linguae.*—Sometimes the frænum of the tongue is so contracted that the child cannot nurse or suck. When this occurs, and only then, there must be a very slight incision made with a pair of scissors or lancet. The cut must be very small and superficial, least a blood vessel be wounded. If the child can suck, this practice must never be resorted to. In almost every case this is an imaginary complaint, and when a parent, or parents, insists upon it being done, from a mistaken notion, the back of the lancet may be used, and this will satisfy them.

*Inperforated Vagina.*—Sometimes a thin membrane forms across the mouth of the vagina, which partially or wholly closes it. This is very easily divided by a lancet or a pair of scissors. There are very few such cases.

*Club, Crooked, or Deformed Feet.*—When children are born with this deformity, an intelligent person informs me that a certain practitioner is always in the habit of immediately turning them at birth into a right position, and securing them with props, splints, and bandages. "This," he says, "always obviates deformity."

*Choking.*—Infants often become choked by getting various substances into their mouths and throats. When this accident occurs, let the child be placed upon the lap



of the mother or nurse with its head turned downward, while it is gently struck a few times on the back between the shoulders. If this does not immediately remove it, let the fore-finger be introduced, and extract it; should this fail, give a mild emetic. Fish bones may be removed by the white of an egg, raw.

## MANAGEMENT OF CHILDREN.

It is during infancy that the foundation of a good constitution is generally laid, and it is therefore important that parents be taught the best method of managing their offspring in order to preserve their health. Great ignorance is manifest on this subject. It is owing to this that so many children sicken and die; and farthermore, it is in consequence of this ignorance in our forefathers that the present generation have become so weak, sickly, and effeminate, and most of these evils may be imputed to errors in diet, regimen, mineral and depletive agents, etc. We have departed from the simplicity of nature, and we must suffer, of course, the penalty.

1st. *On Diet.*—If the mother or nurse has enough milk, the child will need little or no food for the third or fourth month. It will then be proper to give it a little of some food that is easy of digestion, once or twice a day; this will accustom the child by degrees to take food, and will render the weaning both less difficult and less dangerous. All great and sudden transitions are to be avoided in weaning; for this purpose the food of children ought not only to be simple, but to resemble as nearly as possible, the properties of milk; indeed, milk itself should make a principal part of their food, not only before they are weaned, but for some time after. Next to milk we



would recommend good bread, which may be given to a child as soon as it shows an inclination to chew, and it may at all times be allowed as much as it will eat. The very chewing of bread will promote the cutting of the teeth and the discharge of saliva, while by mixing with the nurse's milk in the stomach, it will afford an excellent nourishment.

Many are in the habit of pouring down various liquids and mixtures made of rich substances, and so much sweetened that the tender organs of digestion are impaired, and acidity and bowel diseases follow. Articles of this nature should be avoided; no food except the milk of the mother should be given unless absolutely necessary; nature has designed this liquid exclusively for the nourishment of the infant, and, indeed, we may say for children.

There is another precaution to be observed, which is "never to put an infant to a wet nurse if it can possibly be avoided;" such persons are generally strangers, and they often communicate the most loathsome and fatal diseases; besides their milk is often rendered unwholesome by age or other causes; this is a very unnatural practice.

The milk of the mother, then, should constitute the only food of the infant, except in cases of disease, when it becomes necessary to obtain a wet nurse, or bring up the child on the bottle, which can be done very easily,

It is no uncertain or new doctrine, that the quality of the mother's milk is affected by her own health and conduct, and that in its turn it directly affects the health of the nursling. Even medicines given to the parent, acts upon the child through the medium of the milk; and a sudden fit of anger or other violent mental emotion has



not unfrequently been observed to change the quality of the fluid so much so as to produce purging and gripes in the child. Care and anxiety, in like manner, exert a most pernicious influence, and not only diminish the quantity, but vitiate the quality of the milk.

It is a common mistake to suppose that because a woman is nursing, she ought, therefore, to live very fully, and to add an allowance of wine, porter or other fermented liquors to her usual diet. The only result of this plan is to cause an unnatural degree of fullness in the system, which places the nurse on the brink of disease, and which of itself frequently puts a stop to, instead of increasing, the secretion of the milk. The health and usefulness of country nurses are often utterly ruined by their transplantation into the families of rich and luxurious employers. Accustomed at home to constant bodily exertion, exposure to the air, and a moderate supply of the plainest food, they live in the enjoyment of the best health and constitute excellent nurses. But the moment they are translated from their proper sphere, their habits and mode of life undergo an unfavorable change. Having no longer any laborious duties to perform, or any daily exposure to encounter, they become plethoric and indolent, and as they are at the same time too well fed, the digestive functions become impaired, the system speedily participates in the disorder, and the milk, which was at first bland, nourishing and plentiful, now becomes heating and insufficient; and sometimes even stops altogether.

*Cocoa Shells* made precisely like coffee, make a very pleasant nutritious drink for nursing females.

*Weaning.*—"Diet for infants after weaning, may be pure milk, two parts; water, one part; slightly sweet-



ened." "This," says Combe, "makes the nearest approach to the nature of the mother's milk, and therefore is more suitable than any preparation of milk and flour, or any other that can be given." A child, as a general rule, one year old, ought to be gradually weaned, and the appearance of the teeth shows the propriety of giving food a little more substantial than milk. Bread a day old, mixed with milk and sweetened, may be given in connection with nursing gruel, arrow-root, plain bread, Indian and rice puddings, as they grow older, and subsequently bread and butter, thickened milk, hasty pudding, or Indian potatoes and vegetables. Not a particle of flesh should ever be given. By the use of meat, the system becomes excited, and diseases by invitation are apt to be produced, which impede nutrition, and lead ultimately to the production of scrofula and other organic changes in the glands and bowels, and not unfrequently also in the brain and lungs. In these instances, the child generally eats heartily, but, nevertheless, continues thin, and is subject to frequent flushing and irregularity of the bowels, headache and restlessness. His mind partakes of the general irritability of the system, and peevish impatience takes the place of the placid good humor natural to healthy children. In this state, the ordinary diseases of infancy—measles, scarlet fever, and whooping-cough—are often attended with an unusual and dangerous degree of constitutional disturbance; and when inflammation takes place it is borne with difficulty, and the system does not easily rally; or the digestive organs become irritated, and the various secretions immediately connected with digestion are diminished, especially the biliary secretion. Constipation of the bowels soon follows; congestion of the hepatic and abdominal veins



succeeds, and is followed by the train of consequences which have already been detailed. In reality, the wonder comes to be, not that so many children die, but that so many survive their early mismanagement. A morbid condition of the system arises, extremely favorable to the production of scrofulous, consumptive, dyspeptic, and other diseases, under which, perhaps, the infant sinks; and yet, strange to state, parents will stuff their children with flesh and grease two or three times a day.

“When we reflect that the object of digestion is to furnish materials for the growth of the body and to supply the waste which the system is constantly undergoing, it must appear self-evident, that if the digestive powers be impaired by disease, by improper quantity or quality of food, or by any other cause, the result must necessarily be the formation of an imperfect chyle, and, consequently, of imperfect blood. The elements of the blood are derived from the chyle, and if it be vitiated the blood also must suffer; if the blood be diseased, so must necessarily be all the organs which it supplies; and if the body be thus debilitated, can any wonder be felt that it should no longer be able to resist the action of offending cases which full health alone can withstand?”

*Clothing.*—Infants and children are often injured by improper clothing. It is customary for some nurses to wrap them in such a quantity as to injure their health; moderation, in this respect, should be observed, due regard being paid to that which is sufficient to render them comfortable. Infants, when first born, have clothing enough almost to smother them.

*Medicine.*—Another very reprehensible custom is to pour down some nauseous drug, such as paregoric, Godfrey's cordial, or some other article, every time the



child begins to cry or is fretful, by which it becomes habituated to the use of opium, and making it necessary to increase the dose in order to produce the same effect. Another injurious practice is to give frequently warm lozengers (the basis of which is calomel or mercury) upon an attack of illness, under the impression that the disorder is occasioned by worms. By this imprudent course both the health and life of the child are endangered. Therefore, those who wish to bring up their children in a healthy condition, must avoid these evils, and be content to follow the simple path of nature and common sense.

Few things tend more to the destruction of children than drenching them with drugs. Medicine may some times be necessary for children, but that it injures them ten times for once it does them good, I will venture to assert. A nurse, or mother, the moment her child seems to be unwell, runs immediately for the doctor or to the apothecary, who throws in his powders, pills and potions, till the poor infant is poisoned, when the child might have been restored to perfect health by a change of diet, air, exercise, clothing, or some very easy and simple means.

Care must be taken to keep the bowels regular, which may be effected, in most cases, by the milk of the mother alone. Most of the complaints in children are from flatulence or wind; to remove which give common catnip or fennel seed tea; let them drink it freely, and let the mother regulate her diet.

When children complain of pain in the stomach and bowels, it may be necessary to give a moderate dose of vegetable physic; senna and manna is very good. After the operation of physic, let the diet be attended to.



Green fruit must be avoided, and whatever is hard of digestion. The feet should be often bathed in warm water, the bowels must be fomented with bitter herbs, and it is also necessary to give the child sufficient exercise in the open air.

Bathing or washing the child every evening should never be neglected, as it contributes much to health. Many complaints of the skin and system are caused by the neglect of this practice. Filth collects on the surface, obstructs perspiration, which retains morbid humors, and which are thrown upon some of the internal organs, and create irritation. Is it not owing to this that infants cry and fret so much? Daily bathe with tepid water; this is also good for galling, chafing, excoriations, etc.

*Pure Air and Exercise.*—This is very necessary; impure and confined air, with the want of exercise, causes disease; and hence children in cities are more pale, feeble and sickly than those who live in the country, and breathe pure air and play in the dirt. Confining children at home, in low, confined, dirty houses, cellars, and in school-rooms, is pernicious; also crowding too many in sleeping-rooms. When children are confined in small apartments, the air becomes not only unwholesome, but the heat relaxes their solids, renders them delicate, and disposes them to colds and many other diseases. Nor is the custom of wrapping them too close in cradles less pernicious. One would think that nurses were afraid lest children should suffer by breathing fresh air, as many of them actually cover the child's face while asleep, and others wrap a covering over the whole cradle, by which means the child is forced to breathe the same air over and over all the time it sleeps.

Children, therefore, must have as much exercise and



air as possible, and should be employed in something useful and interesting.

Again : "The premature exertion of intellect, to which the mind is stimulated at our schools by the constant excitement of emulation and vanity, far from strengthening, tends to impair the health and tone of the brain, and of all the organs depending on it; and hence we rarely perceive the genius of the school manifesting, in future years, any of the superiority which attracted attention in early life."

I place before my readers the following communication. The letter was presented to Dr. W. Beach from a worthy member of the Society of Friends, a woman of excellent judgment and experience, and who has raised several children :

WESTCHESTER, 6 Mo. 23d, 1842.

*Esteemed Friend*: Agreeable to thy request, I send the information respecting the treatment of rearing infants, the use of cream, etc. I begin when they are twenty-fours hours old to give them pure cream without sugar; others may add this if they choose; I never use it. Thee asks how often I give it. I never had any particular period for giving it, but should judge as often as five or six times a day. Thee also wishes to know what I give in case of pain, gripes, fretfulness, etc. I very often give the articles catnip, lavois seed, oil of annis, etc., but have often found great benefit from soot tea; take it from the chimney where wood fire alone has been used. In answer to thy next, on bathing, I wash the infant entirely over with cold water; but when quite young, put a little brandy in the water; and lastly, as regards food while weaning, I frequently give arrow-root, with a little manna, as there is often need of a little gentle medicines.



I would also inform thee that after taking the cream for a week or two, there has, on all my children, appeared an eruption on the skin, which may, perhaps, cause the nurse to be alarmed, but it will wear off in a few days. I was always particular to give them the cream from one cow's milk.

I believe I have now answered all thy questions, and if they will be of any use, I shall be paid for my trouble.

Thy Friend, S. H. B.

P. S. In cold weather, warm the cream, but be careful not to let it boil.

All diseases of women and children not noticed in the preceding chapters, will be found under their appropriate heads; such as rickets, worms, dropsy in the head, coughs, etc.

#### INFLAMMATION OF THE WOMB.

This disease is characterized by fever, heat, tension, tumor, pain in the region of the womb, vomiting.

*Causes.*—Besides the common causes productive of inflammation, this disease sometimes takes place after delivery, particularly where the labor has been long protracted, instruments have been used, or the lochial discharge, which ought to have taken place, has been suddenly stopped by an exposure to cold.

*Symptoms.*—It is accompanied by pains in the lower region of the belly, which are greatly aggravated upon pressure with the hand, as also by tension or tightness of the surrounding parts, considerable depression of strength, a change of countenance, increased heat of the whole body, great thirst, nausea and vomiting. The pulse is weak, but hard and frequent; the bowels con-



finer, the urine high-colored and scanty, the secretion of milk somewhat interrupted, and the lochial discharge much diminished, if not wholly suppressed.

*Treatment.*—Perspiration ought to be promoted as soon as possible. An infusion of catnip should be drunk freely with a teaspoonful of the diaphoretic powders or sudorific drops. The abdomen should be freely fomented, as in other inflammatory diseases; and, if necessary, apply mustard.

When there is great irritation, an anodyne may be administered; ten grains of the Diaphoretic Powders.

A cathartic may occasionally be given.

For inflammation of the womb, I have used the following with excellent effect:

Take the spirits of spearmint, made by bruising the green mint and adding best of Holland gin; add as much spirits of nitre; give freely. This has cured several cases.

The dry mint may be added to the gin, and a tincture thus made.

The above mode of treatment, by Dr. Beach, meets my approbation, in a general point, and is no doubt as correct an one, for many cases, as can be pursued. But there are cases where cold applications will be found as efficient, particularly if followed up by a free use of my All-Healing Liniment.

#### FALLING OF THE WOMB.—(*Prolapsus Uteri.*)

This frequently occurs to lying-in females and others, either wholly or partially. The womb descends into the vagina, and not unfrequently protrudes entirely out, which is the occasion of much distress, pains, and nerv-



ous symptoms; pains in the back and groins; bearing down, with great weakness. It arises from various causes, as over-exertion, straining, lifting, or any violent exercise. The ligaments that secure the womb are relaxed, which permits it to fall down.

*Treatment.*—Boil two handfuls of red rose leaves in half a pint of port wine; dip a cloth in it and apply it as hot as it can be borne. Do this till all is used.

*Another.*—Take witch hazle and raspberry leaves, of each an equal part, and make a teacupful of strong tea, then put in one-fourth of a spoonful of pulverized lobelia, and as much cayenne pepper as will lie on the point of a knife; stir it, and then let it stand a few minutes; then strain and divide it into two parts; then with a female syringe inject one half into the vagina, and in ten or fifteen minutes the other half. These directions, attended to several times a day, are sure to effect a cure. The patient at the same time should take a teaspoonful of the vegetable heating powders, in a teacupful of boiling water. A heated stone, wrapped in damp cloths, should be kept constantly to the feet.

#### GENERAL DEBILITY.

Persons of both sexes, and even children, are often afflicted with this distressing disease, but females are more subject to it than others. I have thought it was upon the account of their habits, being too much housed up without sufficient exercise in open air, for we find it more in towns and cities than in the country; for girls raised in the country, and used to domestic labor, such as house work, spinning, working out doors, that have always been used to fresh and open air, with proper care,



seldom are troubled with debility, but, on the contrary, are robust, rugged, and healthy, cheerful as the birds of the forest, and their musical voices as clear and harmonious. The same might be said of the young men that are raised on a farm, that, having always been used to rise with the morning, and embrace the morning air, and cheerfully follow the plow, they are seldom troubled with debility, but right to the reverse, vigorous and cheerful. Cannot we from these facts learn a lesson what nature demands, and what the result is when we transgress her laws? But there are other causes that bring on debility; abuse and imprudence in many ways, and here we find the females often guilty of this transgression. How often do they neglect prudence when their situation demand particular care? Reader, if you are a female, consider your physical organization, and remember that you, by imprudence or improper care at certain periods, can destroy your health and happiness for life; and if you neglect your duty and destroy your health, you will regret it when it is too late. Remember your health is your all. When the law of nature is discharging her duty, do not abuse that law; keep out of the wet; keep your feet dry; don't go into damp cellars or spring-houses, nor wrinse clothes when washing in cold water, nor even heat yourself and then expose yourself at any time to a current of air; never sit, when very warm, before a hoisted window, or between two doors, or in any draft of air. Persons are many times afflicted with universal languor, debility or great weakness, and not are able to trace it to any particular cause. They complain of a sense of sinking, particularly after a little exercise or fatigue. Most commonly the appetite is not much impaired; it is generally good, and very seldom much pain,



nor is there any particular organ seemingly deranged, except the mind, which frequently becomes weakened as the system declines; the patient becomes melancholy and dejected, appears to take no comfort or satisfaction of life, and indeed they have but little comfort, for they become discouraged, disheartened, and come to the conclusion there is no hope for them. I have attended a number of those cases, and found them not difficult to cure where they paid a strict attention to the prescription.

*Treatment.*—A strict attention must be paid to the stomach, bowels, and the skin. The stomach must first be cleansed, the bowels regulated, the pores of the skin kept open, the skin clear and moist. This can be done by first giving the vegetable emetic No. 2. After it has operated some six or eight hours, give a portion of antibilious pills, according to direction under their head; after they have done operating, take the tonic wine tincture three times a day, and use the pills to keep the bowels regular. After using this medicine a week or two, take twice a day the purifying sarsaparilla syrup, in the morning and just before going to bed, and the tonic wine bitters or tincture before meals. If these rules are strictly attended to, you may depend on a cure.

There is another species of debility of females, brought on from a disorganization of their turns, which is very distressing, and renders the patient miserable through life. This has destroyed thousands, and we can scarcely enter a house but we find some inmates afflicted from one or the other of these complaints. Why is it so? We have certainly departed from the laws of nature. Our shoes are too thin. Our feet, as soon as we step out, are damp and cold. Our clothes are not adapted to our climate; pride and fashion has ruined our constitution,



and the loss of our health is the penalty, and from these transgressions our land is flooded with consumption, either directly or indirectly, brought on by these transgressions. I have treated a number of these cases, and find some of them very hard to cure, while others yield readily to treatment. If able, take daily exercise in the open air, when the weather is good; use a vegetable diet; keep your bowels and stomach regular, by taking one or two Anti-Bilious Pills night and morning; and use the purifying sarsaparilla syrup twice a day, and the tonic wine tincture before each meal; add half an ounce of the hydrodate of potash to a quart of the sarsaparilla syrup; dress warm; lie warm at night; avoid damp and unwholesome air; keep your skin clean and moist,—the latter can be done by using the sweating powders.

If you appraise your health as you ought, you will not regret the little trouble this will take. If women would take the proper care of themselves, at particular times, they would avoid much unnecessary suffering, and prolong their lives and enhance their enjoyment through life; for what is life without health? And one person can have as good health as another, if they will take proper care of themselves; provided they are born of healthy parents. This latter subject is treated in another place, under its proper head.



## RECIPES.

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In laying before my readers this department of this work, I will state that I will first give MY OWN recipes, and those which I have used in my practice, and know to be good. I will then give a number for different diseases, etc., which have accumulated upon my hands—some from Weir and some from Beach. Those taken from Dr. Beach will be duly accredited to him.

### MY ALL-HEALING AND STRENGTHENING PLASTER.

Take of flaxseed oil.....	1 pint
Sweet oil.....	1 oz.
Spirits Turpentine. ....	2 “
Dissolve the gum of pine in alcohol and take of the compound .....	1 “

Boil the whole on coals for four hours; have it hot enough so as to crimp a feather; set it off the fire and stir in red lead, four ounces; sugar lead, one-half ounce; borax, one-half ounce; camphor gum, one-half ounce. Have these, previous to adding them, all finely pulverized and well mixed together. To prevent it from foaming over, it is necessary to gradually add the last named ingredients. Should not the red lead be thoroughly incorporated, set the vessel on the fire and stir it briskly until that object is obtained. The consistency of the plaster depends entirely upon the heat attained for the oils, and consequently the heat must be great enough to make the plaster of a sufficiently stiff consistency, so as



it will stick itself to the surface where applied without any artificial aid. In the summer time it should be made stiffer than in the winter season. When it is not stiff enough to stick of its own accord, its virtue is materially lessened. Always, to have its full virtues, therefore make it stiff enough for the above named purpose. I have used this plaster for near thirty years, and find it superior to all other plasters for all kinds of bruises, sprains, old and fresh sores, sore breasts, tooth-ache, jaw-ache, generally called ague in the face, cuts, pains, rheumatisms, scalds and burns, bone felon, pain in the back and side, white-swelling, etc., etc., and as a strengthening plaster it cannot be surpassed.

To prepare this plaster for use, it should be spread on soft leather for a strengthening plaster; for large sores, also leather should be used; for small sores, paper will answer. Too much reliance cannot be placed in the virtues of this valuable and unsurpassable healing plaster.

#### KING'S EVIL POULTICE, NO. 5.

Take bayberry bark, pulverized, king's evil root, called Indian paint, pulverized, little mallows, mashed; boil them in soft soap till very soft; if the soap is thick, add soft water to thin it; then add oat meal to thicken a little, but use it soft; this is to be used to bring it to a head, or clean it when it is open, do not use it very warm; about blood heat; but have it large.

#### FOR KING'S EVIL.

Take hydrodate of potash,.....1 ounce.

The great healing salve.. .....4 "

First, wash with M. Creary's wash, then apply the



mixture. Second, take common sponge, burn it to ashes, mix with the healing salve; apply two or three times a day. Third, wash with my All-Healing Liniment, and then apply the second mixture.

#### WHITE SWELLING WASH, NO. 6.

Take little mallows tops, inside bark of black-oak, yellow dock roots, equal parts; boil to make a strong decoction, then add half an ounce of copperas, half an ounce of borax, and a teacupful of soft soap; with this wash, wash the sore perfectly clean, and then bathe it with my All-Healing Liniment, then apply the healing and strengthening plaster; the plaster should be thick enough to act as a poultice. This will be found an excellent wash for any foul ulcer that is open, or old sore.

#### CANCER POULTICE.

Little mallows tops, mashed fine, skunk cabbage roots, and big stocks that grow in the ground, mashed fine, yellow dock root, mashed, carrot root, cut fine; add cider vinegar and soft soap; boil till it is all very soft; thicken with pulverized skunk cabbage, and apply as warm as can be borne; have it large, and renew it often. The sore should be first washed thoroughly with the cancer wash, then well bathed with my All-Healing Liniment, and the poultice applied as directed. This poultice I use for all painful swellings and ulcers.

#### WHITE SWELLING POULTICE, NO. 4.

Take little mallows herb, mashed fine; be careful to save the juice; carrot root sliced, and the bark of the root rose noble, (carpenters' square,) bruised; boil in



weak ley till very soft; then add rye meal without bolting, to form a poultice. This poultice is ahead of any other poultice for white swelling. There is nothing that can fill the place of the mallows, neither is there any thing that will fill the place of the carrot, as well as it will itself. The bark of the sumach root will answer instead of rose noble. It should be renewed every six hours, and made large, so as to be kept moist; a little dry plaster does more harm than good. Be sure each time, before applying the poultice, to bathe the affected part with my All-Healing Liniment.

#### KING'S EVIL WASH.

Take bayberry bark and king's evil root, equal quantities, boil them in vinegar; make a strong decoction, and add half an ounce of borax to a pint of the decoction.

#### EXPRESSED JUICE OF CELANDINE.

Celandine, in addition to what is stated, I have found to possess great medical virtues; it enters into the eye balsam, and scrofula wash; it cannot be used amiss in any eruption of the skin. A tincture is easily made and very handy. I call it the Expressed Juice of Celandine. Take any quantity, wash it, and cover it well with good spirits; let it stand a week; press out all you can, and bottle for use. It is excellent, and should always be kept on hand for use.

#### WASH FOR TETTER IN ITS VARIOUS FORMS.

Take Blood root, .....	1	part.
Bayberry bark, .....	1	"
Elder bark, .....	1	"
Yellow dock, .....	2	"
Celandine .....	4	"



If dry, pulverize them fine; if green, mash them so as to get out the strength; put it in a jar, so that it can be covered; a narrow jar is much the best. Cover the ingredients with good strong cider vinegar; put it in a warm place for one week; keep the vinegar over the pulp all the time. I lay a light weight on it to keep the vinegar over it. After it has stood a week, press out all you can get, and to every quart of this wash, add half an ounce of copperas, half an ounce of borax, and half an ounce of hydrodate of potash; when all is dissolved, strain, and bottle for use. I use this wash for all kinds of tetter affection, salt rheum, and other breaking out; itch, and many old sores. It is not fit to be applied to fresh cuts or wounds.

#### CANCER WASH, NO. 2.

Take Leaves of Stramonium.....	1 ounce.
Bark of the Root of Yellow Dock.....	1 “
The big stalk that grows in the ground of Skunk Cabbage .....	2 “
Good Vinegar.....	1 pint.
Alcohol.....	1 “
Salt (common) .....	2 spoonfuls.

Stew on coals for a few hours; press out all you can, and reduce it to one-half pint; add one gill of my Compound Tincture of Myrrh, and two tablespoonfuls of honey; while warm shake well and bottle for use. The cancer should be washed perfectly clean, twice a day, with castile soap, then with the wash; after it is dry, bathe it well with my All-Healing Liniment; then, with a feather, anoint it with the Armenian Oil. This wash can be used for all open cancers.



## SCROFULOUS CANCER.

Take Bitter Sweet Berries.....	2 ounces.
Yellow Dock, (bark of roots).....	2 “
Stramonium leaves .....	2 “
Polk leaves .....	2 “
Kircuma Root, bruised.....	2 “

Wash all and cover with the Armenian Oil; simmer for two or three hours on coals; press out all you can while warm. To a pint of this oil add half an ounce of hydro-date of potash, and apply it to the sore.

## CANCER WASH, NO. 3.

Take little mallows tops, black-oak bark, called yellow-oak, the rough bark, skunk cabbage root, and the big stalk that grows in the ground, celandine, and yellow dock root, equal parts, in weight. Mash them as fine as convenient; cover with good cider vinegar in a jar so you can cover it sufficiently; set it where it will keep quite warm; let it stand a week; be sure to keep it covered with the cider; then press out all you can, and to a quart of the wash, add half an ounce of borax, half an ounce of sal ammoniac, and soft soap enough to make a strong suds. This wash I use in all cancers in an open state, and all open ulcers, and many sores. This is one of the best washes to cleanse foul sores and bring a healthy action I have ever tried, and I have tried many. I always use my All-Healing Liniment after the wash.

## KING'S EVIL, WHEN OPEN.

Take bayberry bark, king's evil root, and little mallows, equal parts, boil them in a middling strong ley till



it is very strong, from the roots and herb, say a half a pound of each to three pints of ley; boil to one quart; the ley should not be too strong at first, as it gets stronger by boiling; add half an ounce of borax; take a clean rag or sponge, and with this wash, wash the sore effectually clean to the bottom. Sometimes it is necessary to use a swab, after it is well cleansed with the wash. Bathe it effectually with my All-Healing Lini-ment, and apply the Healing and Strengthening Plaster, well covered, with equal parts pulverized bayberry bark and king's evil root, or you can sprinkle the sore well with the root and bark, and apply the plaster. The plaster should be large and thick enough to keep the sore moist. This application will never fail performing a cure, if the purifying syrup is used from the beginning to the end. Drink a strong decoction of burdock leaves or roots, sufficient to keep the bowels open.

#### TOAD POWDER FOR CANCER.

Take four ounces of limestone, a live toad, put into an earthen vessel pot, covered with a lid of the same material. Make the joints tight with clay around the edges, so as to be air-tight; place it near the fire, so as to heat very warm or hot, clear through; then remove it from the fire out of doors; be very careful to keep on the windward side; then open the pot with a long stick; be careful not to let the scent of the pot get to you, for it is a dangerous operation. When cold, pulverize to a very fine powder; keep it in close stopped vessels; I use a small glass jar, that has a glass stopper. Put a small quantity of the powder on the cancer twice in twenty-four hours; between times grease around the cancer with juniper oil.



I have not tried this receipt perhaps as much as it is worthy of being tried; I have not had it many years in my possession; I paid ten dollars for it. The man that I got it from assured me that it was a certain cure. I am well aware that it is a dangerous operation to make it, and if I was certain of getting a genuine article, I would buy the powder at a dollar per ounce, rather than make it, but that is uncertain; I keep it in its purity. It is not as painful as the vegetable caustic.

#### ZINC PLASTER FOR CANCER.

Take chloride of zinc, and blood-root, very fine, clarified honey and wheat flour, equal parts, mix together in a wedge-wood mortar, and spread it on a strong piece of paper. Cut to suit the shape you wish to use. There should first be placed around the cancer a rim of beeswax, or sticking-plaster, to keep the zinc plaster from going too far; that is, it should be placed a little on the sound skin, all round the cancer, and left on twenty-four hours. On removing the plaster the cancer will have the appearance of a burnt shoe sole, and the circular rim outside of it will appear white and par-boiled, as if scalded by hot steam. I have found it necessary to apply the second or even the third plaster. The wound is then dressed, and the outside rim soon separates, and the cancer comes out a hard lump. The healing and strengthening plaster will be found the best dressing to bring out the hard lump, and the place heals readily by applying the cancer-wash, and any of the healing salves.

#### MY VEGETABLE CAUSTIC.

Take the bark of the large sumach, the bark of the



red oak; take off the rough bark; the inner bark of black ash, burn carefully to ashes, then put it in a narrow vessel, moisten it with strong lime water, (not wet,) let it stand three or four days, then pour good vinegar on to leach off all the strength; let it stand to clear; then shire it off and boil down the ley to the consistency of thin honey or tar; spread this on paper, or thin soft leather, and apply it on the cancer. It can be repeated every one, two, or three days, till the cancer is killed. A few applications kill the cancer where it has a good chance. I use this in cancers of the face in preference to any other plaster, and cancer of a scrofulous affection, all fungus flesh, eating tetter or ring-worm. It is one of the best caustics that can be used, for while it destroys all fungus, it does not anger the surrounding flesh but very little, and heals very readily after it. But if it is applied to old sores, where the surrounding flesh is not sound, it will take it all away if continued. This will give more satisfaction in more cases than any other caustic. I use a new copper-kettle, newly lined, to boil it in.

ARMENIAN OIL FOR CANCER, AS APPLIED BY AN ARMENIAN  
PHYSICIAN.

Take a copper vessel, newly lined on the inside, a circumstance, as it appears, essential, and pouring into it a quantity of olive oil, boil it over coals sufficient to keep it gently agitated. Do this for three times in twenty-four hours; the oil will then form into the consistency of an ointment, with which the parts affected are to be constantly rubbed. A cure in this case was effected in fourteen days, though the cancer, which was on the lip,



had already affected the gum. The European physicians who were present, and being consulted, attributed the efficacy of this ointment to the tin which had communicated some of its properties to the oil in consequence of its long and repeated boiling over the fire. I have tried this oil in various cases, and have used it with advantage, but have in no case found its effects as described in the above case. I have made an improvement on it, which I think has increased its virtue very much in many cases. For all eruptions of the skin, poison, piles, fistula, etc., and as far as I have tried it in cancer, it is better with the improvement. In Davis' case it did not seem to have any effect till I tried the improvement, and it was in that case that I first added it. The improvement is this: I take the oil as above made, and put it on the fire again in the same kettle, adding the tender leaves and stock of deadly night shade, and the tender leaves and stock of stramonium, (Jamestown weed) the bark of the root of yellow dock, and celandine, mashed; then bring it to a slow boil, gradually increasing the heat till it crisps the leaves and roots; then I press out all I can. This I have found to be excellent in scab-head, dry-tetter, scalds, burns, and the best ointment for poison ever applied. I use this in every case of cancer, with the other things recommended.

#### OINTMENT FOR TETTERS, ERUPTIONS, ETC.

Take a tablespoonful of fine verdigris, and the same quantity of honey, and a half pint of strong vinegar, and one tablespoonful gunpowder, stew it down to the consistency of tar. Spread it on paper or a linen rag and apply it to the sore, renewing it every twenty-four hours. Good for any old or running sores.



## ITCH OINTMENT.

Hogs' lard, two ounces, venis turpentine, two ounces, sulphuric acid, (oil of vitriol) four drachms. Mix in a wedgewood's or glass mortar. Anoint the body once in twents-four hours. This is a certain cure.

## ITCH OINTMENT.

Take Hogs' Lard.....	$\frac{1}{2}$ pound.
White Precipitate.....	1 ounce.
Spirits Turpentine.....	3 tablespoonfuls.
Oil Vitriol.....	25 drops.

Mix well together, and anoint the parts broken out three consecutive nights. First take a teaspoonful of cream tartar and sulphur, mixed in sweet milk, three or four mornings previous to using the ointment, and also during the time of using it. A bottle of my purifying syrup should also be taken, according to directions, to effectually cleanse and purify the blood.

## CLOVER PLASTER.

Take red clover heads, and fill a brass kettle, and boil them for about an hour, strain it and fill it again with heads; boil as before, press out the juice, and boil it over a slow fire, until it is about the consistency of tar. This preparation is an excellent remedy for sore eyes, sore mouth, corns, and old sores, by being prepared as follows:

## FOR SORE EYES.

Take the above, and dissolve it in spring water to a proper thickness, add one-fourth the quantity of cognac brandy, and wash the eyes two or three times a day.



## A SPEEDY REMEDY FOR A BRUISED EYE.

Boil a handful of hysop leaves in a little water till they are quite tender, then put them up in linen, and apply it hot to the eye; tie it on tightly at bed-time, and the eye will next day be quite well. In the original receipt from which the above was taken, it is said that a man who had his thigh terribly bruised by a kick of a horse, was cured in a few hours only, by a poultice of hysop leaves cut and minced very small, and beaten up with unsalted butter.

## A BALSAM FOR SORE EYES, OR FELON ON THE EYES.

To prepare it, take green celandine, have it clean, bruise it to a pulp in an earthen mortar, then cover it with the tincture of kircuma. Let it stand three days; press out all you can. To a pint of this juice add two large tablespoonfuls of clear honey, the white of an egg, a tablespoonful of copperas, a tablespoonful of sulphur, pulverized. Mix well together; let it stand for three days; put it over a slow fire; let it simmer a while; scum off all that rises, then strain it while hot, and bottle it for use. I use this balsam for every variety of sore eyes. With this balsam, and the other eye washes and eye salves that I have given, any sore eye that can be cured may be perfectly cured with proper care and dieting.

Another: Take a four ounce vial, fill it about two-thirds full of rain water, then put in a teaspoonful of pulverized brimstone, half a teaspoonful of copperas, made fine, a teaspoonful of honey; let stand in a warm place to digest. Of this water put about two drops twice a day in the eye. This has cured many.



Another: Rose water, half a pint, white vitriol, an even teaspoonful; when dissolved, with a clean cloth, wash the eye on going to bed. This is highly recommended. (I never tried it.)

A POULTICE FOR INFLAMED EYES.

Garden thyme boiled in rain water, and mixed with scraped raw potato, whites of eggs, equal parts, and applied cold. The poultice to be renewed as it gets hot. This is the best application that can be applied for inflammatory sore eyes.

EYE SALVES.

Take of lapis caliminaris, two parts (in bulk), kircuma, three parts, and white vitriol, one part, pulverize finely, and sift through a piece of cambric linen or muslin. Then mix it with as much fresh and unsalted butter as to form a salve about the color of Scotch snuff. A teaspoonful of the powders will make a lump the size of a small hen's egg. Apply to the edges of the eyelids evening and morning, sufficient to smart the eyes; the size of a grain of wheat is sufficient for one eye at one application. I have used this eye-salve in very bad cases for many years, and I have never used it without good effect. If the eye is first lightly washed with the eye-wash, and this salve used, it will be found to give the greatest satisfaction.

FOR DIM OR DULL SIGHT.

Steep the sack that contains the musk of a skunk in a gill of rain water or distilled water; take a clean cloth



wet with this water, gently daub the eyes two or three times a day.

#### EGG OINTMENT.

Take the yolks of eggs and beat them up, and mix as much hydrodate of potash as the eggs will dissolve; anoint the parts. This is good for many scrofulous affections—ringworm, wens, and fistula.

#### FOR THE CURE OF THE JAUNDICE.

Take salts of tartar, one ounce; of castile soap and gum Arabic, each half an ounce; of spirits or brandy, one pint. The ingredients should be frequently stirred and shook well together, and after standing four or five days the medicine will be fit for use.

The dose is two thirds of a wineglassful, mixed with one third of a wineglassful of water, every morning, for three days in succession, when it may be left off for two or three mornings, and taken again in the same way, if necessary, until the disease begins to disappear. Where the case is bad, it should be taken every morning until relief is procured.

#### FEMALE PILLS.—(*For Restoration of the Menses.*)

Take gum white turpentine.....	2½ ounces.
Sulphate iron, (green vitriol.....)	½ “
Steel filings.....	1 “
Cayenne pepper.....	1 Drachm

Melt the gum; add the powders; form into common sized pills. Dose: Three to five, three times a day; if the patient is very weak and much reduced, they should



commence with two, three times a day. These pills, with the tonic tincture and purifying syrup, will seldom fail to restore the menses.

ANOTHER.

Take best Turkey, gum myrrh.....1 ounce.  
 Flour sulphur.....1 "  
 Steel filings.....1 "  
 Loaf sugar.....1 "

All pulverized; simmer in one half pint of wine till nearly dry, then remove from the fire; when cold, form into common sized pills. Dose, two or three twice a day.

I like the first the best, as I have had the best success with them.

MY ANTI-BILIOUS PILLS.

Take gum aloe, pulverized.....4 ounces  
 Castile soap.....1 "  
 Gamboge, pulverized.....2 "  
 Colocynth, pulverized.....2 "  
 Extract Gentian.....2 "  
 Extract mandrake.....4 "  
 Jalap.....2 "  
 Cayenne pepper..... $\frac{1}{2}$  "

Incorporate thoroughly, and form into pills of common size. Dose, from three to seven, according as they operate, and the habit of the patient. These pills may be used in all complaints; for while they cleanse the stomach and bowels, the tone is preserved without causing debility or griping. By using two at night and morning, they make a very valuable pill for dyspepsia. These are my favorite pills, and I use them more than all others.



## FOR FLUX.

Mix vinegar and salt together, and drink a small quantity of it frequently ; add a small quantity of cayenne pepper ; it is also good to stop puking.

## COMPOUND MANDRAKE POWDERS.

Take mandrake, pulverized or extract ; Jalap, pulverized or extract ; cream of tartar, cayenne pepper, equal parts. Mix well together. Dose, a teaspoonful every four hours until they operate. These powders are an excellent cathartic for all bilious cases and dropsy ; they carry off a large quantity of water and bilious matter, without griping or debilitating the system.

## CATHARTIC.

Take Bowman root.....	6 grains
Jalap.....	6 "
Mucilage gum Arabic.....	q. s.

Make into three pills, to be taken at night, to empty the bowels in bilious affections.

## CATHARTICS.

Take of rhubarb one and a half drachms, castile soap, fifteen grains. Moisten with water, and make twenty-four pills, to be taken as occasion may require. They are used in costiveness arising from a deficiency of bile in the intestinal canal.

## MY PURIFYING SARSAPARILLA SYRUP,

So highly esteemed by all that have used it, and have



been offered high prices for the recipe. It is made thus :

Take sarsaparilla root.....	12	pounds
Rock fern root and tops.....	18	"
Sassafras, bark of root.....	6	"
Black cohush, (rattle root,).....	10	"
Burdock root.....	6	"
Bark of the root of bitter sweet.....	6	"
Elder blossoms.....	6	"
Gum of pine, (white turpentine,).....	4	"
Narrow dock root.....	10	"

Bruise all and cover with good spirits. Let it stand closely covered for two or three days; add plenty of water, and then boil it to get out the strength, adding water as it diminishes. After boiling for eight or ten hours, press out, and reduce to about ten gallons; pour it into a clean vessel; let it stand to settle; then strain it off into your kettle; add forty pounds of sugar, the whites of about twelve eggs, and four gallons of pure spirits; bring it to a boil; scum off what rises, then strain into a clean vessel, covered tight; when cool, bottle for use, and add half an ounce of hydrodate of potash to a quart. Dose, from a teaspoonful to two table-spoonfuls, according to age and circumstances. I use this syrup in all impurities of the blood, and in many cases of debility and nervous affections, dropsy, cancer, king's evil, white swellings, rheumatism, scrofula in all its forms, and many other cases, to restore patients recovering from sickness. I use this syrup more than all my other syrups. I find it excellent in all cases of consumption, with my other syrups. I could not dispense with it.



## THE PULMONIC RECIPE, RECOMMENDED TO CURE CONSUMPTION.

Take hoarhound tops.....	1	pound
Liverwort.....	1	"
Wild cherry bark.....	1	"
Comfrey root.....	1	"
Liquorice root.....	2	"
Spignate root.....	2	"
Blue cohush root.....	1	"
Sarsaparilla root.....	2	"
White clover blossoms.....	1	"
Seneca snake root.....	$\frac{1}{2}$	"
Elacampane root.....	$\frac{1}{2}$	"
Indian turnip root.....	$\frac{1}{2}$	"
Skunk cabbage root .....	$\frac{1}{2}$	"
Red puccoon root.....	$\frac{1}{4}$	"

Bruise all the above materials, and cover with spirits. Let it stand one week covered; then put it all in a kettle, bring it to a slow boil; keep it boiling slowly for six or eight hours; keep water over the roots, etc., while boiling; when done, press out all you can, strain it, and reduce it to three gallons; then pour it in a clean vessel, let it settle for twelve or fifteen hours; pour it off carefully, then put it on the fire, add twelve pounds of honey, and the whites of four eggs; bring it to a slow boil, scum off all that rises; when clear, pour it in a clean vessel to cool; as soon as cool, bottle for use. Dose, a tablespoonful to half a wineglassful three times a day, for adults; children, according to age, from half a teaspoonful to a tablespoonful. I have not tried it myself much, but what I have tried did well.

## ASTHMA SYRUP.

Take lobelia.....	1	pound
Skunk cabbage root.....	1	"
Black cohush.....	1	"
Blood root.....	$\frac{1}{2}$	"
Tar .....	1	quart



Bruise the roots; cover them with water; let it stand some twenty-four hours; boil it to get out all the strength; keep it covered with water after it is boiled some eight or ten hours; pour off and fill again with water, and boil some three or four hours longer; then take out all the drugs and add both liquors together; then reduce it to one gallon, pour it into a narrow vessel to settle. After standing some eight or ten hours, pour it off carefully, and add half a gallon of spirits, half a gallon of honey, and one pound of Spanish liquorice, the liquorice to be dissolved before added, and the whites of two or three eggs, well beaten; bring to a slow boil, scum off all that rises; strain while hot in an earthen vessel or stone jar; let it stand to cool; bottle it for use. Dose, from a teaspoonful to a tablespoonful, three times a day, according to age. This is a certain cure, by using the asthma tincture.

## FOR THE CROUP.

First immerse the child in warm water, then give an emetic, (there are different ones recommended under the head of recipes,) a very good one is tincture of lobelia and wine of ipecac, mixed together, and give from twenty drops to a teaspoonful, sweetened, every fifteen minutes, until nausea and vomiting are affected. Then give a teaspoonful of pig's foot oil, every one or two hours. A few drops of the compound tincture of myrrh may be given occasionally. A tea made of blue cohush, black cohush, and sage, is also very good.

I generally depend on the bath, emetic, expectorant, tincture, or compound tincture of myrrh, and the pig's foot oil, and use some of the teas. I have given differ-



ent and variable recipes for the croup which will be found under their appropriate head.

#### INCOMPARABLE FUMIGATION FOR A SORE THROAT.

Boil a pint of vinegar and an ounce of gum myrrh well together, about half an hour, and then pour the liquor into a basin. Place over the basin the large end of a funnel so as to fit it, and the small end then being taken into the patient's mouth, the fumes will be inhaled and descend to the throat. It must be used as hot as it can possibly be borne, and renewed every quarter of an hour till a cure is effected. This excellent remedy will seldom or never fail, if persisted in only for a day or two, and sometimes for a very few hours, in the most dangerous state of an inflammation or putrid sore throat, or even a quinsy.

#### CURE FOR A SPRAIN.

Put an ounce of camphor, grossly powdered, into a pint bottle, and adding a half pint of spirits of wine, nearly fill up the bottle with bullock's gall. Let it stand two or three days by the fireside, shaking it frequently till all the camphor be completely dissolved, and keep it very closely stopped for use. The part affected is to be bathed plentifully every three or four hours till relief be obtained.

This embrocation, which is very efficacious, may be quickly prepared by at once mixing common spirits of wine and camphor with an equal quantity of ox gall.

#### WEST INDIA BITTERS, OR TOUSSAINT'S ANTI-BILIOUS DROPS.

Take three drachms of orange peel, two drachms of gentian root, one each of cardamums, grains of paradise,



and gallengals, half a drachm each of nutmegs and cloves, one scruple each of saffron and cochineal, and half a handful each of camomile flowers and Roman wormwood. Infuse the whole in two quarts of brandy, rum, or white wine. After it has stood for some time, pour off what is clear, and to the ingredients add a quart more of either liquor, though brandy is considered the best for the purpose. This too, having remained a somewhat longer time, and been occasionally shaken, may in like manner be poured off for use. Two teaspoonsful are directed to be taken an hour before dinner in half a glass of wine.

## FOR FISTULA.

Take muscle shells, wash them clean and burn them to powder and sift them. Then mix them with hog's lard, spread it on clean soft leather and apply it. It is said this has cured when near the point of death.

Another: Grind an ounce of corrosive sublimate in a mortar as fine as possible; put it in a glass vessel, and pour on it two quarts of water; cork it close, and for six days shake it well every hour, and then let it settle for twenty-four hours; pour it off clear, filter it through a glass funnel, and keep it for use, close stopped. Put a half spoonful of this water into a vial with two spoonsful of clear spring water, shake them well together and take them, fasting. It works both by vomit and by stool, but very safely. Keep yourself very warm, and walk as much as you can. The first time neither eat nor drink. After it has done working, take it every other day. In forty days, this will also cure any cancer, old sore or king's evil, broken or unbroken. After the first or second vomit, you may use water gruel, as in other



vomits. This medicine ought to be given by a skillful physician. This remedy should only be resorted to in extreme cases, and when all other means have failed.

#### A SYRUP FOR CATARRH, COUGH AND COLD.

Take White Solomon's seal.....	1	pound.
Virginia snake root.....	$\frac{1}{2}$	"
Elacampane root.....	1	"
Liquorice root.....	$\frac{1}{2}$	"
Black cohush root.....	$\frac{1}{2}$	"
Sage.....	$\frac{1}{2}$	"
Hoarhound tops.....	4	"
Comfrey root.....	1	"

Bruise all, and cover with spirits. Let it stand three or four days, covered; then add water and boil it to get out the strength; strain; add four pounds of raisins, mashed; one pound gum myrrh, pulverized; boil it again for three or four hours, until reduced to three gallons; pour it in a clean vessel to clear; when settled, strain it carefully, then add twelve pounds of honey or loaf sugar, and half a gallon of the best gin. Dose, from one to three tablespoonfuls, two or three times a day, or oftener, when required.

It should be carefully bottled, and when it is a year old, it is better than when first made. This will be found an excellent medicine in all coughs, colds, catarrhs, particularly where there is a difficulty of raising.

#### COMPOUND OXYMEL OF GARLIC FOR ASTHMETIC COMPLAINTS, COMMON COLD, RHEUMATISMS AND COUGHS.

Take Sugar or rock candy.....	1	pound.
Sweet pennel seed.....	4	ounces.
Caraway seed.....	4	"
Spanish liquorice.....	1	pound.
Honey .....	1	"
Garlic, sliced.....	4	"
White wine, vinegar, or cider vinegar.....	3	quarts.



Evaporate slowly to two quarts ; during the operation add a quart of spirits, but let it get pretty well reduced down first ; after it has simmered for some two or three hours, press out all you can when cold.

This makes a valuable balsam or oxymel for all soreness of the breast. I sometimes add four ounces of the gum myrrh, which improves it very much, but it is worse to take. A teaspoonful or two of this oxymel, taken occasionally, particularly at night and morning, will scarcely ever fail of proving beneficial to all persons afflicted with an asthma. It is also frequently serviceable in rheumatic complaints, especially when assisted by warm embrocations.

#### MY COMPOUND EXPECTORANT.

Take Tincture of blood root.....	8 ounces.
“ “ lobelia.....	8 “
“ “ black cohush .....	8 “
Compound tincture of myrrh.....	16 “
Pulverized balsam.....	1 quart.
Ipecac, pulverized.....	4 ounces.

Mix all together ; let it stand six days and filter. Dose, from a teaspoonful to two tablespoonsful from three to five times a day, according to age and circumstances. This forms an excellent medicine where an expectorant is needed. I have used this with great success in coughs, colds, asthma, bronches, consumption, etc. In inflammation of the lungs, it opens that constricted state of the lungs that is common in all these complaints. It seldom fails to give satisfaction in all the above complaints.

#### GENUINE SYRUP FOR COUGHS, SPITTING OF BLOOD, ETC.

This excellent remedy cannot be made too public. It is thus prepared : Take six ounces of comfrey root, and



twelve handful of plantain leaves; cut and beat them well; strain out the juice; and with an equal weight of sugar, boil it to a syrup. Dose, a tablespoonful three times a day.

#### FOR BLEEDING OF THE LUNGS.

Make a syrup of red beth root, one ounce; bayberry root, half an ounce, in some water in which hazel leaves have been boiled—one pint; add a pint of good wine, sugar and honey. Dose, a tablespoonful every ten minutes till it abates; then take a pint of yeast and boil it with the same quantity of balsam of tamearack, and take one tablespoonful night and morning for ten days. A sure cure.

#### FOR SPITTING OF BLOOD.

Make a decoction of crane's bill, beth root, ground ivy, equal parts; steep them strong, and drink as often as three or four times a day; and drink a strong tea made of garrow. This is the best compound for this complaint in the world. I have often tried this with success.

#### FOR RICKETS.

Drink a strong tea of sage and sweet fern, and sleep on a bed made of the same until well. Wash often in saleratus, cider, or vinegar.

#### FOR DYSENTERY.

Take Wild cherry bark.....	1	pound.
Rhubarb root.....	1	"
Dried red blackberries, or root.....	1	"
Allspice.....	$\frac{1}{4}$	"
Cloves .....	$\frac{1}{4}$	"
Cinnamon.....	$\frac{1}{4}$	"
Myrrh.....	$\frac{1}{4}$	"



All pressed fine, covered with spirits, to get out the strength ; boil from three to five hours ; separate it from the dregs ; settle and strain ; then add four pounds of loaf sugar and two quarts of brandy. This should make about one and a half gallons of cordial, when finished. In many cases, I add a teaspoonful of saleratus to the quart. I always give the dose according to the urgency of the case, and circumstances of the patient. This will be found an excellent medicine in all cases of diarrhœa and flux. I want nothing but this and my All-Healing Liniment and a few assafoetida pills in any case of dysentery or flux.

#### SYRUP FOR THE BREAST AND LUNGS.

Take cabbage and pound the leaves and stalks ; press out the juice, and with an equal weight of honey, boil and scum as long as any scum arises. Bottle it for use. Dose, one tablespoonful, fasting, three times a day. This is a very simple remedy.

#### SYRUP OF GINGER.

Take of beat ginger, three ounces ; boiling water, four pounds ; double-refined sugar, seven and a half pounds ; steep the ginger in the water, in a close vessel for twenty-four hours ; then to the strained liquor add the beat sugar, so as to form a syrup. This is an agreeable and slightly aromatic syrup, impregnated with the flavor and virtue of the ginger.

#### FOR ASTHMA.

Beat saffron blows fine. Dose, from eight to ten grains on a sliced apple at night. This may be tried.



## FOR SPITTING BLOOD.

Take two spoonfuls of nettle juice every morning, and a teacupful of the decoction of nettles at night, for a week. This stops spitting or vomiting of blood. Or take a half teaspoonful of Barbadoes tar, (spring oil) on a lump of sugar at night. It commonly effects a cure at once. Where the nettles cannot be got green, take a teaspoonful of the powders.

Another: Take one pound of plantain, and one pound of yellow dock root, pulverized fine; boil them in two quarts of sweet milk; strain. Dose, one gill three times a day. Or pound balm of Gilead buds fine with brown sugar, so as to make them into pills. Dose, four or five pills on going to bed. It wonderfully helps the soreness of the breast.

## TINCTURE OF SENNA.

Take of senna leaves, two ounces; jalap, one ounce; coriander seed, one-half ounce; high spirits, three and a half pounds; digest for seven days, and add to the strained liquor four ounces of loaf sugar. This is an excellent medicine in bowel complaints and colic, especially in intemperate persons.

## TINCTURE OF BONESET.

Take Boneset powders.....	1 ounce.
Cloves.....	1 drachm.
Port Wine .....	1 quart.

Digest for ten days; strain and bottle it for use. Dose, one tablespoonful. It is an excellent tonic.



COMPOUND TINCTURE OF MYRRH.

Alcohol.....	2 quarts.
Myrrh.....	8 ounces.
Gum camphor .....	2 “
Cayenne pepper.....	$\frac{1}{2}$ “

Digest for seven days, shaking it occasionally. Dose, one or two teaspoonfuls. It is an excellent medicine in rheumatism, both externally and internally applied. It is also good for old sores, swelled joints, bruises and sprains, scalds and burns. In many cases I use this as a substitute for my All-Healing Liniment.

TINCTURE OF RHUBARB.

Take of rhubarb, pulverized, two ounces; liquorice and anise seed, each one ounce; super-carbonate of soda, one-half ounce; sugar, one ounce; diluted alcohol, two ounces. Digest for seven days; strain and bottle it for use. It is an excellent stomacher and purgative, in cases of indigestion, laxity of the intestines, etc.

TINCTURE OF JALAP.

Take three ounces of jalap, one pint of good spirits; put them into a bottle and let them digest for seven days. A teaspoonful or two is sufficient for a child ten years old. It is good purge for children.

MY ANTI-SPASMODIC DROPS.

Take Scutlery—(skull cap).....	4 ounces.
Valerian root.....	4 “
Lobelia seed.....	4 “



All well pulverized; add three pints of the best spirits; let it stand seven days, shaking it every day. Prepare at the same time in another bottle gum myrrh, coarsely pulverized, eight ounces; cayenne pepper, four ounces; spirits, one quart. This requires to be kept warm, and shook every day. By this time each will be tinctured. Then pour off carefully, and filter; then mix both together. Dose, from a teaspoonful to a tablespoonful, from three to four times a day. This forms one of the best drops for all nervous complaints I have ever tried; in all languid conditions of the system, spasms, paralysis, fainting, and to restore persons apparently drowned, or in any other state of suspended animation, and for the most violent attack of lock-jaw, fits, and for persons in a melancholy state of mind, it appears to rouse and invigorate the whole system. Nothing can be more depended on in palsy.

#### PILE OINTMENT.

Mash any quantity of fire-weed, called feather-weed, apt to grow in new ground or clearings, celandine, and yellow dock equal parts; cover with good spirits. Let stand a few days, then add one pound of fresh unsalted butter to a quart of this pulp; put it on the fire till the spirits are all evaporated; heat it hot enough almost to crisp the herbs and roots till brown; press out, cleanse, then add half an ounce of saltpetre, and half an ounce of borax to a pint of this ointment; pulverize both fine, and do not have the oils very hot when you add them, or it will burn out. I use this in all cases of piles. It can be applied inwardly, by taking a mutton tallow candle and greasing it well with the ointment, and it can be applied outside without.



WASH FOR PILES.

Take a strong saturated water of saltpetre, by dissolving as much saltpetre in hot water as will dissolve; mix equal parts of this water, and my All-Healing Liniment together, and wash the parts before anointing.

PILES.

A certain cure for piles when they are not bad: Take saltpetre and put in brandy to wash the parts, and use the Armenian oil, or the pile ointment, or green salve. The application is pretty severe.

PILE ELECTUARY.

Take Electuary of senna.....	2 ounces.
Cream of tartar.....	1 "
Flour of sulphur .....	1 "
Saltpetre .....	1 "
Rhubarb .....	1 "
Saleratus .....	$\frac{1}{2}$ "

Mix with molasses, or honey, which is better to make it stick; then take the bigness of a filbert and dissolve in water, and take at night when going to bed. This is excellent for piles, fistula, and habitual costiveness. It is very cooling and mild. I generally steep in sweet wine, and give it in the same proportion. The wine should have in it no alcohol. I put two ounces of this electuary in a pint of sweet wine, and give from a table-spoonful to half a wine glass, once or twice a day, according to age, habit, and constitution.

FOR FISTULA.

Take yolks of eggs, beat up, and add as much saltpetre as will dissolve, and apply every twelve hours.



## TONIC WINE POWDERS, OR TINCTURE.

Take Peruvian bark.....	4 ounces.
Rhubarb .....	2 "
Sulphur.....	2 "
Camomile blossoms.....	1 "
Orange peal.....	1 "
Nutmeg .....	1 "
Cinnamon.....	$\frac{1}{2}$ "
Cloves.....	1 drachm.
Cayenne.....	$\frac{1}{2}$ "

All finely pulverized and well mixed. Put two and a half ounces of the above powder to a quart of wine. Dose, from a half to whole wine glassful three to five times a day. If these powders are incorporated with my Medical Wine it makes the best medicine to restore patients recovering from sickness, and all cases where the circulation is languid, remittant fevers, chills and fevers, and if used for a few months will effectually remove that troublesome complaint, cold feet; it seems to regulate and restore the entire tone of the system. I depend much on this as a tonic.

## VEGETABLE BITTERS

To make one bottle: Take quaking asp bark and the leaves and flowers of thoroughwort, of each equal parts; add about one-fourth as much wormwood; put them into an earthen vessel, and pour boiling water on them; boil awhile to get the strength out; pour it into a bowl, and add one teaspoonful of cayenne; stir it well, and add, when cool, one gill of brandy or gin; put all into a bottle, shake it a few times and it is fit for use. These bitters are good for the jaundice, loss of appetite, indi-



gestion, pain in the stomach and bowels, costiveness, and other obstructions peculiar to females, etc. Take a wine glassful before breakfast, one at noon, and one in the evening. It is a safe medicine in all conditions for male or female.

DISEASE OF THE STOMACH AND PURIFICATION OF THE BLOOD—  
ONE OF MY MEDICAL WINES.

Take Quaking asp bark.....	5 pounds
Columbo root.....	2½ "
Gentian root.....	2½ "
Swamp oak bark.....	5 "
Rock fern, .....	5 "
Wild cherry bark.....	5 "

Bruise all and cover with water. Cover the vessel well and let it stand for two days; then put it all in a kettle and keep water over it, and let it boil slowly for eight or ten hours; then pour it from the dregs and let it stand to cool and settle; then pour it off completely from the sediments, and boil it down to ten gallons; let it stand again to cool, and strain from the sediments again; then put it on the fire, add forty pounds of sugar, and eight gallons of good spirits, and the whites of twelve eggs, bring it to a boil, scum as long as scum arises; then strain into a vessel and leave the bung out; lay a cloth over the bung till it is cool, then bring it up and keep it in a cool place. It ought to stand a few months before it is good.

This is excellent in all kinds of debility, and it will enable a laboring man or woman to perform their labor with much more ease. There can be a small wine glassful taken before a meal; it should be continued for some time, as its effect is not immediately realized. I very



often add an ounce and a half of the tonic powders to a quart of the wine, and let it stand to get clear, and find it still better for any kind of debility in old or young. This is the wine that there is so much talk of.

#### RHEUMATIC DROPS.

Take Rattle root, (black cohush,).....	2	pounds
Prickley ash.....	1	"
Gum guiacum.....	$\frac{1}{2}$	"
Gum myrrh.....	$\frac{1}{2}$	"
Seneca snake root.....	1	"

All pulverized; then add six quarts of whiskey, two quarts of water, well mixed. Let it stand fourteen days; filter from the dregs, and add eight pounds of sugar; then add strong tincture of colchicum, two quarts; shake well together. Dose, from a tea to a tablespoonful, two, three, or four times a day. This is excellent, and if the affected part is well bathed with my All-Healing Liniment, a cure is certain in many cases.

#### ANOTHER.

Take Tincture guiacum.....	2	parts
Compound tincture of myrrh.....	1	"
Tincture lobelia.....	1	"
Black drops.....	$\frac{1}{4}$	"
West India bitters.....	2	"

Mix well together. Dose, a tablespoonful five times a day.

I first prepared the above medicine for a man by the name of William Dolon. He was taken very sudden, and extremely bad. In a short time his legs were drawn crooked, and his pains were excruciating indeed. I first bathed him thoroughly with my All-Healing Liniment, and ordered him bathed, at first, three times a day, and



gave the above every three hours. He soon got better, and in two weeks was able to be at work. I have used it in other cases with equally as good effect.

MY SWEATING DROPS.

Take seneca snake root, liverwort roots and tops, ipecac root, black snake root, (Virginia snake root,) of each equal parts; boil to get out the strength; strain; reduce to one half; to a pint of this decoction add one ounce of saffron; simmer slowly half an hour, then strain and squeeze out all you can; add a teacupful of loaf sugar; form it into a balsam. This makes valuable drops in all cases where you wish to produce a moisture of the skin without stimulating. In all fevers it is very sweating, and throws off a large quantity of matter from the blood. Very handy drops can be made by taking four ounces of the above powders, all fine, and add to a quart of wine and one pound of loaf sugar. Let it stand seven days and filter. Dose, from a tea to a tablespoonful every two, three, or four hours, in catnip tea, till a free perspiration is produced.

FOR THE AGUE.

Take the bark of the root of swamp dogwood, worm-wood herb, bone set leaves and blossoms, and gentain root, of each .....1 ounce  
 Rhubarb .....  $\frac{1}{2}$  "  
 Virginia snake root .....  $\frac{1}{2}$  "  
 Cloves, nutmeg, cayenne pepper, each.....1 drachm

Make this all fine, then add three pints of good brandy.

This I have found an excellent medicine after the stomach and bowels have been well cleansed, for those long, lingering dumb agues. It is best to use it frequent-



ly, and in the first stage of ague, if a puke is given, then a physic, and follow it up frequently with this, it will not often miss. I depend as much on this as any other medicine. It is certainly a good medicine if properly used. Dose, from a tablespoonful to half a wine glass, every two or three hours.

#### CATHARTICS—(*Powders.*)

Take of bowman root, pulverized, six grains; jalap, ten grains; loaf sugar, ten grains. It may be taken morning or evening, in bilious fevers, and slimy and obstructed bowels.

#### DIURETIC PILLS FOR DROPSY.

Take fox-glove, in powder, twelve grains; bowman root, five grains; extract of dandelion, a sufficient quantity. Make twelve pills, to be taken every eighth hour, in dropsy of the chest, with obstructions.

#### MY DIAPHORETIC POWDERS.

Take Seneca snake root, pulverized.....	4 ounces
Ipecac .....	4 “
Sulphate of potash.....	1 “
Camphor gum.....	$\frac{1}{4}$ “
Cayenne pepper.....	1 drachm.

Mix well together. Dose, a teaspoonful every four hours in a cup full of catnip tea.

This forms the best diaphoretic in all cases where a perspiration is needed: in fevers, colds, pleurisy inflammation of the lungs, rheumatisms, and in all other complaints where we desire to keep a moisture of the skin.



I add to the above an ounce of Robbin's plantain, roots and tops, pulverized, which I think makes a valuable addition, but as it is not to be found everywhere, I did not put it in the body of the recipe.

BERHAVE'S FEVER POWDERS.

Take eight ounces of nitre, quarter of an ounce of camphor, the eighth of an ounce of saffron, and eight grains of cochineal. These are to be powdered and mixed together, and kept dry in a bottle. Ten grains taken on going to bed abate the feverish heat and procure rest. Ten grains are to be taken every three or four hours in a continued fever.

SWEATING OR DOVERS' POWDER.

Ipecacuanha, pulverized.....	1 scruple
Opium.....	1 "
Seneca snake root.....	1 "
Sulphate of potash.....	8 "

Grind them to a powder. Dose, from five to twenty grains, as the stomach and strength will bear it; lessen the dose if it threatens to puke. Avoid much drinking after it. This is a powerful sweating remedy in fevers, rheumatism, and dropsies; excellent in colds and suppressed perspiration. In general, this is the best opiate, as the ipecacuanha lessens the danger of a habitual use of opium, a thing to be avoided next to habits of intoxication.

VEGETABLE HEATING POWDERS.

Bayberry root bark .....	1 pound
Hemlock bark.....	$\frac{1}{2}$ "
Ginger.....	$\frac{1}{2}$ "
Cayenne pepper.....	1 ounce
Cloves.....	1 "



Pulverize finely and mix. Dose, a teaspoonful, with the same quantity of sugar, in about a gill of hot water.

This preparation is an excellent remedy for pain in the stomach and bowels, dysentery, obstruction by cold, etc. A dose taken on going to bed and warmth applied to the body, is an excellent remedy for a bad cold. Women who have taken cold after delivery, will receive much benefit from using freely a tea made from these powders.

#### EMETIC NO. 3, FOR DROPSY.

Take Ipecacuanha (American).....	4 ounces.
Blood root.....	2 "
Capsicum (cayenne).....	$\frac{1}{2}$ "

All finely pulverized and well mixed together. Dose: Half a teaspoonful every fifteen minutes, till it operates. It should be mixed in a tea made of big podded milk weed; and work it off with a tea made of the bark of common elder. Drink all you can between vomiting. This is the best vomit than can be given in all kinds of dropsy. Those who never used it, would be astonished with its effects.

#### POWDER TO STOP MORTIFICATION.

Take Flour of sulphur.....	2 ounces.
Alum.....	4 "
Gun powder.....	4 "

Pulverize the whole together; take a teaspoonful of the powder and put it in vinegar; stir them together, and apply it to the sore; repeat it every two hours, until the mortification is stopped; and take of the powder internally, several times a day. If the patient cannot take it



in vinegar, it may be taken in sweet cream. This may be relied upon as certain.

#### CURE FOR HYDROPHOBIA.

A venerable Saxon forester, named Gastelle, now of the age of eighty-two, unwilling to take to the grave with him a secret of such import, has made public in the Leipsic Journal the means which he has used for fifty years, and wherewith, he affirms, he has rescued many human beings and cattle from the fearful death of hydrophobia. Take immediately warm vinegar or tepid water, wash the wound clean therewith, and then dry it; then pour upon the wound a few drops of muriatic acid, because mineral acids destroy the poison of the saliva, by which means the evil effect of the latter is neutralized.

Another—

An intelligent correspondent of the New York Tribune, writing from Philadelphia, sends a receipt for the cure of hydrophobia, which he knows to have been successful in one case. A friend who gave him the receipt knew of twenty instances where it was successfully given. It is as follows:

First dose, one ounce elecampane root, boiled in one pint of milk until reduced to one-half pint. Second dose, (to be taken two days after the first,) one ounce and a half of elecampane root in one pint of milk, boiled as the first. Third dose, the same as the second, (to be taken two days after,) in all, three doses.

Another—

Take two tablespoonsful of fresh chloride of lime, in powder—mix it with half a pint of water, and with this



wash keep the wound constantly bathed, and frequently renewed. The chlorine gas possesses the power of decomposing this tremendous poison, and renders mild and harmless that venom against whose resistless attack the artillery of medical science has been so long directed in vain. It is necessary to add that this wash should be applied as soon as possible after the infliction of the bite. The following are the results of this treatment: From 1810 to 1824, the number of persons admitted into Breslau Hospital was 184, of whom only two died; from 1783 to 1824, into the Hospital at Zurich, 223 persons bitten by different animals, (182 by dogs,) of whom only four died.

EMETIC FOR FEVER AND AGUE, NO. 1, AND FOR ALL BILIOUS COMPLAINTS.

Take Blood root.....	1	ounce.
Ipecac .....	2½	"
Lobelia .....	2½	"
Tartar emetic.....	¼	"
Capsicum.....	¼	"

All well pulverized, and mixed together. Dose: Take half a teaspoonful every thirty minutes, till it operates, in tea made of boneset, or chamomile, though boneset is the best; after it commences operating, drink freely of either of the teas. This is the surest and best emetic in all chills and fevers. It seldom fails breaking the chill, if given so as to operate about the time they expect the chill.

COMMON EMETIC, NO. 2.

Take Blood root.....	2	ounces.
Ipecac.....	4	"
Lobelia .....	6	"
Skunk Cabbage .....	2	"
Capsicum .....	½	"



All finely pulverized, and well mixed together. Dose : Half a teaspoonful in boneset or chamomile tea, and repeat every fifteen minutes, till it operates. If the first or second dose is ejected, repeat the dose. Drink plenty of the tea while it is operating. This can be given in all common cases, where an emetic is needed.

EMETIC FOR CROUP.

For very young children, make a tea of pennyroyal, and fill a teacup two-thirds full, sweeten it, and then put a teaspoonful of lobelia into a thin cloth ; dip it in the tea and squeeze it, to get the strength into the tea. Give about one-third of it, and in an interval of about ten or 'om1 .æp1to æp1 æli:ð 'æsoþ qwææ uææwtæq sætnuim uææp1p thirds. If this does not relieve, prepare another dose, and give it as before. For children from six months to five or six years old, make a tea of pennyroyal ; fill a teacup half full, sweeten it, and put a large teaspoonful of lobelia into it ; stir it well ; give the child one-third of it, as above, and if this does not operate sufficient to relieve, give half as much more ; and be particular to give the child drink whenever it wants it, either cider, tea, or water ; and give at the same time, a teaspoonful of pigs' feet oil every four hours, for a child from six months to a year old ; and a tablespoonful may be given to a child from one to three years old ; if this is not to be had, take neats foot oil, or pure olive oil may be used as a subsitute, or one quarter of the quantity of flaxseed oil may be used.

Another, for Gravel—

Make a strong decoction of spearmint and wild parsley,



(tame will answer as a substitute, but is not as good;) add a teaspoonful of saleratus to a quart of the decoction, (a very strong tea,) and drink freely of this tea, and take twice a day of the diuretic drops in some of the tea.

Another—

Take strawberry roots and tops, spearmint tops, parsely roots and tops, wash to a pulp; be careful not to waste the juice; cover with good Holland gin; let it stand a few hours; press out all you can; to every quart of this juice, add two tablespoonsful of honey, and a teaspoonful of saltpetre. Dose: Take a wineglassful three times a day. When saltpetre is not at hand, saleratus will answer.

Another—

Take Salts of tartar.....	$\frac{1}{2}$ ounce.
Spirits of turpentine.....	$\frac{1}{4}$ "
Carbonate of soda.....	$\frac{1}{4}$ "
Balsam of copabia.....	$\frac{1}{2}$ "
Camphor.....	1 drachm.

Mix together; after it has stood awhile, add a tablespoonful of honey; then add one quart of the compound mint juice and gin. Dose: Take two tablespoonsful three times a day; the honey may be increased to suit the patient. This seldom fails to give relief. If the bowels and the small of the back are affected, bathe with my All-Healing Liniment twice a day; and the above given, it will astonish the patient by its effects.

Another—

It is stated that a gill of red onion juice, taken morning and evening, and drink horsemint tea twice a day,



(a pint,) but not at the same time of taking the juice, is a certain cure in three days. The above was communicated by a slave to a Baptist Minister of Virginia, who was cured by it. He afterwards bought the slave and set him free.

#### FOR THE DROPSY.

I here give a recipe I got from an old lady for dropsy: Take elder bark, strip it down and make a tea of it and drink freely; leave the stalk stand; you take the bark from. Take old bee comb and cover it well with water in any vessel; let it stand till it works, then bathe your feet in it every night.

Another—

First give an emetic. After the stomach has become quiet, take foxglove, pulverized, a teaspoonful, add half a pint of boiling water; cover till cold. Dose, a table-spoonful every two hours; if it produces nausea or giddiness, half the quantity must be given; give daily of compound mandrake pills, to keep a free operation as much as twice a day. After the water is diminished some, use the purifying syrup, and make a decoction of the root of big podded milk weed; drink a teacupful three times a day, sweetened with honey.

#### BLOODY URINE.

Make a strong decoction of yarrow, and drink a pint twice a day.

#### FALLING OF THE PALATE.

Bruise the veins of cabbage leaves and lay it on the head hot; repeat it if needed in two hours, and gurgles with a decoction of hemp seed.



## CONVULSIONS.

Take a teaspoonful of valerian root, pulverized, in a cup of water, or the compound tincture, every evening.

GRAND PTISAN, OR DIET DRINK OF HEALTH AND LONGEVITY,  
BY M. DE SAINTE CATHERRNE, A CELEBRATED FRENCH PHYSICIAN, WHO ATTAINED NEARLY THE AGE OF ONE HUNDRED AND TWENTY YEARS.

It is thus prepared: Take about a quart of the best sifted and well washed oats and a small handful of wild succory roots, newly drawn out of the earth; boil them gently in six quarts of river water for three-quarters of an hour, and then add half an ounce of crystal mineral, and three or four spoonfuls of the best honey, or a quarter of a pound of it in weight. Let the whole now boil half an hour longer, then strain it through linen, put the liquid into an earthen vessel and leave it covered to cool. For persons of a bilious habit, only half the quantity of honey should be added, as the sweetness has a tendency to increase the bile. Two good glasses of this ptisan should be drank every morning, fasting, without eating anything for some hours, and the same quantity three hours after dinner. This course must be continued for fourteen days, without bleeding or confinement, or taking broth, new-laid eggs, or any other particular diet, but in all respects living as usual. The weak and infirm need only take a single glass, and they will not fail to feel the good effect. Persons who are overburdened with flesh and are costive, are recom-



mended to commence drinking it by some previous purgative, after which it will prove more efficacious. The ptisan is easy to take and pleasant in its operation, causing no griping pains or other disagreeable sensations. It is undoubtedly an excellent medicine.

#### SPEEDY CURE FOR A SPRAIN.

Take a large spoonful of honey, the same quantity of salt, and the white of an egg; beat the whole up together incessantly for two hours, then let it stand an hour, and anoint the place sprained with the oil which will be produced from the mixture, keeping the part well rolled with a bandage. This is said generally to have enabled persons with sprained ankles to walk in twenty-four hours, entirely free from pain. For this complaint I always use my All-Healing Liniment with great success.

#### AN ADMIRABLE BEVERAGE FOR A WEAK CONSTITUTION.

Boil as much clean barley in pure water as will make about three pints, then straining it off and having in the meantime dissolved an ounce of gum arabic in a little water, mix them and boil the whole up together. The barley-water need not be thick, as the gum will give it sufficient consistency. When used, take it milk-warm; the good effect will soon appear. It must be substituted as a common beverage in place of beer, ale, etc., at meals.

#### AN EXCELLENT MEDICINE FOR SHORTNESS OF BREATH.

Mix three-quarters of an ounce of finely powdered senna, half an ounce of flour of sulphur, and a quarter



of an ounce pounded ginger, in four ounces of clarified honey. Take the bigness of a nutmeg every night and morning, for five days successively, afterwards once a week for some time, and finally once in two weeks.

#### CURE FOR A SPRAIN IN THE BACK.

Beat up well four tablespoonfuls of good cider vinegar with the yolk of an egg; then add thirty drops of oil or spirits of turpentine, mix them thoroughly, and drink the whole on going to bed at night. This dose, three times repeated, is said to be an infallible cure.

#### FOR ITCHING HEELS.

Take tallow and rub the heels with it hot by the fire at night on going to bed three or four times, and they will not trouble you.

#### TO DISPERSE ANY TUMOR OR LUMP.

Take one drachm of hydrodate of potash and two ounces of hogs' lard, mix well in a mortar, and rub the part affected. Try it.

#### MALIGNANT SCARLET FEVER.

*Remedy.*—Emetic in the commencement and a gentle purge, a tincture; take two tablespoonfuls of cayenne pepper, a teaspoonful of salt, add half a pint of boiling water, in fifteen minutes after add half a pint of vinegar; let it stand an hour, then strain through a fine cloth; give two tablespoonfuls every half hour; do not



neglect to bathe the feet in warm water, with a little ley added. For a poultice use the carrot scraped; add a strong decoction of spikenard root, and stir in Indian meal; add a little pulverized charcoal and gunpowder; or make a poultice of yeast, one gill; milk, one pint, blood-warm; stir in fine slippery elm bark. Again: Take blood root pulverized, one teaspoonful; add half a pint of boiling water; when cool strain; sweeten with honey. Dose, a teaspoonful for a child from two to four years old; repeat every hour through the day, if the child can bear it; if the surface becomes broken, wash with the same.

A SIMPLE REMEDY FOR BLEEDING AT THE LUNGS.

Tie a garter a little tighter than usual around the right leg, below the knee, and another around the left arm below the shoulder, and take a teaspoonful of common salt in water, (or a small tablespoonful.)

A CERTAIN CURE FOR SCURVY.

Take two parts of flour of brimstone, and one part of cream of tartar. Mix them well together, and take a teaspoonful every morning, fasting, in sweet milk. Milk is the only thing it ought to be taken in, and at the same time take twice a day two tablespoonfuls of my Sarsaparilla Syrup, and you can depend on a cure.

ST. VITUS' DANCE, HYSTERICS, ETC.

Take Peruvian bark.....	6	drachms.
Virginia snake root.....	2	"

And a sufficient quantity of the syrup of piony to make a soft electuary. Dose, one drachm, after proper physic



has been given, every morning and evening for three months. This receipt was handed to me by an old lady, a friend of mine, to put in my work.

#### MEDICAL OR ROOT BEER

Take Sassafras root.....	q. s.
Burdock root.....	q. s.
Wild cherry bark.....	q. s.
Black elder root.....	q. s.
Spicewood, or fever bush .....	q. s.

Make a strong decoction by boiling several hours, strain, sweeten well with molasses or honey; then add, when it is blood-warm, sufficient yeast to ferment it. In a short time, or as soon as it commences fermenting, it is fit for use. By adding a little ginger or hops it will be found much better. This may be freely used as a diet drink. It is very pleasant, and is excellent to prevent disease, and keep the system in a healthy state, and it is grateful and cooling in all kinds of fevers.

#### LIQUID LINIMENT RECOMMENDED FOR WHITE SWELLING.

Take the marrow of three hogs' jowls.

Black drops .....	1 ounce.
Alcohol.....	1 gill.
Sugar lead.....	1 drachm.
Borax.....	$\frac{1}{2}$ "
Camphor.....	$\frac{1}{2}$ ounce.
Spirits of turpentine.....	$\frac{1}{2}$ "

Mix together and apply.



# SELECTED RECIPES.

## HEAT OF URINE.

From various causes persons are afflicted with heat and scalding of urine. It often proceeds from venereal diseases; but it may arise from various other causes, from inflammation of the kidneys, uterus, gravel, etc. Cooling and mucilaginous drinks must be taken for this complaint. A half teaspoonful of the diuretic drops may be taken in half a pint of spearmint tea. The mucilage of elm bark is very good. A cooling and spare diet should only be taken, and all heating kinds of food or drinks should be avoided. Buttermilk is an excellent article for this complaint.

## SOAP LINIMENT OR LIQUID OPODELDOC.

Take Castile soap.....	1 ounce.
Oil sassafras .....	1 "
Camphor.....	1 "
Spts. hartshorn.....	1 "
Alcohol.....	1 "

This is used for diseases of the throat and tonsils.

## STICKING, OR ADHESIVE PLASTER.

Take of common plaster ten ounces; white resin two ounces; melt them together and make a plaster. This is the plaster used in dressing recent wounds. It supplies the place of the surgeon's needle and stitch, and this is used in cuts, from a simple cut finger to an amputated thigh.



## TAR OINTMENT.

Take of tar, one-half pound; mutton suet, one-half pound; melt them together and strain. It has been successfully employed in some eruptions of the skin, especially scald head.

## CARROT POULTICE.

Boiled carrots, one pound; flour, one ounce; butter, half an ounce. Mix with a little hot water, so as to form a poultice. This will be found a valuable application to ulcerated sores, swellings and scrofulous ulcers of an irritable kind.

## NORTHERN REMEDY FOR DEAFNESS.

In the north of Europe the following remedy for deafness is very generally used, and is said to be attended with great success. After well syringing the ears so as to free them from wax, fifteen drops of liquid laudanum are poured into each, and a cake composed of three parts of rye flour, and one part of finely pounded juniper berries, mixed up with a sufficient quantity of vinegar, being made and baked, when the patient is ready for bed the hot cake is split in two and applied over each ear, well covered with flannels. By this means the head is kept in a continued and free perspiration for several hours, and on the removing of the cake the hearing is commonly found restored. To prevent, however, any ill effects from too sudden exposure to the air, the ears, face, and head are bathed with Riga balsam, but when that is not at hand, Hungary, or lavender water, or any



spirits, with or without camphor, may be substituted to prevent catching cold. A little cotton, too, moistened with the spirits, may be advantageously put into each ear. If at any time the first application should not answer, a second trial, or even a third must be made, as it seldom or never finally fails to succeed when duly persisted in.

#### FOX-GLOVE JUICE FOR DEAFNESS.

Bruise in a marble mortar the flowers, leaves, and stalks of fresh fox-glove, and mixing the juice with double the quantity of brandy, keep it for use. The herb flowers in June, and the juice thus prepared, will keep good till the return of that season.

The method of using it is, to drop every night in the ear a single drop, and then moisten a bit of lint with a little of the juice, put that also in the ear, and take it out next morning, till the cure be completed.

#### REMEDY FOR THE DYSPEPSIA.

Take a quart of good whisky, to which add two ounces of copperas, finely powdered. Take a tablespoonful of this preparation three times a day. The above has proved of infinite service to dyspeptic persons.

#### FOR SORE MOUTH IN CHILDREN.

Take of cohush root, sage, and kircuma root, each equal parts, to which add a small quantity of the clover plaster, and a little water sweetened with honey. Wash the mouth with it occasionally.



## CURE FOR THE CRAMP.

In Italy, as an infallible cure, a new cork is cut in thin slices, and a ribbon, passed through the centre of them, tied round the affected limb, laying the corks flat on the skin. While thus worn, they prevent any return of the cramp.

## WEBB'S FAMOUS REMEDY FOR THE BITE OF A MAD DOG.

Take the leaves of the tender buds of rue, cut quite small, about a gill; the same quantity of large or common garden box, cut small, to which add nine leaves of red sage, fair, and without blemish, cut small in the same manner. Take a half pint of new wheat flour, and about a tablespoonful of yeast; mix it with the herbs in the manner of dough; let it lie about half an hour, then bake or boil it over the coals; take one-third of this quantity every morning in new milk. This is the quantity for a man or woman, and the same for a sheep, hog, or dog; but for a cow or horse, the quantity of rue and box must be doubled, but only nine leaves of the sage; give it in milk or some other liquid. Half this quantity of box and rue will answer for a colt or calf, but there must be nine leaves of the sage. Half the quantity of rue and box will answer for a child, but there must be nine leaves of the sage. Webb mentions his father having cured some men after they were mad. In those cases he took a teacupful, the quantity first named, of rue and box each, with nine leaves of the sage, boiled them well in a pint of milk, and gave it as soon as possible.

## FOR CORNS.

Make a plaster of equal parts Canada balsam and



yolks of eggs; apply three times. It seldom fails curing the first time.

Another—

Take peach leaves and make a strong decoction; then make a poultice by putting in rye or cornmeal, and apply it to the corns. This is recommended.

#### CURE FOR A WEN.

Boil a pound of lead in a quart of water for an hour or two, then mix the water with the whites of six eggs; mix together, and bind it on the wen with a cloth. It is said to be a perfect cure.

#### CORNS AND WARTS,

May be effectually and easily removed and cured by daily touching them with a little nitric acid, just enough to kill them, not to eat them and make them sore. This can be done by sharpening a splint of wood to a point, dipping it into the acid, and touching the top of the wart or corn, until you can pull it out by the root with a pair of tweezers.

#### SUCCESSFUL TREATMENT OF FROZEN LIMBS IN RUSSIA.

This remedy was warm goose grease, and was not applied, as Mr. Eaton says, in the case of which he was an eye-witness, until the second day after frozen. The frost-bitten parts had by that time become quite black and gangrenous. They were well smeared with that ointment, and the operation often repeated. The directions were, not to permit the parts to be dry, but always covered with grease. The consequence was, that by de-



grees the circulation extended lower down, the blackness decreased till the toes were nearly discolored, and at length circulation was restored to them. This is the general practice of the Russian peasants. But if a part is discovered to be frozen before the person comes into a warm room, the frost may be extracted by only plunging the part in cold water or rubbing it with snow until the circulation returns. I always use my All-Healing Liniment.

#### SICK HEADACHE.

Mix a tablespoonful of ginger and a lump of loaf sugar in a tumbler about two-thirds full of warm water, and drink it. Bathe the feet for a quarter of an hour in warm water, and apply a cloth, wrung out of cold water, to the forehead or temples, which may appear the most affected.

#### FOR FLUX.

Take a new laid egg, and the white and yellow together, then with some wheat flour, make a kind of a cake, and while you are making the dough, grate a little nutmeg amongst it, and a spoonful of allspice, (ground.) The dough being well kneaded, and the whole well worked and stirred, bake this cake between ashes, then give it hot, just out of the fire, to the patient. They must, while eating it, drink two or three times either of wine or gin. But when my All-Healing Liniment can be had, and used according to directions, it will prove the surest, safest, and quickest remedy ever applied, particularly if used in the commencement. It is a certain cure.



## TO STOP BLEEDING AT THE NOSE.

Put one drop of vinegar in the ear on the side that the nose is bleeding, and it will stop. This is said to be a certain remedy.

Another—

Take beth root, crane bill, pulverized, and snuff up the nose. They should be gathered, dried, and kept on hand.

## FOR TUMORS AND INFLAMMATION OF THE BREASTS OF WOMEN.

Take a handful of the plantain and mallow leaves, boil them in a sufficient quantity of rose water until it is consumed to a thickness; then add two ounces of barley flour, and a few drops of the oil of roses, and make a plaster and apply.

## GREEN MOUNTAIN SALVE.

Take Rosin.....	2 pounds.
Beeswax.....	$\frac{1}{4}$ "
Mutton tallow.....	$\frac{1}{4}$ "
Balsam fir.....	1 ounce
Oil hemlock.....	1 "
Oil origanum .....	1 "
Oil red cedar.....	1 "
Oil Venice turpentine.....	1 "
Oil verdegris.....	2 "

Melt this compound together slowly, and when not too warm, add the verdegris, finely pulverized, and mixed with oils; put all together, mix well, then pour into cold water, and work like wax; roll into rolls about three inches long and three-fourths of an inch in thickness.



## FOR WORMS.

Take Wormseed oil.....	$\frac{1}{2}$ ounce
Castor oil.....	$1\frac{1}{2}$ "
Jalap.....	3 grains
Fern root, pulverized,.....	10 "
Skunk cabbage root, pulverized,.....	5 "

Mix. Shake well before using it. Dose, from one-half to a teaspoonful once a day, for three or four days.

Another: Give a teaspoonful of flaxseed oil, for nine mornings in succession to a child; a tablespoonful to an adult.

## EXPEDITIOUS AND EFFECTUAL CURE FOR ST. ANTHONY'S FIRE.

Take equal parts of fine spirits or oil of turpentine, and highly rectified spirits of wine, mix them well together, and anoint the part gently with a feather dipped in it immediately after shaking the bottle. Do this often, taking care not to approach the eyes, and it will generally effect a cure in a day or two; for though it seems at first to inflame, it actually softens and heals. This recipe is transcribed from a valuable collection.

GENUINE RECIPE FOR MAKING THE INVALUABLE CORDIAL LIQUOR, VESPETRO, RECOMMENDED BY THE LATE KING OF FRANCE, PHYSICIAN, IN ALL COMPLAINTS OF THE STOMACH, INDIGESTION, VOMITING, COLIC, OBSTRUCTIONS, STRANGUARY, VERTIGO, RHEUMATISM, SHORTNESS OF BREATH, ETC.

Take a thick glass or stone bottle that will hold considerably more than two quarts, and put in it two quarts of the best brandy, adding the following seeds: One



ounce of coriander, and a large pinch of each of fennel and annise seeds; two drachms of angelica seed; then squeeze in the juice of two fresh lemons; putting in also thin yellow rinds; add a pound of loaf sugar, and well shaking the bottle from time to time; let the whole infuse for five days, in order to clear the liquor; then strain it through a cotton bag or filtered paper, and bottle it up carefully, and closely corked. It must be taken, a small wineglassful at a time, more or less often, according to circumstances. A tablespoonful taken for four or five successive mornings, is said to kill the worms in children; and on rubbing with a small quantity, the nose and temples, fasting, it serves as a preservative against the ill effects of damp or unwholesome air.

#### FOR THE WHOOPING COUGH.

Make an ointment of the essential oils of elder, caraway and rosemary, mixed with rose leaves and chamomile flowers, and rub the pit of the stomach with it on going to bed. This is said to be an effectual remedy.

#### FOR EPILEPSY.

Cut open the first young swallow you find in the first net; and you will find in their entrails two small stones, one of which is all one color, and the other of several colors; don't let them touch the ground; shut them up in a piece of soft goat or deer skin, and tie them on the arm and neck of the patient, and it will cure the epilepsy. Since this has come into my hands, I have not had a chance to try it, but it is certainly worthy of trial.



EPILEPTIC ELECTUARY, FOR THE CURE OF THE FALLING SICKNESS, HYSTERICS, AND EVEN ST. VITUS' DANCE.

Take six drachms of powdered Peruvian bark, two drachms of pulverized Virginia snake root, and a sufficient quantity of syrup of piomy to make it up into a soft electuary. This is said, by a celebrated physician, to have been experimentally found a most prevalent and certain remedy. One drachm of this electuary, after proper evacuation having been had, being given to grown persons, and a less dose to those who are younger, every morning and evening for three or four months, and then repeated three or four days before the change and full of the moon, absolutely eradicates epileptic and hysteria diseases, and also those strange epileptic saltations called St. Vitus' dance.

TO STOP PUKING.

Give as much Poland starch as can conveniently be taken, or take a handful of meadow grass, pound it fine, and add water to it, and let it be pressed; then give as much as a gill once in half an hour; repeat till you have accomplished your object. The first is the best remedy in the world.

FOR STRENGTHENING THE LEGS AND FEET.

Make a decoction of sage, rosemary, thyme, lavender, chamomile flowers and meloit, stewed in white or red wine; or, else make some ley with oak leaves, a little vinegar and a handful of salt. This decoction has the



virtue to subtilize, (attenuate cuts,) resolves, dissipate and dries up the gross and vicious humors.

TO REMOVE MARKS.

Take Gum camphor.....	4 ounces.
Borax .....	4 "
Sugar .....	4 "
White lilly.....	4 "
Saltpetre .....	4 "
Flax seed .....	1 "
Mayweed .....	8 "
Pole beans .....	16 "
And 4 lemons.	

Add spirits to cover; either pure spirits or brandy; put all in a bottle; put in a warm place for seven days, stopped tight, and wash the places marked; and then grease the parts with an oil made of mallows. Take alum, pulverized, a tablespoonful, the whites of two eggs; mix and beat well together, and grease with it after washing; do this every day till well, which is said not to be long. I have not tried it.

TO REMOVE FRECKLES.

Fill a bottle with wild tansy herb and flowers; then fill up with soft water; set it in the sun, or any equal degree of heat; then add a little wine, wash the face or hands twice a day for three or four days, and the freckles will disappear.

TO EXTRACT WARTS.

Take equal quantities of soap and spittle; mix and make a plaster of it, and apply it on the warts, and



leave it on twenty-four hours. Then the wart will come off with the plaster. This is said to be a certain cure.

#### FOR WARTS ON THE HANDS.

Pound horse-raddish roots, and wash the hands with it two or three times a day, and the warts will disappear.

#### AGAINST DEAFNESS.

Take the inside of a cabbage head and bruise it, and express the juice by squeezing it; and of this juice put a few drops into the ear. This is said to be excellent.

#### A SURE REMEDY FOR SORE NIPPLES.

When the child stops sucking, apply a plaster of Canada balsam or tamarack. This cures in less than a week. Or apply a tincture of lobelia as a wash; or take cabbage leaves, wilt them over the fire and apply a half dozen at a time on the breast. Repeat three or four times.

#### CONTRACTED JOINT.

Take a new egg, and blow all the white out; then put the yellow into a cup and beat it well, adding, by a spoonful at a time, three ounces of pure water; first bathe the parts afflicted with my All-Healing Liniment; rub the sinews and the joints affected with the egg ointment once or twice a day, and wrap a linen rag round the joint, and so continue till cured.

#### FELON.

Bathe the part affected in ashes and water; then take the yolk of an egg; six drops of the spirits of turpentine;



a few beat leaves cut fine ; a small quantity of hard soap ; one teaspoonful of burnt salt ; one of Indian meal, and one of snuff ; mix them well together and lay it on the part. It never fails effecting a cure. After it is broke, use my All-Healing Liniment.

TO PREVENT THE ILL EFFECTS OF DRINKING COLD WATER.

Dissolve half an ounce of camphor in a gill of brandy ; divide this into three doses, and give them at intervals of three minutes ; and it is said it will soon give relief. But there is nothing in the world so certain as my All-Healing Liniment.

FOR THE PALSY.

Take two young dogs whose eyes are not open, and who are eight days old ; put them alive into an earthen pot, with a quart of white wine ; then put in betony, sage, rosemary, hyssop, wormwood, chamomile and melilet leaves, a layer of each, sufficient to cover each other. Then add a sufficient quantity of lard, say a pound ; cover the pot well, and put it into an oven, or over a fire, for about one hour and a half ; then strain it like a jelly. On opening the pot, however, first add a pint of brandy before straining and rub the affected part. Make use of it as hot as the patient can bear it. This was highly recommended to me. I have never tried it.

SIMPLE FRENCH REMEDY FOR SWELLED FACE.

Put a quarter of a pound of fresh butter into a small saucepan, over a gentle fire, and when it begins to melt, add two tablespoonfuls of rose water, stirring and mingling them all together. Rub the affected part with this



ointment quite hot, three or four times a day, till the swelling entirely disappears.

#### STRAWBERRY BRANDY FOR THE STONE AND GRAVEL.

The following is considered by many persons as an efficacious remedy for these afflicting complaints: Fill a large bottle, four parts out of five, with fresh-gathered strawberries, adding as much Havana or loaf sugar as will make it pleasant; then fill up with the best brandy, or good rum. When it has stood for six weeks it is fit for use. A glass of this cordial, it is said, will give immediate relief in the severest fit, and a continuance of its use entirely cures the patient. Pour off the first infusion at the expiration of six weeks, and the same strawberries will make a second quantity, the bottle being filled up with brandy or rum, suffered to stand two months and then strained off by pressure of the fruit.

#### AN EXCELLENT WASH FOR BENUMBED OR TREMBLING HANDS.

These disagreeable complaints are said to be soon remedied by the simple expedient of frequently washing the hands so affected in a strong decoction of wormwood and mustard seed, to be strained and used when cold

#### FOR WORMS.

Nothing is better than the worms that comes from the child, dried on a tile, pounded and given to the child. It dispels all the worms. There are many house-women that know that.



## FOR DEAFNESS AND DIZZINESS.

Peal garlic, dip it in honey, and put it in the ear with a little black wool, lie with the ear uppermost; put the same in the other ear the next night. Do this if necessary eight or ten nights.

## LINIMENT OF OIL AND LIME.

Take Linseed oil.....1 pint.  
Lime water.....1 "

Mix. This liniment is extremely useful in burns and scalds, and is efficacious in preventing inflammation after such accidents. It is very handy and excellent in all slight burns.

## TINCTURE OF BALSAM TOLU.

Balsam tolu.....1 ounce.  
Alcohol.....1 pound.

Digest till the balsam be dissolved, and strain; mix with simple syrup of sugar. It forms an elegant preparation, called syrup of balsam. This, with the elixir paregoric in equal parts, is an excellent remedy for night coughs and consumption.

## TINCTURE OF BARK.

Peruvian bark.....2 ounces.  
Orange peel, dried..... $\frac{1}{2}$  "  
Virginia snake root, bruised.....3 drachms.  
Saffron.....1 "  
Proof spirit (rum).....2 pounds.

Steep fourteen days and strain. This is a good prepara-



tion of the bark taken as bitters, a teaspoonful to a glass of wine before eating. It is extremely useful in low fevers.

#### TINCTURE OF GUAIAAC.

Gum guaiac.....1 pound.  
Alcohol .....2½ “

Steep seven days and strain. Taken in doses of a teaspoonful in spirits. It is a powerful stimulating, sweating remedy in rheumatic and old gouty affections.

THE FAMOUS BALM OF GILEAD OIL,—*A speedy and incomparable remedy for broken skins and other green wounds, burns, bruises, etc.*

This excellent family oil, which should be kept in every house, is made in the following simple manner: Put loosely into a bottle of any size, as many balm of Gilead buds or flowers, as will reach to about one-third part of its height; then nearly fill up the bottle with good sweet oil, and after shaking it a little occasionally and letting it infuse a day or two it is fit for use. It must be very closely stopped, and will then not only keep for years, but be the better for keeping. When it is about half used the bottle may again be filled with oil and well shaken, and in two or three days it will be as good as at first. The most alarming cuts and bruises of the skin which are so frequently rendered worse by spirituous balsam salves, etc., are completely cured in a few days, and sometimes in a few hours, by this incomparable oil.

#### GODFREY'S CORDIAL.

Take opium, half an ounce; oil of sassafras, one drachm; spirits of wine, two ounces. Dissolve the



opium and oil in the wine, and then take molasses, four pounds; boiling water, one gallon, Mix, and when cool mix both solutions, and bottle it for use. Dose, a tea-spoonful.

THE ELIXIR OF TANZY.

Take Valerian (imported.).....	2 ounces.
Rhubarb.....	9 "
Columbo.....	2 "
Gentain .....	2 "
Wormwood herb.....	4 "
Liquor .....	1 gallon.

Digest for eight days, shake often, strain, and add loaf sugar, two pounds; then bottle for use. This is most excellent for debilitated and nervous females.

ELIXIR PAREGORIC.

Purified opium.....	1 drachm.
Flowers of Benzoin.....	1 "
Camphor.....	2 scruples.
Oil of anise.....	1 drachm.
Proof spirits.....	1 quart.

Digest for ten days and strain. This has been called elixir asthmatic. It relieves coughs and the bowel complaints of children.

CORDIALS.

1st. If a person is troubled with a looseness of the bowels, make a strong tea of red raspberry leaves; add to one quart of the tea two ounces of peach-meats, pounded; half an ounce of myrrh, powdered; four ounces of loaf sugar, and one gill of cognac brandy. Bottle it and it is fit for use. Take a wineglassful two or three times a day.



2d. If a cordial is needed to relieve costiveness, make a strong tea of quaking asp bark, and thoroughwort, equal parts of each, to which add five ounces of loaf sugar and one gill of gin. When the stomach is cold, add to each bottle two teaspoonfuls of American cayenne.

3d. In cases where the appetite is small and the digestion bad, make a strong tea of black birch bark. To one quart add two ounces of peach-meats, pounded; one teaspoonful of American cayenne; four ounces of loaf sugar, and a gill of cognac brandy. Take three wine glassfuls in a day. Shake the bottle well before you pour it out.

4th. To relieve the bowels of cold, etc., take yellow dock root, dandelion root, and the leaves of lovage, of each equal parts; add half as much saffron; boil them together and strain off the tea. To each bottle add five ounces of loaf sugar, and one gill of gin. Take a wine glassful three times a day. There are scarcely any complaints where one or the other of these cordials may not be used to advantage. Where peach-meats cannot be obtained, the meats of cherry-stones, or bitter almonds, may be used, adding two ounces to each bottle.

#### FOR THE AGUE.

This disagreeable disorder may be effectually cured by the following prescription, and that, too, in the short space of two or three days, if properly attended to:

First, cleanse the stomach and bowels by an emetic and cathartic, and then take of peruvian bark, two ounces; rhubarb, one ounce; columbo, pulverized, one-fourth ounce; cayenne, ten grains; cloves, pulverized, ten



grains; mix; then take French brandy, one pint; gentian, one half ounce; wormwood, one half ounce. Digest for twenty-four hours, and mix with the above, to about the consistence of cream, adding three table-spoonsful of honey. Dose, for an adult, from a half to a whole wineglassful four or five times a day; for children half the quantity.

WORM OIL.

Take Castor oil .....	1 ounce.
Wormseed oil.....	1 “
Anise oil.....	1 “
Tincture myrrh.....	1 “

Mix and warm to the temperature of milk. Dose, for an adult, a large teaspoonful three or four times a day. For children, give in proportion to their age; on the third day give a portion of mandrake physic.

FOR MERCURIAL RHEUMATISM.—*Recipe of Dr. John Williams' last legacy to the world, and recommended.*

In this disease take prince's pine tops, horse-radish roots, elecampane roots, prickley ash bark, bitter sweet bark roots, wild cherry bark, mustard seed, a small handful of each. Make a decoction and drink; put one gill of tar water into one pint of brandy, or the same proportion; drink a small glassful before eating, three times a day.

I make the syrup by taking a quantity of all the above articles, covering them with good spirits; letting them stand for three days; then add water, and boil to get out the strength, keeping the materials covered with water. After boiling some five or six hours, I press out all I can,



and reduce it to one-third; then strain it in a clean vessel; let it stand twenty-four hours; then strain it of the sediments, and add equal quantity of loaf sugar, and the whites of two eggs to every gallon; bring it to a slow boil; scum off all that arises, then pour it in a clean vessel to cool. When cool, bottle for use by adding half an ounce of the hydrodate of potash to each quart bottle. Dose, a tablespoonful from three to five times a day.

#### THE TRUE DAFFY'S ELIXIR.

Take five ounces of anise seed, three ounces of fennel seed, four ounces of parsley seed, six ounces of Spanish liquorice, five ounces of senna, one ounce of rhubarb, three ounces of elecampane root, seven ounces of jalap, twenty-one drachms of saffron or ginger, six ounces of manna, two pounds of raisins, a quarter of an ounce cochineal, and two gallons brandy. Stone the raisins, slice the roots, and bruise the jalap. Then mix the whole together, and after letting them stand closely covered for fifteen days, strain off the elixir. The stuff commonly sold in the shops for this elixir is little more than an infusion of anise seed, liquorice, and jalap, in the coarsest, fiery spirits, reduced with common water.

#### OINTMENT FOR WHITE SWELLING.

Take of lard, one pint; copperas, two drachms; alum, two drachms; tar, one quart. Boil and skim until it gets clear on the top. Spread it on thin sheep or buckskin, and apply it twice in twenty-four hours. Then take of corrosive sublimate and gun powder, of each equal parts, and put as much of the mixture as will lay on the point of a small case knife into a pint of tanzy tea, of which take a teaspoonful every morning.



# RECIPES

FROM DR. BEACH'S "FAMILY PHYSICIAN."

## ALTERATIVE SYRUP.

Take of American or foreign sarsaparilla .....	6 pounds
Guaiacum shavings.....	3 "
Sassafras root bark.....	2 "
Elder flowers.....	2 "
Burdock root.....	2 "

Add one gallon of cheap spirits and one gallon of water; boil, and pour off the liquid; then add water repeatedly, and boil till the strength is obtained; strain, and reduce to sixteen porter bottlesful; then add twenty-five pounds of clarified sugar. Let it stand twenty-four hours to settle; pour off, and bottle for use.

The sugar may be clarified by adding to it half its weight of water, then a few eggs, and boiling till no more scum rises. Dose, a wineglassful three times a day.

This syrup, the alterative, we use in a great variety of cases. In syphilitic or venereal diseases, rheumatism, and chronic inflammation of the liver, we could not dispense with it; we also use it in the treatment of scrofula, which presents itself in so many shapes. In some of the cutaneous diseases, we find it very effectual; in every species of ulcer it is also valuable—white swelling, necrosis, rickets, salt rheum, or herpes, and, in short, we have found it very useful in every taint of the system, from whatever cause it may arise. It appears to act upon



all the secretions and excretions. A tea of yellow dock may be taken with it; half an ounce of the hydrodate of potash to every bottleful is a valuable addition.

#### MANDRAKE PILL.

Take of Extract of mandrake.....2 parts  
Capsicum .....1 “

Mix; form into pills common size. Dose, three or four every night, or sufficient to regulate the bowels. Excellent for liver, bilious, dropsical, dyspeptic, and nervous complaints.

#### PILL FOR CHRONIC BRONCHITIS AND ASTHMA.

“The following preparation,” says a physician, “may almost be called a specific for the cure of chronic bronchitis. I have used it,” says he, “in several cases, and performed cures in each. Make a pill of tar, loaf sugar, and pulverized skunk cabbage root; take one every one, two, or three hours, as they agree with the stomach, and continue daily till cured, which, in my cases, was from four to six weeks.”

#### HYDRAGOGUE PILL.

Take of Jalap.....1 scruple  
Scammony.....1 “  
Gamboge .....1 “

Add mucilage of gum Arabic enough to form into pills. Make sixteen pills. Dose, one every hour.

This pill has cured the dropsy of the chest, and may be given when other means fail.



RED, OR STIMULATING PILL.

Take of cayenne pepper, add sufficient of molasses and flour to form into pills. Useful in dropsy of the chest, asthma, flatulence, indigestion, pain, etc. Dose, give three pills three times a day, or take them occasionally.

These pills cured a person laboring under dyspepsia when other means had failed. It also cured a case of pain in the breast.

NERVOUS PILL.

Take of extract of foreign valerian, extract of chamomile, equal parts. Mix, and form into three grain pills, and take three or four a day. Useful in cholera and nervous cases.

NERVOUS OR HYSTERIC PILL.

Take of Asfœtida.....	1 ounce
Opium.....	1 "
Carbonate of ammonia.....	1 "

Dissolve the same over a fire, mix, and form into pills of the size of a pea. Dose, one or two. It is useful in hysterics, and all nervous cases.

HEPATIC PILL.

Take extract of dandelion; mandrake, pulverized; blood root, pulverized; of each equal parts, or sufficient to make a pill mass; add a few drops of essential oil, peppermint, or spearmint, and form into common sized pills. Take three, night and morning.



This is an extraordinary remedy for the liver complaint. It generally soon removes the pain in the side, shoulder, etc., and is excellent in jaundice and affections of the kidneys. The irritating plaster should be worn over the seat of the disease. An amendment is sure to follow their use in a few days.

#### CROTON PILL.

Take of Croton oil.....2 drops  
Extract of rhubarb or mandrake.....1 drachm

Form into twelve pills, and take two or three every night. They will keep the bowels regular without debility.

#### IPECAC PILL.

Add molasses or mucilage of gum Arabic, and form into pills the size of a pea. Dose, one or two, three times a day. Good for fever, dyspepsia, etc.

#### RHEUMATIC PILL.

Inspissated juice of poke, gum turpentine, gum guaiacum, pulverized; mix all, melt, and strain. When sufficiently cool, form into pills common size. Dose, three, morning, noon, and night. Excellent for rheumatism.

#### ASTRINGENT PLASTER.

Take of white oak bark a sufficient quantity; macerate it in cold water one day, then put it into a boiler and evaporate till an extract is obtained. It is useful in hernia or rupture. To be spread on a soft piece of leather and applied over the rupture, after which a truss must be worn.



IRRITATING PLASTER.

Substitute for McNair's, and far superior. The following plaster is an admirable preparation for chronic and painful complaints, for the liver, spine, and other diseases. I find that it is a substitute for McNair's counter-irritating plaster, and altogether better. Mr. Drury B. Boyd, from Kentucky, informs me that he has worn it on his side for a complaint of his liver, with excellent effect. It produces some irritation and a slight discharge.

Take of good thick tar, a pound; gum turpentine, half a pound; burgundy pitch, half a pound; beeswax, half a pound. Melt, strain, and boil a few minutes; then remove from the fire, and stir in as it cools, the following articles, finely pulverized, mixed, and sifted, viz: three ounces each of poke root, mandrake, blood root, and Indian turnip. Keep stirring occasionally till the whole mass is uniformly incorporated.

*Directions.*—Spread on a piece of soft leather and place over the part affected. Keep it on as long as can be borne, then remove, and put it on again in a day or two. If the itching proves too troublesome, occasionally remove and wash the parts with water or spirits.

This plaster brings out pustules or eruptions like the small-pox, and causes a discharge of matter. It appears superior to all other plasters. I should recommend those who have obstinate ulcers to apply the irritating plaster.

DIURETIC DROPS.

Take of Sweet spirits of nitre.....	2 ounces
Balsam of copaiba.....	1 "
Oil of almonds.....	2 "
Spirits of turpentine.....	1 "



Mix those together, and add one scruple of camphor. Dose, a small teaspoonful, given in mucilage of gum Arabic or herb tea, three or four times a day.

The drops are successfully administered in cases of scalding of urine, whether arising from syphilitic or other complaints. In inflammation of the kidneys they give prompt relief.

#### BLACK DROPS.

The black drop was originally prepared, upward of one hundred years ago, by Ewd. Toustall, a practitioner, of the Society of Friends, in England. The recipe passed into the hands of a relative, and was finally published.

Take of Opium.....	$\frac{1}{2}$ pound
Vinegar.....	3 pints
Nutmeg.....	$1\frac{1}{2}$ ounces
Saffron.....	$\frac{1}{2}$ "

Boil awhile, and then add a quarter of a pound of loaf sugar and two tablespoonsful of yeast; set the whole in a warm place for four or five weeks; decant, and bottle for use. Dose, from fifteen to fifty drops.

This, perhaps, is the best form in which opium can be administered as an anodyne. It is given in all cases when an anodyne is indicated.

#### COUGH DROPS.

Take Oil of anise.....	$\frac{1}{2}$ drachm
Oil of almonds.....	$\frac{1}{2}$ "
Balsam of fir.....	$\frac{1}{2}$ "
Tincture of balsam tolu.....	$\frac{1}{2}$ "
Wine.....	$\frac{1}{2}$ "

Mix. Dose, thirty drops three or four times a day. These drops should be given in a little mucilage or tea.



They assist expectoration in tickling coughs, and afford great relief.

#### ANTI-EMETIC DROPS.

Take Salt.....2 ounces  
 Capsicum.....1 "  
 Vinegar.....1 quart

Mix. Dose, a tablespoonful whenever there is great nausea or vomiting.

A writer says that this compound is the best remedy to stop vomiting that he had ever used.

#### MINT, OR SPIRITS OF MINT, LIQUID.

Take of spearmint, green, bruise, and add a sufficient quantity to saturate a quart of Holland gin.

This preparation of mint will be found exceedingly useful in the treatment of strangury and retention of urine, arising from stricture in the urethra, and diseases of the prostate gland. It has proved successful when other means have failed.

The dose must be regulated according to the patient's habits. Some will require half, others a gill at a time, and repeated every thirty minutes. The patient should take it till it produces relief. This liquid has also been used with the best effects in the treatment of hemorrhoids, particularly in a state of inflammation; to be applied on a little cotton. In cases where the green mint cannot be procured, the dry may be used, although it may not be so good. This liquid may also be used, both externally and internally, in cases of severe vomiting.

#### MUCILAGES.

Mucilages are soft, bland substances, made by dissolving different kinds of gum, or the roots, leaves, or



other parts which abound with mucilage. Mucilaginous drinks are useful in diseases of the bowels, urinary organs, etc. Also to cover any acrid matter, so as to prevent its irritating the parts over which it passes.

#### MUCILAGE OF GUM ARABIC.

Take Gum Arabic.....4 ounces.

Boiling water.....8 “

Rub the gum with the water gradually, until it forms a mucilage; then strain.

Mucilage of gum Arabic is used in pharmacy, to suspend in water, substances insoluble in that liquid; to diffuse oils in water, and for similar purposes. It is sometimes employed in the formation of pills. It is very useful in heat and scalding of the water. Dose: Half a wineglassful three or four times a day.

#### MUCILAGE OF SLIPPERY ELM.

Take Slippery elm bark.....1 tablespoonful.

Boiling water.....1 quart.

Let it stand an hour. It is employed in inflammation of the stomach and other diseases. It is useful in bowel complaints generally.

#### YEAST POULTICE.

Take Milk, blood warm.....1 pint.

Yeast.....1 gill.

Stir in fine slippery elm bark to form a poultice. This is a good anti-septic and refrigerant poultice. Applied to gangrenous ulcers, it is more efficacious than any other; it sooner arrests mortification, used with proper



auxiliaries. It is also very serviceable in other species of inflammation.

INDIAN TURNIP POULTICE.

Take of the tops and roots of Indian turnip, if green; if dry, the roots only; simmer in water, and add slippery elm bark sufficient to form into a poultice. This poultice is used in the treatment of king's evil or scrofula with the best effect.

LINSEED POULTICE.

Take Linseed, powdered.....4 ounces.

Hot water..... $\frac{1}{2}$  pint.

Gradually sprinkle the powder into the water, and stir well together with a spoon. This is a good and convenient emollient poultice for many cases. It is preferable to the bread and milk poultice, so much in use, as it is not so liable to become brittle and hard when dry. It is very useful in carbuncle, obstinate inflammation, etc.

MUSTARD CATAPLASM.

Take Mustard, in powder.....4 ounces.

Soft bread, or Indian meal.....6 "

Vinegar, of the best quality, as much as is sufficient to mix, and make into a cataplasm. This is found to be a good application to the soles of the feet in cases of rheumatism, gout, inflammatory diseases, fevers, etc.

GARLIC AND ONION SINAPISM.

Bruise garlic and raw onions, and apply. Useful in the same diseases as the preceding, in pneumonia or inflammation of the lungs.



## TINCTURE OF HOPS.

Saturate alcohol with the pollen of hops. Dose: From one to two teaspoonsful, in milk. Useful in after pains, and in cases where opium cannot be taken.

## TINCTURE OF BALSAM TOLU.

Take Balsam tolu.....1 ounce.

Alcohol.....1 pint.

Let it stand one week, and filter. This is combined with the compound tincture of senna, for the water-brash.

## COMPOUND TINCTURE OF VALERIAN OR NERVINE.

Take Skull-cap .....4 ounces.

American valerian, or ladies' slipper.....4 "

Best French brandy.....1 quart.

Bruise the plants, and add to the brandy. Dose: From a teaspoonful to a tablespoonful occasionally, in sweetened water. This tincture is useful in all nervous diseases.

## BALM OF GILEAD.

Take Balm of Gilead buds, bruised.....2 ounces.

The strongest Jamaica spirits.....1 quart.

Digest a few days. Dose: From a teaspoonful to a tablespoonful, mixed with sweetened water. This has benefited many. Excellent for colds, coughs, and pain in the breast.

## PHYSICAL TINCTURE, ELIXIR SALUTIS, OR COMPOUND TINCTURE OF SENNA.

Take Alexandria senna. ....2 ounces.

Jalap .....1 "

Fennel seed..... $\frac{1}{2}$  "

Spirits of best brandy.....1 quart.



Let it stand one week, and then strain. Dose: A teaspoonful or two to a child one year old, mixed with a little sweetened water. A mild, but effectual, purgative. This forms an excellent purgative, particularly for children. It acts mildly, but effectually, cleansing well the stomach and bowels; besides, it is very pleasant.

## ESSENCES.

Essences are made by adding alcohol to the essential oils, in proportion of one ounce of oil to sixteen ounces of alcohol. They are useful externally, to relieve pain, and used with advantage internally, for many complaints.

## ESSENCE OF PEPPERMINT.

Take Oil of peppermint ..... 1 ounce.  
Alcohol..... 1 pint

Mix. Dose: A teaspoonful. Useful in pain of the breast, cramp, sickness of the stomach, etc.

## ESSENCE OF HEMLOCK.

Made in the same manner. Dose: Twenty-five or thirty drops, on sugar or in tea. Useful in rheumatism and pain in the breast; also for sprains, etc.

## ESSENCE OF SASSAFRAS.

Made in the same manner. It is useful in gout and rheumatism, pain in the breast, lumbago, sciatica, contusions, etc.

The other essences are made in the same manner, and their virtues are the same as the oils from which they are made.



### TINCTURE OF IPECACUANHA, OR WINE OF IPECACUANHA.

Take The root of ipecacuanha, in powder..... 1 ounce  
 Malaga wine.....16 "

Macerate for seven days, and filtrate. This makes a valuable emetic for children. The dose is one ounce for adults; children two years of age, one teaspoonful every ten or fifteen minutes, till it pukes them.

### TINCTURE OF FOX-GLOVE.

Take Fox-glove.....1 ounce.  
 Proof spirits.....1 pint.

Digest one week, and strain. Dose: From fifteen to twenty drops, to be given three or four times a day, in parsley tea. Used for inflammatory diseases. It lessens the pulse, by diminishing arterial excitement, and thereby prevents the necessity of the blood-letting. It is recommended in inflammation of the lungs. It is also very valuable in dropsy of the chest.

### HERPETIC WASH.

Take Poke root, pulverized .....  
 Lobelia " .....  
 Yellow dock " ..... } equal parts.

Bruise, and add a tablespoonful to one pint of vinegar or spirits. Bathe often for eruptions of the skin.

### ALKALINE WASH.

Ley made of hickory ashes, weak; or, which may be better for some reasons, a solution of sal soda. These



are remarkably efficacious for fevers, by bathing the surface often. Extraordinary benefit attends this practice; equal, if not superior, to internal medicine.

OPATHALMIC, OR COOLING WASH.

Take Borax, pulverized ..... 1 ounce.

Rain or spring water..... 1 quart.

Let it stand twelve hours. This forms a very cooling and useful wash for all kinds of inflammation, particularly the eyes; also sore and inflamed nipples, canker, and sore mouth and throat. It may be applied freely and often. (I use it different. I make a strong decoction of sage and kercuma root with rain water, then add an ounce of water to the quart. I find this much better.)

REFRIGERANT, OR COOLING LOTION, OR WASH.

Take Sugar of lead..... 1 drachm.

Rain water .....  $\frac{1}{2}$  pint.

Mix. This wash is cooling or refrigerant, and serviceable in inflammation, particularly erysipelatous.

COMMON INJECTION.

Take Sweet milk ..... 1 pint.

Mucilage of slippery elm,..... 1 "

Olive oil ..... 1 gill.

Molasses.....  $\frac{1}{2}$  pint.

Saleratus ..... 1 teaspoonful.

Mix. This forms an injection of much value, and may be useful in almost every case where one is indicated. It is often used with admirable effects in dysentery and diarrhoea. Sometimes, when there is great pain in the lower intestines, it will do better if a drachm of laudanum is added to each injection; and it will not fail of



relieving the griping pain occasioned by the disease. It should be used with a large sized French syringe.

#### SOAP-SUDS INJECTION.

Take of soap-suds, strong, a sufficient quantity ; inject it about blood warm. This is an injection which may always be conveniently procured. It is mild, and may be administered when a more stimulating injection would be hurtful. It is very useful in habitual costiveness, when purgatives are ineffectual.

#### STIMULATING INJECTION.

Take Lobelia.....	1 drachm.
Inner bark of large hemlock.....	$\frac{1}{2}$ ounce.
Red pepper.....	1 drachm.

Make a tea or infusion, sweeten, and introduce from half a pint to a pint. This injection is occasionally used in very obstinate cases of costiveness, bilious and painters' cholic, and strangulated or incarcerated hernia.

#### TOBACCO INJECTION.

Take Tobacco.....	1 drachm.
Tepid water.....	1 pint.

Infuse for twenty or thirty minutes. This injection is sometimes used in the treatment of incarcerated hernia, with a view to its relaxing properties. It should be employed with caution, as it has sometimes produced alarming symptoms. It is also used to destroy worms from the rectum. Salt and water injection is also very good.



## RHEUMATIC LIQUID.

Take Sassafras oil.....	2 ounces.
Hemlock oil.....	1 "
Red cedar oil.....	1 "
Oil of turpentine.....	1 "
Gum camphor.....	1 "
Capsicum.....	1 "

Mix; add two quarts of alcohol. This is a very valuable compound for rheumatism, and every kind of pain, ague in the face and jaws, neuralgia, spinal irritation, etc. Bathe the parts affected for a few minutes with the hand or flannel; repeat when painful; if too strong, dilute with a little water. The addition of an ounce or two of opium would no doubt make it still better.

(I would recommend this as an external application where my All-Healing Liniment is not to be had.)

## GURGLE.

Certain infusions, decoctions, or liquids, suitable or designed for washing the mouth and throat, which, by their stimulating or detergent properties, become efficacious.

Adults can generally gurgles their mouth or throat with little difficulty; but infants and children require an assistant to apply them, which is done best by tying a little piece of linen to a probe or stick, dipping it in the liquid, and often applying it. They should never be made very stimulating, except in severe cases.

## STIMULATING GURGLE.

Take of sumach berries and golden seal a sufficient quantity; make a strong decoction, strain, and add one



drachm of pulverized alum to every pint of the decoction. This gurgel is used frequently in ulcerated sore throat of long standing.

#### ASTRINGENT GURGLE.

Take of cohush a proper quantity, and make a strong decoction. This gurgel is used in quinsy.

#### ANTI-PHLOGISTIC GURGLE.

Take Sage.....1 ounce.

Hyssop.....1 "

Pour on one quart of boiling water, and let it stand half an hour; then strain, and add one drachm of fine borax. This gurgel is usefully employed in apthæ, and in quinsy or sore throat, particularly where there is accute inflammation.

#### YEAST GURGLE.

Take yeast, a wineglassful; milk, a gill; sweeten with molasses. Excellent for sore throat.

#### GURGLE FOR PUTRID SORE THROAT.

Take the Bark of upland sumach,

High blackberry,

Common white elm bark,

White oak bark,

Small black-snake root,

Nanny berry bark,

Of each a handful, except the snake root, which must be half the quantity; make a strong decoction, add a piece of alum, and sweeten well with honey; then bottle for use. Apply often to the sores with a rag. It may at first irritate a little, but then cures. Cured all in the re-



volutionary war, when all other means were of no avail and many cases had previously proved fatal.

#### MINT FOMENTATION.

Take of fresh spearmint a proper quantity; let it be bruised, add spirits, and simmer. In cases of great irritability of the stomach, attended with frequent vomiting, this fomentation, applied to the pit of it, will often relieve when other means fail.

#### HOP FOMENTATION

Take two handful of hops and one pint of vinegar; heat the latter, and pour it on the hops; boil till the strength is extracted. In cases of sore throat, hoarseness, or soreness of the breast, severe pain in the abdomen, colic, dysentery, etc., this fomentation will give ease and allay irritation. It may be applied at bed-time, and kept on all night; or any time in the day, if necessary. It is usually best to apply warm, and often to renew.

#### COMMON FOMENTATION.

Take Hops.....	3 ounces.
Tansy.....	3 "
Wormwood.....	3 "
Hoarhound.....	3 "
Catnip.....	3 "

Or a handful of each. Make of these articles a strong decoction, by boiling in equal parts of vinegar and water. This will be found very efficacious in relieving pain and inflammation, resulting from contusions, sprains, dislocations, and other causes. It may also be usefully employ-



ed in inflammation of the bowels and of the stomach; in short, in almost every species of inflammation it will be found very useful.

#### STIMULATING FOMENTATION.

Take Red pepper ..... 2 ounces.  
Bruised mustard seeds..... 2 "  
Alcohol or spirits..... 2 quarts.

Simmer a few minutes. This is used as an external application in paralysis or palsy.

#### COUGH POWDER.

Take Capsicum..... 2 parts.  
Ipecac..... 2 "  
Pulverized opium..... 1 "

Mix, and incorporate well together. Dose: One-half as much as will lay upon a six-cent piece (five grains) every four hours, mixed with honey. The above will allay irritation of the lungs when all other means prove unavailing. I give it in severe inflammation of the lungs and obstinate coughs, where other means afford no relief.

#### CEPHALIC POWDER.

Take Blood root..... 1 ounce.  
Bark of the root of bayberry..... 1 "  
Common snuff..... 1 "

Mix. Useful in catarrh, headache, polypus, etc.

#### RED OR STYPTIC POWDER.

Take of copperas; submit it to a red heat, in a flame of fire; a decomposition is effected, and a red substance



is formed. This, pulverized, forms a powder containing highly styptic and astringent properties. It is used in the treatment of bleeding piles, and in stopping hemorrhage or bleeding. It may be mixed with a little melted tallow, and introduced up the rectum, for the bleeding piles. It is very good, in salt rheum, mixed with fresh butter.

FEVER AND AGUE POWDER.

Take Sulphate of quinine.....1 scruple.  
Capsicum.....2 "

Mix, and rub well in a mortar; divide into ten powders, and give one every two hours, in syrup, after having cleansed the stomach and bowels. A sure remedy for chills and fever; and excellent where the wine tincture cannot be taken.

ANODYNE POWDER.

Take best turkey opium, and suspend it in a bag in the chimney till hard or dry; pulverize, and sift.

Take of this opium..... $\frac{1}{2}$  ounce.  
Capsicum.....1 "

Mix, and rub well in a mortar. Dose: From two to four grains, in syrup, every two or four hours till relief is obtained. This is a powerful anodyne, and is sure to relieve pain when all other means fail; but should only be given in urgent cases, and when no relief can be obtained by other means. Exceedingly valuable in fits, lock-jaw, colic and severe pain.

DIAPHORETIC POWDER.

Take gum opium..... $\frac{1}{2}$  drachm.  
Camphor.....2 "  
Pulverized ipecacuanha.....1 "  
Cream of tartar, or super-carbonate of soda.....1 ounce.



Pulverize all separately, then mix. It is best to use pulverized opium. Dose: Ten grains, or half a teaspoonful, as often as may be necessary. This forms a valuable anodyne, diaphoretic, and sudorific. It is beneficially administered in fever, St. Anthony's fire, diarrhœa, dysentery, and cholera morbus, and in all cases where an anodyne, combined with a sudorific, is required. In these diseases it should be administered in small doses. It is also applicable to many other diseases, such as rheumatism, gout, etc. It promotes perspiration without increasing the heat of the body. It produces a constant moisture of the skin for a great length of time, while it allays irritation.

Dr. F. H. Judd, of Greenville, Mercer county, Pennsylvania, substitutes the super-carbonate of soda in place of cream of tartar. He considers it a great improvement. He follows the reformed practice with extraordinary success.

#### SALINE WASH.

Take fine salt.....	1 ounce.
Spirits.....	$\frac{1}{2}$ pint.
Vinegar.....	$\frac{1}{2}$ "
Rain water.....	$\frac{1}{2}$ "

Or equal parts. Mix. This makes a good refrigerant or cooling wash for many kinds of inflammations. Particularly in inflammation of the brain, dropsy of the head, etc. Sometimes it is applied tepid, at other times cool; but seldom cold, except in very urgent cases.

#### ASTRINGENT WASH.

Take Dried bark of large hemlock.....	} equal parts.
Upland sumach-root bark.....	
Witch-hazel bark.....	
White oak bark.....	



Make a strong decoction. This is useful to inject in fluor albus, to wash the parts in prolapsus ani, and uteri or falling of the bowel and womb. An excellent method is, to wet a sponge, tie a piece of tape to it, and keep it up the uterus till the complaint is cured. A decoction of oak and alum will answer.

SALINE PHYSIC, WHITE LIQUID PHYSIC.

Take Epsom salts..... $\frac{1}{2}$  pound.  
 Rochelle salts..... $\frac{1}{2}$  "  
 Sulphate of potash, (vitriolated tartar,)..... $\frac{1}{2}$  "  
 Common salt..... $\frac{1}{2}$  "

Mix, and add one gallon of boiling water; when cool, add one ounce of muriatic acid and one ounce of nitric acid. Dose: From one to two tablespoonsful every two hours, till it purges, in cold water. A cooling purgative; good to allay sickness at the stomach, vomiting, for colic, bilious and bowel complaints, etc. A tumblerful of warm herb tea to be taken after each dose.

ANTI-CHOLERIC AND ANTI-SPASMODIC MIXTURE.

Take Camphor mixture.....4 ounces.  
 Essence of peppermint.....4 "  
 Tincture of capsicum.....1 drachm  
 Syrup of ginger..... $\frac{1}{2}$  ounce.

Mix. Dose: One tablespoonful every quarter, half, or one and two hours, according to the urgency of the symptoms. This mixture is useful in the malignant or spasmodic cholera, cramp of the stomach, fits, etc.

NERVOUS MIXTURE.

Take Mixture or liquid carbonate of ammonia.....  $\frac{1}{2}$  drachm.  
 Mint water, distilled..... $1\frac{1}{2}$  ounces.  
 Compound tincture cardamon.....  $\frac{1}{2}$  "



Mix. Dose: Two tablespoonsful three times a day. Useful in fainting, hysterics, debility, and all nervous cases.

#### NEUTRALIZING MIXTURE, NEUTRALIZING CORDIAL OR PHYSIC.

Take of Rhubarb, pulverized.....	} equal parts.
Saleratus, pulverized .....	
Peppermint plant, pulverized.....	

To a large teaspoonful add half a pint of boiling water; when cool, strain, sweeten with loaf sugar, and add a table spoonful of brandy. Dose: One or two table spoonsful every quarter, half, or one or two hours, according to symptoms. This is one of the most valuable preparations known for cholera morbus, cholera infantum, or summer complaint of children, diarrhœa, dysentery, etc. Its operation and action appear to be a specific, if not infallible. It is excellent for pregnant women, to allay sickness and regulate the bowels. The above is an excellent medicine.

#### PILE ELECTUARY.

Take Cream of tartar.....	1 ounce.
Jalap, pulverized.....	1 "
Electuary of senna.....	2 "
Cream of flowers of sulphur.....	$\frac{1}{2}$ "
Nitrate of potash.....	$\frac{1}{2}$ "

Add molasses sufficient to make a pill or thick mass; roll into small cakes, quarter of an inch square; dissolve one in water and take every night; or it may be formed into pills of common size, and four taken night and morning. This makes a very superior remedy for the blind and bleeding piles. It usually excels all others: it corrects a faulty state of the biliary organs, which produces costiveness, and, subsequently, the piles.



## EXPLANATORY.

In giving such an extended variety of receipts as I have in this work, it is not done without a very laudable motive, as I shall show. Every recipe I have given, is essential to some form of diseases, some climate, or some persons. It not unfrequently happens that one medicine will produce the desired result in one person, and a speedy cure follow, while the same medicine and precisely the same treatment for that person's next door neighbor will have little or no effect; hence, it is necessary to resort to some other treatment to suit the particular organization we have under our care. At other times, locality may have a great deal to do with the effect of medicines upon the human economy. To meet all classes of persons, climates and constitutions, I have, therefore, introduced into the receipt department several different recipes for every, or nearly every disease of which I have treated. And when any particular one has been selected for any particular disorder or complaint, and it does not have the desired effect, it will only be necessary to resort to some other of the various treatments here laid down; being careful always not to go from one treatment to another until the first one is effectually tried.

In the treatment of cancer, however, it will only be necessary to follow my treatment as prescribed, as it is a settled fact, in my mind, that when that fails, the disease is past the remedial agency of medicine or science.



## MISCELLANEOUS RECIPES.

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Under this head I shall embody a number of receipts which have accumulated on my hands for a number of years, a great many of which are good, but from what source they came I am now unable to determine. I incorporate these for the simple reason that I wish to make the work of as much utility and usefulness to the farmer, mechanic and all others as is possible. Some receipts which follow, will be found highly beneficial to the country man and woman in their domestic employments; and, therefore, I do not wish to exclude them. They cannot certainly interfere with the science or practice of the "healing art," while they will doubtless, in many instances prove beneficial.

## FISH BONES.

There is great danger and pain resulting from the lodging of fish bones in the throat. Whenever this occurs, by pouring the white of an egg down the throat immediate relief can be obtained. The reason is obvious. Small bones, like pins and needles, lie often across the passage into the stomach, slightly adhering by the points; the egg clings to them and carries them down.

## CURE FOR BURNS.

The "Gazette Medicale," of France, says that, by an accident, charcoal has been discovered to be a cure for burns. By laying a piece of charcoal upon a burn, the pain subsides immediately; by leaving the charcoal on



one hour the wound is healed, as has been demonstrated on several occasions. The remedy is cheap and simple, and certainly deserves trial.

#### SCARLET FEVER.

Dr. William Fields, of Wilmington, Delaware, gives publicity to the following recipe, which, he says, if faithfully carried out, will cure forty-five cases out of fifty, without calling on a physician :

For adults, give one tablespoonful of good brewer's yeast, in three tablespoonsful of sweetened water, three times a day ; and if the throat is much swollen, gurgles with yeast, and apply yeast to the throat as a poultice, mixed with Indian meal. Use plenty of catnip tea, to keep the eruption out of the skin for several days.

#### SMALL POX.

Use the above doses of yeast three times a day, and a milk diet throughout the entire disease. Nearly every case can be cured, without leaving a pock-mark.

#### DROPSY.

Lemons are recommended for dropsy in a Russian medical journal, and are said to be beneficial in the most hopeless cases. The first day one lemon was given, after taking the peel off, and cutting it up into small pieces in sugar ; the two following days three were given, and afterwards eighteen every day. For nourishment, meat was given. In every case, the water came off on the seventh day.



## TO DYE WOOL A PERMANENT BLUE COLOR.

Take four ounces of the best indigo, reduce it to a very fine powder, and add twelve pounds of wool, in the grease; put the whole into a copper large enough to contain all the wool to be dyed. As soon as the requisite color is obtained, let the wool be well washed and dried. The liquor remaining may be again used, to produce lighter blues. The color will be as beautiful and permanent as the finest blue produced by wood, and the wool, by this method, will lose less in weight than if it had been previously scoured.

## TO TURN RED HAIR BLACK.

Take a pint of the liquor of pickled herrings, half a pound of lamp-black, and two ounces of the rust of iron. Mix and boil them for twenty minutes, then strain and rub the liquid well into the roots of the hair.

## A GOOD CEMENT.

I have found gum shellac dissolved in brandy, very excellent for joining broken vessels. It makes them nearly as durable as if they were cemented by heat. I have been using for years a mortar which was broken and mended in this manner; it was broken in pieces and could not then be replaced. I applied the gum and bound the parts firmly together until the cement was perfectly dry. I then put it into use and have continued to use it ever since.

## TO MAKE RED SEALING WAX.

Take of shellac, well powdered, two parts; of resin



and vermilion, powdered, each, one part. Mix them well together and melt them over a gentle fire, and when the ingredients seem thoroughly incorporated, work the wax into sticks. Where shellac cannot be procured, seed-lac may be substituted for it.

The quantity of vermilion may be diminished without any injury to the sealing wax, where it is not required to be of the highest and brightest red color; and the resin should be of the whitest kind, as that improves the effect of the vermilion.

#### BLACK SEALING WAX.

Proceed as directed for the red wax; only, instead of the vermilion, substitute the best ivory black.

#### GREEN SEALING WAX.

Proceed as in the above; only, instead of vermilion, use verdigris, powdered; or, where the color is required to be bright, distilled or crystals of verdigris.

#### BLUE SEALING WAX.

As the above; only changing the vermilion for smalt, well powdered; or, for a light blue, verditer may be used; as may, also, with more advantage, a mixture of both.

#### YELLOW SEALING WAX.

As the above; only substituting masticot; or, where a bright color is desired, turpeth mineral, instead of the vermilion.

#### PURPLE SEALING WAX.

As the red; only changing half the quantity of ver-



milion for an equal or greater proportion of smalt, according as the purple is desired to be bluer or redder.

#### UNCOLORED SOFT SEALING WAX.

Take of bees' wax, one pound; turpentine, three ounces; and olive oil, one ounce. Place them in a proper vessel over the fire, and let them boil for some time, and the wax will then be fit to be formed into rolls or cakes for use.

#### RED, BLACK, GREEN, BLUE, YELLOW AND PURPLE, SOFT SEALING WAX.

Add to the preceding composition, while boiling, an ounce or more of any ingredients directed above for coloring the hard sealing wax, and stir the matter well about, till the color be thoroughly mixed with the wax. The proportion of the coloring ingredients may be increased, if the color produced by that here given be not found strong enough.

#### RECIPE FOR CEMENTING LEATHER AND WOOD.

Take half a pound of fish isinglass, and one pint of alcohol. Dissolve the isinglass in the alcohol.

#### FOR BURNING FLUID.

Take Alcohol .....	1 gallon
Spirits of turpentine .....	1 quart
Camphor gum .....	2 ounces

The above must be used in lamps made especially for burning fluid.



TO MAKE SPERM CANDLES.

Take twelve pounds of lard; salt-petre and alum, each one pound; dissolve them in water; mix this with the lard; then evaporate all the water from the lard; be careful not to scorch the lard. Make a small wick and run in good sized molds.

A COMPOUND TO RENDER LEATHER WATER-PROOF.

Take Boiled linseed oil.....	1 pint
Clean tallow.....	$\frac{1}{2}$ pound
Beeswax .....	3 ounces
Resin .....	2 "
Castor oil.....	$\frac{1}{2}$ pint

Warm the materials, and mix them well together, adding a little lampblack. This will be found excellent to preserve the leather and prevent wet feet, which is very essential to health.

CURE FOR VEGETABLE POISON.

The following is a safe, cheap, and certain cure, so said, for the effects of poison oak, a shrub very common in the West:

Iodid potash .....	8 grains
Dissolve in pure water.....	2 ounces
Add iodine.....	2 grains

Apply as often as the heat and pain seem to require it.

TO REMOVE SPOTS OF GREASE FROM CLOTH.

Spots of grease may be removed by a diluted solution of potash, but this must be cautiously applied to prevent



injury to the cloth. Stains of white wax, which sometimes fall upon clothes from wax candles, are removed by spirits of turpentine, or sulphuric acid ether. The marks of white paint may also be discharged by the above mentioned agents.

TO TAKE MILDEW OUT OF LINEN.

Rub it well with soap; then scrape some fine chalk and rub that also in the linen; lay it on the grass; as it dries, wet it a little, and it will come out after being twice applied.

TO TAKE OUT SPOTS OF INK.

As soon as the accident happens, wet the place with juice of sorrel or lemon, or with vinegar, and the best hard white soap.

TO TAKE STAINS OUT OF CLOTH OR SILK.

Pound French chalk fine; mix with lavender water to the thickness of mustard. Put on the stain; rub it soft with the finger or palm of the hand. Put a sheet of blotting and brown paper on the top, and smooth it with an iron, milk warm.

TO REMOVE GREASE SPOTS FROM PAPER.

Let the paper stained with grease, wax, oil, or any other fat body, be gently warmed, taking out as much as possible of it, by blotting paper. Dip a small brush in the essential oil of well rectified spirits of turpentine, heated almost to ebullition, (for when cold it acts very



weakly,) and draw it gently over both sides of the paper, which must be carefully kept warm. Let this operation be repeated as many times as the quantity of the fat body, imbibed by the paper, or the thickness of the paper may render it necessary. When the greasy substance is removed, to restore the paper to its former whiteness, dip another brush in highly rectified spirits of wine, and draw it, in like manner, over the place, and particularly around the edges, to remove the border that would still present a stain. If the process has been employed on a part written on with common ink, or printed with printer's ink, it will experience no alteration.

Another method—

Take of roche-alum, burnt, and flour of brimstone, an equal quantity of each; and reducing them to a fine powder, wet the paper a little, put a small quantity of the powder upon the place, and the spots will disappear.

Another—

Scrape finely some pipe-clay, (the quantity will be easily determined on making the experiment;) on this lay the sheet or leaf, and cover the spot, in like manner, with the clay. Cover the whole with a sheet of paper, and apply, for a few seconds, a heated ironing box, or any substitute adopted by laundresses. On using Indian rubber, to remove the dust taken up by the grease, the paper will be found restored to its original whiteness and opacity. This simple method has often proved much more effectual than turpentine, and was remarkably so in an instance where the folio of a ledger had exhibited the marks of candle grease and snuff for more than twelve months.



## TO CLEANSE GLOVES WITHOUT WETTING.

Lay the gloves upon a clean board, make a mixture of dried fulling-earth and powdered alum, and pass them over on each side with a common stiff brush; then sweep it off, and sprinkle them well with dry bran and whiting, and dust them well. This, if they are not exceedingly greasy, will render them quite clean; but if they are much soiled, take out the grease with crumbs of toasted bread and powder of burnt bone; then pass them over with a woolen cloth dipped in fulling-earth or alum powder, and in this manner they can be cleaned without wetting, which frequently shrinks and spoils them.

## CEMENT FOR JOINING BROKEN GLASSES, ETC.

Take two ounces of good glue, and steep it for a night in distilled vinegar; boil them together the next day, and having beaten a clove of garlic, with half an ounce of ox gall, into a soft pulp, strain the juice through a linen cloth, using pressure, and add to it the glue and vinegar. Then take of sandarac, powdered, and turpentine, each one drachm, and of scaraccol and mastic, powdered, each half a drachm; put them into a bottle with an ounce of highly rectified spirits of wine. Stop the bottle, and let the mixture stand for three hours in a gentle heat, frequently shaking it. Mix this tincture, also, with the glue while hot, and stir them well together with a stick till part of the mixture be evaporated, and then take the composition from the fire and it will be fit for use. When this cement is to be applied it must be dipped in vinegar, and then melted in a proper vessel,



with a gentle heat, and if stones are to be cemented, mix with it a little powdered chalk; or if glass is to be conjoined, powdered glass should be substituted.

#### STRAWBERRY WINE.

Take of cold soft water, seven gallons; cider, six gallons; strawberries, six gallons; ferment. Mix raw sugar, sixteen pounds; red tartar, in fine powder, three ounces; the peel and juice of two lemons; then add brandy, two or three quarts. This will make eighteen gallons.

Another—

Take of cold soft water, ten gallons; strawberries, nine gallons; ferment. Mix raw sugar, twenty-five pounds; red tartar, in fine powder, three ounces; two lemons and two oranges, peel and juice; then add brandy, one gallon. This will make eighteen gallons.

#### RASPBERRY WINE.

Take of cold soft water, six gallons; cider, four gallons; raspberries, six gallons; any other fruit, three gallons; ferment. Mix raw sugar, eighteen or twenty pounds; red tartar, in fine powder, three ounces; orange and lemon peel, two ounces, dry, or four ounces, fresh; then add brandy, three quarts. This will make eighteen gallons.

#### TO MAKE BRITISH CHAMPAGNE.

Take gooseberries before they are ripe, crush them with a mallet in a wooden bowl, and to every gallon of



fruit put a gallon of water; let it stand two days, stirring it well; squeeze the mixture well with the hands through a hop-sieve; then measure the liquor, and to every gallon put three and one-half pounds of loaf sugar; mix it well in the tub, and let it stand one day; put a bottle of the best brandy into the cask, which leave open five or six weeks, taking off the scum as it rises; then make it up and let it stand one year in the barrel before it is bottled. The proportion of brandy to be used for this liquor is, one pint to seven gallons.

#### GOOSEBERRY AND CURRANT WINE MIXED.

Take cold soft water, six gallons; gooseberries, four gallons; currants, four gallons; ferment. Mix raw sugar, twelve pounds; honey, three pounds, and tartar, in fine powder, one and one-half ounce; bitter almonds, one and one-half ounce. Put in brandy, six pints or more. This will make twelve gallons.

Another—

Take cold soft water, five and one-half gallons; gooseberries and currants, four gallons; ferment. Then add raw sugar, twelve and one-half pounds; tartar, in fine powder, one ounce; ginger, in powder, three ounces; sweet marjoram, half a handful; British spirits, one quart. This will make nine gallons.

#### RED CURRANT WINE.

Take cold soft water, eleven gallons; red currants, eight gallons; raspberries, one quart; ferment. Mix raw



sugar, twenty pounds; beet-root, sliced, two pounds, and red tartar, in fine powder, three ounces. Put in one nutmeg, in fine powder; add brandy, one gallon. This will make eighteen gallons.

Another—

Put five quarts of currants and a pint of raspberries to every two gallons of water; let them soak a night, then squeeze and break them well. Next day rub them well through a fine sieve till the juice is expressed, washing the skins with some of the water; then, to every gallon, put four pounds of the best sugar; put it into your barrel, and set the bung lightly in. In two or three days add a bottle of good cogniac brandy to every four gallons; bung it close, but leave out the spigot for a few days. It is very good in three years—better in four.

#### BLACKBERRY WINE.

Having procured berries that are fully ripe, put them into a large vessel of wood or stone, with a cock in it, and pour upon them as much boiling water as will cover them. As soon as the heat will permit the hand to be put into the vessel, bruise them well till all the berries are broken. Then let them stand covered till the berries begin to rise towards the top, which they usually do in three or four days. Then draw off the clear into another vessel, and add to every ten quarts of this liquor a pound of sugar. Stir it well, and let it stand to work a week or ten days in another vessel like the first. Then draw it off at the cock through a jelly bag into a large vessel. Take four ounces of isinglass and lay it to steep twelve



hours in a pint of white wine. The next morning, boil it upon a slow fire till it is all dissolved; then take a gallon of blackberry-juice, put it in the dissolved isinglass, give them a boil together, and pour all into the vessel. Let it stand a few days to purge and settle, then draw it off and keep it in a cool place.

#### SPRUCE WINE.

For this, which is only a superior sort of white spruce beer, proceed as follows: To every gallon of water take one and one-half pound of honey, and one-half pound of fine starch. The starch, however, previously to its being blended with the honey, liquor, or syrup, must be reduced to a transparent jelly, by boiling it with part of the water purposely preserved. A quarter of a pound of essence of spruce may be used to six gallons of water; and the same method may be pursued in working, fining, and bottling, as directed for white spruce beer.

Spruce is a wholesome and pleasant drink to those who are used to it, and persons soon become habituated. It contains a vast quantity of fixed air, which is extremely bracing; and the use of this liquor is particularly to be recommended to such as are troubled with corbutic humors, or have the gravel. It is chiefly used in summer.

#### JUNIPER-BERRY WINE.

Take of cold soft water, eighteen gallons; Malaga, or Smyrna raisins, thirty-five pounds; juniper-berries, nine quarts; red tartar, four ounces; wormwood and sweet marjoram, each two handfuls; British spirits, two quarts or more; ferment for ten or twelve days. This will make eighteen gallons.



## TO MAKE DAMSON WINE.

Take of cold soft water, eleven gallons; damson, eight gallons; ferment. Mix raw sugar, thirty pounds; red tartar, in fine powder, six ounces; add brandy, one gallon. This will make eighteen gallons.

“When the *must*,” says Mr. Carnell, “has fermented two days, (during which time it should be stirred up two or three times,) take out of the vat about two or three quarts of the stones, and break them and the kernels, and then return them into the vat again.”

## CHERRY WINE.

Take of cold soft water, ten gallons; cherries, ten gallons; ferment. Mix raw sugar, thirty pounds; red tartar, in fine powder, three ounces; add brandy, two or three quarts. This will make eighteen gallons.

Two days after the cherries have been in the vat, Mr. Carnell says, we should take out about three quarts of the cherry stones, break them and the kernels, and return them into the vat again.

## Another—

Take cherries nearly ripe, of any red sort, clear them of the stalks and stones; then put them into a glazed earthen vessel, and squeeze them to a pulp. Let them remain in this state for twelve hours to ferment; then put them into a linen cloth, not too fine, and press out the juice with a pressing board, or any other convenient instrument. Now let the liquor stand till the scum rises,



and with a ladel or skimmer, take it clean off; then pour the clear part, by inclination, into a cask, where, to each gallon, put a pound of the best loaf sugar, and let it ferment for seven or eight days. Draw it off, when clear, into lesser casks or bottles; keep it cool, as other wines, and in ten or twelve days it will be ripe.

#### TO MAKE MORELLA WINE.

Cleanse from the stalks sixty pounds of Morella cherries, and bruise them so that the stones will be broken. Now press out the juice and mix it with six gallons of sherry wine, and four gallons of warm water. Having grossly powdered separate ounces of nutmeg, cinnamon, and mace, hang them separately in small bags in the cask containing the mixture. Bung it down, and in a few weeks it will become a deliciously flavored wine.

#### TO MAKE PEACH WINE.

Take of cold soft water, eighteen gallons; refined sugar, twenty-five pounds; honey, six pounds; white tartar, in fine powder, two ounces; peaches, sixty or eighty in number; ferment; then add two gallons of brandy. This will make eighteen gallons.

The first division is to be put into the vat, and the day after, before the peaches are put in, take the stones from them, break them and the kernels, then put them and the pulp into the vat, and proceed with the general process.

#### CIDER WHITE WINE.

Take of cold soft water, two quarts; cider, nine gal-



lons; honey, eight pounds; white tartar, in fine powder, two ounces; erment. Mix cinnamon, cloves, and mace, two ounces; add rum, one-half gallon. This will make nine gallons.

#### CIDER RED WINE.

Take of cold soft water, three gallons; cider, sixteen gallons; honey, ten pounds; erment. Add raw sugar, four pounds; beet root, sliced, four pounds; red tartar, in fine powder, six ounces. Mix sweet marjoram and sweet briar, three handful; rum, one gallon. This will make eighteen gallons.

#### CIDER WINE.

Take of cold soft water, four gallons; cider, fifteen gallons; honey, twelve pounds; tartar, in fine powder, two ounces; ferment. Mix ginger, in powder, six ounces; sage and mint, two handful. Add British spirits, one gallon. This will make eighteen gallons.

#### GRAPE WINE.

Take of cold soft water, five gallons; black or red grapes, forty pounds; erment. Mix cider, nine gallons; raw sugar, twenty pounds; barberry leaves, three handful; beet root, sliced, two pounds; red tartar, in powder, four ounces. Add white elder flowers, six handful, or sassafras chips, four pounds; brandy, one gallon. This will make eighteen gallons.

Another—

Take of cold soft water, six gallons; grapes, of any color, thirty pounds.; ferment. Mix treacle, ten pounds;



beet root, sliced, one and a half pounds; red tartar, in powder, two ounces. Add rosemary leaves, two handful; brandy, one-half gallon. This will make nine gallons.

Another—

Take of cold soft water, eight gallons; grapes, of any sort, one hundred pounds; ferment. Mix raw sugar, twenty pounds; beet root, sliced, four pounds; barberry leaves, four handful; red tartar, in powder, six ounces. Add coriander seed, bruised, two ounces; brandy, six quarts. This will make eighteen gallons.

#### GRAPE WHITE WINE.

Take of cold soft water, thirteen gallons; white grapes, fifty pounds; ferment. Mix refined sugar, twenty-five pounds; white tartar, in powder, three ounces. Add clary seed, bruised, three ounces, or clary flowers, six handful; rum, one gallon. This will make eighteen gallons.

#### TO MAKE RAISIN WINE EQUAL TO SHERRY.

Let the raisins be well washed and picked from the stalk; to every pound thus prepared and chopped, add one quart of water which has been boiled and has stood till it is cold. Let the whole stand in the vessel for a month, being frequently stirred. Now let the raisins be taken from the cask, and let the liquor be closely stopped in the vessel. In the course of a month, let it be racked into another vessel, leaving all the sediment behind, which must be repeated till it becomes fine, when add to every ten gallons six pounds of fine sugar, and one dozen



of Seville oranges, the rinds being pared very thin, and infused in two quarts of brandy, which should be added to the liquor at its last racking. Let the whole stand three months in the cask, when it will be fit for bottling; it should remain in the bottle for a twelve-month.

To give it the flavor of Madeira, when it is in the cask, put in a couple of green citrons, and let them remain till the wine is bottled.

#### TO MAKE WINE FROM FROSTED POTATOES.

Wine of considerable quality may be made from frosted potatoes, if not so much frosted as to have become soft and waterish. The potatoes must be crushed or bruised; a wooden mallet answers the purpose. If a plank of wood is made hollow, in the manner of a shallow bowl, they may be bruised with a mallet, or put into a cider press. A Winchester bushel must have ten gallons of water, prepared by boiling it, mixed with one-half pound of hops, and one-half pound of common white ginger. This water, after having boiled for half an hour, must be poured upon the bruised potatoes, into a tub or vessel suited to the quantity to be made. After standing in this mixed state for three days, yeast must be added, to ferment the liquor. When the fermentation has subsided, the liquor must be drawn off, as pure as possible, into a cask, adding half a pound of raw sugar for every gallon. After it has remained in the cask for three months, it will be ready for use.—*Farmers' Mag.*

#### GINGER WINE—EXCELLENT.

Put into a very nice boiler ten gallons of water, fifteen pounds of lump sugar, with the whites of six or eight



eggs, well beaten and strained; mix all well while cold; when the liquor boils, skim it well; put in half a pound of common white ginger, bruised, and boil it twenty minutes. Have ready the rinds (cut very thin) of seven lemons, and pour the hot liquor on them; when cool put it into your cask, with two spoonsful of yeast; put a quart of the warm liquor to two ounces of isinglass shavings, whisk it well three or four times, and put all into the barrel. Next day stop it up; in three weeks bottle it; and in three months it will be a delicious and safe liquor.

Another—

Take of cold soft water, nineteen gallons; Malaga raisins, fifty pounds; white tartar, in powder, four ounces. Ferment. Mix ginger, in powder or bruised, twenty ounces; eighteen lemons, peel and juice. Add brandy, two quarts, or more. This will make eighteen gallons.

Another—

Take twenty quarts of water; five pounds of sugar; three ounces of white ginger; one ounce of stick liquorice. Boil them well together; when it is cold put a little new yeast upon it, but not too much; then put it into the barrel for ten days, and after that bottle it, putting a lump of white sugar into every bottle.

Another—

To seven gallons of water, put nineteen pounds of clayed sugar, and boil it for half an hour, taking off the scum as it rises; then take a small quantity of the liquor,



and add to it nine ounces of the best ginger, bruised. Now put it all together, and when nearly cold, chop nine pounds of raisins very small, and put them into a nine gallon cask (beer measure,) with one ounce of isinglass. Slice four lemons into the cask, taking out all the seeds, and pour the liquor over them, with half a pint of fresh yeast. Leave it unstopped for three weeks, and in about three months it will be fit for bottling.

There will be one gallon of the sugar and water more than the cask will hold at first; this must be kept to fill up as the liquor works off, as it is necessary that the cask should be kept full, till it has done working. The raisins should be two-thirds Malaga, and one-third Muscadel. Spring and autumn are the best seasons for making this wine.

#### TO MAKE GINGER BEER.

Take of good Jamaica ginger, two and a half ounces; moist sugar, three pounds; cream of tartar, one ounce; the juice and peel of two middling-sized lemons; brandy, one-half pint; good solid ale yeast, one-fourth of a pint; water, three and one-half gallons. This will produce four and a half dozen bottles of excellent ginger beer, which will keep twelve months. Bruise the ginger and sugar, and boil them for twenty or twenty-five minutes in the water; slice the lemon and put it and the cream of tartar into a large pan; pour the boiling liquor upon them, stir it well round, and when milk warm, add the yeast; cover it over; let it remain two or three days to work, skimming it frequently; then strain it through a jelly-bag into a cask; add the brandy; bung down very close; and at the end of a fortnight or three weeks,



draw it off and bottle, and cork very tight; tie the cork down with twine or wire. If it does not work well at first, add a little more yeast, but be careful of adding too much lest it taste of it.

#### SPRUCE BEER.

Take, if white is intended, six pounds of sugar; if brown, as much treacle, and a pot of spruce, and ten gallons of water.

This is also managed in the same way as ginger beer, except that it should be bottled as soon as it has done working.

#### TO PRESERVE FISH BY SUGAR.

Fish may be preserved in a dry state, and perfectly fresh, by means of sugar alone, and even with a very small quantity of it.

Fresh fish may be kept in that state for some days, so as to be as good when boiled as if just caught. If dried, and kept free from mouldiness, there seems no limit to their preservation; and they are much better in this way than when salted. The sugar gives no disagreeable taste.

This process is particularly valuable in making what is called kippered salmon; and the fish preserved in this manner, are far superior in quality and flavor to those which are salted or smoked. If desired, as much salt may be used as to give the taste that may be required; but this substance does not conduce to their preservation.

In the preparation, it is barely necessary to open the fish, and to apply the sugar to the muscular parts, placing it in a horizontal position for two or three days, that this substance may penetrate; after this it may be dried;



and it is only necessary to wipe and ventilate it occasionally, to prevent mouldiness.

A tablespoonful of brown sugar is sufficient in this manner for a salmon of five or six pounds weight; and if salt is desired, a teaspoonful or more may be added. Saltpetre may be used instead, in the same proportion, if it is desired to make the kipper hard.

#### TO COPY WRITINGS.

Take a piece of unsized paper exactly of the size of the paper to be copied; moisten it with water, or with the following liquid: Take of distilled vinegar, two pounds weight, dissolve it in one ounce of boracic acid; then take four ounces of oyster shells calcined to whiteness, and carefully freed from their brown crust; put them into the vinegar; shake the mixture frequently for twenty-four hours; then let it stand till it deposits its sediment; filter the clear part through unsized paper into a glass vessel; then add two ounces of the best Aleppo galls, bruised, and place the liquor in a warm place; shake it frequently for twenty-four hours, then filter the liquor again through unsized paper, and add to it, after filtration, one quart, ale measure, of pure water. It must then stand twenty-four hours; and be filtered again, if it shows a disposition to deposit any sediment, which it generally does. When paper has been wet with this liquid, put it between two thick unsized papers to absorb the superfluous moisture; then lay it over the writing to be copied, and put a piece of clean writing paper above it. Put the whole on the board of a rolling press, and press them through the rolls, as is done in printing copper-plates, and a copy of the writing will appear on



both sides of the thin moistened paper; on one side in a reversed order and direction, but on the other side in the natural order and direction of the lines.

#### PASTE TO STOP BLEEDING.

Take of fresh nettles, one handful, bruise them in a mortar; add blue vitriol, in powder, four ounces; wheat flour, two ounces; wine vinegar, one-half ounce; oil of vitriol, one-half ounce. Beat them all together into a paste. Let the wound be filled up with this paste, and a proper pledget of tow laid over the mouth, in order to prevent it from falling out, and then bandage it on with a strong roller. This dressing must remain in the wound ten or twelve hours.

#### TO PRESERVE FURS.

When laying up muffs and tippets for the summer, if a tallow candle be placed on or near them, all danger of caterpillars will be obviated.

#### WATER-PROOF COMPOSITION FOR LEATHER OR CLOTH.

The new patent water-proof composition consists of the following materials: Boil six gallons of linseed oil; one pound and a half of resin; four pounds and a half of red lead, litharge, or any other substance usually called dryers, together, till they acquire such a consistence as to adhere to the fingers in strings when cooled; then remove the mixture from the fire, and when sufficiently cooled, thin it to the consistence of sweet oil, with spirits of turpentine, of which it commonly takes



six gallons; leave it to settle for a day or two; pour off the liquid from the grounds, and intimately mix with it one pound and a half of ivory or lamp black, and one pound and a half of Prussian blue, ground in linseed oil. The composition is then ready to be used on any kind of leather or cloth. Stir up the liquid and apply it with a brush till an even gloss is produced; hang up the material acted upon till the next day, taking care to leave the surface as even as possible, and proceed in the same manner till it has the desired appearance.

#### TO IMITATE NAPLES SOAP.

Take of fresh ley, strong enough to bear an egg, eight pounds; and put to it of deer's, goat's, or lamb's suet, (which has previously been well cleansed from all skins, etc., by rose water) two pounds, and one pound of olive oil, or rather behn-nut oil. Let all these simmer over the fire in a well glazed pot, until it be pretty nearly of the consistence of crown or Naples soap; then turn it out into a large flat pan, which set on the leads or roof of the house, exposed to the heat of the sun for fifty days. The pan must be covered over with a bell glass, such as the gardeners use, and the mixture must be stirred well once a day during the whole of this time.

In about six weeks or two months, the operator will have a most excellent ground work for Naples soap, which only requires performing in the following manner, to render it even preferable to the foreign sorts:

Take of oil of rhodium, one ounce; of spirit of ambergris, two ounces and a half; spirit of musk, half an ounce; mix these well together, and then put the compound into the pan of soap. Stir the whole well, and



incorporate the perfumes with the soap, on a marble stone by means of a muller. Put up into small jars, or preserve in a mass in a large jar, according to sale or convenience. If kept for twelve months, this soap will be found by comparison, to be far preferable to the best soap that ever came from Naples.

#### SHINING BLACK INK.

Beat up well together in an iron mortar the following ingredients in a dry state, viz.: eight ounces of best blue gall nuts; four ounces of copperas, or sulphate of iron; two ounces of clear gum arabic, and three pints of clear rain water. When properly powdered, put to the above; let the whole be shaken in a stone bottle three or four times a day, for seven days, and at the end of that time pour the liquor off gently into another stone bottle, which place in an airy situation to prevent it from becoming foul or mothery. When used put the liquor into the ink-stand as required.

#### PROCESS FOR MAKING THE BEST INK.

Take six quarts (beer measure) of clear water, soft or hard, and boil in it for about an hour, four ounces of the best Campeachy logwood, chipped very thin across the grain, adding, from time to time, boiling water to supply in part the loss by evaporation; strain the liquor while hot, and suffer it to cool. If the liquor is then short of five quarts, make it equal to this quantity by the addition of cold water. After which, let one pound of bruised blue gall, or twenty ounces of the best common galls, be added. Let a paste be prepared by triturating four ounces of sulphate of iron (green vitriol) calcined to white-



ness, and let half an ounce of acetite of copper (verdigris) be well incorporated together with the above decoction, into a mass, throwing in, also, three ounces of coarse brown sugar, and six ounces of gum senegal, or arabic. Put the materials into a stone bottle of such a size as to half fill it; let the mouth be left open, and shake the bottle well, twice or thrice a day. In about a fortnight it may be filled, and kept in well stopped bottles for use. It requires to be protected from the frost, which would considerably injure it.

#### BEST INK POWDER.

Infuse a pound of galls, powdered, and three ounces of pomegranate peels, in a gallon of soft water for a week, in a gentle heat, and then strain off the fluid through a coarse linen cloth. Then add to it eight ounces of vitriol, dissolved in a quart of water, and let them remain for a day or two, preparing in the meantime a decoction of logwood, by boiling a pound of the chips in a gallon of water, till one-third be wasted, and then straining the remaining fluid while it is hot. Mix the decoction and the solution of galls and vitriol together, and add five ounces of gum arabic, and then evaporate the mixture over a common fire to about two quarts, when the remainder must be put into a vessel proper for that purpose, and reduced to dryness, by hanging the vessel in boiling water. The mass left, after the fluid has wholly exhaled, must be well powdered; and when wanted for use, may be converted into ink by the addition of water.

#### INK POWDER FOR IMMEDIATE USE.

Reduce into subtle powder ten ounces of gall-nuts,



three ounces of Roman vitriol, (green copperas,) with two ounces each of roche alum and gum arabic. Then put a little of this mixture into a glass of white wine, and it will be fit for instant use.

Another—

Take equal parts of black resin, burnt peach or apricot stones, vitriol and gall-nuts, and two of gum arabic, put the whole in powder or cake as required.

#### EXCHEQUER INK.

To forty pounds of galls, add ten pounds of gum, nine pounds of copperas, and forty-five gallons of soft water. This ink will endure for centuries.

#### RED INK.

Take of the raspings of Brazil wood a quarter of a pound, and infuse them two or three days in vinegar, which should be colorless where it can be so procured. Boil the infusion an hour over a gentle fire, and afterwards filter it, while hot, through paper laid in an earthenware cullender. Put it again over the fire, and dissolve in it, first half an ounce of gum arabic, and afterwards of alum and white sugar, each half an ounce. Care should be taken that the Brazil wood be not adulterated with the Brasileto or Campeachy wood.

#### PERMANENT RED INK.

Take of oil of lavender one hundred and twenty grains; of copal in powder, seventeen grains; red sulphurate of



mercury, sixty grains. The oil of lavender being dissipated with a gentle heat, a color will be left on the paper surrounded with the copal; a substance insoluble in water, spirits, acids, or alkaline solutions. This composition possesses a permanent color, and a manuscript written with it, may be exposed to the process commonly used for restoring the color of printed books, without injury to the writing. In this manner interpolations with common ink may be removed.

#### GREEN WRITING INK.

Take an ounce of verdigris, and having powdered it, put to it a quart of vinegar, etc. After it has stood two or three days strain off the liquid; or, instead of this, use the crystals of verdigris dissolved in water; then dissolve, in a pint of either of these solutions, five drachms of gum arabic, and two drachms of white sugar.

#### YELLOW WRITING INK.

Boil two ounces of the French berries in a quart of water, with half an ounce of alum, till one-third of the fluid be evaporated. Then dissolve in it two drachms of gum arabic, and one drachm of sugar, and afterwards a drachm of alum, powdered.

#### BLUE INK.

This may be made by diffusing Prussian blue, or indigo, through strong gum-water. The common water-color cakes, diffused in water, will make sufficiently good colored inks for most purposes.



## CAMPHOR A REMEDY FOR MICE.

Any one desirous of keeping seeds from the depredations of mice, can do so by mixing pieces of camphor gum in with the seeds. Camphor placed in drawers or trunks will prevent mice from doing them injury. The little animal objects to the odor, and keeps a good distance from it; he will seek food elsewhere.

## TO REMOVE STAINS FROM THE HANDS.

Damp the hands first in water, then rub them with tartaric acid, or salt of lemons, as you would with soap; rinse them, and rub them dry. Tartaric acid, or salt of lemons, will quickly remove stains from white muslin or linens. Put less than half a teaspoonful of the salt or acid into a tablespoonful of water; wet the stain with it, and lay it in the sun for an hour; wet it, once or twice, with cold water during the time. If this does not quite remove it, repeat the acid water, and lay it in the sun.

## TO MAKE PRIME VINEGAR.

Mix one quart of molasses, three gallons of rain water, and one pint of yeast. Let it ferment and stand four weeks, and you will have the best of vinegar.

## GRAFTING CEMENT.

One part beef's tallow, two parts beeswax, and four parts resin; melt and mix well together; then pour into cold water, and work very thoroughly, as shoemaker's wax is worked before using. Wax for grafting, made



in this way, possesses the advantage of not cracking in cold water, or melting in hot water.

## PICKLES.

An excellent way to make pickles that will keep a year or more, is to drop them into boiling water, boil them; let them stay in ten minutes, wipe them dry, and drop into cold spiced vinegar, and they will not need to be put into salt and water, and are always ready for use.

## GOOD PASTE.

Water, warm.....	1 quart.
Alum.....	1 ounce.

Dissolve and add flour to make it the consistence of cream. Then stir in nearly as much powdered resin as will stand on a quarter of a dollar, and two or three cloves, also powdered; then boil to a consistence, stirring all the time. This paste will keep twelve months, and when dry may be softened by water. Now every house and store could easily take advantage of this recipe, and by very little cost be provided with a good paste, free of smell and ever ready for use.

## CHEMISTRY AND CIDER.

A few years ago chemistry and sugar-making were found to be intimately connected. The chemist told the planter how to arrest the natural tendency of cane-juice to acidify. It was simply to add a little sulphite of lime. Now he tells the cider-makers the same thing. Mind, it is sulphite, and not sulphate. The latter is a natural form of lime, known as plaster of Paris. The former is



a preparation by the chemists—the salts of sulphurous acid. To use this material, which is inexpensive and harmless to health, in preserving cider, Professor Horsford of Harvard University, says:

“Put the new cider into clean casks or barrels, and allow it to ferment from one to three weeks, according as the weather is cool or warm. When it has attained to lively fermentation, add to each gallon three-fourths of a pound of white sugar, and let the whole ferment again until it possesses nearly the brisk, pleasant taste which it is desirable should be permanent. Pour out a quart of the cider and mix with it one quarter of an ounce of sulphite of lime for every gallon the cask contains. Stir until it is intimately mixed, and pour the emulsion into the liquid. Agitate the contents of the cask thoroughly for a few moments, then let it rest, that the cider may settle. Fermentation will be arrested at once, and will not be resumed. It may be bottled in the course of a few weeks, or it may be allowed to remain in the cask and used on draft. If bottled, it will become a sparkling cider—better than what is called champagne wine.”

#### LARD AND TALLOW CANDLES.

The following method of making the above named candles is described in the New England “Farmer,” by a correspondent: “I kept both tallow and lard candles through the last summer, the lard candles standing the heat the best, and burning quite as well, and giving as good light as tallow ones. Directions for making good candles from lard: For twelve pounds of lard take one pound of saltpetre, and one pound of alum; mix and



pulverize them; dissolve the saltpetre and alum in a gill of boiling water; pour the compound into the lard before it is quite all melted; stir the whole until it boils and skim off what rises; let it simmer until the water is all boiled out, or till it ceases to throw off steam; pour off the lard as soon as it is done, and clean the boiler while it is hot. If the candles are to be run, you commence immediately; if to be dipped, let the lard cool first to a cake, and then treat it as you would tallow."

#### TO MEASURE HAY IN MOWS.

The editor of the New Jersey "Farmer," says that he has proved the following rule for finding the number of tons of hay in a given bulk: "Take a mow of twelve feet in depth, and which has been filled with hay, as it was drawn from the field, and has been lying till spring, and measure the length, breadth and height in feet; multiply them to get the cubical contents. For instance, the length is twenty feet, breadth forty feet, and height, sixteen feet—twenty times forty makes eight hundred, multiplied by sixteen, is equal to twelve thousand eight hundred cubic feet, which, being divided by seven hundred, the number of feet that make a ton of two thousand pounds, will give eighteen tons two hundred pounds. The top of a mow, say about one-third, we rate at eight hundred feet to the ton, the middle seven hundred feet, and the bottom of the mow at six hundred—so the whole bulk would average seven hundred feet, if the mow is twelve or fifteen feet deep, but if only five or six feet deep, count eight hundred feet for a ton, and so accordingly with other bulks."



## A FIRST RATE WHITEWASH.

We have tried various preparations for whitewashing ceilings, and the walls of unpapered rooms, but have never found anything that was entirely satisfactory until the present spring. We have now something that affords a beautiful, clear, white color, and which cannot be rubbed off. We procured at a paint store, a dollar's worth of first quality "Paris White"—thirty-three pounds, at three cents per pound—and for this quantity, one pound of white glue, of the best quality, usually called Cooper's glue, because manufactured by Peter Cooper of New York. Retail price fifty cents per pound. For one day's work, one-half pound of the glue was put in a tin vessel, and covered with cold water over night. In the morning, this was carefully heated until dissolved, when it was added to sixteen pounds of the Paris white, previously stirred in a moderate quantity of hot water. Enough water was then added to give the whole a proper milky consistency, when it was applied with a brush in the ordinary manner. Our thirty-three pounds of Paris white and one pound of glue sufficed for two ceilings, and the walls and ceilings of seven other smaller rooms.

A single coat is equal to a double coat of lime wash, while the white is far more lively or brilliant than lime. Indeed, the color is nearly equal to that of zinc white, which costs at least four times as much. We are satisfied, by repeated trials, that no whitewash can be made to adhere firmly without glue, or some kind of sizing, and this will invariably be colored in time, with the caustic lime. The Paris white, on the contrary, is simply



pure washed chalk, and is entirely inert, producing no caustic effect on the sizing.—*Ohio Agriculturist*.

#### THE PRESERVATION OF CIDER.

Prof. Horsford sent the following receipt for preserving and improving cider, to the Massachusetts Horticultural Society at its last meeting:

CAMBRIDGE, Oct. 25, 1858.

*President of the Massachusetts Horticultural Society:*

DEAR SIR: I beg to inclose a recipe for improving cider. The object to which my efforts have been directed, was to provide a cheap, easily managed, and perfectly safe agent for arresting fermentation, at any desired stage of its progress.

The fermentation of the sugar of the cider, it is well known, is due to the fermentation of an albuminous substance which the cider holds in suspension or solution.

By fermentation, the sugar is first converted into alcohol and carbonic acid. If the albuminous matter be in great excess, as it uniformly is, its fermentation goes forward to convert the alcohol into acetic acid, and the cider becomes sour. If the quantity of sugar be large, a corresponding quantity of alcohol will be produced. When it is not in sufficient quantity, it may be added to the cider, and more of the albuminous matter consumed to produce alcohol and carbonic acid, and of course less will remain to convert the alcohol into vinegar.

But if, when the fermentation has been carried forward just far enough to impart to the cider the taste which is most preferred—when it is sparkling, still sweet, but



slightly acid; if at this stage the albuminous matter be withdrawn, the cider will permanently retain its acceptable flavor.

To accomplish this withdrawal, I employ sulphite of lime—a salt made soluble only by acid, and of course quite inert until acid presents itself to the cider. As soon as fermentation produces acetic acid, this salt yields sulphurous acid, which destroys the ferment. This is essentially the agent employed to prevent fermentation in the wine production of France.

The substance I employ, settles out at the bottom with the lees, and may be entirely separated from the cider.

The testimony of quite a number of friends, who have for the last three years followed the recipe, as well as the experiments I have myself directed, are so emphatic as to the excellence of the result, that I feel justified in submitting to the attention of the Horticultural Society this method of improving cider.

I am, very respectfully,

your obedient servant,

E. N. HORSFORD,

*Prof. of Hor. Chem. to the Mass. Hor. Soc.*

#### RECIPE FOR IMPROVING CIDER.

Let the new cider from sour apples (sound and selected fruit is to be preferred) ferment from one week to three weeks, as the weather is warm or cool. When it has attained to lively fermentation, add to each gallon, according to its acidity, from a half pound to two pounds of white crushed sugar, and let the whole ferment until it possesses precisely the taste which it is desired should be permanent.



In this condition, pour out a quart of the cider and add for each gallon, one quarter of an ounce of sulphite of lime, known as an article of manufacture under the name of anti-chloride of lime. Stir the powder and cider until intimately mixed, and return the emulsion to the fermenting liquid. Agitate briskly and thoroughly for a few moments, and then let the cider settle. The fermentation will cease at once.

When, after a few days, the cider has become clear, draw off and bottle carefully, or remove the sediment and return to the original vessel. If loosely corked, or kept in a barrel on draft, it will retain its taste as a still cider. If preserved in bottles carefully corked, which is better, it will become a sparkling cider, and may be kept indefinitely long.

#### WASHING FLUID.

Take one pound of soda and a half pound of un-slacked lime, put them in a gallon of water and let them boil twenty minutes; let it stand till cool; then drain off, and put it in a stone jar or jug. Soak your dirty clothes until they are well wet thorough; then wring them out and rub on plenty of soap; and in one boiler of clothes well covered with water, add one teaspoonful of the washing fluid; boil half an hour briskly; then wash them thoroughly through one suds, and rinse them well through two waters, and your clothes will look better than the old way of washing twice before boiling. This recipe is invaluable, and every poor tired woman should try it. With a patent tub to do the little rubbing, the washer-woman might take the last novel and compose herself on the lounge, and let the washing do itself.



## TO RESTORE DROWNED PERSONS.

An eminent physician of London, gives instructions for the resuscitation of drowned persons, which, though we believe they have in some cases proved effectual, are quite at variance with the methods commonly resorted to. He says: "There is one great impediment to the function of respiration, which is the falling back of the tongue across the top of the glottis, or entrance into the wind-pipe. In order to remove this, the patient is to be placed upon his face and breast, and the body is to be turned on the side, and then returned slowly to its proper position. This motion, the effect of which is to cause a considerable amount of air in the lungs to be expelled and re-inspired, is to be kept up till breathing is restored or all hopes of resuscitation from this source are abandoned."

## ASTHMA PAPER.

Persons subject to attacks of spasmodic asthma, will receive some relief during the paroxysms, by inhaling fumes given off from burning paper prepared with saltpetre. The paper should be loose and white, the same as that used for absorbing ink blots, and it should not contain any fibres of wool. Four ounces of saltpetre, dissolved in a pint of water, makes a solution of sufficient strength for the purpose. The paper is soaked in this for a few minutes, then taken out and dried thoroughly. It is then cut into pieces four inches square, and one or two pieces burned when required. Paper prepared in this manner, gives out considerable amount of free oxygen gas when it is burned.



## HAIR POWDER PERFUME.

Take half a pound of pulvil powder, made from apple-tree moss, half an ounce of grey ambergris, thirty grains of musk, and twenty grains of civet. Grind the musk and civet with loaf sugar to a very fine powder; melt the ambergris with six drops of the oil of behn-nuts, over a gentle fire, in a clean vessel, not brass or copper; add, as it melts, a few drops of the juice of green lemon, and about four drops each of oil of rhodium and lavender. When the ambergris is melted, put the above powder into it; stir and mix it well. Add, by degrees, the powder of apple-moss; and when the whole is combined, pulverize and sift it through a very fine hair sieve; what will not pass through, return into the mortar again and pound it with loaf sugar until the whole is reduced to fine powder.

## TO DESTROY SUPERFLUOUS HAIR.

Take of fresh limestone, one ounce; pure potassa, one drachm; sulphurate of potassa, one drachm. Reduce them to a fine powder in a wedgewood mortar. If the hair be first washed, or soaked in warm water, (130 degrees Fahr.,) for ten minutes, this article formed into a thin paste, with warm water, and applied whilst warm, will so effectually destroy the hair in five or six minutes, that it may be removed by washing the skin with flannel. It is a powerful caustic, and should, therefore, be removed as soon as it begins to inflame the skin, by washing it off with vinegar. It softens the skin, and greatly improves its appearance.



## TO DRESS HARE, MOLE, OR RABBIT SKINS.

Take a teaspoonful of alum, and two of salt-petre, both finely powdered; mix them well; sprinkle the powder on the flesh side of the skins, then lay the two salted sides together, leaving the fur outward; roll the skin exceedingly tight, and tie it round with packthread; hang it in a dry place for some days, then open it, and if sufficiently dry, scrape it quite clean with a blunt knife, and keep it in a dry situation. This finishes the process.

It may not be generally known that the bitter apple, bruised and put into muslin bags, will effectually prevent furs from being destroyed by moths.

## TO TAKE OUT GREASE FROM CLOTHES.

Take off the grease with the nail, or if that cannot be done, have a hot iron with some thick brown paper; lay the paper on the part where the grease is, then put the iron upon the spot; if the grease comes through the paper, put on another piece till it does not soil the paper. If not all out, wrap a little bit of cloth or flannel round the finger, dip it into spirits of wine, and rub the grease spot; this will take it entirely out. Be careful not to have the iron too hot; try it first on a piece of white paper; if it turn the paper brown, or scorch it in the least, it is too hot. If paint should get on the coats, always have spirit of wine or turpentine ready, this, with a piece of flannel or cloth, will easily take it off, if not left to get quite dry.

## ROSE PERFUME.

Take two pecks of fresh dry damask rose leaves; strip



them from their leaves and stalks; have ready sixteen pounds of fine hair powder. Strew a layer of rose leaves on sheets of paper, at the bottom of a box; cover them over with a layer of hair powder; then strew alternately a layer of roses and powder, until the whole of each has been used. When they have lain twenty-four hours, sift the powder out, and expose it to the air twenty-four hours more. Stir it often. Add fresh rose leaves twice, as before, and proceed in the same way; after this, dry the powder well by a gentle heat, and pass it through a fine sieve. Lastly, pour ten drops of oil of rhodium, or three drops of otto of roses on loaf sugar, which triturate in a glass mortar, and stir well into the powder, which put into a box or glass for use. This hair powder perfume will be excellent, and will keep well.

#### BERGAMOT PERFUME.

Take sixteen pounds of hair powder, and forty drops of Roman oil of bergamot, and proceed in all respects as before, but do not leave the compound exposed to the air for in this case the bergamot is so volatile that it will quickly fly off.

#### AMBERGRIS HAIR POWDER.

Take twelve pounds of fine starch powder, add three pounds of the ambergris perfume; mix them well together, and run it twice through a fine hair sieve. Put it into a well closed box or glass, for use. This is the first and best sort of ambergris powder; but for a second, or inferior sort, put only a pound and a half of the perfume, to the above quantity of starch powder.



## TO SWEETEN THE BREATH.

Take two ounces of terra japonica, half an ounce of sugar-candy, both in powder. Grind one drachm of the best ambergris with ten grains of pure musk, and dissolve a quarter of an ounce of clean gum tragacanth in two ounces of orange flower water. Mix all together, so as to form a paste, which roll into pieces of the thickness of a straw. Cut these into pieces and lay them in clean paper. This is an excellent perfume for those whose breath is disagreeable.

## TO PERFUME CLOTHES.

Take of oven-dried best cloves, cedar and rhubarb wood, each one ounce; beat them to a powder and sprinkle them in a box or chest, where they will create a most beautiful scent, and preserve the apparel against moths.

## PERFUMED BAGS FOR DRAWERS.

Cut, slice, and mix well together, in the state of very gross powder, the following ingredients: Two ounces of yellow saunders, two ounces of coriander seeds, two ounces of orris root, two ounces of calamus aromaticus, two ounces of cloves, two ounces of cinnamon bark, two ounces of dried rose leaves, two ounces of lavender flowers, and one pound of oak shavings. When properly mixed, stuff the above into small linen bags, which place in drawers, wardrobes, etc., which are musty or liable to become so.



## EXCELLENT PERFUME FOR GLOVES.

Take of ambergris, one drachm ; civet, the like quantity ; add flour-butter, a quarter of an ounce ; and with these well mixed, rub the gloves over gently with fine cotton wool, and press the perfume into them.

Another—

Take of damask or rose scent, half an ounce ; the spirit of cloves and mace, each a drachm ; frankincense, a quarter of an ounce. Mix them together and lay them in papers, and when hard, press the gloves ; they will take the scent in twenty-four hours, and hardly ever lose it.

## TINCTURE OF MUSK.

This excellent spirit requires six drachms of China musk, twenty grains of civet, and two drachms of red rose buds. Reduce these ingredients to powder with loaf sugar, and pour over them three pints of spirits of wine.

## HAIR SPECIFICS.

No. 1. Take eau de cologne, two ounces ; tincture of cantharides, half an ounce, and add twenty drops of oil of lavender.

No. 2. Vinegar of cantharides, half an ounce ; eau de cologne and rose water, each half an ounce.

No. 3. An ounce of castor oil, mix it thoroughly with a pint of alcohol, and add half an ounce of tincture of cantharides.



No. 4. Sulphuric ether, one ounce ; tincture of cantharides, one ounce ; olive oil, one ounce ; alcohol, one pint.

These four recipes are capable of making excellent trichopherous, both for keeping the head clean, preventing the hair falling off, and, in some cases, curing partial baldness. In using them the head should be brushed smartly with a hard hair-brush, the lotion then applied with a piece of sponge, the head brushed again, and a silk night-cap put on. The best period to apply it is just before going to bed, but it may also be used at any time of the day.

The philosophy of such hair specifics consists in considering decay in the growth of hair to be due to an absence of vigorous action in the nerves of the scalp. The tincture of cantharides excites action in these nerves, and its office is to restore vigor to the hair, preventing its falling out, and promoting its growth. The oil keeps the skin soft, and the alcohol tends to dissolve the scurf, and keep the scalp clean. The alcohol requires to be 95 per cent. proof, or it will not dissolve the oil.

#### HAIR OIL.

Take equal parts pure olive oil, (sweet oil,) and cold pressed castor oil, and to each pint of the mixture add one-fourth pint of brandy, and the same of cologne. I have used this recipe for years, and prefer it to any other where the hair simply needs dressing.

#### TO RESTORE GRAY HAIR

To its original color, and to prevent it coming out, and



also to promote the growth of hair which has fallen out, and to beautify and invigorate the same.

Take Lac sulphur.....1 ounce  
 Sugar of lead..... $\frac{1}{2}$  "  
 Pure rain water, distilled,.....1 quart  
 Tincture cantharides.....2 ounces

Scent with otto of roses or oil burgamot. Apply sufficient to the head every other night or morning to moisten the hair, rubbing it vigorously, so that it may reach the roots. It is best to apply it at night, and use a silk night-cap. To restore the color to its original hue, it should be used every other morning for about three or four weeks, then twice a week for about the same length of time, and finally, only once a week. Use no cologne, but instead, use a liquid made as follows:

Take Bay rum, pure,.....1 pint  
 Olive oil.....3 "  
 Brandy.....2 "

All by measure; mix well, and use every morning, just enough to moisten the hair, brushing it briskly so as to distribute it through the hair equally and thoroughly; then comb it, and in a short time there will be a beautiful growth and color. If the hair inclines to become too black, omit the last mixture and use

Olive oil.....1 part  
 Good brandy.....3 "

Which will moderate the color, by leaving out the bay rum.

#### INTEMPERANCE AND GLUTTONY.

I am honestly of the opinion that intemperate habits in eating and drinking are the immediate cause of more suffering to the human family, than all other causes com-



bined. Diseases are engendered and the foundation laid for different sufferings, which, to the casual observer, are not so noticeable and are not so calculable. The miseries of intemperance, when collated, would make an array of such stupendous magnitude, that it would even open the eyes of the most devoted Bacchanalian, in wonder and amazement. The use of ardent spirits is particularly pernicious to the human frame. It destroys the mind, the soul, and the body, and renders desolate the home and the fireside; brings disgrace, disease and reproach upon the innocent, while the guilty one suffers all the miseries that the human body is capable of undergoing, until finally, nature yields to the extraordinary demands made upon her, and the poor, deluded victim sinks into a wretched and disgraced grave, "unwept, unhonored, and unsung."

And there is no one other cause which induces more misery, disease, and sickness, than intemperance in diet. The glutton is soon made to feel the effect of over-gorging himself with strong, indigestible food, and he not only suffers, but he hands it down to his progeny in the shape of bronchial affections, ulcers, sores, consumption, etc., which, had the parent paid due attention to the laws of nature, by not over-burthening them, the offspring would have been free of all or any of these affections.

There are other vices incident to parents, which, if they do not bear directly on the physical condition of their children, they certainly have much to do with their moral and spiritual being, and frequently bears heavily on their physical organization, indirectly, at least—I mean profane swearing. Parents addicted to this practice not unfrequently make use of words and oaths, which has the effect to poison the mind of the young, and drive



them to seek the association of those who deal in such language; and no other place is so apt to furnish such accomplished characters in profanity as the pot house and ale shop. Once there, they imbibe the other bad habits of these bad men, and the consequence is inebriacy, and consequently impaired health by diseases formed by drinking the liquid poison. Hence the necessity of a caution against anything that may lead the young to such places, and finally to disease, sickness, and untimely death.

Well might we sing with the poet:

"As polished steel receives a stain,  
From drops at random flung,  
So does the child, when words profane  
Drop from a parents' tongue.

The rust eats in, and oft we find  
That naught which we can do,  
To cleanse the metal or the mind,  
The brightness will renew."



## PART VI.

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### DESCRIPTION OF HERBS.

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“Life’s lowest, but far greatest sphere I sing,  
Of all things that adorn the gaudy spring ;  
Such as in deserts live, whom, unconfined,  
None but the simple laws of Nature bind ;  
And those who, growing tame by human care,  
The well-bred citizens of gardens are ;  
Those that aspire to Sol, their sire’s bright face,  
Or stoop into their mother Earth’s embrace ;  
Such as drink streams, or wells, or those dry fed,  
Who have Jove only for their Ganymede ;  
And all that Solomon’s lost work of old  
(Ah ! fatal loss !) so wisely did unfold.  
Though I the oak’s vivacious age should live,  
I ne’er to all their names in verse could give.”—COWLEY.

There is scarcely a plant that greens the fields, a flower that gems the pasture, a shrub that tufts the garden, or a tree that shades the earth, which does not contain certain medicinal virtues, to remove pains and heal diseases. The American continent, though the last found, is not the least favored in this respect. Embracing almost every clime and soil of the globe, it richly abounds with drugs of every healing quality. The common saying, that every country contains the best cures for its own diseases, seems fully verified in America. Here,



above all countries, is the ague, and here, exclusively, is the grand cure, the Peruvian bark tree, or dogwood. And here, too, exclusively, is found the tobacco, the Jamestown weed, the lobelia, the pink and snake-roots, besides those other valuable plants, equal to the ipecacuanha, rhubarb, jalap, etc., which have hitherto been imported at a great expense, though not always genuine, but which may now be obtained in our own fields and woods, both unadulterated and cheap. Worthy of the high character of Americans, many gentlemen of the finest genius among us have explored the medical treasures of our country, and have shown an eagerness to make known the precious means to preserve the health and lives of our citizens. First on the list of this noble band of philanthropists stood that bright literary and professional genius, the late Professor Barton, from whose collections towards a *Materia Medica* of the United States, much valuable matter has been selected.

Professor Chapman, succeeding the lamented Barton, as teacher of *Materia Medica*, gave additional interest to the studies connected with his department, and by the application of his powerful talents to the acquisition of appropriate learning and discovery, has made a handsome accession to the stock of knowledge, before extant.

Much is due also to Professors Beach, Mitchel, Hosack, Cox, Baker, and to Doctors Mease, Cutler, Thompson, etc. From the valuable discoveries of these gentlemen, I have compiled a *Materia Medica*, exhibiting the names, characters, and qualities of our best medicinal plants hitherto discovered, together with the disease they suit, and their proper doses and forms of administration; the whole stripped of technical terms, and making a complete system for family use.



## CLASSIFICATION OF ARTICLES.

The various articles composing the *Materia Medica* may be classed or divided as follows :

- |                                  |                         |
|----------------------------------|-------------------------|
| 1. Medicinal Plants;             | 6. Medicinal Barks;     |
| 2. do Roots;                     | 7. do Gums;             |
| 3. do Flowers;                   | 8. do Oils and Balsams; |
| 4. do Seeds;                     | 9. do Salts;            |
| 5. do Extracts;                  | 10. do Minerals;        |
| 11. Medicinal Earthy Substances. |                         |

## BARBERRY.

*History.*—This shrub blossoms in April and May, the berries ripen in June, but they are sometimes abortive. The stamens of the flowers are irritable, and bend with elasticity toward the pistil, when touched.

*Locality.*—It is found from Canada to Virginia, on mountains, hills, among rocks, etc.; common in New England, in rocky fields; rare in the west and in rich soils.

*Qualities.*—The whole shrub, even the root, is acid. In the berries this acid becomes very pleasant, and is probably the tartaric acid, but mixed with some astringency. The bark is yellow and bitter.

*Properties.*—Anti-septic, acid, sub-astringent, refrigerant, etc. Added to good hard cider, it is good in jaundice. The berries contain a very acid and red juice, which forms a pleasant and useful drink in fluxes and malignant fevers, for abating heat, quenching thirst, raising the strength, and preventing putrefaction. Prosper Alpinus says, that being attacked with a putrid fever,



accompanied with a bilious diarrhœa, he attributes his recovery entirely to eating the fruit of the barberry. Simon Pauli gives a similar account of the use of these berries. J. Buhin recommends the same remedy in dysentery.

*Employment.*—Made into syrup, infusion, or decoction, we add to it hard cider and give it in jaundice. I also add it in other compounds.

PLEURY-ROOT—(*Asclepias Tuberosa*.)

*Common Names.*—Orange, swallow-root, pleurisy-root, butterfly-root, flux-root, wind-root, white-root, silk-weed, Canada-root, etc.

*History.*—This plant is easily known by its bright orange colored flowers, blossoming in July and August, it is a very ornamental plant. All the *asclepias* are milky, but this is less so than the others.

*Locality.*—It is found throughout the United States, but grows more abundantly in the southern states; it prefers open situations, poor and gravelly soils, along gravelly streams, and on hills.

*Properties.*—Diaphoretic, expectorant, diuretic, or astringent, carminative, anti-spasmodic, etc.

*Employment.*—This root is a popular remedy for pleurisy, and is used in the form of a tea to promote perspiration; it is also recommended for colic, flatulence, and lung complaints. I also use it in other complaints.

CHAMOMILE—(*Anthemis Nobilis*)—*The Flowers.*

*Common Name.*—Chamomile.

*Locality.*—Chamomile is a perennial plant, indigenous



in the south of England, but cultivated in our gardens for medical purposes.

*Properties.*—Chamomile flowers are anti-spasmodic, carminative, tonic, etc. They enter into numerous of my compounds.

*Employment.*—These flowers may be given in infusion or tea, which may be drank warm, to promote the action of emetics. It may be taken in wine in case of debility, and in the form of tea in pulmonary complaints, and boiled in vinegar, may be used as a fomentation in painful glandular swellings. They give out their virtues both to water and spirits.

ARCHANGEL—(*Angelica, Archangelica*)—*The Root, Stem and Seed.*

*Common Name*—Garden Archangel.

*History.*—This plant flowers in June and July, and the seeds are ripe in August.

*Locality.*—This is a biennial plant, and indigenous to the southern part of France, but is cultivated in our gardens.

*Properties.*—It is administered with advantage in disorders arising from flatulence and debility of the stomach, and digestive organs. It is recommended in nervous headache pains. We use it in the form of infusion or tea for flatulence or wind. It may be given also for pains in the breast. This is an excellent plant and enters into some of my compounds.

BLACK-SNAKE ROOT—(*Actæa Racemosa.*)

*Common Names.*—Black-snake root, squaw root, rich weed, rattle weed, rattle-snake root, black cohush.



*Description.*—The black cohush rises from four to six feet high, with white flowers, succeeded by shells, which contain the seed. The root is black, externally, irregularly sloped, with many prongs and fibres.

*History.*—The American species has an extensive range and was used by all the Indians. It blossoms in June and July; its seeds are ripe in August. The whole plant and even the flowers, are possessed of medicinal properties.

*Locality.*—Found all over the United States from Maine to Florida, Louisiana and Missouri, Texas, and Canada; common in open woods, rich grounds and on the sides of hills; not so common on rocky mountains and in sunny glades; very scarce in moist and swampy soils.

*Properties.*—It makes a good poultice for every kind of inflammation. A decoction may be made and thickened with slippery-elm bark. A syrup made of it is good for coughs, and a tincture made by adding an ounce of it, pulverized, to one pint of spirits, may be given for chronic rheumatism, from a teaspoonful to a tablespoonful three times a day.

This root is very useful, and also enters into many of my compounds.

#### INDIAN TURNIP—(*Annuum Triphyllum*)—*The Root.*

*Common Names.*—Three-leaved arum Indian turnip, dragon-root, dragon turnip, pepper turnip.

*Description.*—This plant rises from one to two feet high; roots perennial, round, flattened, tuberous, with many white fibres around the base; skin dark, wrinkled, and loose; leaves oval, three on each plant, pale beneath,



with regular parallel nerves. The germs, when ripe, become berries of a very bright scarlet color.

*History.*—This plant blossoms with us from May to July, and in the summer bears its bright scarlet berries.

*Locality.*—It grows all over North America in woods and low moist soils. All soils and regions appear suited to this plant; but rich and shady grounds appear to suit it best.

*Qualities.*—The whole plant, and the root in particular, is possessed of a violent acrid, pungent, and even caustic taste.

*Properties.*—Indian turnip, when fresh, make a powerful, strong, stimulating, acrid remedy. It makes an excellent poultice in scrofulous swelling; when dried and pulverized it is a good remedy for coughs, canker, pains in the breast; and given in teaspoonful doses, it is a valuable remedy in cholic. It is said to be very efficacious in cases of low typhus fever. "An ointment made of the fresh root and lard is useful," says a writer, "in tina capitis," (scald head.) It enters into the irritating plaster.

INDIAN HEMP—(*Apocynum Cannabinum*)—*The Root.*

*Common Names.*—American ipecacuanha, Indian hemp, Indian physic.

*Description.*—Stems of this plant from one to several, about two feet in height, branched above, round and of a redish color; leaves numerous and ovate, hanging on footstalks; flowers terminal, forming a loose panicle, whitish, similar to buckwheat, which terminate in seed pods, resembling cucumbers containing seeds; roots composed of numerous long, brown, and slender branches, radiating from a thick tuber.



*Locality.*—This is a perennial plant, indigenous to the United States; grows in meadows and in low moist woods.

*Properties.*—The root has been used with success in dropsy. Add one quart of water to one ounce of the root, and boil to one pint. Dose, a tablespoonful three or four times a day; measure the dose as the stomach will bear. This preparation is said to have cured Alderman Scott, of New York, of dropsy, and several others. It is sometimes laxative and used for indigestion in the form of bitters.

I have used it myself with great success.

MALE FERN—(*Aspidium Filix Mas*)—*The Root.*

*Common Name.*—Male shield fern.

*Description.*—Root horizontal; has a great many appendages placed close to each other in a vertical direction, while a number of small fibres strike downward; leaves large, oval, pinate, pinulæ, close to each other, very long, and pinatifid; petioles short, of a deep brown color, and furnished with scales; fruit kidney-formed and rounded.

*Locality.*—“This plant is perennial, and grows in great abundance in every part of Great Britain, where the ground is not cultivated. It is found, also, growing on the mountains and among rocks in New Jersey.

*Properties.*—Appears to be highly deleterious to intestinal worms, and particularly to the tape worm. This article constitutes the basis of the celebrated specific of Madam Norner, for the tape worm. There is much evidence that it has expelled the tape worm; it is much given in Europe for this purpose. A tablespoonful of



the powdered root may be given three or four times a day. Three days afterwards give a strong purgative, or a tea may be freely drank. The oil of the same is highly recommended for the tape worm.

SPIKENARD—(*Aralia Racemosa*.)

*Common Name*.—Common spikenard.

*Description*.—This plant rises four or five feet in height; leaves are many, small, and ovate, on long foot stalks; main stalk of the size of the thumb, jointed, and purplish flowers, inconspicuous, very small, of a bluish color, producing berries very much resembling those of elder, of a sweet, pleasant, aromatic taste.

*History*.—It blossoms in July and August; its berries are ripe in September and October.

*Locality*.—Spikenard is found from New England to Carolina and Indiana, but is more common in the north than in the south; grows in deep woods and good soil. It is generally cultivated in gardens.

*Qualities*.—The root of this plant has a balsamic, fragrant, warm, aromatic, sweetish taste.

*Properties*.—The root of this plant is healing, pectoral, stimulant, cordial, and diaphoretic. This plant is much used by Indians. The roots bruised, chewed, or pulverized, were used by them in all kinds of sores and ulcers. In colds and coughs the roots and berries may be used in syrups, cordials, and decoctions. Henry speaks very highly of the superiority of this medicine, in gout of the stomach. The manner in which he prescribes this article is, by pouring a pint of brandy on a pint of the fresh berries, and let the whole stand by the fire for a week; then pour on a pint of rain water. Dose, a wineglass-



ful three times a day. It enters into my restorative cordials and pulmonic balsams. I also use it with other compounds in ague.

SILK OR MILK-WEED—(*Asclepias Syriaca*)—*The Root.*

*Common Names.*—Common silk-weed, milk-weed.

*Description.*—This plant has a square stalk, rising three feet high; leaves oval, smooth and milky; flowers yellow, which terminate in pods resembling cucumbers, filled with silky down; seeds somewhat resembling the seeds of parsnips; the root is white and the size of the finger, about a foot in length.

*Locality.*—It grows plentifully throughout the United States, along the side of roads and sandy grounds.

*Properties.*—The root of this plant is a powerful diuretic. Boil eight ounces of the root in six quarts of rain water; strain it for use. For the dropsy take a gill of this decoction four times a day, increasing the dose according to the effect. Those who are troubled with a suppression of urine, may take a teacupful of this decoction four times a day, sweetened with honey. This plant, it is stated, cured several convicts in the State prison, laboring under dropsy.

CAYENNE PEPPER—(*Capsicum Annuum*.)

*Common Names.*—Jamaica pepper, red pepper.

*History.*—This plant is a native of South America, and is raised in the West Indies. It will likewise ripen its fruits in the United States.

*Properties.*—Capsicum is one of the purest and strongest stimulants with which I am acquainted. It is also



carminative and tonic ; it is good to remedy flatulency arising from eating vegetable food, and likewise to warm the stomach. It is used in rheumatism and coldness of the system ; in malignant sore throat, capsicum is much used, both as a gurgle and as an internal remedy. It makes one of the best drinks in fevers that can be made use of, for while it allays the thirst it prevents dryness of the mouth. Two tablespoonsful of small red pepper, or three of the common cayenne pepper, and two teaspoonsful of fine salt, to be beat into paste, on which a half pint of boiling water is to be poured, and strained off when cold ; an equal quantity of very sharp vinegar being added to this infusion, taken in doses of a tablespoonful every hour, is a proper dose for an adult. Mr. Stephens gave it to four hundred patients laboring under this disease, and it seemed, says he, to save some whose state had been thought desperate.

CELANDINE—(*Chelidonium Magus.*)

*Common Name.*—Great celandine.

*Description.*—This plant rises two or three feet in height, has many tender, round, green, watery stalks, with large joints, very brittle and transparent ; leaves large, serated, and very tender, and the flowers consisting of four leaves, yellow, after which come long pods, which, when pressed by the fingers, fly into pieces instantly.

*Locality.*—This plant grows in meadows, by the sides of running brooks, and in low marshy places found throughout the United States.

*Properties.*—The properties of this plant are acrid, stimulant, anti-herptic, detergent, diuretic, and discutient. The juice, rubbed on warts, remove them ; cures



ring-worms, and cleanses old ulcers. I make use of it for the piles, salt rheum, or tetter, in the form of tincture and ointment.

*Employment.*—An ointment of the roots is made by boiling them in hogs lard, and is useful in the piles. The tincture may be made by digesting an ounce of the plant in one pint of spirits. I also use it in other compounds. I use the expressed juice for sore eyes.

GOLDEN THREAD—(*Captis Trifolia.*)

*Common Names.*—Common gold thread, mouth root.

*History.*—This plant flowers early in the spring in the cold regions, or in May. They are of fine golden color, whence they derive their name. They ought to be collected in the summer, and are easily dried, but not easily pulverized.

*Locality.*—Found from Canada to Greenland and Iceland, on the east, and to Siberia on the west. The most southern limits are New England, New York, and the shores of Lake Erie. It is commonly found in mossy swamps and bogs of evergreen woods, but likewise on the rocks of the White Mountains, Labradore, and Newfoundland.

*Properties.*—Tonic and stomachic, promoting digestion and strengthening the viscera; useful in dyspepsia, debility, and convalescence from fevers. It is much used as a gurgel in ulceration of the mouth.

IPECACUANHA.—(*Callicocca Ipecacuanha.*)

*Common Name.*—Ipecacuanha.

*Locality.*—Ipecacuanha is indigenous to South America.



*Employment.*—In large doses, thirty grains is an easy and good emetic without causing debility. In small doses of two or three grains it acts as a tonic, strengthening the digestive organs, and is useful in indigestion, bilious and liver complaints. It is good also in fever by keeping up a determination to the surface. It may be given in powder, or formed into pills with soap, molasses or mucilage of gum Arabic. We give it in general, combined with lobelia. A wine tincture makes a good expectorant, particularly for children. Add of the root, bruised, one ounce to one pint of Malaga wine. Dose, for a child a year or two old, one or two teaspoonsful. A syrup made of it is also good. It enters into the emetic and diaphoretic powder; also the sudorific drops.

JALAP—(*Convolvulus Jalapa*)—*The Root.*

*Common Name.*—Americana Jalapa.

*Locality.*—Jalap is a plant indigenous to Mexico and Vera Cruz, and brought to us thence.

*Properties.*—The root of this plant is a brisk cathartic, acting in a remarkably efficacious manner, without griping upon the whole alimentary canal. It enters into the anti-bilious physic; also the compound tincture of senna. It possesses great anti-bilious and detergent properties. Twenty-five grains of jalap, united with from forty to sixty grains of cream of tartar, form a powerful cathartic and hydragogue, and are more effectual in evacuating water than any preparation that I am acquainted with.

*Employment.*—The pulverized root in the dose of thirty grains, acts as a safe and efficacious cathartic. This is one of the most valuable roots produced in America.



PERUVIAN BARK.—(*Cinchona Officinalis*.)

*Common Name*.—Peruvian bark.

*Description*.—The tree which produces the bark, varies in size. Woodville describes it as being a very lofty tree, and sending off large branches; its leaves are oblong, three inches in length, and about an inch and a half in breadth.

*History*.—There are commonly enumerated three varieties of Peruvian bark, viz: 1st. The common, the yellow of some authors. 2d. The yellow, the orange of some authors. 3d. The red. The use of this was first learned from the following circumstances: Some cinchona tree being thrown by the winds into a pool of water, lay there till the water become so bitter that every body refused to drink it. However, one of the neighboring inhabitants being seized with a violent paroxysm of fever, and finding no other water to quench his thirst, was forced to drink of this, by which he was perfectly cured. He afterwards related the circumstance to others and prevailed upon some of his friends who were ill of fever, to make use of the same remedy, with whom it proved equally successful. After this it was taken to Europe by the Jesuites, and hence called Jesuites' bark. The use of the Peruvian bark was first discovered, like most other remedies, by accident, or rather Providence.

*Locality*.—Grows in South America.

*Employment*.—The red and yellow kinds are the best, but it is often adulterated. It may be used in form of powder, or wine tincture combined with stimulants, or the quinine, a production of it. It is not, however, so certain in its effects. Properly administered, it is a sure



remedy for chills and fever. I give it in the form of the wine tincture, which always cures if the bark is genuine.

ROSE WILLOW—(*Cornus Sericea*)—*The Bark.*

*Common Names.*—Round leafed dogwood, green osier, red rod, red willow, swamp dogwood.

It grows near brooks, along the banks of rivers, and on upland meadows. It is known throughout the United States by the name of rose willow, or swamp dogwood.

*Properties.*—Tonic and astringent. In vomiting, this is an excellent remedy, given in the form of an infusion, particularly in the vomiting arising from pregnancy, and diseased uterus.

This is a valuable article. It is among the most efficacious remedies for fever and ague.

SOLOMON'S SEAL—(*Convallaria Multiflora*)—*The Root.*

*Common Name.*—Solomon's seal.

This plant rises six or seven inches high; leaves lanceolate, and of a dark green color; flowers in umbels, and hangs on the sides of the stalks, producing red berries. It grows on the sides of meadows, high lands and mountains, in every part of the United States. The roots are astringent, incrassant, and corroborant. The mucilage of the roots is good when applied to inflammations and piles. The roots are useful in all cases of flour albus, (whites) and in immoderate flowing of the menses, arising from female weakness. It enters into the restorative cordials.

This root is available in curing wounds of every description, by making use of the pounded root, or in salve.



The decoction of the root will stay vomiting and plagues in general of any kind, and is most excellent to apply the pounded root, or bathe with the decoction, to any joint that is out of place, or bone broken; it will cause it to knit soon, and will dispel coagulated blood. It is good in syrups made with mink roots and spirits, for the consumption and other weakness of the breast and stomach. It is good to cleanse the face from freckles or spots on the skin, leaving the skin smooth and fair, and much made use of by the Italian ladies for this purpose.

SENNA—(*Cassia Senna*)—*The Leaves.*

*Common Name.*—Alexandria senna.

The stalks rises from two to four feet high, resembling a shrub, and sending out, hollow, woody stems; flowers, yellow; leaves, small and running to a point, of a pale green. The East India senna, is the kind generally used, but is entirely a different article, and not to be compared with the Alexandria. Procure the best quality and have it ground, which makes a handsome green powder, which is valuable. If put in a bottle, and well corked, it will keep in its purity for a long time. It also enters into the electuary of senna, and is used in the form of tea, combined with manna.

This is a very useful cathartic, operating effectually and mildly. It is necessary to combine this article with other ingredients to prevent its griping effects. It enters the anti-bilious physic, and the worm or vermifuge powders.

SAFFRON—(*Crocus Sativus*.)

*Common Name.*—Garden saffron.

This plant is a native of the Levant, and cultivated in



Europe and in this country. In small doses saffron is employed as a diaphoretic, causing perspiration. It enters into the sudorific drops. In the form of tea, is very valuable in all eruptive diseases, measles, small-pox, etc.

WORMWOOD—(*Artemisia Absinthium*)—*The whole Plant.*

*Common Name.*—Common wormwood.

This is a perennial plant, native of Europe, but raised in our gardens; it is found growing in stony and uncultivated places in Europe and Jamaica; flowers in July and August. Wormwood is possessed of very valuable stimulant and tonic properties. When given in moderate doses it promotes the appetite and digestion, quickens the circulation, and imparts to the whole system a strengthening influence. It is given in all cases requiring the administration of tonics: in dyspepsia, and other atonic states of the intestinal canal, in certain cases of amenorrhœa, chronic leucorrhœa, and in obstinate diarrhœa, depending upon debility of the membranes of the intestines. It is often administered in intermittent fevers with complete success. It is likewise given as an anthelmintic. The herb is very useful in fomentations for bruises, and inflammations in general.

Dose of the powder, from one scruple to one drachm; infusion, from half to one ounce, in a pint of cold water. Externally, as a fomentation. It will be found in other compounds.

DEVIL'S BIT—(*Liatris Spicata*.)

Root tuberous, acrid and bitterish, pungent, spicy, smelling like turpentine or juniper, holding a peculiar balsamic resin, but no oil properties; partly soluble in a



watery decoction, wholly in alcohol. A powerful diuretic, acting mildly; may be used freely; also, discutient, tonic, diaphoretic and deobstuent; useful in dropsy, sore throat, scrofula, gravel, pains in the breast, after-pains in women, and bites of snakes. It is used both externally and internally. It may be administered in the form of powder, tea, or syrup.

EUPHORBIA IPECACUANHA.

*Common Names.*—American ipecacuanha, American ipecac, purge, etc.

This plant is a native of America, growing in shady woods, bogs, and sandy soil, in the middle and southern states.

*Properties.*—Emetic, cathartic, and tonic; euphorbia possesses very powerful properties. It is an excellent hydragogue, evacuating the water when all other agents prove abortive or useless.

Give fifteen grains of the euphorbia ipecacuanha, two or three times throughout the week.

DWARF ELDER—(*Sambucus Ebulus*)—*The Flowers, Berries, and Inner Lark.*

*Common Name.*—Dwarf elder.

This is a perennial plant, growing abundantly throughout the United States; found along fences and roadsides; flowers in July and August, and its berries are ripened in September. A decoction of this bark has been found beneficial in dropsy. The extract of the inner bark of elder is very good in piles and dropsy. The juice of the inner bark, taken in the dose of a gill, vomits and purges powerfully. I use the flowers in my purifying syrups.



BITTER SWEET—(*Solanum Dulcamara*)—*The Bark of the Root.*

*Common Name.*—Bitter sweet.

This is an under shrub, indigenous to Europe, and is now naturalized in this country. It flowers in June and July. It is beneficial when administered internally, in combination with yellow dock, in scrofulous and scirrhus diseases. It is also beneficial in liver complaints, and in all cutaneous diseases, and in ill-conditioned ulcers; used externally, an ointment must be made of the bark; and internally, in the form of the scrofulous syrup.

RHUBARB—(*Rheum Palmatum*)—*The Root.*

*Common Name.*—Rhubarb.

A perennial plant, native of China and Tartary; cultivated in various parts of Europe, especially in France; and it is likewise produced in America. The root of this plant is a valuable and singular cathartic, differing from all others of the materia medica. It operates, first, by evacuating the intestinal canal, and then gently astringing or restoring the tone of it. Upon these singular properties combined (purgative and astringent) depend its utility in dysentery and diarrhoea. Its medicinal properties are heightened by the addition of an alkali. And in other diseases, depending upon a lax state of the muscular fibres of the intestines, together with the existence of an acrid state of the fluids, this preparation is exceedingly useful. Its operation in these disordered states of the bowels, is by neutralizing the acid, evacua-



ting the contents of the bowels, and then, by gently astringing the relaxed fibres. I have been astonished that this valuable plant should be neglected by physicians; particularly in bowel complaints, and mercury substituted, when this mineral invariably injures, while the rhubarb proves a sovereign remedy. The dose of the pulverized root is about a teaspoonful, as a cathartic; or it may be given in the form of syrup or cordial, which renders it a very pleasant medicine. It enters into the neutralizing cordial or mixture.

DOGWOOD—(*Cornus Florida*)—*The Bark.*

*Common Names.*—Large-flowered cornel, Virginia dogwood.

*History.*—This tree is one of the chief ornaments of our forests. It is rather below the middle stature, not usually reaching the height of more than twenty or thirty feet. It is, however, among the most conspicuous trees in our forests. In the months of April, May and June, according to its latitude, it is covered with a profusion of its large and elegant flowers.

*Locality.*—This tree is found throughout the United States, but more plentifully in the middle States. The bark of this famous tree, which may well be termed the cinchona or Peruvian bark of North America, possesses, like that, all those tonic powers which give such admirable control over intermittents, gangrene, and all diseases proceeding from debility. It may be given in powder, or in the form of tea, made by boiling or steeping. Unless it is dry, and about a year old, it will sometimes offend the stomach. The shape, however, in which it will be found most agreeable, is that of extract, which is easily prepared by boiling the bark, straining it and



then evaporating it slowly to the consistence of honey. To prevent the fatal effects of burning it, the vessel in which it is evaporated should be of a wide mouth sort, placed in a large pot of boiling water, and often stirred towards the close of the operation. The dose is from a half to a whole teaspoonful, three or four times a day. The beautiful red berries of dogwood, combined with lemon peel, snake root, calamus, or any other warm aromatic seeds, form a fine bitter against the common fall complaints. A strong tea made of the flowers, is a pleasant substitute for that of red-rose leaves.

#### AMERICAN COLUMBO.

The American columbo is found in great abundance in the rich glades of the Western States, where it grows most luxuriantly, sometimes obtaining the height of ten feet. It is one of the tallest and handsomest of our native herbaceous plants, having a large pyramid of crowded flowers, sometimes three or four feet in length. It is a true triennial; the stalks and flowers not shooting up till the third year.

The root is large, yellow, tuberous, hard, horizontal, spindle shaped, and sometimes two feet long, with few fibres. The whole plant is perfectly smooth. The stem from five to ten feet high, round, erect, solid, with few branches, except at the top, where they form a pyramid of flowers.

Leaves in whorls; the radical or root-leaves form a star spread upon the ground, from five to twelve in number, from ten to eighteen inches long, and from three to five broad, constituting the whole plant in the first two years, or before the stem grows. The stem-



leaves are whorls, from four to eight inches smaller than the radical leaves.

Flowers, yellowish white, numerous, forming a large pyramid, and from the abundant experiments, is found equal to the imported, and is one of the best tonics that we can employ. It has long been estimated a powerful anti-septic and tonic, and as such, has been employed with manifest advantage in gangrene, cholera morbus, bilious fever, indigestion, want of appetite, bilious vomiting, or purging, etc. It may be given in powder, in doses of a small teaspoonful every three or four hours, or in decoction, in doses of a teacupful. Two or three ounces of the root steeped in a quart of spirits, form an excellent bitter, which, when taken in mint water, or infusion of orange peel, in doses of a tablespoonful, is excellent for moderating the retching in pregnant women. It enters into my Dyspeptic Bitters.

YARROW, OR MILLFOIL—(*Achillea Millefolium*.)

Grows in dry pastures and along the sides of fences, about a foot high; leaves pointed; flowers white, tinged with a little purple beneath, and has a bitter spicy taste.

The expressed juice is strengthening and carminative. It is useful in indigestion, air in the stomach and bowels, hysterical spasmodic complaints, etc. A tablespoonful of the expressed juice, taken twice a day, and the herb, bruised, or in the form of a poultice, is said to have cured a cancer of the breast. The green leaves pounded, and applied over a bruise, dissipates it in a few days. This plant possesses more medical properties than many are aware of. As a detergent, purifies the blood, opens the pores, removes obstructions, etc. It stops the spitting of



blood, cures the bleeding piles, and is also very beneficial in dysentery. A strong decoction of this herb, one pint drank twice day, is a certain cure for bloody urine.

COMMON SUMACH—(*Rhus Copallinum*.)

The berries or seeds, when ripe, are red and very acid. An infusion of them, sweetened with honey, is a good gurgle for the sore throat, and for cleansing the mouth in a putrid fever. The bark of the root of the sumach, is considered as one of the best anti-septics produced by vegetation. Corroding ulcers, defying every common application, immediately begin to heal by washing them with a strong decoction and applying the boiled bark as a poultice. It is also a very important material in decoctions for hectic and scrofulous diseases. It is a specific in the venereal disease. I make great use of this in many painful swellings, in poultices, and extracts or washes in cancerous affections.

MANDRAKE—(*Podophyllum Peltatum*)—*The Root.*

*Common Names.*—May apple, Indian apple, mandrake, etc.

The mandrake grows about two feet high, with two or three large leaves; broad at the base, terminating in a short point. The stem is smooth, round, and divided at the top into two leaf stalks, each of which supports a leaf at its extremity. It bears one white flower, which appears in May, and is succeeded by fruit of a yellow color, like a lime, of an acid, delicious taste. It has a jointed, creeping root, about the size of a pipe stem, when dry. Brown externally, white when broken, and,



when pulverized, makes a beautiful powder. Grows in woods and meadows, and in patches throughout the United States. It should be gathered in the fall, when the leaves are yellow. A complete substitute for mercury. The properties of this article, are that of a sure and active cathartic, equal, if not superior, in some diseases, to that of jalap. I have found this root very valuable in many inveterate chronic diseases, such as venereal, scrofulous, bilious, dyspeptic or chronic, or chronic affections of the liver, dropsy, etc. The following is an excellent form to administer it: Pulverize mandrake root; pulverize spearmint, cream of tartar, equal parts; mix. Dose, a teaspoonful in molasses or tea. The mandrake is often considerably nauseating, and sometimes vomits, and upon the whole, is not so pleasant as some other purgatives; but it has a peculiar effect upon all secretions and excretions, stimulating them to a healthy action, and often answers the purpose, both of an emetic and cathartic. It is excellent in chronic affections of the liver, indigestion, etc. I have invariably given this preparation with success in a variety of complaints. I have used the mandrake with great success in epileptic fits.

I can adopt the language of Dr. Thomas Cook: "I know of no single article in the whole *Materia Medica*, that acts so generally on the secretions and excretions, removing obstructions, and excreting a healthy action throughout the system, without any bad effects whatever. I am confident that, if the faculty would for once divest themselves of their blind prejudice in favor of the mineral, and consent, at least, to make a trial of this vegetable substitute, it would be a happy event for mankind. I consider it a complete substitute for mercury in all the diseases in which, in the common practice, it is supposed



that mineral is indicated. I consider it far preferable, because, after having its operation and effect, it passes off and leaves the system free; whereas, mercury fastens upon the bones and solids, and remains like a corroding and eating canker, rendering vast numbers feeble and debilitated for life. Their humanity should be sufficient inducements for this. The plea, that the vegetable kingdom contains no equivalent to mercury, is no longer tenable; then why should not physicians discard the use of it at once, when it is invariably acknowledged, and felt, that in the aggregate it has proved a curse, a destroyer to the human race? The disuse of it, it is true, would lessen the employment of the medical profession; but the satisfaction they must feel at the proportionate decrease of suffering among their fellow beings, would, no doubt, richly compensate them for the pecuniary sacrifice."

BAYBERRY—(*Myrica Cerifera Humilus.*)

Called also dwarf candleberry myrtle.

Grows in swamps, to the height of two or three feet, and bears numerous green berries, of which tallow is made. The bark of the root has been considered a good remedy for the jaundice. The powder of it in doses of twenty or thirty grains, has been employed as a mild emetic. The inner bark, in poultice, applied morning and evening to scrofulous swellings, and drinking a tea-cupful of a strong infusion of the leaves, is said to have performed surprising cures in a few weeks. It is used in many other recipes.

SARSAPARILLA—(*Smilax Sarsaparilla.*)

Grows in several parts of the United States, somewhat resembling ginseng roots, from one to three feet long;



about as thick as a little finger. The stalks are slender and smooth, between one and two feet high. A decoction of sarsaparilla is prepared by boiling a handful of the roots in a quart of water till the third part be evaporated. It has long been employed as an auxiliary to mercury in the treatment of venereal complaints. It promotes perspiration, attenuates viscid humors, relieves venereal headache, nocturnal pains, and disposes venereal ulcers to heal. In rheumatic affections, cutaneous disorders, and scrofula, it is a very useful medicine. It may also be exhibited in the form of powder, in doses of two drachms, or extract, in doses of one drachm, three or four times a day. It enters into my Purifying Syrups.

VIRGINIA OR BLACK-SNAKE ROOT—(*Serpentaria Virginiana*.)

Grows in rich wood-lands, from seven to nine inches high; leaves heart shaped; flowers of a purplish color. The root is composed of a number of strings or fibres, issuing from one head, and matted together, of a brownish color on the out side, and pale or yellowish within. It has an aromatic smell, and a warm, bitterish, pungent taste. It promotes perspiration, raises the pulse, and resists putrefaction. Hence it is especially adapted to the low and advanced stage of typhus or nervous fever.

LOBELIA—(*Lobelia Inflati*)—The Seeds, Leaves and Capsulus.

*Common Names.*—Common lobelia, Indian tobacco, emetic weed, wild tobacco.

A biennial plant one or two feet high; pale blue flowers; capsula contains numerous small seeds. The taste



of the leaves is nauseous, and excites vomiting, something like common tobacco. It was discovered by Lobel, a noted botanist, and named after him. Used by the Indians of this country as an emetic. Samuel Thompson and his followers employ it for almost every disease, as a puke, but this indiscriminate use of it is wrong. Like other plants, it is good if judiciously used. This plant blossoms from June to November. The flowers are very small, but singular; when broken, a milky, acrid juice is emitted. It is biennial, throwing out the first year only a few radical roundish leaves. This plant is indigenous to America, and found growing all over the United States, in fields, woods, etc. In teaspoonful doses, repeated every twenty minutes, it pukes freely, but is very prostrating to the system, and when given alone, sometimes causes alarming appearances, although the patient soon recovers from its effects. It is best combined with those articles which modify its action. A further use of this plant will be found in the recipes it enters.

#### ONIONS—(*Alium Cepa.*)

Possesses similar virtues with the garlic, only in a less degree. The disagreeable smell which they impart to the breath may be effectually obviated, by eating a few leaves of parsley immediately after eating the onions.

Onions are justly reputed an efficacious remedy in suppression of urine, in dropsies, and in abscess of the liver. Captain Burch, of the District of Columbia, was afflicted with an abscess of the liver, deemed incurable by the physicians, and seeing some onions in the room, expressed a wish to eat one. Thinking his case desperate, and no longer a matter of consequence what he ate, his wife



immediately gratified his appetite. He subsisted for several weeks entirely on onions, with only the addition of a little salt and bread; and from using this diet he was restored to perfect health. This, with innumerable instances of a similar sort, ought to convince any one that in the cure of this disease, nature ought always to be consulted, as she seldom or never errs.

POKE-WEED—(*Phytollaca Decandra.*)

It is known by a variety of names, as American night shade, coacum, garget, skoke, etc. The berries steeped in spirits, have been long employed in the chronic rheumatism. It has, however, sometimes failed, which may have been owing to the peculiarity of constitution, or to the inertness of the tincture from age. An ointment of the leaves with lard is good in various kinds of ulcers. The roots, bruised, are sometimes applied to the hands and feet of the patients in ardent fevers. It is a most valuable medicine in rheumatic and gouty affections, as also in nocturnal pains, obstinate ulcerations in the venereal disease, brought on by the excessive use of mercury. The usual form of exhibiting it, is the tincture, a wine-glassful three times a day. The tincture is prepared by filling a jug with the whole berries when ripe, and then pouring as much spirits on to them as the vessel will contain. An ointment, prepared by simmering slowly the leaves, or a handful of the root scraped in a pint of hog's lard, with a small portion of beeswax, has been used in cancers, and various kinds of ulcers.

HOREHOUND—(*Marubrum Vulgare.*)

It grows among rubbish, flowering from July to September. The leaves have a very bitter taste. An infu-



sion or tea of the leaves, sweetened, is a very common remedy for colds. A syrup prepared by simmering slowly for an hour, a pint of honey in a quart of a strong decoction of the plant, is an excellent medicine in coughs, or complaints of the breast, in doses of a tablespoonful every two or three hours, or oftener, when the cough is very troublesome. In like manner, a candy prepared by simmering slowly half a pint of the juice with a pound of sugar, will be found equally serviceable. In the southern states there is a plant called wild horehound, growing to the height of one or two feet, of which a tea, prepared by adding one or two handfuls of the fresh leaves, or half the quantity of the dried to a quart of water, in doses of a gill or more, every two or three hours, acts gently on the skin and bowels, and is used like the Peruvian bark as a tonic in the cure of ague, and bilious fevers.

FLAX-SEED—(*Linum*,)

Possesses great medicinal virtues. An infusion or tea is the most suitable drink for patients laboring under violent colds, coughs, difficulty or burning in making water. The flax-seed syrup, which is prepared by adding a pint of honey to a quart of strong tea, and simmering it away slowly by a gentle fire for an hour, observing to take off the scum as it rises, is a most valuable medicine in diseases of the breast and lungs, in doses from a tea to a tablespoonful, every hour or two, or oftener when the cough is troublesome. The flax-seed bruised and boiled in soft water, thickened with brand or elm flour, makes an excellent poultice.

WILD VALERIAN—(*Valeriana Officinalis*,)

Grows abundantly in the vicinity of the Ohio river.



It rises two or three feet high; the leaves in pairs, large, hairy, and of a dusky green color; flowers stand in large tufts on the tops of the branches, of a pale, whitish, red color. The roots, which is the part used in medicine, consists of a number of slender fibres, matted together, and attached to one head, of a brown color, having a strong unpleasant smell. Valerian has long been recommended by the most learned physicians as a medicine of great use in nervous disorders; and is particularly serviceable in hysteric cases, as well as in epilepsy, proceeding from a debility of the nervous system. It should be given in doses of from one to two teaspoonsful or more, in powder, two or three times a day. It seems most useful when given in substance, and large doses. There are four species of this plant, one male, and three female; the male is mostly used, and grows in wet land; has a large cluster of fibrous roots, matted together and joined to a solid root, from which proceed several stalks about two feet high; flowers yellow, resembling a moccasin; its leaves somewhat resemble the poke-leaf, but rough and hairy. It will be found in different receipts where it is used.

GARDEN THYME—(*Thymus Vulgaris*,)

Is one of the most powerful aromatic plants, and as such, is frequently employed in the form of tea, in those complaints where medicines of this class are indicated.

PEPPERMINT—(*Mentha Piperita*,)

Is an excellent stomachic in flatulent colics, languors, hysteric cases and vomiting. The usual modes of administering it, are infusion, the distilled water, and the



essential oil. This last, united with rectified spirits of wine, forms the essence of peppermint, so highly esteemed. In nausea, cholera morbus, obstinate vomiting, and griping, peppermint, infused in spirits, and applied as hot as can be endured to the stomach and bowels, will be found a most valuable remedy.

RAG-WEED—(*Ambrosia Elatior*.)

Called also bitter-weed, Roman wormwood, and iron-weed.

The whole of this plant has a bitter, disagreeable taste, but in the form of strong tea, it is useful in nervous and hysteric affections, and in after-pains. Combined with sassafrass root bark, and made into a poultice and applied to the neck, together with a strong tea of the herb, is an excellent remedy for the quinsy. It promotes perspiration, and is composing and strengthening. It should be drank freely.

THORN-APPLE—(*Datura Stramonium*.)

Called also Jamestown-weed, jimson, apple Peru, stink-weed, etc.

Grows plentifully in this country, along the sides of roads and fences. Taken inwardly, it is a severe poison, but on extracting its mucilaginous matter, the juice from the leaves and stalks, the extract has an effect upon the system of man or beast, peculiarly efficacious. It may be termed the vegetable mercury, for its effects are very similar to those of mercury, without any of those bad ones produced by that powerful metallic preparation. It is certainly a great purifier of the blood; it heals gen-



erally with quickness and correctness. To sprains and all scrofulous humors, it is an admirable application; and affections of the lungs, may, no doubt, be removed, if it is rubbed into the system in time. It will generally give relief to chronic rheumatism, and a cancerous system may also be relieved by it. To obtain the extract, collect at any time before the frost, one pound of the leaves and stems; cut them up, and add one pound of lard, and about the same quantity of sweet oil; stew it on the fire until the vegetable becomes soft as done greens; then get all you can by squeezing it through a linen cloth. The contents squeezed out is ready for application to the part affected. It must be well rubbed in. Persons using it should be careful to avoid exposure to cold. It is a good plan to cover the part affected with flannel. The preparation will keep any length of time and have its effects.

SCULL-CAP, OR HOODED WIDOW HERB—(*Scutellaria Lateriflora*.)

This herb is found in abundance on the banks of rivers, and on the borders of ponds, flowering in July and August. The stem is square, branched, and grows from one to three feet high; the branches and leaves opposite; leaves narrow pointed, on long footstalks; the blossoms small, of a violet color, intermixed with small leaves. The pod is hooded, from whence it obtained the name scull-cap, or scutellaria. The leaves should be gathered when in full bloom, carefully dried without exposure to rain or moisture, ground to a fine powder, and put up in bottles well corked. In this manner it may be preserved in its pure and native state for many years. A



strong tea of this herb, taken in doses of a gill, three or four times a day, is highly recommended for the bite of a mad dog, taking at the same time a spoonful of sulphur in the morning and evening of every other day. It enters into my Anti-Spasmodic Tincture.

POLLYPODY.—(*Polypodium Vulgare*)—*The Root and Tops.*

*Common Names.*—Common pollypody, rock pollypod, fern root, rock brake, brake root, fernale, fern, etc.

Found in mountains and rocks throughout the United States, from Canada to Carolina. The leaves are a dark green, and abide the winter, generally spread on the ground. The root is a dark brown, fibrous and matted, sometimes almost to a solid crown. The roots and tops possess great medical virtues; it is an excellent purifier of the blood; it is pectoral, demulcent, purgative, and vermifuge. A syrup made of this plant, is very good in pulmonary diseases; and being united with liver-wort, is said to have permanently cured a lady in South Carolina of the consumption in its last stage. A strong decoction of this plant, when given to children, will purge, and also expel worms. This root has also been used in combination with purgatives, to expel the tœnia, or tape worm, and, it is said, with success. I give it in the form of syrups and wines.

#### KING'S EVIL ROOT

Grows in plains, and sandy, gravelly lands, from six to twelve inches high, very much resembling cockle; blossoms in May, a single one to a stalk, of a beautiful yellow color. The root grows deep in the ground, about



the size of a large goose quill, from six to ten inches long, of a dark color on the outside, and whitish within, with small fibrous, red veins running through them, and when broken and rubbing the ends on the finger nail, it will stain it red. When dried and powdered, it is of a bright red color. An ointment made by mixing a large quantity of the powdered root with a small quantity of sheep's suet, and applied cold, is an excellent remedy for the king's evil or scrofula, where it is broke. It should be applied twice in twenty-four hours, making use at the same time of the burdock tea as recommended in recipes, which see for king's evil.

BLACKSNAKE WEED, OR RATTLESNAKE'S MASTER.

This herb is to be found on rich hill sides, growing from one to two feet high. Sometimes there are two or three stalks from the same root, branching towards the top, and bearing a small burr, which, when ripe, is of a dark brown color, and divided into three parts, about the size of a buckwheat grain, smooth and flat on the inside, and in shape very much resembles a bed-bug. The leaves resemble strawberry leaves, but are much larger. The root is fibrous, black on the outside and white within. There is another species growing like this, but it is something larger, the roots white, and not so strong. This has been also used, but it is not so efficacious. A handful of the roots pounded and boiled in a quart of new milk, and a good draught taken several times a day, together with some of the roots thus boiled, applied to the wound, having previously scarified it with a lancet or knife, is said to cure any poisonous snake bite. If the root cannot be obtained soon after the person is bit, it will sometimes be necessary to use it for several days.



## BETH ROOT,

Grows in meadows, about a foot high; leaves oval, three at the top of each stalk; one flower of a purple color, bell shaped, producing a small berry, which contains seed; the root of brown color externally, bulbous, and full of small fibres. The powder of the root, in doses of one teaspoonful, two or three times a day, is exceedingly useful in spitting of blood, immoderate discharge of the menses, or in cases of discharging bloody urine. It is also a good application in the form of poultice, to putrid ulcers, and to obviate gangrene or mortification.

## GARLIC,

Is highly stimulating, and therefore useful to persons of cold, phlegmatic constitutions. It provokes the appetite, assists digestion, removes flatulence, promotes expectoration and urine, and hence has long been used in scurvy, asthma, and dropsy. It is said, in cases of deafness, a small clove of the root, wrapped in gauze, cotton, or wool, moistened with the juice, and introduced into the ear, has frequently proved an efficacious remedy, when repeated twice or thrice a day.

## GOOSE GRASS,

Called by some poor robin's plantain, from its efficacy in curing the gravel. Grows in hedges, low grounds, and near brooks, to the height of five or six feet; climbing on the bushes near it. The upper side of the leaves are white, with sharp prickles; the flowers small, and di-



vided into four segments ; these change into a fruit rather large, composed of two berries slightly adhering together, and covered with hooked prickles, containing two seeds. The leaves in the form of a decoction, a handful to a quart of water, are highly celebrated as a remedy in gravel complaints, and suppression of urine, in doses of a teacupful every hour or two, until relieved. It has also been recommended in the cure of scurvy, spitting of blood, and epilepsy or fits.

GROUND HOLLY—(*Pyrole Umbellata*.)

It is sometimes called pipsisseway, which is its Indian appellation. This herb grows on hilly, poor land, where it is a little stoney. It is an evergreen, and grows from three to six inches high ; has a number of dark green leaves, with whitish streaks through them. The leaves are about half an inch wide, and from one to two inches long, with a scolloped edge ; bears a little brown seed on the top, resembling allspice. The tops and roots are used for medicine. The roots when chewed are very pungent, which will be felt several hours on the tongue. A strong tea made of this plant is good for cancers and all scrofulous humors, by drinking freely of the tea, and bathing with it the parts affected. It is also highly recommended in rheumatic complaints.

STRAWBERRY.

The fruit of this plant is delicious, and being of a cooling and laxative nature, may be considered as medicinal. If freely eaten they impart their peculiar fragrance to the urine, and when retained in the mouth for



some time, dissolve tartarous concretions on the teeth. They are of great service in cases of scurvy, and according to Linneus, a copious use of them has proved a certain preventive of the stone in the kidneys. An infusion of strawberry leaves, while young and tender, makes excellent tea, but for such purpose they ought to be dried in the shade, being slightly bitter and styptic. They have been used with advantage in laxity and debility of the intestines, as likewise in hemorrhages and other fluxes. Lastly, they are of considerable service as aperients, in suppression of urine, visceral obstructions, and jaundice.

#### SWEET VIOLET,

Is cultivated in our gardens; leaves heart shaped, notched; flowers deep purple, odoriferous. A teaspoonful of the powdered herb is celebrated as a mild laxative. To children, a strong infusion or decoction formed into syrup with molasses, honey or sugar, in doses of a wine-glassful, will be more acceptable.

#### WATER CRESSES,

Grow in running brooks and wet ditches. The green herb, eaten as a vegetable, and the expressed juice in doses of a tablespoonful two or three times a day, is an effectual remedy for the scurvy, and for phthisic in children.

#### HEMLOCK—CANADIAN FIR—(*Abies Canadensis*.)

This is the common hemlock tree, by some called spruce pine, and grows in various parts of the United States. The part generally made use of, is the inner



bark carefully dried and ground to a fine powder. A tea made by steeping a tablespoonful of the powder in a teacupful of boiling water forms a good medicine for canker and many other complaints. The boughs made into a tea are good for gravel and other obstructions of the urinary passages, and for rheumatism. This tree also affords a liquid resin or turpentine, which has all the properties of the balsam of fir, and which may be used in the same way. From this tree as well as the balsam of fir an essential oil may be obtained, which has all the properties of common oil of turpentine. This oil dissolved in spirits of wine is in much popular repute under the name of essence of hemlock.

LADY IN THE BOWER, OR DEIL IN THE HEDGE,

Grows in our gardens, from one to two feet high; flowers of a pale blue color, intermixed with fine leaves; the pods on the top resemble a star with five points. An infusion of this herb, a small handful to a pint of boiling water, in doses of a teacupful every hour to an adult, is an infallible remedy for the colic; children in proportion to their age. I would advise every family to keep it constantly on hand.

GOLDEN-SEAL OR KERCUMA.

Grows in rich wood-lands and hill sides, from ten to fourteen inches high; stalks smooth and round, with a large leaf, serrated, and deeply indented; bears a bunch of red berries at the heel of the leaf, somewhat resembling the ginseng berry. The root, which is the part made use of, is a beautiful yellow color, having an im-



pression on it resembling the stamp of a seal, from whence comes its name. The root dried and powdered and taken in doses of a teaspoonful in a little hot water, is an excellent medicine where the food causes distress in the stomach of weak patients. It is also an excellent corrector of the bile. The green root pounded, and a little water added to it, and strained, forms an excellent eye water.

#### INDIAN OR WHITE SNAKE-ROOT.

By some called abcess root, grows on the sides of running streams and on hill sides, most commonly on the north; from twelve to eighteen inches high, the stalk is bare for some distance, then come leaves which are opposite, and in shape very much resembling the common locust leaves; flowers in April and May, of a bright purple color, terminating in seed pods, somewhat resembling those of flax, enclosed by leaves. The root is matted and fibrous, and intensely bitter. A handful of the root, green or dried, pounded, and steeped in hot or cold water, or spirits, and drank freely through the day is highly extolled, and from my own experience has proved beneficial in diseases of the breast, pulmonary consumption, and diseases of the liver.

#### SPEARMINT—(*Mentha Vividis*.)

This plant is too well known to need a description. It makes a pleasant tea, and may be used freely in sickness. The infusion or essence is a warm aromatic, and expels wind and relieves pain in the bowels and stomach. The most valuable property it possesses is to stop vomiting. It enters into the neutralizing cordials.



SKUNK CABBAGE—BEAR'S-FOOT—(*Symplocarpus Fetida.*)

This plant grows in various parts of the United States, and is generally found in meadows and wet land, and along the sides of runs; the leaves are large, and have a very fœtid smell, like that of the animal whose name it bears. The root has a pungent taste, which, when dug, dried and reduced to a powder, and taken in doses of a teaspoonful in a little honey, in the morning or at night, when going to bed, is said to be very efficacious in the asthma, cough, difficulty of breathing, and other disorders of the lungs, colic, griping of bowels, etc. The leaves bruised, made into a poultice and applied, relieve painful swellings, whitlows, sore breasts, etc. A further use of this will be found in the receipts it enters.

## QUAKING ASP.

This tree grows in many parts of this country, and is a species of poplar; the twigs are short, brittle, and extremely bitter to the taste. The bark should be taken from the tree, the outside shaved off, and the inner carefully dried and preserved for use. The inner bark, made into a tea and drank freely, is an excellent medicine to regulate the bile, and to restore the digestive powers, etc. It enters into my medical wine.

VERVAIN—(*Verbena Hastata.*)

There are two species of this plant, the blue and the white, growing very common in various parts of the



country, and is a well known herb, used in the form of tea, or in powder; it is an excellent emetic, either alone or combined with the thoroughwort. It has also been used with success in the first stages of consumption, and fevers, and is very useful in the obstruction of menstruation.

#### ROSE NOBLE, OR CARPENTERS' SQUARE.

Grows on rich land, and along the sides of fences and ditches, about six or seven feet high; stalks square and hollow, branching towards the top; leaves opposite, large, rough, serrated, and of a deep green color; the seed pods are small, somewhat resembling those of rattle weed. A poultice, made of the bark of the root, is an excellent application to ulcers and white swellings.

#### BEDONIAN PLANT

Is frequently cultivated in the gardens of this country, and possesses many medicinal qualities. The leaves and flowers are of a warming nature—strengthen the nerves, breast, and kidneys. Put into wine, and drink freely; it is efficacious in removing obstructions of the liver and melt, and dissolving calculi in the kidneys, removing dizziness in the head, croup, palsy, and trembling of the limbs. The flowers powdered and snuffed up the nose, relieve the headache. It may be used either in the form of tincture, decoction, or conserve.

Take bedonian and wormwood, of each equal parts; put into wine, digest for a few days, and drink a wine-glassful every morning, and it will be found a good preservative of health. A wineglassful, taken every morn-



ing for some time previous to the confinement of pregnant women, is said to produce very salutary effects. A strong tea of this herb is also recommended in hysteric fits ; it eases pain and stops the spasms. It is undoubtedly a valuable plant, and should be cultivated by every family.

WHITE WALNUT OR BUTTERNUT—(*Juglans Alba*.)

Affords one of the finest cathartic medicines in the whole American Materia Medica. An extract from the inner bark of this tree, especially of the root, operates as a purgative in doses of fifteen, twenty, or thirty grains. Age impairs its power. The bark of the root should be collected in May or June. After cleaning, cutting, and bruising, it should have eight times its weight of water added to it. It should then be boiled to one half, strained through a thick cloth, and afterwards evaporated to the consistence of thick honey, at such a distance from the fire that it shall not be burnt in the least. The best way is to place it in a large vessel containing water ; it may then be dried in a warm oven till it will pill. Take four or five pills the size of a pea for a purge. A common sized pill or two, on going to bed, is admirable to relieve those costive habits which occasion headaches, loaded stomachs, colics, etc., and in increased doses, say double quantities, it will be found a sovereign medicine in dyspepsia, dysentery, bilious fever, and all other complaints requiring aperient medicines.

The bark of the root is excellent to raise a blister, and therefore may be substituted for spanish flies.

RED CHICKWEED—(*Annagallis Phenicea*.)

Called also red pimpernel.

A small plant, growing sometimes like parsley, only



the leaves are considerably smaller, with small black spots on the under side; bears a small red blossom in June, and grows spontaneously near Baltimore and Havre de Grace. According to the deposition of Valentine Kettering, to the Legislature of Pennsylvania, and report made by their committee, the red chickweed is a specific in that most dreadful of all diseases, the hydrophobia, or bite of a mad dog. The dose for an adult is a small tablespoonful of the dried leaves in powder; for beasts, the dose is much larger. It ought to be gathered when in full bloom, thoroughly dried in the shade, and carefully preserved. A decoction made by boiling an ounce of the herb with the same quantity of hops, in a quart of water, in a clean earthen pot, strained, cooled, and then bottled, and taken in doses of a gill, two or three times a day. In a powder or decoction it is said to be an effectual remedy for the bite of a mad dog. It is no doubt a valuable plant, and should be cultivated in our gardens.

#### HEMP—COMMON.

This article is too well known to need a description, and possesses the most active medicinal properties, especially in female complaints, and cannot be too highly valued. A strong tea made by steeping a handful of the leaves, green or dried, in boiling water, and taken in doses of a teacupful every fifteen or twenty minutes, is an effectual remedy for the hysterics. A gill of the seeds, pounded, and infused in a pint of boiling water, and taken in doses of a gill every fifteen minutes, is an admirable remedy to check the flooding after abortion. It will also prevent abortion, if taken in time. This plant



has proved of such infinite service in those cases, that it cannot be too highly valued, and should be constantly kept by every family. I am confident I once saved my wife, in case of abortion, with this herb.

MULLEIN—(*Verbascum Thapsus*)—*The Leaves and Blossoms.*

*Common Name.*—Common mullein.

This plant is a native of Great Britain, and grows plentifully with us along road-sides and in old fields.

The blossoms of this plant are anodyne, anti-spasmodic, pectoral, etc. They make a very pleasant tea, which is useful in coughs, hemoptysis, hemorrhage, etc. The leaves are very useful in dysentery, and in piles. A decoction of the leaves may be drank in dysentery, and in piles; they make a valuable fomentation to discuss the tumors. In the form of a poultice, the leaves and pith of the stocks are useful in white swelling, as above directed.

WILLOW—(*Salix*.)

Professor Barton thinks that our willows possess nearly the same virtues that have been ascribed to those of Europe, and that they might be substituted for the Peruvian bark. The bark of the white willow, smooth willow, and crack willow, so called from the remarkable bitterness of its branches, collected when it abounds with sap, has been successfully employed in intermittent, or ague and fever, in doses of one or two drachms. The broad-leaved willow is said to possess greater virtues than either of the above. This species may be distinguished by the shape of its leaves from all others, except the bay



leafed willow. The leaves of the latter are smooth and shining, and of a deeper green, and have not the downy appearance on the under surface, which is so remarkable in this. It is found in woods and hedges, on hilly situations, and delights in cold, clayey, moist grounds. A strong decoction of this bark resembles port wine in color. It is astringent to the taste, and somewhat bitter. According to Dr. Wilkinson, it is a remedy of great efficacy in most cases where the Peruvian bark is indicated. He directs one ounce and a half to be infused in one quart of water for six hours; then boil it over a gentle fire for a quarter of an hour, and strain for use. Of this, the ordinary dose is a wineglassful three or four times a day. But in ague and fever, the dose may be repeated every third hour in the interval of the fit.

ARROW-ROOT—(*Maranta Aurundinacea*,)

Is cultivated in the southern states. A tablespoonful makes a pint of the finest jelly in nature, which affords the most nutritious food for children in acute diseases. To persons laboring under bowel complaints, as diarrhœa, and dysentery, it is of itself a remedy. The jelly is made in the following manner: To a tablespoonful of this powdered root, add as much cold water as will make it into a thin paste, and then pour on boiling water through the spout of a kettle, stirring it at the same time briskly, till it becomes a clear jelly; after which, season it with sugar and nutmeg; and to render it still more palatable, a little wine or lemon juice may be added. But to children, blending it with new milk is the best.

PENNYROYAL—(*Mentha Pulegium*.)

An infusion, a handful to a quart of boiling water, a eacupful, the dose three times a day, has long been es-



teemed in hysteric complaints and obstructions of the menses. It is said, that the expressed juice of pennyroyal, with a little sugar or honey, a teacupful every two or three hours, is a useful medicine in the whooping cough.

DILL—(*Anethum Groveolens*),

Flourishes in our gardens, producing seed delightfully aromatic, which, in doses of one or two teaspoonsful, is excellent for flatulent colics, and to assist digestion.

BLECAMPANE—(*Inula Helenium*)—*The Root*.

*Common Name*.—Elecampane.

This is a perennial plant, indigenous to Europe, but is very common in this country, growing in low meadows, by the road-side, and in stony pastures. It flowers in July and August. This plant is possessed of pretty energetic tonic properties. It is an excellent article, in combination with others, in colds and coughs, pulmonary irritation, and consumption. It enters into the pulmonary balsam.

HOPS—(*Humulus Lupulus*)—*The Fruit*.

*Common Name*.—Garden hops.

The saturated tincture of hops relieves pain, in teaspoonful doses. It is very good for after-pains, and in cases where opium cannot be taken. Boiled in vinegar and water, makes an excellent fermentation to relieve pain of the bowels, head, and other parts. The extract or pollen of hops may be given as an anodyne.



WITCH-HAZEL—(*Hamamelis Virginica*)—*The Bark.*

*Common Names.*—Winter witch-hazel, witch-hazel, snapping hazelnut, winter bloom, pistachœnut, etc.

This shrub blossoms in winter, when no other tree is in bloom. The blossoms remain from October to February. The fruit remains on throughout the whole year till the next fall, and then explodes with a noise, scattering the seeds around. Found from New England to Carolina, and Ohio, commonly on hills and mountains, near stony banks of streams, rare in plains, etc. This article may be applied externally as a poultice in ulcers, etc., and in the form of a strong decoction, as an injection into the vagina for prolapsus or falling down of the womb, and as a wash for falling of the intestine.

LIVERWORT—(*Hepatica Triloba*)—*The Plant and Root.*

*Common Names.*—Common liverwort, liverweed, tree-foil, noble liverwort.

This is a vernal plant; the leaves stand the winter, and early in the spring, the flowers come out, sometimes while the snow is yet falling. They last from March till May. This plant is a native of the northern parts of Europe, Asia, and America; growing on this last continent from Labrador to Virginia and the Pacific Ocean; found in woods, on hills and mountains throughout the United States.

*Properties.*—Sub-tonic, sub-astringent, deobstruent, pectoral, and demulcent. It may be used in fevers, liver complaints, indigestion, hypochondria, etc. It is useful



for hemoptysis (bleeding of the lungs) and coughs. It may be given in the form of infusion, either warm or cold. This herb is one of Nature's best productions, and should be used in all diseases of the breast and lungs.

GUAIACUM—(*Guaiacum Officinale*.)

*Common Name*.—Guaiacum.

This tree is a native of the West Indies. Both the wood and resin of guaiacum possess diaphoretic and alterative properties. It is employed in gout, chronic rheumatism, and affections of the skin; in old and very obstinate venereal ulcers, scrofulous affections, etc.; in rheumatism, particularly that arising from the use of mercury. In gout, etc., Dr. Chapman, of Philadelphia, in his Therapeutics, speaks very favorably of this article in diseases of the eyes. It is well calculated to remove the mercurial disease.

BLOOD ROOT—(*Sanguinaria Canadensis*.)

Has a variety of names, as red root, puccoon, Indian paint, turmeric, etc.

It grows about a foot high, in rich wood lands, and flowers in April. The leaves are roundish and deeply indented; somewhat like the white oak leaves; stems naked, supporting single flowers; blossoms white. When the fresh roots, which is about the size of the little finger, and blood red, is broken, a juice issues in large drops resembling blood. The root in powder, from twenty to thirty grains is strongly emetic. Professor Barton considers it nearly equal to the seneca or rattlesnake root, in cases of ulcerous sore throat, croup and hives, and



other similar affections. A tincture may be prepared by steeping a handful of the root sliced in half a pint of spirits. It may also be exhibited in the form of decoction, a handful to a quart of boiling water, and a tablespoonful for a dose every two or three hours.

The juice of the root is said to be good for destroying warts. Dried and pulverized, and snuffed up the nose, it is a certain cure for the pollypus. Given in large and repeated doses, it has been found of great use in the incipient stages of pulmonary consumption; and in cases of great irritation, it was combined with opium. It is also stated that, given in large doses, sufficient to produce vomiting, it often removes the croup, if administered in the first stages. Some physicians rely wholly on this remedy for the cure of the croup. This enters into a number of my compounds.

BURDOCK—(*Arctium Lappa*,)

Grows on the road sides, on rubbish and ditch banks, bearing purplish blossoms in July and August. The juice of the fresh leaves, or an infusion or decoction of the roots, operates gently on the bowels, sweetens the blood, promotes sweat and urine, and is highly recommended in scorbutic, rheumatic, and venereal disorders. The juice is given in doses of a wineglassful, and the decoction half a pint three times a day. It enters into a number of my syrups.

GENTIAN—(*Gentiana*,)

Grows on the sides of roads, two or three feet high. The stem is strong, smooth, and erect; the leaves, which rise



from the lower part of the stem, are spear-shaped, large, ribbed, and rough; flowers, yellow, in whorls, terminating in yellow bitter berries close to the stalk. Its virtues are equal to the imported. It has long occupied the first place in all receipts for bitters, whether used to provoke the appetite, or give tone to the system. It may also be taken in the form of infusion, a small handful of root to a quart of boiling water, in doses of a teacupful three or four times a day. It is said to increase the appetite, prevent the acidification of the food, and to enable the stomach to bear, and digest articles of food, which before produced oppression and dejection of spirits. In the form of decoction, it is used with decided advantage in inflammation of the lungs where the fever is nervous, and it acts as a tonic and sudorific. A tincture of it is esteemed as a remedy in dyspepsia, given in doses of one-fourth of an ounce. It is also good in rheumatism.

FEATHERFEW—(*Matricaria Vulgaris*.)

It is frequently cultivated in gardens. A handful of the leaves and tops infused in a quart of water, and given in doses of a teacupful three or four times a day, is used by country people to raise the spirits, and promote perspiration in colds and fevers. A handful of featherfew, combined with a handful of centasery, and the same quantity of cohush root, and formed into a tea, and given in doses of a teacupful every two hours, is found to produce the most salutary effects in cases of obstructed menstruation. The tea should not, however, be used longer than to produce the desired effect.



HYSSOP—(*Hyssopus*,)

Is cultivated in our gardens. An infusion of the leaves, sweetened with honey, or in the form of a syrup, is useful in humoral asthma, coughs, and other disorders of the breast and lungs, accompanied with inflammatory rheumatism.

CARAWAY—(*Carum Carui*,)

Is a choice aromatic; grows kindly in our gardens. The seeds assist digestion, strengthen the stomach, and are serviceable in flatulent colics. The dose of the seeds in powder, from one to two teaspoonsful to adults.

MASTERWART—(*Imperatoria*,)

Grows in meadows and rich soils, two feet high; leaves, three together, saw-edged, and spear-sharpened; flowers in June. The root of this plant is a warm and grateful medicine in flatulency, weakness of the stomach and bowels, and dropsical affections. It may be taken in the form of powder, decoction or tincture. One drachm, or a teaspoonful of the powder in a glass of wine or spirits, and taken an hour before the fit, has frequently prevented the ague. I have used it to great advantage for palsy of the tongue. The decoction or infusion is made of one handful of the herb in a quart of boiling water, and the dose, a teacupful three times a day. The above plant is frequently cultivated in gardens. The root, pulverized, in doses of a half or teaspoonful in the morning, is said to be a good remedy for children troubled with fits; hence it is called by the country people, "fit root." Adults may take it in much larger doses.



THOROUGHWORT—(*Eupatorium*,)

Is also known by the following names : thoroughstem, crosswort, boneset, and Indian sage.

It grows in wet meadows and other moist places. The stock is hairy and rises from two to four feet. The flowers are white and appear in July and August. The leaves at each joint are horizontal, saw-edged, and rough, from three to four inches long, and about one inch broad at the base, gradually lessening to a very acute point, of a dark green, and covered with hairs. This plant possesses very active powers, and has been exhibited with uncommon advantage in intermittents, remittents and other diseases of debility. The dried leaves in powder, in doses of twelve or fifteen grains, operate gently on the bowels. Every part of this plant may be advantageously employed in practice. The flowers, as a tonic bitter, are deemed equal to the flowers of chamomile, for which they might be substituted on many occasions. A wine-glassful of the expressed juice of the green herb, drank every hour, is celebrated as a certain cure for the bite of the rattlesnake. The bruised leaves should be applied to the part. This is among the best herbs that grow.

MOTHERWORT—(*Leonrorris Cardiaea*,)

Grows in waste places, and flowers in July and August. The flowers are in thorny whorls, purplish within and white on the outside; the leaves are opposite, two to each whorl; they have a strong disagreeable odor, and a bitter taste. An infusion of this plant is a common domestic medicine for fainting, and disorders of the



stomach. It is said to be peculiarly adapted to some constitutions affected with nervous and hysterical agitations; and that if taken at bed time, procures refreshing sleep, when opium and laudanum had failed. There is no better herb to drive melancholy vapors from the heart, to strengthen it, and make it merry and cheerful than this herb, bruised; it makes women joyful mothers, and regulates them after delivery as they should be. The pounded, or decoction thereof, taken, helps women in sore travail. It is good for worms in children; and also good for cramps, and convulsions.

DANDELION—(*Leonisdore Taraxacum*,)

Vulgarly called "*piss-a-bed*."

Grows in meadows, pastures, road-sides, and ditch-banks, with yellow flowers, which bloom from April to September, and possess the remakable quality of expanding in the morning and closing in the evening. The root, leaves, and stalk, contain a large proportion of bitter milky juice, which in doses of a wineglassful two or three times a day, is good in chronic inflammations of the liver, dropsies, difficulty of making water, and other complaints arising from obstructions of the viscera. It may also be taken in the form of a strong decoction, from a gill to a half-pint two or three times a day. It enters in the liver pills.

VIOLET RATTLESNAKE,

Grows about four inches high, on the banks of rivers, and in pine woods; leaves grow in a cluster from the stock, oval-shaped, fleshy, and full of small veins; flowers of a pale blue color. An infusion of this plant, or



handful to a quart of boiling water, taken in doses of a teacupful three or four times a day, and some of the green leaves bruised, and applied two or three times a day to scrofulous tumors, or king's evil, is said to be an infallible remedy, though I have never tried it.

TANSY—(*Tanacetum Vulgare*.)

This plant possesses a warm bitter taste, and may be used as a substitute for hops. An infusion of the leaves is recommended for a weak stomach, hysteric complaints, and obstructed menses. The seeds, taken in doses of from a scruple to a drachm, are said to be an excellent vermifuge, and that if animal substance be rubbed with the herb, it will be effectually preserved from the flesh fly.

MOUNTAIN TEA—(*Gaultheria Procumbens*.)

It spreads very extensively over the more barren mountainous parts of the United States. A strong infusion of this plant, a large handful to a quart of boiling water, in doses of a teacupful, three or four times a day, is esteemed useful in asthma, and for promoting the menstrual discharge. The essence possesses all the medical virtues of the herb.

COHUSH, POPPOOSE, OR SQUAW-ROOT—(*Caulophyllum Thalic-  
troides*.)

Grows about two feet high, in low, moist, rich grounds, near running streams, and on islands that have overflowed. The leaves grow on small stalks near the top of the stem, which resemble the hand and fingers. The flowers are of a pale blue color, which yield a berry



something like grapes. The root is composed of many fibres, and is crooked, resembling the rattlesnake root. An infusion of the root, a handful to a quart of boiling water, in doses of a teacupful three or four times a day, or the same quantity steeped in a quart of spirits, in doses of a wineglassful, two or three times a day, is highly extolled as a remedy for the rheumatism, and serviceable in cases of obstruction of the menses and dropsical complaints. A strong decoction of the root, used as a gurgle, is an excellent remedy for the putrid sore throat. There is nothing better than this root for women to take previous to confinement.

GINSENG—(*Parax Quinquifolium*.)

This plant is thinly scattered throughout the mountainous regions of the northern, middle, and western states, between the 38th and 47th degrees of north latitude. It inhabits rich, shady woods, the declivities of mountains, and the banks of torrents. The stem is smooth, round, and green, regularly divided at the top into three branches, with a flower stock in the centre. It flowers in July, and has red berries. The root consists of one or more fleshy, oblong portions, of a whitish color, transversely wrinkled. As far as ginseng has been tried in this country, or in Europe, its virtues do not appear, by any means, to justify the high estimate of it by the Chinese. That it is not a very active substance, is proved by the fact, that a whole root may be eaten without inconvenience. Its place in the *Materia Medica* is among the demulcents.

Ginseng is principally used as a cordial, many persons chewing it or taking it steeped in wine or spirits, in doses



of a wineglassful, twice a day. As a masticatory, ginseng is innocent and refreshing. It forms an excellent substitute for tobacco. It has been recommended to those whose constitutions have been injured by the immoderate use of tobacco, and has been found to have produced the most beneficial consequences. It is necessary, however, that the saliva should be swallowed. A tea made of ginseng is an excellent remedy for small children in cases of colic.

CINQUEFOIL—(*Potentilla Reptans*,)

Grows on pasture grounds, and is something similar to strawberry. The stalks trail along the ground, and have but five leaves on each stalk, placed together of an equal size, and bear a yellow flower. The whole of the plant, particularly the root, in the form of decoction, a handful to a quart of water or milk, boiled slowly and sweetened with loaf sugar, is recommended as a remedy for the dysentery and bowel complaints. The dose for adults is a teacupful three or four times a day, and one-third or half the quantity for children. A decoction made of roots and tops of this herb is excellent for night sweats.

CENTAURY—(*Centaurium Minor*,)

Is a fine stomach bitters, and either in a simple infusion or united with calamus or angelica root, is excellent in relaxation of the stomach and general debility.

SWEET-FLAG OR CALAMUS—(*Acarus Calamus*,)

Grows in marshy situations and in shallow water, and



may be known by the long, sword-shaped leaves, resembling those of the blue and yellow flags, but narrower, and of a brighter green.

QUEEN OF THE MEADOW—(*Eupatorium Parpureum*,)

Called also trumpet weed, gravel weed, etc. Grows in hedges and on the sides of meadows, about four feet high; the stalks reddish, leaves long, spear-shaped, from three to five round the stalk, opposite each other; flowers purple. The leaves have similar properties to thoroughwort, and are considerable weaker and less liable to vomit and purge. A large handful of the roots boiled in three pints of water to a quart, and given in doses of a teacupful every two hours, is an excellent remedy in surpression of urine, bloody urine, and gravel. It strengthens the urinary organs, and weakness of these parts generally, and is good in carrying off the water in dropsy.

CRANE'S BILL—(*Geranium Maculatum*.)

This plant is, by some, improperly called crow foot. It blossoms in the spring, from May to July. The root is crooked and knotted, blackish on the outside and reddish within, furnished with short fibres, and sends up annually an herbaceous stem with several radical leaves, branching from one to two feet high, of a grayish green color. The leaves are deeply divided into three, five, or seven lobes, which are variously incised at their extremities, hairy, and of pale green color, mottled with still paler spots; those which rise immediately from the roots are supported on foot stalks, eight or ten inches long;



the flowers are large and usually of a pale color. When applied externally, it is highly extolled for its styptic power in stopping hemorrhage of wounded vessels. The powdered root, in doses of a teaspoonful three or four times a day, or a decoction in milk, used as a common drink, is excellent in checking immoderate menstrual discharges, also the whites and gleans, and obstinate diarrhœa. The following account of the efficacy of crane's bill, as stated by Dr. Mease, in the Medical Museum, deserves the attention of the reader: The son of David Cooper, near Woodburry, partially divided the artery at the wrist with the point of a hatchet in trimming a tree. The wound bled profusely, and an aneurism<sup>1</sup>atic tumor of the size of a pullet's egg was quickly formed. Dr. Hendry, who was immediately called, applied a tourniquet, and also a flat piece of lead to the tumor, and apprehending that the usual operation would be necessary, requested the assistance of Dr. Wm. Shippen, from Philadelphia. On the arrival of that gentleman the operation was resolved on, when the father of the young man insisted upon the trial of a vegetable remedy, which he said he had learned the use of from one of the aborigines of our country. He immediately repaired to the woods, and returned with some of the specific, which was pounded in a mortar with a little cold water, and applied to the part, and in a short time, to the great satisfaction of the sufferer and his friends, checked the bleeding. The tourniquet was left on as a precautionary measure, but fortunately no occasion offered for using it. In the course of a few days the wound healed, and the young man had no farther trouble.

A man in pruning a tree divided the stout muscles of the fore-arm in an oblique direction; the wound was



full four inches long, and bled profusely from a large artery and numerous smaller vessels. His shirt sleeve was filled with blood, for being made tight round his wrist and fore-arm, it prevented the blood from escaping, and forming a coagulum round the bleeding orifice, checked for a short time a further effusion. The powerful effects produced by the geranium in the former case, induced Dr. Hendry to apply it in the present. Accordingly he procured some of the roots, and after washing and pounding them filled the wound therewith; the effect upon the smaller vessels was almost instantaneous in checking the effusion of their contents, and the bleeding in a short time ceased; and although, as in the former case, the tourniquet was being properly suffered to remain, yet no occasion offered for using it. Another case occurred of a wound in the ankle from a scythe, which had bled so profusely as to cause the man to faint; but on the application of the geranium it ceased in a short time. In the instance of a violent vomiting of blood, which had resisted a variety of remedies, an infusion of the plant in water produced the desired effect in a few minutes. In consequence of the virtues of the geranium having been so often experienced about Woodbury in cases of hemorrhage, the inhabitants have been induced to cultivate it in their gardens, and it would be well if their example were followed by every one in the country; for though Providence has diffused the valuable plant over every part of our country, yet it grows principally, and the accident it is intended to cure may admit of no delay, and often happens in winter when the plant cannot be found. It should be transferred to every garden that it may be at hand when needed.



FEVER BUSH, OR WILD ALLSPICE—(*Dumus Tebris*,)

Grows in meadows and swamps, and generally rises five or six feet high; leaves numerous and somewhat spear-shaped; the blossoms rather of a reddish color; the berries are of a blood red, and of a pleasant smell. A handful of the twigs of this bush, infused in a quart of boiling water, and given in doses of a teacupful every hour or two, is extremely cooling and beneficial in fevers. A handful of the berries infused in a quart of spirits, forms a pleasant bitter. The powdered bark is also an excellent remedy for worms. It is also a great purifier of the blood.

## ST. JOHN'S WORT.

It is well known that the St. John's wort is a singular wound herb, as any other whatever, for inward wounds, hurts or bruises; to be boiled in wine and drank, or prepared in oil or ointment, bathe or taken inwardly. It has power to open obstructions, to dissolve swelling, to close up wounds, and to strengthen the parts that are feeble. The decoction of the herb and flowers, but the seed especially, in wine, helps all manner of spitting and vomiting blood, by any vein being broken inwardly, bruises, falls, or whatever provokes the terms. Two drachms of the seed, made into powder and drank in broth, will expel clotted or congealed blood in the stomach. It is good for all kinds of agues; a decoction of the seed is good for the seatic, falling sickness, and palsy.

## MALLOWS.

This herb grows in every country, and almost in every door-yard. There are two kinds of mallows, but their



virtues are the same. A decoction of the herb and roots made into wine, is opening to the body and good in agues. A decoction of the seeds made in milk or wine, does marvelously help phthisic, pleurisy, and other diseases of the chest. The juice drank in wine, or the decoction of them therein, helps women to a speedy and safe delivery. Pliny said that whoever drank a spoonful of the juice in the morning, will be free from any disease that day. The leaves bruised and laid upon the eyes, takes the inflammation from them. The decoction of the leaves and roots is good for all kinds of poison, scabby head, scalding, and St. Anthony's fire, sore mouth and throat. The green leaves bruised with nitre, draws out thorns and prickles in the flesh. The big mallows is more effectual in all the before-mentioned diseases. The decoction of the leaves is used in blisters to ease all pains of the body, and it open the passages. The decoction in white wine, is good for the king's evil or swelling in women's breasts. Mallows bruised and boiled in milk, and the decoction for constant drink, cures the dysentery. I use this herb a good deal, and find it an excellent herb, and I think it too little used by people generally.

CROW FOOT—(*Ranunculus Bulbosus*.)

A very acid plant, growing in meadows and fields. The leaves and roots bruised and applied to any part of the body, will soon raise a blister, and ought to be used when the Spanish flies cannot be obtained. The roots collected in the fall, may be very well preserved through the winter by burying them in some fine, dry sand.

WILD CHAMOMILE—(*Anthemus Cotula*.)

*Common Names.*—Wild chamomile, May weed, dog's finnel, dilly, dillweed, field weed.



*History.*—It blossoms from June to November, affording a profusion of flowers in succession, of the size of of the chamomile, but never double. The whole plant has a strong smell, but not foetid.

*Locality.*—Our plant is indigenous and not naturalized, as mentioned by some botanists. It is spread all over the United States, from Maine to Louisiana, but confined almost everywhere to open fields. It is never found in woods, but delights in the sun, road sides, strong places, old fields, etc. The properties of this article are similar to the common chamomile, but weaker, and less pleasant to the taste. It may be substituted for it with safety. It is sudorific, stimulent, anodyne, emetic, etc. The external use in fomentations is proper in white swellings, rheumatism, hysterics, fits, suffocation, piles, pains, and contusions. It acts always as a sudorific, promoting copious sweating, and is very beneficial to assist the action of emetics. In large doses, it is emetic, but in small ones, it is diaphoretic, and gentle tonic. It is highly prized by country people, to promote perspiration in many incipient complaints. A tumblerful of the infusion may be given three or four times a day; and, to promote perspiration, it may be freely drank.

HORSE-RADISH—(*Cochlearia Armoracea*,)

Grows on the sides of ditches and damp places, but is cultivated in our gardens for culinary and medicinal purposes. It has long been known as a most powerful anti-scorbutic, and when taken freely, it stimulates the nervous system, promotes urine and perspiration, and is thereby usefully employed in palsy, dropsy, scurvy, and chronic rheumatism. The root should be cut into small



pieces, without bruising, and swallowed in a dose of a tablespoonful, without chewing, once or twice a day; or it may be steeped in wine, and taken in doses of a small wineglassful. Whether externally or internally employed, horse-radish proves a stimulent; hence it has been found serviceable by chewing it in palsy of the tongue, and applied in paralytic complaints to affected parts. The roots, scraped, and applied in the form of poultice, to the feet, until some inflammation is produced, in low stages of fever, attended with delirium, has also produced good effects.

PRICKLY-ASH—(*Zanthoxylum*.)

Both the bark and berry are of a hot, acrid taste, and when chewed, powerfully promotes spitting. It is used in this way to cure the toothache, as well as putting some in the hollow; also to cure palsy of the tongue. The prickly-ash has a great deal of reputation in the United States, as a remedy in chronic rheumatism. In that disease, its operation seems analogous to that of mezereon and guaiacum, which it nearly resembles in its sensible properties. It is not only a popular remedy in the country, but many physicians place great reliance on its powers in rheumatic complaints, so that apothecaries generally give it a place in their shops. It is most frequently given in decoction, an ounce being boiled in a quart of water. It is found very effectual in relieving nocturnal pains, and disposing venereal ulcers to heal. A tincture prepared by steeping half a pint of the berries, or a handful of the bark, in a bottle of the spirits, is much esteemed as a remedy in doses of a wineglassful in flatulent colic. It is sometimes employed in this form,



in cold phlegmatic habits, afflicted with the rheumatism. It enters into my Rheumatic Syrup.

YELLOW-DOCK—(*Rumex Crispus*)—*The Root.*

*Common Names.*—Yellow-dock, garden patience.

Plant perennial ; indigenous to Europe, and naturalized in America. Grows abundantly in damp places, gardens, etc.; flowering in the summer. This plant is slightly tonic, narcotic, and detergent. The decoction of the root, drank, is very useful in the cure of cancers. A poultice of this root, applied to indolent swellings, is very useful to discuss them. An ointment is also good to discuss indolent glandular tumors. Hatcher says it will effectually cure the itch. A syrup made of the roots is excellent to eradicate scrofulous and other taints of the system. A decoction of the root is made and drank ; also a syrup. It enters into my Purifying Syrups.

CASTOR BEAN—(*Ricinus Communis*)—*The Oil.*

*Common Name.*—Castor bean.

This plant is a native of the East Indies and Africa. In those countries it is said to be perennial ; but in our country and in Europe, where it flourishes well, it is an annual plant.

The castor oil is a very mild cathartic, unloading the bowels of their contents, without occasioning any intestinal irritation, which renders it very useful in bowel complaints, by its oleaginous particles lubricating the inflamed mucous surface of the intestines. It is also serviceable in colics and in strangulated hernia. It is excellent in inflammation of the stomach and bowels, and



in all diseases where an irritating, emollient purgative is required. The dose of this oil is from half an ounce to one ounce, or a tablespoonful poured on peppermint water, or in boiled milk, which, in a measure, disguises it.

BLACKBERRY—(*Rubus Villosus*)—*The Root and Berries.*

This plant is found growing abundantly throughout the United States, and is indigenous to this country; found growing along swamps and fences. The bark of the root or the berries, formed into a syrup, is exceedingly valuable in chronic diarrhœa and dysentery, cholera infantum, or summer complaints. It often proves a sovereign remedy where all other remedies fail. It is a medicine much used by the Indians in dysentery; and it is said that, in the Oncida tribe, five hundred were attacked with the disease in one season, and by the use of the blackberry root, all recovered, while their neighbors, the whites, fell before the disease; no doubt in consequence of taking mercury, or some of the common agents made use of.

The root may be given in powder, infusion, decoction, or syrup; decoction, one ounce of the bruised root to a pint of water. The fruit makes an excellent syrup. Gather it when ripe; add a little cinnamon; bruise, simmer, and strain; add loaf sugar and boil a few minutes; when cool, add a little French brandy. Dose, according to age, four or five times a day, for bowel complaints. For flux, I add the oil of cloves and pennyroyal, a few drops only.

SENECA SNAKE-ROOT—(*Polygala Senega.*)

*Common Names.*—Seneca snake root, rattlesnake root.



It is a perennial plant; grows wild in Pennsylvania, New Jersey, and Virginia; root about the thickness of the little finger; contorted, variously bent, with joints resembling the tail of a rattlesnake, whence its name. This plant is indigenous to America. It is found growing in nearly all the States of the Union.

*Properties.* — Stimulant, expectorant, and diuretic. Henry states, in his Herbal, that he cured a case of twelve years' standing by a decoction of this plant; one ounce of the root to one quart of water, boiled to a pint. Give a puke. Next day give a tablespoonful of the decoction every hour till all is taken, which operates both by stool and urine for the cure of dropsy. For the hives and croup, first give a puke, then give a decoction every two hours, as much as can be drank. The same is good for all fevers. Dose, of the pulverized root, from ten grains to half a drachm. Decoction, take one ounce of the root, bruised, and simmer it in a close vessel, with a pint of boiling water, until the quantity is reduced to one third.

PLANTAIN—(*Plantago Major*)—*Root and Leaves.*

*Common Names.*—Large plantain.

This plant is indigenous to this country, and is found growing plentifully in meadows, pastures, by road sides, and in gardens. It is possessed of refrigerants, vulnerary, anti-septic, detergent, and sub-astringent properties. It is held in high repute, by some, in the cure of bites from poisonous serpents and insects. It was recorded in a Virginia paper that a gentleman was bitten above the knee by a spider. A few minutes after he perceived a pain shooting upward from the spot, which soon reached



his heart. A quantity of plantain was immediately gathered and bruised, and the juice squeezed out and swallowed, which stopped the progress of the poison, so that a cure of the bite was obtained immediately. The leaves simmered in spirits or fresh butter, make an excellent ointment for erysipelas, tetter, or salt rheum. It is also remarkably efficacious in poisons of all kinds. A negro at the south obtained his freedom by disclosing a nostrum for the bite of snakes, the basis of which was the plantain. It consisted in giving the expressed juice of the plantain and hoarhound, equal parts; a tablespoonful, to be repeated as often as the stomach would bear, and the same to be applied to the wound. A writer states that a toad, in fighting with a spider, as often as it was bitten, retired a few steps, ate of the plantain, and then renewed the attack. The person deprived it of the plant, and it soon died. It is excellent for flux in children. Take the leaves and roots, boil in sweet milk, and use it plentifully. I make use of this plant in many of my receipts.

WILD CHERRY—(*Prunus Virginiana*)—*The Bark.*

*Common Name.*—Wild cherry tree.

This tree is indigenous to the United States, in many parts of which it is found in abundance. Found growing in our forests. It enters into the wine bitters, given in intermittent fever. It is excellent in many forms of dysentery, and, combined with other articles, makes a good beer for the blood. In the form of infusion, as a tonic, should be given cold, and is excellent in involuntary discharges of urine. It will be found in other receipts.



DRAGON'S CLAW—(*Pterospora Andromeda*)—*The Root.*

*Common Names.*—Dragon's claw, fever root, etc.

This plant rises six or seven inches in height; the leaves grow in a cluster from the top of the root; blossoms yellow; small black root, about the size of cloves, very tender, resembling the claws of a hen. It is found in the Genesee country, and in the mountains around Albany. This plant is useful in different kinds of fevers, particularly typhus. It keeps up a moisture of the skin, and produces no excitement. To a teaspoonful of the root add about half a pint of boiling water. It may be drank freely.

ANISE SEED—(*Pimpenella Anisum*)—*The Seed.*

*Common Name.*—Garden anise seed.

An annual plant, native of the Levant; cultivated both in Europe and America. The properties of this plant are somewhat similar to those of fennel. The seeds are carminative and pectoral. They are useful in dyspepsia, and flatulent affections incident to children. The seeds may be given, but the oil dropped on sugar is preferable. For flatulence, an infusion of the seeds may be given.

ALDER—(*Prinos Verticillatus*)—*The Bark and Leaves.*

*Common Name.*—Black alder.

*Properties.*—Alterative, anti-herpetic, etc.

A tea or decoction of the bark, sweetened, has been highly extolled for the removal of worms in the stomach of children. The bark or the root of black alder is found



excellent to purify the blood; to be combined with other articles, and made into beer or diet drink. Mathew Noyes, a clergyman in Northford, Connecticut, it is said, was cured of an affection of the lungs, which had rendered him unable to preach. He took a wineglassful of the above preparation three or four times a day.

CATNIP—(*Nepeta Cataria*)—*The Leaves and Flowers.*

*Common Names.*—Common catnip, catnip, catmint.

This is a perennial plant, indigenous to this country, and is found growing throughout the United States, along the sides of roads and old buildings.

*Properties.*—It is diaphoretic, carminative, dilutent, refrigerant. It is useful in all kinds of fevers, producing perspiration without increasing the heat of the body. Although this plant is very simple, and is by some despised, yet it is a very valuable article. In colds, a tea made of it is much used in domestic practice, and not without effect, as it most generally induces a profuse perspiration, which throws off the cold, and restores the patient to his ordinary health. Very efficacious in all kinds of fevers. It is given in infusion by infusing a small quantity in a quart of boiling water. Externally, as a poultice in painful swellings. Excellent also in fomentation. It would be a fine thing if more of it was used.

SASSAFRAS—(*Laurus Sassafra*)—*Roots, Twigs and Bark.*

*Common Name.*—Common sassafras.

This tree is a native of North America, and found growing plentifully throughout the United States, in forests and along the borders of swamps.



*Properties.*—This article is stimulating and alterative, and very good in rheumatic complaints, and eruptive diseases. The bark of the young branches and the pith contain a considerable quantity of mucilage. If the pith be infused in rose water, a considerable quantity of mucilage is extracted, which renders this infusion very useful in acute inflammation of the eyes, in catarrhs, and dysentery. Dr. Eberle says: "I have known the long continued use of an infusion of this article effectually cure a case of inveterate rheumatism." It enters into my purifying syrup. The pith of sassafras put into rose water, makes the *laurus* eye water, which is very valuable for opthalmia or inflammation of the eyes.

POPLAR—(*Liriodendron Tulipifera*)—*Bark of Trunks and Roots.*

*Common Names.*—White poplar, white wood, wild Poplar, etc.

This tree flowers about the middle of May. This is a tree indigenous to America, and is found growing throughout the United States, on mountains and in low forests. The bark of the tree and root is possessed of valuable tonic properties, and by some is considered equal to Peruvian bark. I have prescribed the poplar bark in a variety of cases of intermittent fever, and can declare, from experience, that it is equally efficacious with the Peruvian bark, if properly administered. There is not, in all the *Materia Medica*, a more certain and effectual remedy in hysteria than the poplar bark. In dyspeptic states of the stomach and bowels this is a valuable remedy, owing to its tonic and stimulant powers. The dose of this bark is from half to two drachms, in powder;



the infusion, from half to one ounce, in a pint of boiling water. I make great use of this bark, and depend more on it than the Peruvian. Its employment will be found in the receipts it enters. Poplar is very cooling. The leaves bruised with vinegar and applied, are good for the gout. Poplar buds or blossoms are used by women to beautify their hair; and by bruising them with fresh butter, and setting them in the sun, makes an ointment that is good for inflammation of every kind.

COMFREY—(*Symphytum Officinale*)—*The Root.*

*Common Name.*—Comfrey.

Stem herbaceous; leaves oval, lanceolate, acute; flowers white, or of a rose color, in spikes at the extremity of the branches; corolla tubular, furnished with five lanceolate and acute processes. The roots of this plant are demulcent, pectoral and astringent; good demulcent in pulmonary irritations, arising from colds, coughs, etc. In consumption it is a valuable remedy. I make extensive use of it in combination with other ingredients, and principally in the form of syrup. It enters into the pulmonary balsam and restorative cordial, and is very useful in leucorrhea, (whites,) debility, etc.

FENNEL,

Is good to expel wind in the stomach, and useful to increase milk in womens' breasts, and makes it wholesome for the child; also, to prevent sickness in the stomach, shortness of breath, and wheezing; to open obstructions of the liver, and to ease urine. The seed and root is good in drinks and broths, to make people more spare and lean, that are overburthened with fat.



## OATS.

Oats fried with salt, and applied to the side eases pain. The meal of oats boiled in vinegar and applied, takes away freckles and spots on the face, or other parts of the body.

## NETTLES.

Nettle tops eaten in the spring, consumes the phlegmatic superfluities in the body of man, that the cold and moistness of winter has left behind. An electuary made of boiled roots, leaves, or juice, is a safe and sure remedy to open the pipes and passages of the lungs. It is good to prevent the pleurisy; the same is good for the swelling of almonds of the ears and throat. The decoction in wine is good for women, and to open obstruction of the body. The decoction of the herb or juice of the roots is excellent to wash old rotten and stinking sores, fistulas, or gangrenes. It is of great use to bathe benumbed parts of the body and gouty limbs. The decoction is a gentle physic. A syrup made of the flowers, as the syrup of roses is made, is a gentle puke, and spends waterish and hydropical humors by the continuance thereof. The flowers made into a conserve works the same effect. The meat of the stone steeped, does most wonderfully ease all pains in the bowels.

## GARDEN RUE.

Rue is a counter poison. The seeds taken in wine is an antidote against all dangerous medicine or deadly poisons; it will destroy worms in children, and is good,



being bruised with wormwood and wet with spirits, and applied to the bowels, to bring away worms. The herb being often made use of in drink, will cure abortion, and will stop venereal inclinations. A decoction made of the herb with some dried dill leaves and flowers, eases all pains inwardly, to be drank; and outwardly to be applied to the pained parts.

#### COMMON THISTLE.

Is good for agues, to cure phlegm, and to open obstructions in general. It is good for the jaundice, and dropsy, pains in the side, and many other pains and griping; cleanses the blood, and in spring, take the leaves, cut off the pickles and boil them, and eat them as common greens; it will change the blood as the seasons change, and that is the way to be safe from disease.

#### HONEY SUCKELS, OR MEADOW CLOVES—(*Indian Tea.*)

If the herb be boiled and used as a blister, it eases the griping pains of the gout. The herb boiled, made into a poultice and applied to inflammations, will ease them. The juice, dropped into the eye, takes away the pain, and also is good for eyes that are blood-shot. The seeds and flowers boiled in water and made into a poultice with some oil, and applied, is good for hard swellings and inflammations.

#### SWEET MARJORAM,

Is warming and comfortable in cold diseases of the head, stomach, sinews, and other parts, taken inwardly



or applied externally. The decoction thereof being drank is good for all diseases of the chest and asthmatic complaints, and is good for female complaints. The pounded herb in honey, applied to a bruise, draws out the black and green spots; is good for inflammation of the eyes, being mixed with fine flour and applied to them; the juice dropped into the ears eases the pain and singing noise in them; an ointment made of the juice, hog's lard, turpentine, and the yolk of an egg, is good for stiff and swelled joints and shrunken cords.

#### DRAGON'S TOOTH.

This is a small turnip found late in the fall, under an old bed of March turnips, but many of them are not larger than a pea; they extract all their powers from the old turnip: they are called by some doctors the Vegetable Caustic. When these are dried and pounded they make the easiest caustic ever applied to human flesh. These powders will kill all honey-comb sores, and all proud or fungus flesh, in any sore whatever.

#### RIVER WILLOWS.

It is generally known, it needs no description. The bark of the root is used in an ointment for the salt rheum, and is good, with other barks, to cleanse the filthy humors from the blood. It is a good substitute for Peruvian bark.

#### COWHAGE—(*Dolichos Puriens.*)

The operation of this article seems to be merely mechanical. It has been found particularly useful in ex-



pulling the round worm, *lumbricus teres*; the spiculæ irritating and aiding its expulsion, by wounding it without affecting the intestines. It is prepared by dipping the pods in syrup or molasses, and then with a knife, scraping off the hairs along with the syrup, until they form a mixture of the required thickness.

HOLLYHOKE—(*Althæa Rosea*.)

The flowers are astringent; a tea of them and rose leaves is useful in flour albus; may be drank freely.

CULVER'S PHYSIC—(*Leptandria Virginica*.)

Called black root, brinton root, bowman root, etc.

A good purgative; it operates with mildness and certainty, without debility. In typhus and bilious fever it is said to remove black, tarry, and morbid matter from the intestines. Dose, a large teaspoonful in half a gill of boiling water, sweetened. If it does not operate, repeat in three hours.

YELLOW PARILLA—(*Menispermum*.)

Grows plentifully in the western states, and is highly recommended for purifying the blood. Make a tea and drink freely. It enters into the purifying syrup.

FLEABANE, COLT'S TAIL—(*Erigeron Canadense*.)

A strong styptic; excellent to stop bleeding from wounds, in form of powder. A tea is good to check any kind of internal bleeding, especially of the lungs. Drink it cold.



## CROTON OIL.

Procured from a tree in the East Indies. Very efficacious in severe constipation, where other means fail of procuring a passage, as in colic. From one to three drops are a dose, on sugar or in milk, every two hours.

## BIND-WEED, MAN IN THE GROUND.

One foot high, creeping, large root, deep in the earth; flowers bell-shaped, white, with a purple tinge. Sometimes grows as large as a person's leg. A purgative and diuretic. Has been found useful in cough, asthma, debility, and dropsy. A syrup of this root and of balm of gilead buds, is very beneficial in weakly consumptive diseases.

## LIFE-ROOT.

Says Henry, "I have found it a sure cure for all complaints of the gravel, and pains in the breast." Is a febrifuge and a powerful diuretic. Take a teacupful of the tea three times a day. He has cured numerous cases of gravel by it.

SMART-WEED—(*Arse-smart.*)

A tea of this is good to stop vomiting. A decoction is exceedingly good to reduce swelling, by applying it as a fomentation, simmered in vinegar. It soon removes the black and blue spots in bruises, and is valuable in sprains.



BLESSED THISTLE, HOLY THISTLE—(*Carduus Benedictus*.)

An annual plant, cultivated in gardens for beauty, both in England and America; leaves with sharp-barbed points or pickles; yellow flowers. Makes a good bitter to strengthen the system, and excellent to excite perspiration in fevers, in the form of tea. It cured a case of yellow fever given up as hopeless.

## PARSLEY.

This is an excellent plant. Made into a strong decoction, and drank freely, promotes the discharge of urine in suppression, from whatever cause it may arise.

## PRICKLEY PEAR.

Scrape the inner part and apply to ulcers, twice a day, until cured. For corns: Bathe the feet in ley water, pare off the corn, and apply, on lint, till cured.

## SWEET BALSAM, LIFE EVERLASTING.

A tea is good for a pain in the breast, weakness of the lungs, and in consumption, stranguary, gravel, and fluor albus. Excellent to excite perspiration.

## PERSIMMON BARK.

A decoction is good to inject into wounds where there is a discharge of sinew water. A very good astringent.



## SEASON OF COLLECTING VEGETABLE MEDICINES.

1st. *Roots*.—Roots must be collected in the spring, before the sap begins to rise, or in the fall, after the tops are dead.

2d. *Barks*.—Barks may be stripped from the tree or shrub, any time when the sap prevents it from adhering to the wood. The exterior portion must be shaved off; the bark then cut thin and dried in the shade.

3d. *Medicinal Plants*.—Medicinal plants should be collected while in blossom, and also dried in the shade; their virtues, however, are not essentially diminished any time before frost appears.

4th. *Flowers and Seeds*.—Flowers and seeds should be collected when they are fully ripe, and likewise dried in the shade. All vegetables, after having been dried, should be kept from the air, and preserved air-tight or in dry places. In this way they may be preserved for many years without losing any of their medical properties.

PREPARATIONS.—1st. *Extracts*.—The best method to obtain all the strength and virtue of a plant or vegetable is, to mash them, to which add a little alcohol if necessary, press out the juice and evaporate in the sun to the consistency of honey; then put it in jars and cover tight with bladder or skin. This is the inspeciated juice, and is much superior to extracts made by boiling.

*Infusion or Teas*.—Put a handful of herbs into a teapot, add one pint of boiling water, and let it stand fifteen or twenty minutes. Dose, a full draught three or four times a day, unless differently prescribed. To promote perspiration, take it warm.



*Decoctions.*—Make the same as infusion, but continue the boiling till all the strength is extracted.

*Component parts of Vegetables.*—Plants are chemical compounds, prepared by the hand of nature; and, although despised by the foolish as simple, they are more ingenious than can be made by the greatest chemist in the world, nor will his production bear any comparison with them, as regards beauty and medical properties, and the reason is because one is made by man, and therefore imperfect, the other by the Creator, and therefore absolutely perfect. Vegetables, in general, contain fecula, glutens, gums, sugar, oil, resin, balsam, taniun, acid, wax, camphor, and albumen.—Dr. BEACH.



## GLOSSARY, OR EXPLANATION OF TECHNICS.

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*Abdomen*, the belly.

*Abortion*, miscarriage.

*Abcess*, a tumor containing matter.

*Absorbents*, medicines to correct acidity.

*Accelerate*, to quicken.

*Acrid*, sharp and corrosive.

*After-birth*, is the substance connecting the child with the mother in the womb.

*After-pains*, pains that occur after labor.

*Alkali*, any substance which mingled with acid, produces fermentation.

*Antiphlogistic*, counteracting inflammation.

*Antiscorbutic*, good for scurvy.

*Antispasmodic*, that which tends to prevent or remove spasms.

*Antiseptics*, medicines to correct putridity or rottenness.

*Aperient*, opening.

*Aromatic*, spicy, pungent.

*Astringents*, medicines to correct looseness and debility.

*Bile*, or *Gall*, a fluid secreted by the liver into the gall bladder, and thence discharged into the intestines for the purpose of promoting digestion.

*Bolus*, a form of medicine in a mass larger than pills.

*Calculous*, stony or gravelly.

*Callous*, hard or firm.



*Capsule*, a dry, hollow vessel, containing the seeds of plants, etc.

*Cataplasm*, a poultice of soft plaster.

*Catarrh*, a discharge from the throat or head.

*Cathartic*, a purge.

*Caustic*, burning application.

*Cautery*, the act of burning with a hot iron or caustic.

*Cutaneous*, belonging to the skin.

*Contagion*, infectious matter.

*Contusion*, a bruise.

*Convulsion*, violent motion, fits.

*Corrosive*, substances that consume or eat away.

*Debility*, weakness.

*Decoction*, a preparation by boiling.

*Deleterious*, poisonous, deadly.

*Delirium*, light-headedness.

*Demulcent*, softening, sheathing.

*Diaphoretic*, promoting sweating.

*Diarrhœa*, looseness.

*Diabetes*, incontinence of urine.

*Diuretic*, whatever promotes the secretion of urine.

*Dyspeptic*, bad digestion.

*Efflorescence*, eruption, or the redness round it.

*Effluvia*, exhalation.

*Epidemic*, contagious.

*Eructation*, a belch.

*Excoriation*, loss of skin.

*Exhibit*, to administer.

*Expectoration*, a discharge from the breast.

*Extremities*, arms and legs.

*Febrifuge*, removing fever.

*Febrile*, feverish.

*Fœtid*, of an offensive smell.



*Flatulent*, producing wind.

*Flooding*, an overflow of the menses.

*Fomentation*, partial bathing by the application of flannels dipped in liquids.

*Friction*, the act of rubbing.

*Fungus*, proud flesh.

*Fumigation*, a vapor raised by burning.

*Gurgle*, a wash for the mouth and throat.

*Gland*, a secretory organ.

*Hemorrhage*, a flow of blood.

*Hepatic*, relating to the liver.

*Hypochondriacal*, melancholy, low spirits.

*Immersion*, plunging under water.

*Indigestible*, difficult of digestion.

*Infection*, contagion.

*Inflammation*, an increased action in the parts.

*Infusion*, steeping anything in liquor without boiling, as tea is made.

*Intestines*, the internal part of the body.

*Languor*, want of spirits or strength.

*Laxatives*, relieving costiveness.

*Ligature*, a bandage; anything tied round another.

*Liniment*, a composition of the consistence of oil.

*Lochial*, discharge or cleansing, a discharge from the womb.

*Membrane*, a web of fibres interwoven for covering certain parts.

*Menses*, *Menstruation*, the monthly courses.

*Morbid*, diseased, corrupt.

*Mucilage*, a glutinous, slimy substance.

*Mucus*, resembling the matter discharged from the nose, lungs, etc.

*Narcotics*, medicines producing torpor and sleep.



- Nausea*, an inclination to vomit.
- Nervous*, irritable.
- Oblong*, considerably longer than broad, and narrow, though rounded at the end.
- Opiates*, medicines which promotes sleep.
- Paraletic*, relating to palsy.
- Paroxysm*, a periodical fit or attack.
- Phlegmatic*, relaxed and abounding with phlegm.
- Phlogistic*, inflammatory.
- Placenta*, see AFTER-BIRTH.
- Plethoric*, of a full habit.
- Preternatural*, unusual, not natural.
- Puerperal*, of, or belonging to child-bed.
- Pulmonary*, belonging to the lungs.
- Pus*, matter.
- Regimen*, regulation of food, air, exercise, etc.
- Retention*, the retaining some natural discharge.
- Rheumy*, an acrid discharge.
- Saline*, consisting of salt.
- Saliva*, spittle.
- Scorbutic*, of, or belonging to scurvy.
- Scrofulous*, of, or belonging to king's evil.
- Secretion*, the separation of the fluids from the body.
- Secundines*, the after-birth and membranes.
- Sedative*, composing medicines.
- Serous*, thin, watery.
- Serrated*, notched like a saw.
- Slough*, the parts that separate from a sore.
- Spasm*, cramp, convulsion.
- Specific*, an infallable remedy.
- Stimulents*, irritative medicines.
- Stomachic*, medicine for the stomach.
- Stranguary*, a difficulty of making water.



*Sudorific*, medicines to promote sweating.

*Syncope*, fainting.

*Tetany*, locked-jaw.

*Tonic*, strengthening.

*Topical*, local.

*Tumor*, a swelling.

*Ulcer*, a sore.

*Umbilical Cord*, the navel string.

*Urethra*, the canal which conveys the urine.

*Uterus*, the womb.

*Vagina*, the passage to the womb.

*Ventilation*, a free admission of air.

*Virulent*, poisonous.

*Vermifuge*, warm, dispelling medicines.

*Vertigo*, giddiness.

*Viscera*, the entrails.

*Viscid*, glutinous, tenacious.

*Whites*, the discharge from the womb.



## PERSONAL CIRCUMSTANCE.

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The following circumstance, which is of a personal character, I narrate for the purpose of affording an illustration to others what can be done with my "All-Healing Liniment," and that they may know what to do under similar circumstances. It is no fancy sketch of the imagination, but a literal fact which can be abundantly verified, if necessary:

On the 30th day of September, 1857, I left my home, two miles below McConnelsville, Morgan County, Ohio, in perfect health. It was about 10 o'clock, A. M., when I started, and I remained in town until 12 o'clock, M. I then rode out into the country some five or six miles, and stopped and talked with several persons on the road. I did not eat my dinner, but stopped and got some perfectly ripe peaches, and ate a few as I was riding along out. On my return, and when I had nearly arrived at McConnelsville, I felt very cutting pains in my bowels, and soon found that I wanted to go to stool. This was about 4 o'clock. I then proceeded across the river, intending to go out in the country, on that side to attend to some business, but I soon found I could not proceed, and, consequently, returned home. It was about dark when I got home, I went, as usual, to put away my horse, but the pains had increased and grown so acute that I entirely forgot to feed my horse, and also forgot to tell any one else to do so; the consequence of which,



the horse had nothing to eat that or the next day until night. I mention these particulars simply to show how much distressed by the pains I must have been.

As soon as I got into the house, I took a large dose of my flux drops, but they failed to give me the desired relief. I continued to grow worse; the pain in my bowels was very severe. My head pained me very bad. The small of my back and knees—particularly under my knees—were extremely painful. I had an evacuation once in about every hour and a half, or two hours. I found by 5 o'clock the next morning, that something had to be promptly done, or I could not live under such excruciating pain. My wife then gave me a tablespoonful of my All-Healing Liniment, and then bathed my back, knees and bowels with the liniment. A flannel cloth folded into four thicknesses, was then saturated with it and placed over my bowels. This was repeated every two hours. During all this time I was cold and chilly.

On Wednesday morning, I noticed that the stools which passed me, was very meagre and almost colorless. My body was very sore. I continued in this situation until Wednesday night, about 12 o'clock. I then began to get warm, and had some fever. My bowels become easier, but no difference in their evacuations.

On Wednesday morning, when I commenced taking the liniment, I also commenced taking asafœtida in large doses, three times a day. Wednesday passed by almost unconsciously to me, as I was laboring under such intense pains, that I become insensible to all things else.

My diet was chiefly chicken broth, made in a nourishing manner, when I got so that I could eat, and that was not until Thursday morning. My object in using the broth was to get a passage through my bowels from my



stomach; and on Friday at noon, for the first time since the attack, I was gratified to learn, I had succeeded. By this time, I began to feel considerable better. On Saturday, I was again worse all day. On Sunday I began to get better. My complaint had assumed a bilious character. On Monday, I still improved. The liniment and asafoetida was my principle dependence to bring me through this severe attack; and I am candidly of the opinion that, if it had not been for the soothing powers of the liniment, I would not have been spared to note the fact of its great virtues.

As soon as my evacuations were again natural, I commenced taking my Tonic or Medical Wine, with the tonic powders mixed into it. I then soon recovered my usual health and vigor.



## CONCLUSION.

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In concluding my labors upon this work, I wish to say a few words in order that I may stand in a true light before the public, and especially those into whose hands this book may come; and for the further purpose of acquitting myself of any accusation of egotism.

I do not claim that in fevers and some other diseases, that my treatment will be found more efficacious than that of any other good practitioner, for if I did, I certainly would not have made so many selections from other authors on those diseases; but I only claim, that from a long experience and observation in those febrile diseases peculiar to our country and climate, that I am capable of making good, safe, and efficacious selections, tending to explain and point out the proper mode of treatment, and to occasionally make suggestions which may be of benefit to those who have had no experience in those prevailing diseases called fevers.

In chronic cases, my practice has been more extended and my field for research necessarily greater. And of this class of diseases, I may certainly be excused for speaking more confidently of my own ability in combating them than in the class of disease above mentioned. In cancer and scrofulous affections, I claim to be able to produce better results than have heretofore been exhibited by the profession; and I have no hesitancy in asserting



that I will cure every case of either of those affections that are at all within the reach of remedial agents. I make the same assertion in regard to fever and ague, and any external sore, that has left in the patient enough vitality to work upon, and that I will perform these cures without mercurial or mineral agencies, and that they will be permanent. There are, as I am perfectly aware, from personal observation and experience, some chronic forms of these diseases that will take a long time and a vast amount of patience to effect a radical cure upon; while there are others, which have been miserably and bunglingly managed and mal-treated, that will not yield to any treatment, but they may be readily modified, and the suffering of the unhappy victim of this wretched treatment much alleviated, and the patient rendered comparatively comfortable.

My theory of treating chronic diseases, is such as to recommend itself to the favorable consideration of all men who care to make themselves in any manner acquainted with the physical organization of the human anatomy. A strict attention is always necessary to be paid to the condition of the blood; it must be cleansed of all morbid matter which tends to clog or impede its circulation, and as this morbid matter is apt to become secreted in the stomach, it will be necessary to pay very great attention to that portion of the human economy, that it may be thoroughly cleansed and made to perform its natural functions. The skin also must not be neglected, as it is through the insensible perspiration that a great deal of morbid, diseased matter passes off from the body, and it is essentially necessary to keep the pores open; and where this is done the skin is soft and moist, which indicates a healthy action. The bowels, too, claim



the attention of the practitioner, as a healthy action of the bowels are as essential to the promotion of general health as any other, or most other, particular portions of the organization.

In the treatment of fevers, I have found that three very necessary points to be arrived at, in order to treat them successfully, are, to keep the skin moist, washing the patient with ley or saleratus water to keep the surface clear, and a due regard to clean garments, especially those worn next the skin. To keep the skin moist, all that is generally necessary is to drink freely of red pepper tea, spice-wood tea, or benedict tea. They act as febrifuges, and are generally sufficient to effect a cure, while their harmlessness, as compared with the usual mineral and mercurial treatment is a sufficient inducement to every reasonable and unprejudiced mind to try them, at least. I claim that the practice of bleeding and administering strong medicines in febrile diseases, is highly reprehensible and pernicious; and, from the change that is already undergoing in the minds of some of the most popular and successful practitioners of the alopathic school, I am inclined to the opinion that the day is not very far distant when bleeding and mercury will be among "the things that were," in the treatment of diseases of this class; and when that day does arrive, it will be one in which a mingled feeling of pride and triumph can be indulged in, by all those persons who have so long and arduously and learnedly endeavored to bring about such a happy event for sick and suffering humanity.

In the treatment of all recent cuts, wounds, sores, burns, etc., I depend almost entirely upon two remedies, that have stood the test of thirty years, and have yet to ever fail producing, in the shortest possible space of time,



the effect sought. And those two remedies I can recommend without the fear of ever having to take back any encomium of praise I may apply to them: I mean my All-Healing Liniment and All-Healing and Strengthening Plaster. They never fail in performing a cure for all I have recommended them.



## APPENDIX.

---

Although I am not what is styled a "Farrier," but having had a large experience in raising and working horses and cattle, I deem it of sufficient importance to my readers, to give them the benefit of my experience in treating the most prominent and troublesome diseases to which horses and cattle are subject, to introduce this appendix for that purpose. If the owner of a valuable horse, ox, or cow can, by applying a simple and accessible remedy, save their life, when afflicted with any distemper or disease, it is worth his while to know what that remedy is. To make my work as useful as possible has been my aim, and to that object I am now addressing myself.

The receipts introduced here, for the brute creation, are good, as I am fully cognizant from actual trial of most of them, while others have been highly recommended by my neighbors and friends. There are also some miscellaneous ones, which I believe, from the ingredients entering into them, to be very excellent for what they are prescribed.

### YELLOW WATER IN HORSES.

Take rock fern, rattle root, (blacksnake root, also, called black cohush,) spicewood, bark of sassafras root, equal weight, add about one gallon of water to every



pound of the compound, and let it stand in a tight barrel for a few days. The roots and wood should all be bruised previous to adding the water. The mixture will have all the flavor and appearance of "small beer." Give your horse no other drink than this beer, and at the same time give him a tablespoonful of pulverized copperas every three days, in his feed, and once a week a teaspoonful of saltpetre. This generally cures in about three weeks. Do not bleed your horse, as is generally recommended. I have cured many horses of the yellow water, but I never bleed them. The copperas should only be given twice the first week; then only once the next week; and then twice the third week. Give the saltpetre once a week for three weeks, and continue the beer for his constant drink until well.

The same treatment will cure any farcy. In either case the horse should not be used while treating him.

#### CURE FOR CATTLE SWELLED WITH GREEN FOOD.

When any of your cattle happen to get swelled with an over feed of clover, frosty turnips, or such like, instead of the usual method of stabbing in the side, apply a dose of train oil, which, after repeated trials, has been found to prove successful. The quantity of oil must vary according to the age or size of the animal. For a grown up beast, of an ordinary size, the quantity recommended is about an English pint, which must be administered to the animal with a bottle, taking care, at the same time, to rub the stomach well, in order to make it go down. After receiving the medicine, it must be made to walk about until such time as the swelling begins to subside.



## CURE FOR HEAVES IN HORSES.

Take one teaspoonful of saltpetre, and another of borax, powdered fine; put them in meal, and feed the horse three such doses within twenty-four hours of each other; then double the dose for three times more, and in a few weeks the heaves will disappear. Try it.

## SCRATCHES.

Take copperas, white vitriol, gunpowder and sulphur, equal parts, well pulverized. To a quarter of a pound of this mixture add a pint of hog's lard and mix them well together. First wash the sores clean with a strong suds made of soft soap, wipe dry, then bathe it with my All-Healing Liniment, and as soon as it is dry wash it with the wash under the head of "McCrory's receipt," and after it is perfectly dry, grease it with the ointment. Repeat this only in every three days. I have cured scratches without McCrory's wash, with only the Liniment and Ointment. The above will never fail in the worst case, if the yellow water medicine is given. It is always necessary in curing diseases in man or beast to have the blood cleansed. In light cases the oil of spike will cure the scratches.

## SWINE.

Every one fattening swine, will find it advantageous to mix a little sulphur with the swill. I feed sulphur to my hogs the year round, and find that it remunerates me handsomely for my trouble. Hogs which have sulphur fed them are generally exempt from diseases and are more easily fattened.



## FOR A HORSE THAT HAS THE DISTEMPER.

Take Sulphur .....	1	tablespoonful.
Saltpetre.....	1	do.
Copperas.....	1	do.

All pulverized; give to the horse, once a day for three days in succession, and give the horse a strong decoction made of rock-fern, spicewood, and sassafras root, one gallon twice a day. If this is done in the first commencement, it is a sure cure, and the horse will not mind the disease. This treatment will stop the disease at any stage, and when it has been of long standing, it should be repeated every three days, till well. That is, give the medicine as directed, and omit three days. No one need be alarmed for fear of their horse becoming dangerous if they give this in the commencement of the disease. And the sulphur and saltpetre given to a dog in smaller doses will cure him of the distemper.

## RECEIPT TO CURE POLL-EVIL.

Wash the part well with strong soft soap-suds, as strong as it can be made, then rub it well with salts of nitre. Then put on benzoin. This has cured many horses.

Another—

Take a quantity of the tender buds or leaves of common laurel, cover with water and boil to get out the strength; throw out the leaves and reduce the liquid to to the consistency of thin honey, or a thick syrup. Tie your horse so that you can control him. To an equal quantity of this syrup, add soft soap; have it boiling



hot. After securing the horse, and protecting the surrounding parts from being too much scalded with the liquid, pour it boiling hot in the sore, having the sore first well cleansed with strong suds; repeat this operation three times, and it will effectually kill the nature of the poll-evil, or fistula, and then it can be easily healed with my All-Healing Liniment. This is for fistula and poll-evil that are broken.

#### M'CRARY'S WASH FOR OLD SORES.

Take White vitriol.....	1 ounce.
Copperas.....	2 do
Gun powder.....	$\frac{1}{2}$ do

And a pint of good vinegar, and add the rind of two lemons mixed with the above, and wash the sore as often as the patient can bear it; then bathe with my All-Healing Liniment. I use this as a wash for grease-heel, scratches on horses, and many old sores, eruptions, ring-worm, and in some varieties of tetter. It is a certain cure. If between times of washing, the All-Healing and Strengthening Plaster is applied, you will find it a great addition.

#### A RECEIPT TO CURE RINGBONE ON HORSES.

Take equal parts of oil of stone and oil of spike, mix together, then add good oil of vitriol, until it will scorch a feather; then take a strip of upper leather, or any other about the same thickness, cut it to suit the callous, drive tacks through it about half an inch apart, and then drive the tacks into the callous or grissel; but, be careful not to drive the tacks through the callous part; then pour the mixture along above the leather; it will follow the



nails into the grissel, and it will soon disappear. I paid five dollars for this receipt alone, and it is a sure cure. The bone spavin along the skin bone can be cured the same way.

TO CURE BOTS OR GRUB AND COLIC IN HORSES.

“Everybody who has a favorite horse should be acquainted with the remedies that may be useful, if the horse should be attacked. To make the bot or grub let go his hold, give the horse a quart of molasses or dissolved sugar, with a quart of sweet milk; in thirty minutes you will find the horse at ease; then pulverize an eighth of a pound of alum, dissolve it in a quart of warm water, and drench the horse; in about two hours give the horse a pound of salts, and you will effect a cure.”

The following I know, from personal experience, will effect a cure every time it is resorted to; or, at least, I have never seen it fail in thirty years:

Take an ounce of my All-Healing Liniment, a pint of sweet milk and a pint of molasses or sugar; mix them well together, and with this mixture drench your horse, being careful not to waste the mixture. If milk is not at hand a quart of well sweetened water will answer in its stead. If this dose does not relieve the horse in half an hour, repeat the dose; and, if necessary, give a third dose in three hours; but that is scarcely ever necessary, not one time in ten, when it is given in the commencement of the symptoms.

This treatment will also effectually cure all gripes, colic, belly-ache, inflammation of the bowels, etc.

It is always best to administer a physic to the horse as soon as he appears better—in eight or ten hours thereafter. For a physic I give four ounces of glauher salts, one ounce castile soap, one-fourth ounce asafœtida, mix-



ed every four hours till it operates freely. Dissolve the salts in warm water; make the asafœdita and soap fine, and mix them all together. Very often one dose is sufficient.

Horses running in pasture are not apt to be troubled either with bots or colic. Horses that are stabled and grain-fed should have a little alum put in their feed as often as once a month; also, copperas and salt-petre, all of which should be finely pulverized. Horses running in pasture seldom need anything except to be well salted. When I have had a good teamster, I have scarcely ever had either sick or poor horses, and they were the ones who used the best feed.

For stabled and grain-fed horses, first give a teaspoonful of pulverized copperas, then, in a week, give a teaspoonful of saltpetre; in another week, give a teaspoonful of brimstone; and then in another week, give a teaspoonful of alum. This gives a month between each article. If this course is adopted and strictly followed, and with other proper care and reasonable feeding, no one need have sick horses. By not over-working, and attending strictly to the course laid down above, every one can keep their horses in good order and well conditioned.

#### WOUNDS OF HORSES AND CATTLE.

In all wounds of horses and cattle, no better application can be used than my All-Healing Liniment and my All-Healing and Strengthening Plaster. The compound tincture of myrrh will be found a good substitute, if the Liniment cannot be procured, in all open wounds which are not bruised; but for all bruises, either open or otherwise, nothing will supply the place of the Liniment.



## SPRAINS IN HORSES, ETC.

In all sprains of the brute creation, I universally find the Liniment sufficient to reduce them. This is the experience of all my neighbors. It is "good for man or beast." One trial in a sprain is all I ask for it.

## HOLLOW HORN.

This disease, which is so fatal to cattle, may be effectually prevented by using a little caution. During the inclemency of winter and spring, put about a teaspoonful of compound tincture of myrrh and spirits of turpentine in the cavity just behind the horns. My All-Healing Liniment, when it can be had, is still better. Give a dose once a week, of the following: The white of two eggs, a tablespoonful of salt, a tablespoonful of soot, from a chimney where wood alone is burned, a teaspoonful of copperas, pulverized, and a tablespoonful of black pepper. By doing this, cattle will "winter" better and look sleeker and better, than those which are neglected.

The above treatment will not only prevent, but will cure the hollow horn in cattle, when they are so bad that they cannot rise on their feet unassisted. To cure this disease, the mixture must be given every day; and the soft part of the tail must be slit so as to bleed; into this slit put some salt, black pepper, and soot. Do not bore the horns. I have used the mixture for years, and have never known it to fail. I have seen cattle which were subject to the hollow horn, that did not thrive through the summer months, but when they were cured by this prescription, would immediately "pick up" and thrive



as well as those that were never troubled with it. The cruel practice of sawing off the horns of cattle can be obviated by using this mixture.

The best preventive, however, is to keep cattle well sheltered, dry, and warm, and above all, well fed.

#### SALTING CATTLE.

If cattle are properly and regularly salted, there is very little danger to be apprehended from their swelling when turned on clover plaster, provided the cattle are not turned on wet clover. I always have salt in the field, that my cattle can eat it whenever they are disposed. Should cattle, however, swell, the remedy is, one pint of melted lard, one pint of whisky, and a half a pint of flaxseed oil, mixed together and given to the animal; then drive the animal at a rapid pace for fifteen or twenty minutes.

My impression is, that if persons owning cattle would let them have as much salt as they will eat, that they would be seldom troubled with sick animals. Cattle which have always as much salt as they want, will not be apt to have the dry or bloody murrian. At least it has been my experience, and I have raised a great many cattle.

I once had a very fine work ox that was singularly attacked. He eat tolerably well, but if he turned his head aside, he would drop as if he was shot, and lay there and tremble and roll his eyes up as though he was dying. After a few minutes he would get up and commence eating again. I gave him a strong decoction made from wild cherry bark, in his feed, which was ground and made into slop, and gave him some of the medicine recommended for hollow horn, and he soon got well.



## REMARKS.

Having concluded my labors, which I trust will prove satisfactory and beneficial to all who may read this volume, and feeling a desire to know how the public are pleased with it, I hereby invite all who may be pleased with my production, to write me, giving me their opinion upon the subject, after they have given the book a careful perusal.

I have endeavored to fulfil my intention in the start; to do all the good I possibly could, by laying down principles and practice to be followed, which result to the greatest good of the greatest number. I have endeavored, with an honesty of purpose, so to state things in plain and comprehensive language, which will be fully understood by the uneducated as well as the learned. And I am prepared to say, that not one prescription contained in this work, but has been well considered or else proved to be as represented by actual experience.

I would here also state to those who may wish to use my remedies, that I am manufacturing my most prominent medicines in their purity, and am prepared to furnish them at a price which will be cheaper to the consumers, than to manufacture a small quantity themselves. At some seasons of the year, too, when some of my remedies are needed, the materials cannot be had. I always gather all my materials at the proper season of the year, and always have a full supply on hand.

And now, to show the spirit of the age in which we live, I give the following as illustrative, merely :



## A THOUSAND MILES A MINUTE.

---

BY A. H. BULLOCK.

---

"The motion of the earth around the sun is at the rate of sixty-eight thousand miles an hour."—COMSTOCK.

Sixty-eight thousand miles an hour!  
Why man, the deuce is in it,  
What matchless proof of mighty power—  
A thousand miles a minute!  
This wonderous car keeps rolling on  
With all its land and ocean,  
The engineer is never gone  
Or varies in his motions.

No "running fast" no "running slow,"  
No bursting of the boiler,  
Nothing to pay, of all who go  
No one e'er gave a dollar.  
No upward grade, no downward grade,  
No stopping at the station,  
Cause for to repair has not been made  
Since the All-wise creation.

Since time began, ne'er left the track  
Or called for wood or water,  
No switching off, no running back,  
Collisions cause no slaughter.  
Because the track is always clear,  
The watchmen never slumber,  
No train behind we ever fear,  
Obstructions ne'er encumber.

The signal lights we oft descry  
But no alarming token;  
They glitter in the evening sky,  
And dance with joy unbroken.



No application of the brakes,  
Reversing of the motion,  
No fear of telegraph mistakes,  
No sound to mar devotion.

So silently the vast machine  
Obeys the laws of Heaven,  
The movement is not felt or seen,  
No jar or tumult given.  
"Through tickets" only can we have—  
No other to be taken :  
Whether we live or fill the grave  
The motions will not slacken ;

But takes us on with lightning speed  
Until we reach that station,  
Which stands, says Faith and Hope agreed,  
At portals of salvation.  
"Free pass" each traveler awaits,  
Observing rules to win it ;  
Soon we shall reach those pearly gates,—  
A thousand miles a minute !



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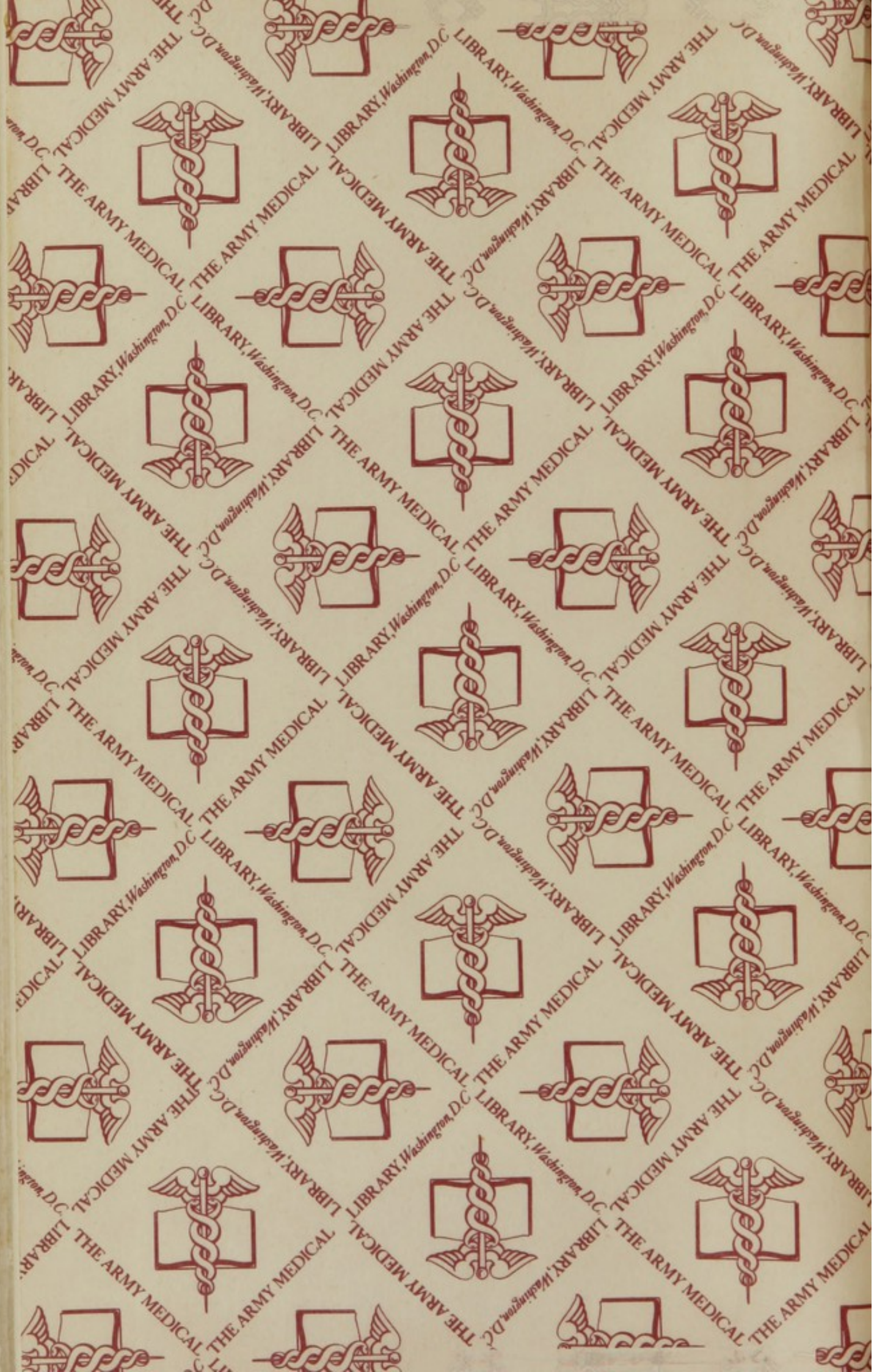


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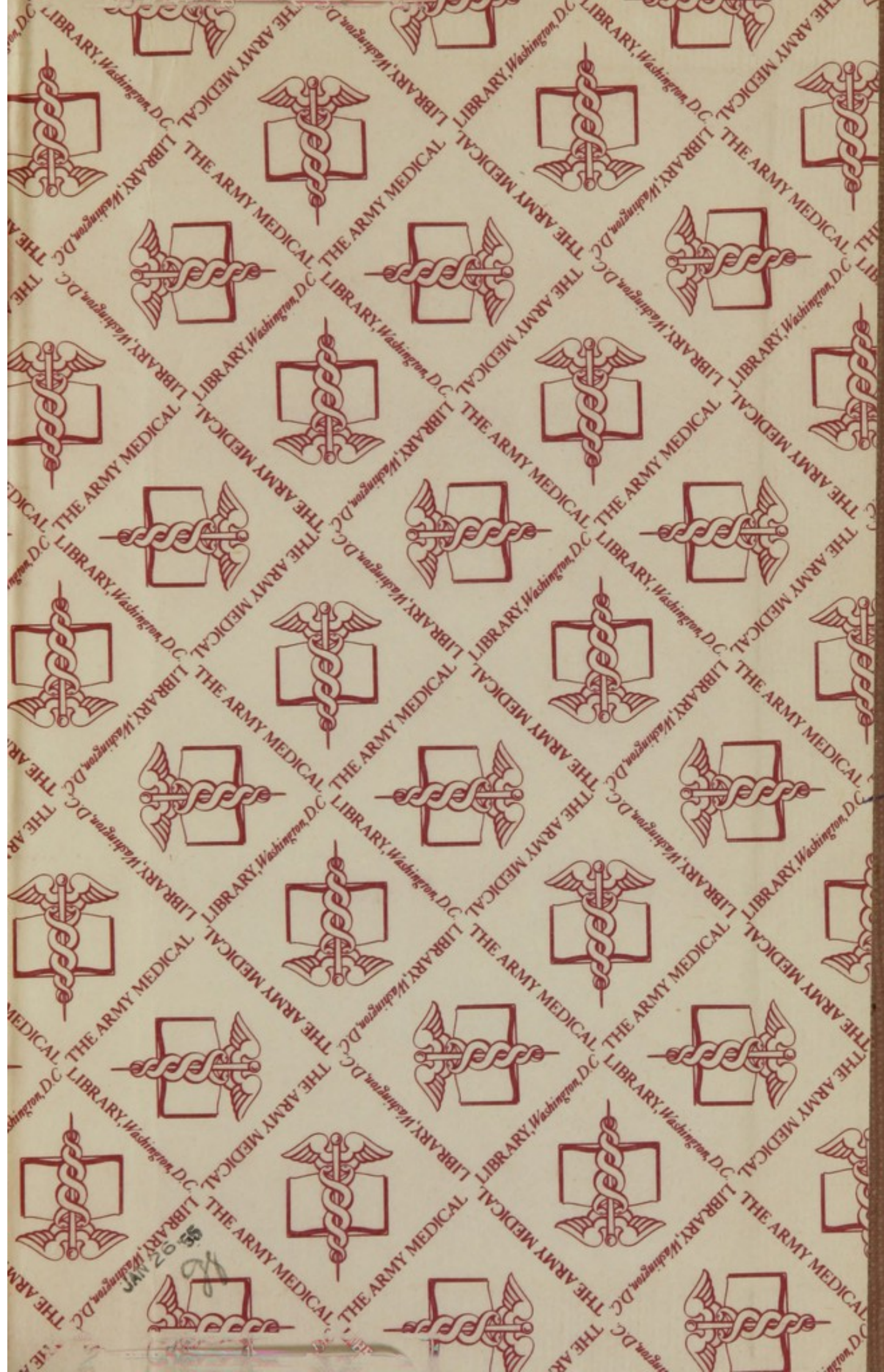














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